

# FOOD FOR THOUGHT

GCS Food Service

June 2010

Third Edition



## Who's New?

With over 100 years of combined experience from our staff in the food service field, we never stop on trying to improve our program. This past September we have added three new members to our staff. Their addition has not gone unnoticed by students and staff alike. Ms. Lisa Beattie, although subbing for us for some time now, has become a full time member of the crew. Ms. Beattie's versatility is a very welcome asset to our program. She can be found anywhere from the serving line to the dish room to the cash registers, handling all tasks well. Ms. Pam De Marco comes to us from RPI College working for Sodexo Food Services, bringing with her over 34 years experience. Ms. De Marcos speed, in serving our high school students and staff keeps our lines moving fast. Students are always greeted with a smile each and every day. This year we have retained the services of a fine chef, Ms. Tracy Churchill. Ms. Churchill has 14 years experience and comes to us with a strong background in the industry, Churchill's Bakery and the Rensselaerville Institute. Tracy provides our students with not only a great nutritious lunch, but showcases her baking skills to our serving lines.

We have a wonderful staff of fourteen individuals who give their all each day. Working as a team, you can be assured that we serve education every day.

## Inside the CIA by: Paul Ventura

No, not the Central Intelligence Agency,. In "kitchen terms" I am referring to The Culinary Institute of America in Hyde Park, New York. We are very lucky to have the premiere culinary school in the country, (maybe the world) in our own back yard. As food service director of Greenville Schools, I consider myself very lucky to be able to attend each year. Every year for the past 15+ years or so I have had the privilege of attending a variety of classes offered. Everything from the science of taste, to artisan breads, to classic cuisine has been experienced. Not only is the knowledge (every bit of it), memorable, but the actual addenda of the day is ceremonial.

The day begins very early, with 1 ½ hour drive down the Hudson Valley to Hyde Park. Upon walking on to the campus which seems to grow each year, you can actually feel the hollowed ground beneath your feet. I just know that this is a special place and that I am going to walk away with something very special. Fantastic aromas are every where, as well as white jacketed, checkered pant individuals. At registration I enjoyed a cup of freshly brewed Dutch coffee and reminded myself how glad I was not to have stopped at Mc Donald's on the way down. Many gathered as we waited in the Great Hall. The room is cathedral like in its presence; originally the campus was a monastery. Periodic stained glass adorns various rooms never letting you forget this heavenly place.

Students from all walks of life were called forward to begin their class and go to their respective kitchens. Housewives, househusbands, doctors, lawyers, bankers and back yard chefs were all in attendance. There was not too much time to chat, for this was a working session, roll up your sleeves and begin.

Each class had a trained chef instructor, (god like) and two (angelic) student assistants. Beginning this year with some very interesting classes, I started with fish fabrication. We learned all nuances of the undersea world: identification, cutting and cooking techniques. This was an area of un-chartered waters for me, no pun intended. I also attended a class on soup cookery. Now you may say, "that's pretty basic", I though so too, but I was wrong. Classic layering techniques, back to the basics and time tested recipes allowed us to create some wonderful dishes. I must say, the best was my Asian cuisine class. This has always been my favorite. I consider myself to be well versed in different culinary styles, but I am never satisfied with myself in this area. From India to China, from Vietnam to Korea, we covered it all. Working in pairs, my partner was a retired cop from Long Island; we learned, cooked and ate our way through the Asian continent.

The chef's were incredible. No questions went unanswered if asked. This is a truly a place of learning. Not only from the students who are enrolled, but the chef's themselves. I found myself answering as many questions as I asked. The chef's wanted to know about Greenville, the food service program, Farm to School and how we at Greenville produced the fine meals presented to our student body. I must admit I did bring some of our past menus with me. It was great networking and great conversation.

I would encourage anyone and everyone who enjoys cooking to sign up for a class. Do not be intimidated by CIA's reputation, or your experience. The classes are not overwhelming, just heavenly.

