

# Epicurean Club of Boston Monthly News & Updates October 3, 2023 Issue 9

## Happy Halloween



### Fall Salad with Pomegranate Dressing.

Fall Salad with Pomegranate Dressing  
- Carlsbad Cravings



President's Message  
John R Di Sessa CEC, AAC

Dear Epicurean Club of Boston  
Members. Welcome to the Month of  
October.

October! The month of pumpkins,



## Lamb Shank Osso Bucco.

Lamb Shanks, Osso Buco-Style Recipe | Recipe | Lamb shanks, Braised lamb shanks, Wine recipes (pinterest.com.au)



## Fall Potato Recipe

Fall Potatoes Recipe (allrecipes.com)

Halloween, and cozy sweaters. This is the time of year when the leaves start to change color and the air gets a little bit cooler. It's a time for cozy fires, hot chocolate, and walks in the woods. A time to reflect on the year so far and set intentions for the coming months. To the left you will find some nice fall recipes just click on the link to get the full recipe. Below you will find our October meeting information, Elections, Apple Fest and Presidents Gala. I hope to see you all there at November Presidents Gala.

See you Soon.

Chef DiSessa.

## Our October Membership meeting will be at Montilio's Bakery.

This is going to be a great meeting with a tour of the Montilio's back of the house operations. Please RSVP to [Chef12@comcast.net](mailto:Chef12@comcast.net) to attend.



## Childhood Nutrition Day



October 16, 2023



## Quinoa Stuffed Butternut Squash

Quinoa Stuffed Butternut Squash {Healthy and Filling!} - WellPlated.com



## Pear Frangipane Tart

Pear Frangipane Tart | RecipeLion.com

## Childhood Nutrition Day

October 16, 2023

Looking to bring awareness and help make a change in your community?

Join ACF chefs from across the country as we promote childhood nutrition throughout the month of October. On or around **October 16th**, help plant the seeds of nutrition in the minds of children across the US! This event can be as simple as offering a cooking demonstration or activity at a local school or getting a proclamation from the mayor of your town.

Be sure to check out our CND tools and activity ideas by visiting [www.acfchefs.org/ctfprograms](http://www.acfchefs.org/ctfprograms). Upon conclusion of your event, share your story by emailing an event recap and photos to [chefandchild@acfchefs.org](mailto:chefandchild@acfchefs.org).



## Wachusett Mountain Applefest

October 21st, 22 2023 11am-5pm

This will be one of scholarship fundraisers for the year. Please RSVP to [Chef12@comcast.net](mailto:Chef12@comcast.net) to Volunteer for this event.





**2023 Epicurean Club of Boston Presidents Gala November 2nd at the Country Club in Brookline Mass**



**2023 ACF National Executive Chef Tony Le will be preparing our Dinner at this year's Presidents Gala. Get your tickets soon there sure to sell out.**



## **Epicurean Club of Boston Elections**

Time to start thinking of who our next President, Vice President, Secretary Clerk and Treasure will be. Remember to cast your votes at the October meeting.

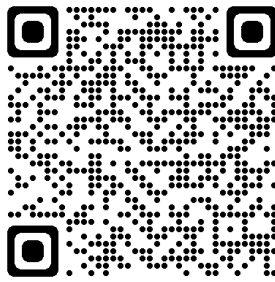
## **Presidents Gala**

This year's President's gala will be at the country club on November 2nd. Our Chef Host will be the 2023 ACF National Chef of the year Chef Tony Le, CEC. Tickets are on sale on the Epicurean club Webpage. This Gala is sure to sell out.

## **Epicurean club of Boston Chef of the Year 2023.**

Epicurean Club of Boston Chef of the year will be selected at this year's Presidents Gala. Who will it be?





## Certification update.

Certified Executive Chef James Connolly CEC,CCA,AAC



### James Connolly CEC, CCA,AAC Certification Corner August 1st,2023.

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.

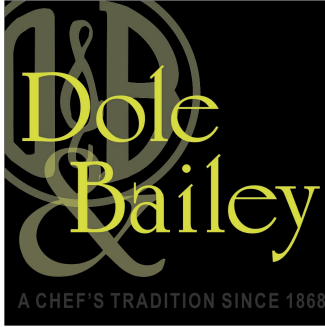
[Read  
More](#)

**PLEASE SUPPORT OUR GENEROUS VENDORS.**



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