



THE CAMBRIDGE SCHOOL OF CULINARY ARTS

Alumni Newsletter

Volume 2, Winter 2004

www.cambridgeculinary.com

Nationwide Culinary Efforts on the Front Line

Share Our Strength's Operation Frontline is a national nutritional education and financial planning program designed to address the root causes of hunger in the United States. The program is offered in thirteen states including Massachusetts, New Hampshire, Texas, Colorado, Michigan, Rhode Island, Washington, Missouri, and Washington, DC.

Operation Frontline promotes short- and long-term solutions to hunger by mobilizing volunteer chefs, nutritionists, and financial planners to teach people nutritional information and cooking skills, food budgeting, sanitation, and financial planning skills that they need to make healthy food choices and wise financial decisions on a limited budget. Classes are held at community agencies nationwide.

The program is nationally sponsored by Tyson Foods, Inc. Over the last three years, in addition to their partnership with Share Our Strength, Operation Frontline has donated 6.5 million pounds of chicken, providing 32.5 million meals to people at risk of hunger. Other national sponsors include the American Express Foundation, Cutco Cutlery, Max and Victoria Dreyfus Foundation, Gerber Foundation, Public Welfare Foundation, Share Our Strength's Taste of the Nation, and the National Endowment for Financial Education. Whole Foods is a regional sponsor.

Chefs and nutritionists work in teams of two to teach a two hour class each week for six weeks. Each class features an interactive cooking lesson as well as trips to the supermarket where participants learn to make healthy and economical food choices. Volunteers are needed nationwide to teach the structured curriculum. The program is a great opportunity for culinary professionals to give back to their community. Twelve hours a year can make a big difference in many lives. Inquiries can be made through www.strength.org or through the Boston coordinator Erica Vogelei evogelei@ofl.org 617.267.5828.

Share Our Strength (SOS) is a national hunger and poverty relief charity. SOS has distributed over \$70 million to communities nationwide since 1984.

Industry Professionals Provide Counsel for School Curriculum

The CSCA Program Advisory Committee has been reinstated in an effort to parallel the School's recent growth. This group of professionals will help determine if the needs of the culinary industry match the education and instruction provided in the School's programs. They will meet twice a year with Founder/Director Roberta Dowling, CCP, and General Manager Bill Dowling.

Committee members include Steve DiFillippo '84, owner of Davio's Restaurants in Massachusetts and Philadelphia; Christopher Hurley '98, chef at The Blue Room; Tracey Byrne '93, founder of Biga Breads in Charlestown; Ellen Kaplansky '97, former pastry chef at Figs; food writer Eva Katz '89; John Kennedy '02, owner of Boston's Marching & Chowder; EVOO Chef/Owners Peter and Colleen McCarthy; Oleana's Ana Sortun of Cambridge; Pete Sueltenfuss '01, formerly of EAT Restaurant; and personal chef Jean Terranova '03.

The group discussed upcoming internship opportunities, the curricula textbook, and the importance of menu planning seminars and if they should be added to the curriculum.

Several Committee members offered to teach seminars at the School. Roberta was pleased with the Committee's participation and looks forward to additional correspondence.

The Committee is a requirement of the Accrediting Commission of Career Schools and Colleges of Technologies (ACCSCT).

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Letter from the Director

Dear CSCA Graduates,

Since the inception of the Alumni Newsletter, we have received an enormous amount of feedback from alumni. Our first newsletter, a huge success, introduced a number of new programs at the School, announced new employment search tools, and provided information about two new committees and the construction of "E" Kitchen. Since the Fall, the CSCA enjoyed a number of social and scholastic events. Judy Mattera '89 hosted the School's first Graduate Networking Social, which exceeded all expectations with nearly 75 alumni in attendance representing years 1984 through the last graduating class. We hosted two book signings, donated baked goods and CE classes to a number of charitable events, opened "E" Kitchen to seminars and CE classes, and participated in a promotional event with a local radio station. The staff would like to thank all alumni who contacted the School with feedback and suggestions. Please keep them coming!

