



# *Epicurean Club of Boston* *February 16, 2022* *Newsletter.*

## Chinese New Year 2022



## Chinese New Year

Also known as the Lunar New Year, Chinese New Year celebrations are a 15-day extravaganza of cultural events and traditions that are celebrated worldwide. While many regard it as a Chinese tradition, the Lunar New Year is celebrated across a variety of Asian cultures, including Korean, Thai, Singaporean, Taiwanese, Malaysian, Indonesian, and Filipino cultures. Additionally, Lunar New Year celebrations happen in Chinatowns across the world, with notable events in New York City, London, Sydney, and Vancouver. Chinese New Year festivities have become an attraction around the world, drawing tourists who are eager to partake in celebrations.

For observers of the lunar calendar, the new year marks a point of growth, a chance to reset, and renewed hope for a prosperous future. The tradition of celebrating the Chinese New Year is believed to have **begun during the Shang dynasty** as a spring carnival that welcomed the season and paid tribute to the gods and ancestors. Since then, the holiday has developed robust traditions that include special foods, vibrant performances, and firework shows. While some customs have become synonymous with the celebration of the Chinese New Year, such as red decorations and the famous lantern festival, others focus on the unique traditions of the individual locales and cultures. Though these customs can vary by region, the spirit of hope and good fortune unites all cultures that celebrate the Lunar New Year.

### Healthy Recipe of the Month



**SERVINGS 4 PREP TIME 25 min COOK**

**TIME 5 min DURATION 30 min**

**Ingredients**

- 2 cups low-sodium chicken broth
- 4 oz whole-grain spaghetti or fettuccine pasta
- 1 lb bok choy, root end removed, leaves coarsely chopped
- 1 lb carrots, sliced into rounds
- 3/4 lb pork tenderloin, trimmed and cut into 1/2-inch cubes
- 1 cup shredded green cabbage
- 1 tbsp low-sodium soy sauce
- 1 tbsp rice wine vinegar
- 1 tsp ground ginger
- 4 green onions

**Preparation**

1. In a large stockpot, bring broth and 2 cups water to a boil. Add pasta, reduce heat to medium-high and cook for 3 minutes.
2. Stir in bok choy, carrots, pork, cabbage, soy sauce, vinegar, ginger and 1 cup water and simmer for 5 minutes, until pork is opaque throughout. Remove from heat and stir in green onions.



## Presidents Message

### Dear Epicurean Club Member's

As winter ends, we can start to get excited about the arrival of Spring. Springtime starts on March 20th and with the arrival of spring brings new life. A time of the year when nature promises new life and new hope, spring is a favorite season for many. After the long and dark winter months, spring brings new feelings and emotions. The temperatures become more moderate, and we can finally step outside and enjoy beautiful scenery. This gorgeous season symbolizes rebirth and renewal. With the arrival of spring our club promises to have planned an exciting year ahead.

First, I would like to say we had a very positive January meeting at Assabet Highschool. Great Pasta Demo by Chefs, **Tim Foley VP, James DiMarzio CEC, AAC and Lou Trudeau Chef Instructor** followed by a great Prime Rib Dinner (donated by **Steve Lawrence**) prepared by **Chef Lou and Team**. We had around 30 members attend all had a great time and as usual the food was top notch.

Our next meeting will be at the Core Food Service Group on February 21st . The focus of this meeting will be on the **Chinese New Year and Specialty desserts**. You don't want to miss this meeting its going to be a great meeting. We will also have a guest chef attending **Certified Master Chef Joseph Leonardi**. Chef Leonardi will be promoting the USA Open Championship at the Country Club Brookline Mass. Chef Leonardi will be looking for Volunteers to work this weeklong event. This is a great opportunity for anyone who has never worked a large, scaled event like the US Open. Come to the meeting and find out more about Chef Leonardi, The Country club, and the US Open.

