

Message from Chef Coker

Hello Friends.

As I sit here writing this message, I find myself thinking about all the cool things opening up to us over the next several weeks and months. Travel returning, which means we will have greater access to explore not only the places we will go, but the food experiences as well. I am already hungry just dreaming of it! And, what about work opportunities galore. The hospitality industry is about ready to have a major explosion of need, in fact, it has already begun. If you are thinking about getting some great work experience, now is the time to look into it.

Whether you are seeking your first position in a kitchen or guest services department, or if you have good experience and are looking to move to the next level, this is the time to take advantage of obtaining a great job. In my 30 plus years working in this industry, I never seen the scales tipped so heavily in the employee's favor when it comes to the opportunity of finding a great job. My advice, consider your experience, the direction you think you would like to pursue and conduct a little research by visiting or dining as a guest first. Do this before applying for the position and also consider speaking with a couple current employees in the area you would like to be working in so you can have a better idea of what it is really like to work there. Once you have this information, it will provide you with a better understanding of the expectations and if you can actually see yourself employed within the operation. Far too often I see young culinarians jump at an opportunity, only to be disappointed with the experience. Take a little time and ask questions. Your focus should more on the training and the opportunities you will have to gain experience more so than the paycheck you receive...of course the money should equate to the work you will be expected to perform. Let's not forget about that.

I wish you the best in your endeavors. Be safe over the summer months, have a blast, and don't do anything I wouldn't do 😊! We are here to support your needs. If you ever need advice or would like a lead on a job, give us a call or stop by for a visit.

~ Jeffrey Coker, Associate Dean



slcc_culinary_institute



5 Questions with.. *Atty Miller*

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

I'm currently working at the Green Pig Pub. I love the fast paced environment and the fun local scene.

What would your favorite or last meal be?

My favorite meal is Katsu Curry. It's a Japanese fried chicken cuttlet and curry comfort food.

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

My favorite celebrity Chef and TV show is David Chang and his show Ugly Delicious on Netflix. I like this show and Chef Chang's work in general because of how he challenges peoples views and perceptions on food and eating and has greatly shaped and challenged my own views on the food I cook.

Atty is currently working towards a Culinary AAS and is expected to graduate spring of 2022 .



What was your favorite Culinary Institute Class?

My favorite culinary class so far has been the Culinary Competition class. It was a great experience and taught me so much with every class being a new and fun challenge.

What advice would you give to those starting out?

My best advice to starting students is that you will make mistakes, and in all honesty the best learning moments come from making those mistakes, learning how to fix them and why they happened in the first place. It's best to get comfortable with making mistakes and learning to fix them.

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Recipe Highlight!

Chef Karabats' Spicy BBQ Sauce and Rib Rub

by SLCC Assistant Professor: Keri Karabats

Chef Keri teaches a variety of baking and culinary courses throughout the Culinary Program.



BARBEQUE SAUCE

6 oz	Tabasco Sauce - Original Recipe
7 oz (1 small can)	Chipotle Chiles in Adobo Sauce
48 oz (1 ½ quarts)	Brown Sugar, Packed
4 oz (½ cup)	Liquid Smoke
1 oz (2 tablespoons)	Garlic Powder
1 oz (2 tablespoons)	Onion Powder
6 oz	Dark Molasses
60 oz	Ketchup
8 oz or as needed	Apple Cider Vinegar

METHOD

1. Combine the Chipotle Chiles, Garlic Powder, Onion Powder and Liquid Smoke in a blender, puree.
2. Combine the puree with the remaining ingredients.
3. Bring all the ingredients to a boil, turn down to a simmer and continue for 30-minutes. Add vinegar.
4. Cool

NOTE: Best if rests overnight.

RIB RUB

4 cups	Brown Sugar
½ Cup	Granulated Garlic
½ Cup	Onion Powder
½ Cup	Salt
½ Cup	Smoker Paprika
½ Cup	New Mexico Chili Powder
½ Cup	Coleman's Dry Mustard Powder
¼ Cup	Ground Black Pepper
¼ Cup	Cayenne Pepper
¼ Cup	Ground Cumin
¼ Cup	Dried Thyme
¼ Cup	Dried Oregano

Hospitality Corner

~ Andrea Gamble

How Safe is My Food?

Environmental Health Scientist Salt Lake County Health Department

Restaurants are opening back up and health inspectors are out in the field conducting inspections. This has people asking how safe is my food? By visiting slcohealth.org anyone can view the results of restaurant inspections. You are able to read exactly what the inspector wrote on their last visit to the restaurant; as well as see any establishment that was closed for an imminent health hazard.

Understanding the scoring system used for an inspection is easy. The point total accumulated during an inspection is the "score". So, remember, like golf, the lower the score, the better. Each violation observed during an inspection carries a weight of 1, 3, or 6 points, depending on the severity of the violation (i.e., how likely the violation is to cause illness).

Foodborne illnesses (FBIs) are ubiquitous, sneaky, and regularly sold short. For everyone person with a confirmed FBI there are about 40 people who are never diagnosed. Meaning most FBI cases are never reported to authorities or properly diagnosed. On a per meal basis, FBIs are extremely rare. Just remember, the average person eats three meals a day from the time they are weaned until they die, that's a lot of meals!

Foodborne illnesses are a significant problem in the United States with massive impacts on public health and economy. There are many opportunities for food contamination to happen, but remember foodborne illnesses are preventable.

Everybody has a role to play in keeping food safe. Do your part by:

- Clean. Wash your hands often and always before you touch food. Keep your knives, cutting boards, and counters clean. You can wash them with hot, soapy water, or put items in the dishwasher and use a disinfectant on your counter. Wash fresh fruits and vegetables.
- Separate. Keep germs from raw meat from getting on fruits, vegetables, and other foods. Put cooked meat on a clean platter, not back on the one that held the raw meat.
- Cook. Make sure that meat, chicken, fish, and eggs are fully cooked.
- Chill. Refrigerate leftovers right away. Don't leave cut fruits and vegetables at room temperature for a long time.
- When in doubt, throw it out. If you aren't sure if a food is safe, don't eat it.

And don't forget to look online to access information about restaurant inspections to make educated choices on where to eat and to know how safe your food is!

Important Dates!

July 5, 2021
Independence Holiday
- No classes -

July 23, 2021
Pioneer Day
- No classes -

August 6, 2021
Commencement
Ceremony

August 24, 2021
First day of Fall
Semester

October 14-16, 2021
Fall Break
- No Classes -