This month 33 Professional Chef's students and 15 Culinary Certificate students will complete their curricula requirements and graduate from the CSCA. More than ever the culinary arts industry has a demand for skilled culinary professionals. We would like to extend our most sincere congratulations to these students and wish them much luck and success in their current and future endeavors. With the ending of one class another begins. We will welcome nearly 50 new Professional and Certificate students this month.

The second edition of the Alumni Newsletter contains articles featuring events, committee meetings, staff and alumni activity, and announcements. Please feel free to send us an e-mail with your updates, suggestions, and commentary!

Sincerely,
Roberta L. Dowling, CCP

CSCA Alumni Newsletter Contributors

Julie A. Burba '02, CCP Bobby F. Falite
Roberta L. Dowling, CCP Christine A. Savastano

Please send all comments, updates, submissions to Christine A. Savastano, c/o Cambridge School of Culinary Arts, 2020 Massachusetts Avenue, Cambridge, MA 02140.

Local Chefs Entertain Students with Culinary Tips and Cooking Demos

The CSCA launched its celebrity chef book signing series this past November with two events hosted by New England chefs. The first event was on November 15 with Gordon Hamersley of Hamersley's Bistro in Boston. Nearly 50 current students, alumni, staff, and guests attended the event. Gordon hosted an informal cooking demonstration, where he made seared sea scallops with a wild mushroom ragout. While cooking, Gordon chatted easily with guests, providing culinary tips and techniques, industry anecdotes, and advice for culinary students seeking jobs in the industry. After the demonstration and question-and-answer session, Gordon signed copies of his new cookbook *Bistro Cooking at Home*.



Gordon Hamersley, author of *Bistro Cooking at Home*



Chef Chris Prospero of Metro Bis in Simsbury, CT

The second event was held on November 22, hosted by wife and husband team Courtney Febroriello and Chris Prospero, owners of the Metro Bis in Simsbury, CT. Courtney, who is the operations manager for the bistro, recently published *Wife of the Chef: The True Story of a Restaurant and Romance*. She dished on the inner workings of the restaurant business and discussed the real-life issues of being married to one's job and to the

chef. Chef/husband Chris provided a cooking demonstration to the students, alumni, staff, and guests in attendance. Chris served a delectable selection of items from the menu at Metro Bis while providing cooking tips and inside information to the culinary world.

The CSCA plans to hold additional book signings and cooking demonstrations. To offer suggestions for such events, please contact Julie Burba at 617.354.2020, ext. 121 or editing@cambridgeculinary.com.

Alumni Spotlight: Cynthia Flahardy '98, CCP

Cynthia Flahardy was always fascinated with food. She knew there was more to cooking than following a recipe. After years of risk-taking dinner parties, she decided to attend a professional cooking school.

She commuted over two hours to the CSCA from Chester, NH. She graduated from the Professional Chef Program in 1998. While attending School, Cynthia worked at the historic Exeter Inn, rotating as a baker and a dinner cook. She had always admired the Inn and was thrilled to be employed there while still attending culinary classes. From there, she found herself at the four-star Balsams Grand Resort in Dixville Notch, NH, where she worked for three years as a baker and as a member of the catering staff. In addition to these positions, Cynthia served as a teaching assistant for the School. It was during that time that she gained additional experience and learned how to teach.

Following her time as a teaching assistant, Cynthia taught many recreational classes for the School, specializing in Italian cuisine. Soon after, she began teaching Basics for the Culinary Certificate Program. She was popular with the students and was more than satisfied with her new career.

After an intense year as a culinary student, over three years of assisting chef/instructors and industry experience, teaching both recreation and professional cooking classes

for an additional three years, Cynthia was approached by a childhood friend to be involved with an exciting new venture; Eurostoves, Inc.