### Future meetings

New England  
**FOOD**  
SHOW

**April**  
**3-5, 2022**

Boston Convention &  
Exhibition Center  
Boston, MA

BECOME A  
**MEMBER OF**  
**ACF**



<https://www.acfchefs.org/#:~:text=Become%20a%20Member,with%20industry%20experts.>



## Pizza Oven Raffle



## Surf and Turf Valentine Dinner



[https://en.m.wikipedia.org/wiki/Surf\\_and\\_turf](https://en.m.wikipedia.org/wiki/Surf_and_turf)

## Valentine Dinner Dessert Special

### March Mills 58 Peabody

The team at Mills 58 will deliver their signature menu (a taste of Italy) to our members Be sure to sign up for this meeting soon its promised to be a great meeting.

**April – Red Heat** Chef Eric LeBlanc was born in Isle La Motte, Vermont, where at age 13 he began working in a country club. Fueled by his experience in the hospitality industry Eric attended and graduated from the New England Culinary Institute in 2005. With his degree under his belt Eric sought out experience in the kitchens of Chez Henri, Central Kitchen and Grotto as a line cook. He moved on to Marliave where he was instrumental in the reopening of the restaurant. LeBlanc wanted to travel and subsequently made the move across the country to La Jolla, CA where he worked at Whisk n' Ladle. While in California Eric developed a passion for sourcing local ingredients and in an effort to feed that passion took a Chef position at Milarepa Hotel and Restaurant in Costa Rica. During his time at Milarepa Eric grew produce on the property and hand selected all ingredients, while changing the menu daily. LeBlanc made the move back to Boston where he opened Kitchen and served in the role as the chef de cuisine for a year. When he was offered the chef de cuisine position at Stir Eric knew it was the best chef position in Boston after replacing former Top Chef contestants. He immediately said yes and joined the Stir team in May of 2013 till September of 2014. An opportunity came up to be on ABC's The Taste and took the challenge to compete on the national level for some of the best chefs in the world. Finished as a Finalist for Team Anthony Bourdain. After completed taping, LeBlanc was tapped to join the Broadway Hospitality Group where he rose to position of Back of House Operations Leader in his five years opening several new restaurants and brands for the group. In January of 2021 Eric LeBlanc joined the Burtons Bar and Grill and Red Heat Restaurant Group as Culinary Director. When Eric has been able to participate as a champion's pavilion chef for the US Open 2011, 2013. Also competed on the Food Networks Cutthroat Kitchen and Rewrapped, winning both along with placing at numerous local events. Eric LeBlanc resides in the South Shore of Massachusetts with his wife Emily and daughter Harper.

**May –Swain and Associates** • This meeting focus will be on new equipment and the latest food technics and trends that will be delivered by the Swain and Associates Chefs. This will be a group meeting with our **Sister ACF Chapter ACF RI and the Epicurean Club of Boston**. You don't want to miss this meeting its going to be a great meeting.

### June -Woodman's BBQ / Lobster Boil

This Lobster Boil / BBQ is sure to be a hit. Please make sure to put this meeting in your calendar, its sure to be a great meeting. Prices are seasonal and will be determined as we get closer to summer.

### June -Jimmy D Golf Classic



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## Steel Chef Challenge



**March 28th, 2022**  
Please contact Chef Bradley Labarre at [blabarre@nhfoodbank.org](mailto:blabarre@nhfoodbank.org) if you would like to volunteer.



## Tim Foley Burger Challenge

Our Goal this year is to get 100 golfers and as many new sponsors as possible. Let's start recruiting now so we can meet our goal of 100 golfers.

### June -Connor Heffler Golf Classic

This event will be one of our club's community service events, see Tim Foley or John DiSessa to volunteer for this event.

### July, Vacation

### August, Vacation

### September – Wachusett Mountain BBQFEST

This year's BBQFEST promises to be a great event. All moneys made at this event goes to fund Culinary Scholarships. This is a special fundraiser with **ACF RI** and the **Epicurean Club of Boston**, Two Great Clubs One Great Scholarship Fundraiser. See **John Disessa**, **Tim Foley** or **Ray McCue** to Volunteer for this event.

### Springtime Raffles

Coming in March our first ever **Backyard Pizza Oven Raffle**. Please purchase your tickets soon you never know you may be the winner of a backyard pizza oven and become the most popular chef in your neighborhood.

