



Newsletter

Spring 2019

Message from the Associate Dean, Chef Coker

Well Hello Friends.

I hope the start of the New Year brings exciting things to look forward to. Graduation for some, starting to think about a job for others or just hanging out with family and friends. Either way, it is such a great time to be living in Utah. There are numerous events to check out, parks and resorts to visit and aside from the scenery, what is usually at the center of it all? That's right, delicious FOOD! And as members of the Hospitality industry, we have the opportunity to be a part of all of this every day.

When I started my career in this business at the age of 15, I never would have thought almost 30 years later I would still be a part of it! Fortunately for me today, I get to work with a great group of faculty, staff and students. Having the opportunity to work with people that have similar interests and passions makes our days awesome, especially when I get to taste our students' food they make every day. Happy Happy! It took the work of some wonderful people to help get me to this point in my career and I so grateful to have many of them in my life today. This is the same type of environment we strive to create today within our programs here at SLCC. I welcome you to come visit us and to join our Facebook page <https://www.facebook.com/slcc.culinaryarts.1>. We post great pics of our student milestones and daily production, plus wonderful job opportunities from our industry partners. Check us out. Stop in to say hello. Or, have you teacher schedule a field trip!!!

Have a great spring. Our next newsletter will be out in late May before you finish the school year. Take care.



5 Questions with.. *Josh Vilorio*

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

I am currently working at Trader Joe's and Brighton Resort as well as part time for a catering company.

What was your favorite Culinary Institute Class?

My favorite class so far at the Culinary Institute was "Food Prep I" with Chef Franco. It was all cooking and hands on learning. Cuisine and Culture with Andrea Gamble would have to be runner up.

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

My celebrity chef is Sheldon Simeon, a chef from Hawaii, who I first saw on a show called "Beat Bobby Flay", where he BEAT Bobby Flay. I enjoy watching videos of him because I relate to his cooking and his beliefs on family as I was also raised Hawaiian myself with a big family.

Josh is currently on the 2rd semester of his Culinary track Culinary AAS.



What would your favorite or last meal be?

My last meal would have to be a Hawaiian style meal. Kalua Pig with white rice, Portuguese sausage, fried egg, and a side of Poi.

What advice would you give to those starting out?

Cook home meals as much as possible! Making mistakes in a home kitchen only make you better in a commercial kitchen. It's also fun to dabble with recipes at home, on your time and in your own environment.

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Recipe Highlight!

Strawberry Champagne Profiteroles

by SLCC Assistant Professor: Cynthia Alberts

Chef Cynthia teaches most pastry courses throughout the Culinary Program.



INGREDIENTS:

PROFITEROLES/CHOUX

1/2 cup (125ml) water
1/2 cup (125ml) milk
8 Tbsp (125g) unsalted butter
1 tsp (5g) salt
2 tsp (10g) granulated sugar
1 cups (150g) all-purpose flour
4 to 5 ea. (250g) large eggs
(powdered sugar for dusting)

FILLING

0.25 oz powdered gelatin/1 package
2 tbsp cold water
3/4 cup champagne
1 tbsp cornstarch
2 tsp granulated sugar
3 oz mascarpone cheese, softened
1 cup heavy whipping cream
1/2 cup powdered sugar

GLAZE

1 lb strawberries, sliced
1/4 cup champagne
1 tsp cornstarch
1 tsp sugar

DIRECTIONS:

1. Combine water, milk and butter, salt and sugar in sauce pot and bring to a scald over medium high heat. Turn off heat and stir in flour until a smooth paste forms. Return to low heat and cook for about 2 minutes until shiny and slight film forms on bottom of pot.
2. Place choux paste in mixer on low speed with paddle until steam decreases about 2 minutes. Slowly add eggs. Be careful not to add too much egg or your paste can become too thin to pipe. It should hold shape and lightly move off spatula. Eggs can vary in size which makes this part tricky. Fill pastry bag using 20mm open tip and pipe approximately 20 choux. Leave at least 1" between choux so they can expand while baking. Dust with powdered sugar. Bake at 400 degrees for 10 minutes and reduce oven to 325 degrees and cook 15-18 minutes until golden brown.
3. In a small bowl, sprinkle gelatin over cold water. Set aside for about 5 minutes. Add champagne, cornstarch and sugar to a sauce pan and heat on medium-high until champagne is hot and just starting to simmer around the edges. Do not boil. Heat gelatin for about 10 seconds, until melted, then whisk gelatin into champagne until smooth. Remove from heat and set aside to cool and begin to thicken. (I put it into another bowl and then in the fridge to speed cooling – about 15-20 minutes).
4. In another bowl, whip heavy whipping cream until it starts to thicken. Add powdered sugar and whip until stiff peaks form. Fold the mascarpone cheese into the whipped cream. Carefully fold cooled champagne mixture (it should be thickened and jiggly, but not firm) to mascarpone cheese mixture and mix until combined. Chill for 15 minutes.
5. Split cooled profiteroles in half, setting top part aside. On bottom half pipe champagne mixture with star tip into profiteroles.
6. Dice strawberries and place in bowl.
7. Combine champagne, cornstarch and sugar for the glaze in a small bowl. Microwave in 10 second increments until thickened, about 20-30 seconds.
8. Toss strawberries in glaze and spoon on top of champagne cream into profiteroles. Replace top of profiterole.
9. Refrigerate until firm, about 3-4 hours.

Hospitality Corner

~ Richard J. Prall, Adjunct Professor

What is your destiny?

Considering a career closer to where the action is. A career in the Hospitality industry is just the ticket. The Hospitality industry is one of the fastest growing career fields. Travel and tourism generates \$927.9 billion in sales on an annual basis. How about a career that takes you to the north slope of Alaska, or the north Atlantic? Envision walking out of work at a five-star hotel or resort and seeing the beaches of Hawaii, or the blue waters of the Caribbean. What would it be like to have your office overlooking the 18th hole of a premier golf resort or exclusive country club? Or looking up the slope while watching skiers on the "Greatest Snow on Earth" knowing that you will be joining them later in the day. If you want to see the world, what better way than as a managing crew members of a luxury cruise ship. If you are a compassionate and giving person, consider a position in hospitality or foodservice within the healthcare industry. Active senior retirement properties offer great experience, flexible schedules and outstanding variety in dining options. It is definitely a much different experience than it was even five years ago.

The Hospitality industry is where destiny and destination come together. So, what is your passion?

Important Dates

- March 11 through May 21- SLCC New Student Registration
- March 28 - Skills USA
- May 3 - SLCC Commencement Ceremony at Maverik Center
- May 13 - Summer Classes Begin!

Announcements

- Come see our new equipment including kitchen TV monitors, Blast Freezer and Spiral Dough Mixer!