Eurostoves markets European cooking stoves, appliances, cutlery, and cookware. As the Culinary Director and Executive Chef for Eurostoves, Inc., she will design the culinary program and recipe development, featuring European appliances and kitchenware offered by Eurostoves. She will also govern the chef instructors for its culinary education program. Eurostoves will be opening "The Culinary Centre" in Beverly, MA, in February 2004. This location will allow patrons to admire the showroom and take cooking classes on various European stoves, enabling them to make the best choice for their needs. Cynthia is currently researching plans for a second location in Los Angeles, CA.

Cynthia considers her training at the CSCA and experience as a chef instructor, along with her restaurant experience, crucial to her preparation for this new challenge. She is also a member of the CSCA Alumni Association Board of Directors.



Cynthia Flahardy '98, CCP



Are You Using eRecruiting?

The Placement Office at CSCA is posting more and more of the latest culinary positions online. The

eRecruiting Network offers up-to-date job postings as well as upcoming events. The internet-based program allows both students and alumni to search the job database, upload resumes, and receive automatic notification via email for new positions. Usernames and passwords can be retrieved through the eRecruiting link on our website www.cambridgeculinary.com or through Jenifer Murray '02, CCP, and Bobby Falite in the Placement Office.

Mark Your Calendars!

Tony Bettencourt '01, executive sous chef at Upstairs on the Square, will host the next Graduate Networking Social.

**Monday, February 23, 2004 at 7:00p.m.
Upstairs on the Square**

To register, please contact:
Christine Savastano at 617.354.2020, ext 122
or alumni@cambridgeculinary.com

A \$10 donation to the CSCA Alumni Scholarship Fund is requested



CSCA graduates met Chef Bobby Falite at the Mandarin on December 16. Peter and Lu, sushi chefs, join in on the fun.

Meet Me at the Mandarin

On any given Tuesday night, CSCA students and alumni can find Chef/Instructor Bobby Falite enjoying sushi and a glass of red wine at the Mandarin Restaurant in Reading, MA. Chef Bobby is frequently joined by alumni, who make the drive from all parts of New England to visit with their former chef. Bobby has been a Tuesday night regular there since 1994. "I started dining at the Mandarin after trips to Hawaii and Australia, where I fell in love with sushi and sashimi. Then after excursions to San Francisco and London I became totally hooked on the 1970s California craze," said Bobby. The Mandarin specializes in fresh

seafood, sushi and sashimi, tempura, Chinese-style dishes, and of course, exotic fruity Polynesian specialty drinks.

CSCA alumni first started "surprising" Bobby at the Mandarin in 1999, the year he began teaching at the School. "When I teach the Asian/Fusion classes or if I am discussing anything dealing with 'Fusionistic reference,' I always recommend the Mandarin," explained Falite. His students have been meeting him there since his first class. In addition to CSCA alumni, former students from Wakefield High School and Wakefield Vocational Tech also meet him there.

Bobby, who is on a first name basis with the sushi chefs, Lu and Peter, and owners Kenny and Sheila, enjoys the atmosphere of the 200-seat restaurant. Not only does he meet alumni there, he meets local chefs, restaurant owners, and a host of interesting people at the sushi bar. "A few Tuesdays ago, I met Fiore Colella, owner of Ristorante Fiore and Cantina Italiana. Not only was she very interesting, she provided me with another contact for the Placement Department," said Bobby.

With the graduation of each CSCA class, more and more alumni venture to the Mandarin to socialize, wine and dine, and catch up with Bobby. "For an evening of culinary fun, Meet Me at the Mandarin on any Tuesday for some tantalizing tastes!"

Alumni Board of Directors Meet

The newly formed CSCA Alumni Association will be led by an appointed Board of Directors. The first meeting was held at the School in November. The group proposed three objectives: to strengthen the bonds of friendship and further mutual help among alumni to ensure a more personal relationship between graduates and the School; foster the culinary, social, and professional development of its members; and to help the School by means of moral and financial support and to act as the voice of all alumni in their relations with the School.