### ACF Online Learning Center

ACF is excited to announce the launch of ACF's Online Learning Center with additional opportunities to enhance your skills, advance your career and maintain your ACF certification. Take online classes, quizzes and practice written certification exams all in one place. Watch recorded sessions from ACF events if you were unable to attend. ACF members, your continuing education hours will be automatically uploaded to your profile.

### New Membership Drive

The Epicurean Clubs Goal is to recruit new members. I would like to challenge each member to bring one new person to attend one of our membership meetings as a guest of the Club. Hopefully the new person will enjoy our meeting and find value in what we do and want to become a new ECB member. Let's make it happen this year. The goal is to get 75-100 people to attend our meetings.

### Chinese New Year Healthy Recipe of the Month

**Healthy Pork Tenderloin soup.** Be sure to try this healthy soup while we still have some cold days ahead it's one of my favorites and sure to be one of yours after you try it.

Enjoy.

### Special Recipes

Surf & Turf and Ravishing Raspberries Dessert.

These are two wonderful recipes that are sure to impress for any special occasion or dinner. Give them a

# Slider Challenge

Tuesday March 8th  
Assabet Valley H.S. 10:50-12:30

Participating Technical Schools

Assabet Valley Blackstone Valley  
Nashoba Tech Shawsheen Tech  
Bristol-Plymouth Tech

Vocational Culinary Art teams will be highlighting their signature Slider and customers will be voting on Best Slider with winning team hoisting the Trophy.

Sponsored by



SCHWEID & SONS



\$7  
Per Person.  
Reservation  
required.

try.

## Steel Chef Challenge

March 28th, 2022

Please contact Chef Bradley Labarre at [blabarre@nhfoodbank.org](mailto:blabarre@nhfoodbank.org) if you would like to volunteer.

**Save the date ACF National Convention Las Vegas Highlights-Date July 25-28** be sure to sign up early to receive the best rates.

## New England Food Show April 3rd to the 5th

Please don't forget to sign up for your free tickets to the April Food Show. Epicurean Club of Boston will host a special Oyster Shucking Contest.

## Second Annual Tim Foley Burger Challenge.

Tuesday March 8th Assabet Valley H.S. 10:50- 12:30

Participating Technical Schools • Assabet Valley, • Nashoba Tech • Blackstone Valley • Shawsheen Tech • Bristol-Plymouth Tech Vocational. Culinary Arts teams will be highlighting their signature Burger Sliders and customers will be voting on Best Slider with winning team hoisting the Trophy. This event is sponsored by the Epicurean Club of Boston, Piantedosi Bakery, Core Food Service, and Schweid and Sons. **Special Thanks to Tim Foley, Lou Trudeau** for putting this event together.

## Chef Walters Series,

The History of Food • This is a special series that every chef should read.

**Certification and practical testing Dates March 12th** is our new Practical testing date at Assabet Highschool. More information on ACF Practical testing will be coming soon.

## Other Community service events are being planned.

Dates and places will be determined as we schedule these events.

**Pine Street Inn, Date to be determined.**

**NH Food Bank, Date to be determined.**

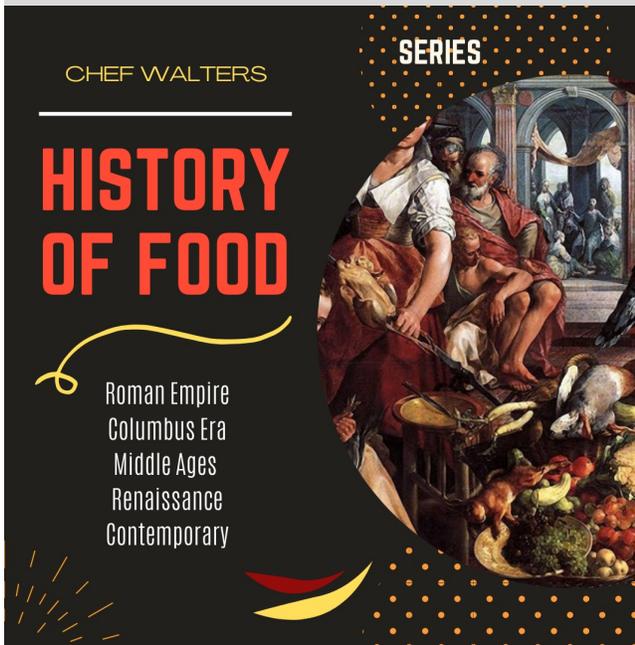
**My Brothers Table Lynn, Date to be determined**

We are excited and look forward to the events scheduled above. Please be active in your club as a group we can make changes in our Membership, Community and improve our scholarship program but we cannot do it without your support.

