

Epicurean Club of Boston Monthly News & Updates.

March 1st ,2024
Issue # 3



Red vs Gray Corned Beef: Exploring The Difference.

The main difference between red and gray corned beef is the color and the curing mixture used. Red corned beef is a darker, richer color due to the addition of sodium nitrate, which also makes it more tender and milder in flavor. Gray corned beef, on the other hand, is lighter and usually contains only salt as a preservative, which makes it more flavorful and less salty than red corned meat. Red corned beef is usually made from the brisket or flat cut of the beef, while gray corned beef is made from the round cut of the beef.

Instant Pot Corned Beef and Cabbage (Whole30) - Cook At Home Mom



Flawless Hot Cross Buns - Easy to follow traditional UK recipe (flawlessfood.co.uk)



Tim Foley HAAC

President of the Epicurean Club of Boston

Happy Saint Patrick's Day Everyone.

Dear Members,

I find it hard to believe it's already March. As we head into Easter season, daylight savings and the welcoming of spring, we have many exciting opportunities and events planned for you.

March 11th, The Epicurean Club of Boston's monthly meeting will be held at the Piantedosi Bakery in Malden. This family-owned, 4th generation Bakery has been in business for over 100 years. They will be presenting a demonstration in Classic Hearth Baking as well as sponsoring dinner. Dole & Baily will also be presenting a training in Finline Hor's d Oeuvres. The fee is \$25 for members and \$30 for non-members. Sign up is on our website. Hope to see many of you there.

March 26th, we're excited to have our 3rd Annual **Schweid & Sons High School Burger Challenge**, hosted by Blackstone Valley Regional Vocational Technical High School, Upton Ma. This year we have 5 Culinary High Schools competing. It's always great to see



Irish Beef Stew Encore – TasteFood
(tasteofhome.com)



Classic Irish Soda Bread Recipe: How to Make It
(tasteofhome.com)



St. Patrick's Day Brownie Trifle | The

what these young culinarians create.

April 8th, we have our **2nd Annual Leon Roberge ACF Chef Competition**. This is an ACF Sanctioned event. We have 6 ACF New England Chapters competing for bragging rights. Last year's winner was Chef Joe Allison CEC, AAC of ACF New Hampshire Chapter. The Event will be held at Assabet Valley Regional Technical High School, Marlborough, MA. Volunteers would greatly appreciate for this fun event.

May 2nd, **The Steel Sizzle and Style Culinary Competition and Restaurant Fair**. We are proud to present this event with **The Les Dames d 'Escoffier of Boston**. This exceptional event is an enjoyable night to mingle and taste delicious local flavors. This fundraising event will provide Culinary Scholarships for young Culinarians. Tickets are available on our website.

June 17th, **The 21st Annual Jimmy Dimarzio Golf Outing**. This event is at The Sandy Burr Country Club, Wayland MA. This is always a fun event that has raised thousands of dollars in Scholarship money for young culinary students. This is a team event that takes many hands to accomplish. Please consider volunteering to ensure our success.

The Epicurean club of Boston is fortunate to have many talented Chefs from all areas of expertise in our industry. Club members are encouraged to connect with other club members at our events to learn and help push our industry forward. Teamwork and mentoring are important roles each member will benefit from. It takes a team to present these events. Please consider volunteering where you can ensure our professions continued growth.

In closing, I would like to thank the John Neagle Seafood Company for hosting our February meeting. Your presentation was insightful and educational. Thank you for your time and dedication to our club.

I will leave you with March Fun Facts:

March 17th, St. Patrick's Day, 50lbs of dye are used to turn the Chicago River green, 80% of people will wear green, 13 million pints of Guinness will be consumed worldwide. And finally, March is National Celery, Flour, Frozen Food and Nutrition Month.

Remember, don't sweat the small stuff, Be the Chef you have dreamed about.

Happy Easter and Enjoy your family and friends!