In addition, the Board plans to build several committees that will promote the CSCA Alumni Scholarship Fund and a Student Mentor Program. Committee chairpersons will be selected at the February meeting. Stephanie Lucianovic '03 will represent the Alumni Board on the West Coast. Her involvement over the next year will create a protocol for additional alumni charter groups. She hopes to target cities with a strong culinary reputation such as New York and Chicago.

The inaugural CSCA Alumni Board of Directors include:
 Marnie DuBois '97
 Annette Fazio '92
 Cynthia Flahardy '98, CCP
 Michelle Gray '96
 Larry Hier '04
 Michelle Itzkowitz '97
 Sarah Keating '98
 Sean Leonard '96
 Susan Light '99
 Stephanie Lucianovic '03, CCP
 Jennipher Mills '03, CCP
 Beverly Napior '02
 Virginia Stein '84

All graduates of the School are eligible to be nominated to hold a seat on the Board. Nominations can be submitted to the Alumni Office at any time for consideration.

Class Notes

Josh Ziskin '95 recently opened La Morra, featuring traditional Italian cuisine, in Brookline, MA.

Luke Morford '01 has moved to Arizona with Riga Tony's restaurant.

Joyce Lin '03 recently accepted a Garde-Manger position with the Ritz-Carlton in Boston.

Catherine Thompson '98 was featured in *The Improper Bostonian* for her new personal chef venture, Catherine's Cuisines.

Carla Rollins '92 was featured in an article in *Gourmet Magazine's* October issue. Carla's Bakery and Café was described as a "warm place in a cold town." The café is located in York, ME.

Peter Merrill '02 is the pastry chef at Sel de la Terre in Boston. He was featured in an October/November issue in the *The Improper Bostonian* for his role in the kitchen, as well as for his popular weekend classes. Pete is also a recreational instructor at the School.

Steve DiFillippo '84 and his new Arlington Street location of Davio's was reviewed in *The Improper Bostonian's* October/November issue. The review stated that Davio's has "reinvented itself as a Northern Italian steak and chop house."

Julia Usher '96 assisted the food editor of *Mary Engelbreit's Home Companion* with the food section, featuring holiday cakes, in the December issue.

Rob McKeown '99 is an Asia Correspondent for *Gourmet Magazine*. He is currently living in Bangkok.

Susan Halpin '03 is a chef's assistant with Pepper's Fine Foods Catering in Northborough, MA.

David Peterson '00 recently opened Serious Pig Personal Chef Service in York, ME, which was featured in the *York County Coast Star*. David is also employed with the Captain Jefferds Inn in Kennebunkport.

Stan White '94 is the pastry chef for LaBoniche in Lowell, MA.

Dan Levesque '94 is the owner of Open Kitchen in Weston, MA.

Jaxon Stallard '99 has founded a small cooking school in the Park City, UT, area and is preparing for the IACP certification exam.



New England Cheese Making Along the Mohawk Trail

by Bobby F. Falite

It was a cool September morning when Chef Julie Burba and I sat out for Western Massachusetts and a day filled with fun, milk, and more milk. Driving along Route 2 and the small towns, which looked as though we had been thrown into a Steinbeck novel, we headed for our final destination, The New England Cheesemaking Supply Company, Inc. Located in the rural town of Ashfield, MA, this cheese making company is celebrating its twenty-fifth anniversary this year, after Ricki Carroll and her husband Bob began the fundamentals of cheese making in 1978.

Providing her students with tasting trays of cheeses from their day's labor, and a lunch that includes a variety of soft and hard cheeses for every course, Ricki Carroll is certainly "the bible" of home cheese making techniques.

After being introduced to the other students (approx. 20) from all over New England, Ricki began her informal dissertation on the company's beginning, its active part in establishing the American Cheese Society in 1983, and her uphill climb to selling more than 100,000 copies of her book, *Cheesemaking Made Easy*.

