

Epicurean Club of Boston Monthly News & Updates.

**February 1st ,2024
Issue # 2**

What's the meaning of Lent.

Lent signifies a solemn 40-day period preceding Easter. Commencing on Ash Wednesday and concluding on Holy Saturday, Lent is characterized by fasting, prayer, and repentance as believers prepare for the celebration of Easter Sunday.



Happy Valentines Day



**21+ Best Valentine's Day Cocktails -
SHARP ASPIRANT**



President's Message

Tim Foley, HAAC

President ACF Epicurean Club of Boston

February -2024 President Message

Dear Members,

The Epicurean Club of Boston and I want to wish you and your families a healthy February.

As your president and Vice President, we would like to hear from you? what is important to you.

On a sad Note, we lost a good friend, Husband, Father, and a talented Chef Anthony Graffeo in January. May you rest in peace.

As we move forward, it's important to enjoy your friend & Family.

The ECB has a lot of talented Chefs, we need to work together, and keep our industry moving forward, please reach out to them. Were a team working together.

February is interesting Month – You have Ground Hogs Day, The Super Bowl, Presidents Birthdays, Fat Tuesday and the start of Lent on Valentines Day and don't forget an extra day of the Month.

Last month, we held our First Schweid & Sons Slider challenge with our Friends with The Cape Cod Chapter.

The competition had 6 - H.S culinary teams competing, the students did a great Job, the



Valentine appetizers

15 Amazing Valentines Day Appetizers – How to Make Perfect Recipes (hqproductreviews.com)



How to Organize Your Charcuterie Board - Cuisine at Home Guides

competition was held at the Upper Cape with Chef Ellias, Congratulation's chef on a well-done competition.

Our first meeting of the Year was Held at AJ. Letizo , they feature the art of Fresh Mozzarella & Pizza Cheese.

The Letizo culinary team did a great Job presenting and feeding our guest. Thank you.

Our new board was sworn in at the January Meeting.

Looking ahead.

February Calendar –

February 4- 5th – New England Restaurant & Bar show.

February 5th Cape Cod Chapter – Culinary Challenge.

February 19, 2024, Meeting will be Held at John Neagle CO, and Harpoon brewery in a Joint meeting, very exciting event.

Please purchase your Tickets for this exciting event.

Looking ahead, April 8th were going to host our 2nd Leon Roberge Culinary Competition at Assabet H.S with Chef Trudeau.

The Epicurean Club of Boston is looking for 1 chefs to compete for us.

To our members, now is the time to start looking at, how you can get Certified?

The ECB has been recognized nationally as a leader in our industry and will continue to be leaders.

Now is the Time to start looking at how you Can be recognized for awards.

Here are the following 12 national awards. We apply for the awards in December. It's a process.

*Presidents Medallion

*Edwin Brown Leadership award – Up & Coming chef

*Chef of the year – we won the last 2 years.

*Dr. LJ Minors professional.

*Chapter of the Year

*Cutting Edge Award

*Hermann G. Rusch Chef Achievement Award.

*Chef Educator of the year award.

*Student Team National Championship Regional.

*USA Chef of the Year Award, Regional.

* Pastry Chef of the Year Award, Regional



☺ **RECIPE** ☺ Lamb rack with green herb risotto by @phils_kitchen_nz on Cookniche.com | Lamb dishes, Fine dining recipes, Lamb rack recipe (pinterest.com)gourmet Valentine strawberries



Tuscan-Style Roasted Asparagus
Recipe: How to Make It
(tasteofhome.com)

On a closing note, don't sweat the small stuff,
Be the Chef you have dreamed about.

Sincerely,

Tim Foley, AAC

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.

February 19th, ACF Epicurean Club Membership meeting.

John Nagle Seafood

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



Our family business traces its roots back to 1887, when our great-grandfather, John J. Nagle, first began as a New England fisherman in Gloucester, Massachusetts.

Over time, he earned the trust of his peers to represent them, selling their hard-earned catch for a fair value. As his reputation for integrity spread, the fishermen and John's business flourished. His success prompted a move to Boston,



[Spiced lamb pilaf recipe | delicious. magazine \(deliciousmagazine.co.uk\)](#)



Valentine Gourmet dessert

[The Essence of the Black Forest | Dessert presentation, Food, Food presentation \(pinterest.com\)](#)



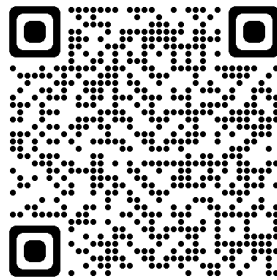
where he became one of the founders of the Boston Fish Pier. Over the next century, the company emerged as a leader in the wholesale seafood industry. This leadership position endures as the fourth and fifth generations of the Nagle family continue to deliver on our company's unfailing commitment to quality and service. Today, John Nagle's great-grandson, Vincent Nagle, leads the company with the same steady hand and traditional values as our company's namesake.

Please Welcome our New Board Members

- Todd MacLeod
- Eric Leblanc
- Tony Le CEC
- Michael Shannon CEC



Valentine's Day Berries | Pascoa
(pinterest.com.mx)



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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