Sincerely,

Tim Foley, HAAC
President
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Certainly! St. Patrick's Day is a festive occasion celebrated with delicious Irish cuisine. While some

Cookin Chicks | St patricks day food, Brownie trifle, Irish recipes (pinterest.com)



Pin on comidas (pinterest.com)



popular dishes associated with the holiday have become widespread, it's essential to recognize that not all of them are authentically Irish. Let's explore both traditional Irish foods and some American Irish favorites:

1. The Irish Fry:
 - A hearty breakfast that sets you up for the day.
 - Includes slices of bacon (rashers), fried tomatoes, black pudding (blood sausage), brown soda bread, and a generous pot of tea.
1. Scones:
 - Buttery scones are a beloved treat.
 - Best enjoyed with plenty of salty Irish butter.
1. Irish Soda Bread:
 - A staple in Ireland.
 - Brown soda bread is made with whole-wheat flour, buttermilk, and baking soda.
 - White soda bread is made with white flour.
 - Traditionally shaped into a round loaf with a cross etched in the center to ward off fairies.
1. Simple Beef Pot Roast:
 - A classic Sunday roast dinner.
 - Roast meat served with roasted potatoes, peas, carrots, and lashings of gravy.
 - Nothing quite matches the taste of your Mommy's roast dinner.
1. Fresh Apple Tarts:
 - Rustic tarts often baked on a plate.
 - Made with homemade pastry and local apples.
 - You'll find someone in Ireland who has whipped up a homemade apple tart, no matter where you go.
1. The Hangover Cure:
 - After a day of celebrating, consider these remedies: Crisp Sandwich: Irish potato chips sandwiched between two slices of buttered white bread.
 - Flat 7Up: A splash of hot water added to 7Up, believed to cure almost anything.

Remember, in Ireland, we don't typically indulge in corned beef and cabbage on St. Patrick's Day—it's an American Irish tradition that doesn't exist in Ireland. **Instead, we savor our regular Irish fare and perhaps raise a glass to celebrate the day!** ☐

Drowning the shamrock

According to the first volume of Alcohol and Temperance in Modern History, there's a centuries-old Irish custom known as "drowning the shamrock," in which drinkers literally add green shamrocks to their beverages on St. Patrick's Day. That could have been the great doctor's inspiration.



STEEL, SIZZLE, AND STYLE

An Epic Culinary Event



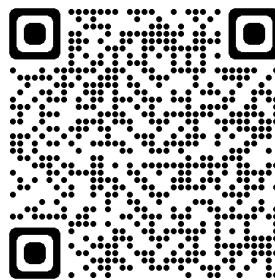
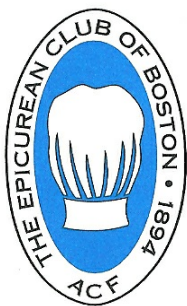
Recipes

To the left of the page, you will find some Valentines Day recipes and ideas. Click on the link below the photo for the complete recipe.

March 11th, ACF Epicurean Club Membership meeting.

Please RSVP to Chef12@comcast.net or Tfoley@corefoodservice.com to attend.

An event poster for 'The Leon Roberge CEC, AAC Spring ACF Culinary Competition and ACF Chapter Membership Meeting'. It features three photos of chefs at the top. Below the photos are logos for 'RHODE ISLAND American Culinary Federation', 'American Culinary Federation', and 'American Culinary Federation Cape Cod & The Islands Chefs Association'. The text in the center reads: 'The Leon Roberge CEC, AAC Spring ACF Culinary Competition and ACF Chapter Membership Meeting April 8th, 2024 at Assabet Highschool.' At the bottom, there is a logo for 'THE EPICUREAN CLUB OF BOSTON' and the text 'Please Support our Generous Sponsors below.'



Certification update.

Certified Executive Chef James Connolly CEC,CCA,AAC

**James Connolly CEC, CCA,
AAC**



Certification Corner January 1st, 2024.

ACF Certification exhibits a benchmark of excellence by demonstrating professional standards in culinary skills and knowledge of the food service industry. Certified chefs attain the well-deserved recognition and respect of their peers.

To register for the exam, you can follow this link <https://tinyurl.com/3ykmtbzt>

Registering for ACF Practical Exams

- ACF approval is required prior to registering for practical exams.
- Register online or by submitting Practical Exam Candidate Registration Form.
- The practical exam fee is \$50 for ACF members and \$100 for non-members. Test sites may charge an additional host site fee that is payable to the site hosting the exam.
- Practical exam scores are valid for one year.

[Read More](#)

PLEASE SUPPORT OUR GENEROUS VENDORS.

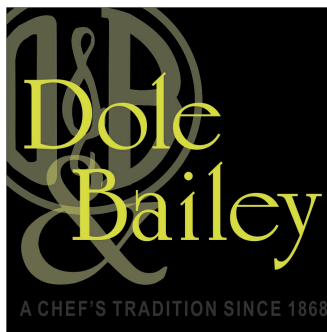


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