Ricki is an extremely uncomplicated individual, with her dress and mannerisms drawn straight from the 60's and 70's. Her teaching style is simple, somewhat unpolished, but in the end her final products of homemade cheese are unquestionable and delicious! Providing her students with

tasting trays of cheeses from their day's labor, and a lunch that included a variety of soft and hard cheeses for every course, Ricki Carroll is certainly "the bible" of home cheese making techniques.

The fun-filled day of learning the basic principles of cheese making, and the use and care of equipment also included the making of Farmhouse Cheddar, Fromage Blanc, Crème Fraiche, Queso Blanco, Mascarpone, whole milk and whey Ricotta, and homemade Mozzarella.



The day concluded with a visit to the farm store and Julie and I, of course, purchased a collection of items that any chef would realize had to be part of their culinary collection. Carrying my new hard ricotta molds, rennet, and a variety of milk coagulants to the car, we made our way East again (and I don't mean "East of Eden"), getting lost only once on the Mohawk Trail. Leafing through my new *Cheesemaking Made Easy* cookbook, and discussing our day's activities with Julie, we were both ready for home, a good book, and wine without cheese!

Information on cheese making courses can be found at: New England Cheesemaking Supply Company, Inc.
P.O. Box 85
Main Street
Ashfield, MA 01330
Phone: 413.628.3808
Fax: 413.628.4061
E-mail: info@cheesemaking.com
www.cheesemaking.com

LOST ALUMNI Have you seen them in your kitchen?...

Daniel Bosworth '99	Lisa Kane '99
Donna Carris '96	Stacy Klein '00
Christopher Fett '02	Carolina Soto '00
Danielle Harris '94	Wendy Trefethen '01
Padraic Harrington '93	

Recertification Opportunity for Graduates

The Serve-Safe Sanitation Exam is open for all graduates to renew their certification.

The next exam is being held on February 17 & 18. Exams are typically given in the Fall, Winter, and late Spring.

Any graduates interested in taking the exam should contact School Registrar Gwenn Legters through 617.354.2020 ext 131.



Calendar of Events 2004

January

Friday, January 30
Anthony Spinazzola Event, Boston

February

Monday, February 23
Graduate Networking Social
Host Antonio Bettencourt '01
Upstairs on the Square, Cambridge 7pm
a \$10 minimum donation to the CSCA Alumni Scholarship Fund is requested

March

Monday, March 22
Graduate Demonstration: Advanced Cake Decorating by
Lisa Raffael '92
A \$10 minimum donation to the CSCA Alumni Scholarship Fund is requested

April

April 21–24
IACP Conference, Baltimore, MD

Thursday, April 29
Share Our Strength's Taste of the Nation
Hynes Convention Center, Boston



June 2002 graduates attend the first Graduate Networking Social hosted by Judy Mattera '89 of Robert Mondavi Wine and Foods. From left to right: Jeff Pond, Peter Bakun, Jenifer Murray, Nuno Souza, Julie Burba, and Peter Merrill.

May

Monday, May 3
Graduate Networking Social
Hosts Deb Jones '99 & Lucia Osiecki '00
Meadowlark Inn, West Brattleboro, VT

June

Monday, June 7
Graduate Networking Social
Host Steve DiFillippo '84
Davio's Restaurant, Cambridge 7pm

To RSVP or for additional information on how to attend or host an event, please contact:
Christine A. Savastano,
Alumni Coordinator
alumni@cambridgeculinary.com
617.354.2020 ext. 122



Culinary Quiz

1. When working with shrimp, what does the term "P&D" refer to?
2. What is the name of the parasite found in pork, and at what temperature does it die?
3. What part of the scallop do most Americans eat?
4. Explain the difference between baking powder and baking soda.
5. What is the maximum temperature that chocolate can be heated to?



Answers to this quiz can be found in the Alumni Section on the CSCA website
www.cambridgeculinary.com



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