

Message from Chef Coker

Hello Friends.

We hope this newsletter finds you doing well and wishing you the very best from everyone here at the Culinary Institute. "Improvise, Adapt, Overcome" is an unofficial slogan and one of the purposes of United States Marines. Now more than ever, we in the Hospitality and Food Service industries have adopted this motto as well.

Throughout my career I have heard this from time to time when things go wrong. Today however, it seems to be more the rule than the exception unfortunately. At the end of the day, our business still comes down to one thing, take care of the people you are serving. This message extends to our students of the Culinary Institute as well. We are using this time to teach the practical outcomes needed to remain successful in these times and provide the tools students can draw from to serve them moving forward in their careers.

Slowing down and taking each day as it comes, while continuing to plan for the future, is simply what needs to happen. There are still many great stories out there. You read the work that is being done around Salt Lake right now and it is very impressive. Restaurants and chefs preparing meals for those in need, fundraisers to help industry employees and the focus on safety and sanitation practices in the workplace are all examples of how our business continues to thrive. I am proud to play a small role. Though we might not have the opportunity to see much of one another for the next several months, know that we are here to support you and are still willing to help you with your future goals. Reach out and say hello or schedule a time to meet us on campus.

We would love to have you visit...and don't forget your mask! 😊

Be well and take care!

~ Jeffrey Coker, Associate Dean



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5 Questions with.. *Nikolaus Garcia*

Where are you currently working and what do you like about it?

I work at The Hog Wallow. At the Hog Wallow, they have a decent-sized smoker where they smoke chicken, pork and brisket. One of my favorite cuisines is barbeque. The smell of smoke and meat is incredible and there is an endless amount of technique that goes into making good barbeque.

What would your favorite or last meal be?

My last meal would have to be a buffet of multiple things. Tacos full of hot sauces, cheesy enchiladas made with mole, yellow rice, beans stewed with onion and serrano peppers, elotes and some kind of soup I can add hot sauce and lime to.

What advice would you give to those starting out?

Search out recipes that interest you and try to make them. Practice and continue to learn and search new dishes that interest you. Your co-workers or classmates in this industry are vital to your success as well as your own work ethic. Your co-workers or classmates can be the doorway to your next job.

Nik is currently working towards his Culinary AAS and is expected to graduate spring of 2021 .



What was your favorite Culinary Institute Class?

My favorite class has been Culinary Competition. I have always been interested in fine dining and gastronomy. In that class, I was able to learn and experiment with plating techniques, learn what components go into a competition style dish as well as compete with my classmates using mystery basket ingredients.

Who is your favorite celebrity Chef or TV show and why?

Anthony Bourdain is someone I think about often when I am in the kitchen. He has inspired me to think outside the box and push harder in my cooking and he is also the reason I have a secret stash of spices in my knife kit. I love his honesty and his personality and I enjoyed watching him travel and try all kinds of cuisines.

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Recipe Highlight!



Plant Based Meatloaf

by SLCC Assistant Professor: Franco Aloia

Chef Franco teaches all culinary courses throughout the Culinary Program.

INGREDIENTS:

3 lbs	Plant-based meat, ground (Impossible or Beyond Meat)
3 Slices	Sourdough bread
1 Med	Yellow onion, peeled, cut into eighths
3 Cloves	Garlic, peeled
2 Stalks	Celery, cut into 2-inch pieces
2	Carrots, peeled, cut into 2-inch pieces
1/2 Cup	Fresh, flat-leaf parsley leaves
1	Large egg
3/4 Cup	Ketchup (reserve 1/4 cup for glaze topping)
1 Tablespoon	Salt
2 Teaspoons	Ground black pepper
2 Tablespoon	Brown sugar

INSTRUCTIONS:

- Preheat oven to 375 F°.
- Pulse bread in a food processor until finely pulverized.
- Transfer breadcrumbs to a medium bowl and add plant-based ground meat
- Place onion, garlic, celery, carrots, and parsley in food processor.
- Pulse until finely chopped.
- Transfer vegetable mixture to the bowl with plant-based meat and breadcrumbs.
- Add egg, 1/2 cup ketchup, salt and pepper. Using your hands, combine thoroughly.
- Place in 7-8 inch loaf pan.
- Mix the remaining 1/4 cup ketchup and the brown sugar in a small bowl until smooth.
- Brush glaze mixture over top of the meatloaf
- Place the loaf pan on a sheet tray to catch drippings, and transfer to oven.
- Roast until internal temperature reaches 165°, about 90 minutes.
- Let meatloaf rest 15 minutes before slicing.

NOTE: If glaze darkens while roasting, cover the meat loaf with foil.

Hospitality Corner

~ Jim Bielefeld, Associate Professor

In March, the hospitality industry took a hard hit as Covid-19 crippled many industries. Thankfully, as of April, those numbers started bouncing back. Even if it doesn't quite feel like it, we are in recovery and the worst is now behind us! We should, however, remember that this isn't the first time this type of disaster has struck the industry. The 2003 SARS virus brought similar effects. This pushed the industry to work in a proactive manner to maximize revenue in times of crisis, allowing for the swift recovery we are seeing today!

According to research published recently in Virtual Economies, "Although this situation makes the industry highly vulnerable, the sector is also in a unique position to contribute more broadly and do more than just recover." We, you, can help rethink and reinvent the hospitality business of the future. After all, we know that all over the world, hospitality and tourism represents development opportunities, promotes solidarity and understanding beyond borders, and helps to foster cohesion within nations. It seems to me we could all use a little more cohesion in these unique times!

Right now is a great time to prepare for the future! Consider enrolling in SLCC's Hospitality Management Program and look forward to graduating knowing that an exciting career awaits helping to refresh and renovate our industry with new inspirations!

~Jim

Important Dates

- **October 15-16, 2020:** Fall break (No classes)
- **November 25-27, 2020:** Thanksgiving Holiday (No classes)
- **December 10, 2020:** Last day of classes
- **December 10, 2020:** Last day to apply for graduation
- **December 11, 2020:** Reading Day
- **Dec 23, 2020- Jan 4, 2021:** Winter Break (college closed)

Announcements

- **June - October 24, 2020:** Farmers markets are open! Before you head out, check out their website and please make sure you follow all the rules.
- **September - October 30, 2020:** Coats for those in need. Consider donating any new/used coats and/or backpacks at the Taylorsville Campus, Student Services.
- **February 7-13, 2021:** SkillsUSA week! SkillsUSA competitions are almost on their way! Don't forget to register to be able to compete.