I wish you and your Families Health, Wealth and Happiness

**John R DiSessa CEC.AAC**

This is a great read for any Chef or Foodie



*New Hampshire*  
**FOOD  
BANK**  
A Program of Catholic Charities NH

**Chef Instructor Lou Trudeau**



## **Chef Earle Test Certification Corner February 16, 2022**

### **Certification Matters**

#### **What's unique about the ACF Certification Program?**

The ACF certification program is the most comprehensive certification program for culinarians offering 16 certification levels. Culinarians achieve certification based on education, experience, and successful completion of written and practical exams. The certification programs is guided by the ACF Certification Commission. Learn more about the **Certification Commission**.

#### **Differentiate Yourself! Get Certified in 2022**

**employers** and the public. With thousands of chefs competing in the job market, it is essential to prove your culinary competency.

#### **Benefits of ACF Certification:**

- Enhances reputation by proving the chef has the knowledge and skills required for a position;
- Shows that the chef embraces continuing education as a life-long goal for continual improvement and mastery of the culinary arts;
- Instills self-confidence when the chef achieves the goal of earning a reputable, challenging and quality-driven credential;
- Communicates that the chef upholds the Culinarian's Code of Ethics, including conducting oneself with honesty, integrity and fairness in providing professional service;
- Proves that the chef can collaborate with others to cultivate new and innovative culinary techniques and skills.

ECB Certification Practical Exam coming in March 12, 2022 at Assabet Regional HS in Marlboro, MA. If you have any questions about the exam or getting certified please contact Chef Earle

at **emtest@verizon.net**. **Certification Corner**  
**February 2022**

#### **HELP SPREAD THE WORD!**

##### **Certification Practical Exam**

We are hosting a practical exam on March 12 at Assabet Valley Regional Technical High School, Marlborough, MA. Remember that ACF approval is required prior to registering for practical exams. Register online or by submitting a Practical Exam Candidate Registration Form which you can find here <https://tinyurl.com/2p845nab>

##### **Online Learning Center**

Need to take a certification refresher course? Want to try a Written Practice Exam? Need to take the ACF Anti-Harassment Training Class? Maybe you are looking for some CEHs or want to learn a new

topic like Beekeeping or watch a session from a past ACF conference? You can do all of that – and more – via the ACF Online Learning Center. Many of the classes are FREE and all are online. Check out all the amazing options available at <https://tinyurl.com/52sxkdkd>

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### **One-Price to Get Certified**

The ACF also announced that initial certifications will have a one-price model to include: initial and final application fees, written exam fees and practical exam administration fees (It does NOT include the practical exam local host fees). Fees for students at ACFEF-accredited and ACFEF-apprenticeship programs will remain the same.

- \$250 for members
- \$490 for nonmembers

### **Recertify for Free with your ACF Membership**

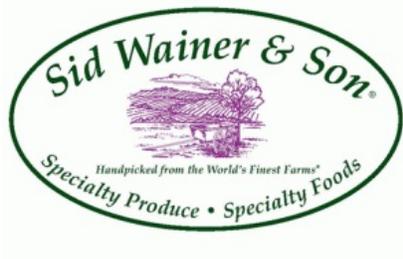
Renewal certification fees will be included in your ACF membership fees, giving significant value to your ACF membership! You will still need to maintain your continuing education hours, however, you will not have to pay a renewal fee. *For this benefit to apply, membership must be maintained without any lapse for five years!*

If you have any questions regarding the certification process please contact Certification Chair, Earle Test, CEC, CCE, CCA at [emtest@verizon.net](mailto:emtest@verizon.net)

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## **Thank You to our Supportive Associate and Allied Members**





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