## Staff

With over 100 years of combined experience, our food service staff includes:

Ms. Allen  
Ms. Beatty  
Ms. Caggiano  
Ms. Callahan  
Ms. Churchill  
Ms. De Marco  
Ms. Haller  
Ms. Herwick  
Ms. Jones  
Ms. Judeikis  
Ms. Nevins  
Ms. Pastina  
Ms. Ridings  
Ms. Stock  
Mr. Ventura  
Ms. Weidman



## Quality and Quantity

The Greenville Central Food Service department has always prided itself on the quality of its menu. We have covered many ethnic cuisines, trendy styles, hot fast food selections and back to the basics cookery for many, many years. Yet we never stop improving, but let's talk about "quantity" for a moment. Do you know how many pounds of turkey we have on hand? Or perhaps how many cases of blueberries are in our freezer? Do you like to bake? Take a guess how many pounds of walnuts we have on hand? It would boggle the mind!

Most of the items which I am referring to are USDA Government Commodities which our school receives monthly. Our entitlements are based on our participation rates. In a sentence, the more meals we serve the more we receive. Commodities in the past have had a bad reputation. That is not the case now. In this chef's opinion some of the items are superior in quality to what can be purchased on the open market. The selection is not always too varied, but the quality of the items are great.

Now you hear stories of massive amounts of turkeys around Thanksgiving time, but would you believe at one point we had over 4000 pounds in our freezers. We normally prepare about 160 pounds each time a turkey entrée is on the menu. Now let's talk nuts...walnuts. Now don't be frightened, but we currently have 480 pounds on hand. That is a lot of baking ahead of us. In our larger walk-in freezer we have a berry wall. What is a berry wall you may ask? Well I will tell you. We have a wall which is lined from floor to ceiling with fresh frozen blueberries and strawberries. The students just love the fruit and eat very well.

With 1400 plus, students and staff, I think most do not realize the large quantities of food produced each day in our schools. In our homes we speak in terms of cups and quarts, casserole dishes and moms large pot. In our kitchens here at school we use the terms, gallons and cases, kettles and pallets. We are one of the highest volume meal producers in Greene County. It is a whole different world here, quality yes, quantity most definitely.

Now for Monday's menu...let's see. We will need 40 gallons of soup, 36 heads of lettuce, 40 pounds of ham, 5 gallons of Italian dressing and...oh yes, don't forget the blueberries.

## Did You Know?:

**What milk product did the U. S. Agriculture Department propose as a substitute for meat in school lunches, in 1996?**

**A: Yogurt**

**On what vegetable did an ancient Egyptian place his right hand when taking an oath?**

**A: The onion, its round shape symbolized eternity.**

**How many flower petals are in the design stamped on each side of an Oreo cookie?**

**A: 12 each as four petals.**

**What are the two top selling spices in the world?**

**A: Pepper is number 1 and mustard is second**

**What is the most widely eaten fish in the world?**

**A: The herring**

**What city produces most of the egg rolls sold in the United States?**

**A: Houston, Texas**

**What is the only essential vitamin not found in the white potato?**

**A: Vitamin A**



## Recipe: by Tracy Churchill

Charlotte Hutchins, Tracy's niece, earned a Blue Ribbon at the Greene County Fair with this recipe.

### Blueberry Muffins

**2 Eggs**

**½ cup White Sugar**

**2 tbsp. Brown Sugar**

**3 tbsp. Melted Butter**

**2 tbsp. Vegetable Oil**

**1 cup Milk**

**½ tsp. Salt**

**1 tsp. Vanilla**

**2 ¼ cup AP Flour**

**1 tbsp Baking Powder**

**2 cups Berries (fresh or frozen)**

**In a separate bowl, sift together flour and baking powder**

**In mixing bowl whip eggs and white sugar till white. Then add the following one at a time: brown sugar, butter, oil, milk salt and vanilla. Mix on low/medium till blended. Add dry into mix and very gently mix. Lumps are good. Do not over mix.**

**When blended fold in berries.**

**Bake at 350 F in pre-heated oven for approximately 18 minutes.**