



# THE CAMBRIDGE SCHOOL OF CULINARY ARTS

## Alumni Newsletter

Volume 2, Winter 2005

[www.cambridgeculinary.com](http://www.cambridgeculinary.com)

### Advanced Programs in the Pastry Arts



Delphin and Roberta will make a great team.

The Cambridge School of Culinary Arts is excited to announce that Delphin Gomes of Delphin's Gourmandise School of Pastry will begin teaching pastry arts at the CSCA in January 2005.

Delphin first introduced his pastry programs at his facility in Marblehead, MA, in January 2000. Within a year, he developed the Professional Evening Certificate Program and then the Perpetual Pastry Program, a full-time day program now licensed by the Commonwealth of Massachusetts Department of Education. As these programs took shape, the staff at Delphin's became increasingly aware of the geographic area students were coming from and realized that a more central location would better serve many prospective students who were unable to travel to Marblehead. Thus, the move to the Cambridge School of Culinary Arts!

During the next 6 months Delphin will host his Part-Time Evening Certificate Program and his seven-week series Perpetual Pastry Program full time during the day. Chef Delphin will teach these programs, including his Thursday evening recreational classes, in the kitchen/lab facilities at The Cambridge School of Culinary Arts.

**continues on page 3**

### Diplomati che vivono e Lavarano In Italia

Recent graduates Heather Love '03, CCP, and Cesare Casadei '04 are living, working, and loving Italy, something so many dream of doing. After learning all the wonders and greatness of Italy from Chef Roberta or Chef Rosario, these graduates decided to experience its greatness first hand.

Heather has found a place for herself in Rome, while Chez is soaking in as much as he can in San Marino and Bologna. The following records reflect just how they got there...

You've heard of people who are 'bit by the travel bug' after a trip and then spend all subsequent holidays jetting around the world? Well, Heather caught the travel bug in utero! Her parents were always traveling and, in fact, were living in Scotland when she was born. She grew up spending vacations all over the United States and Europe with her family and was exposed to different cultures and foods right from the very start of life. During grade school show & tells, or mother-daughter demonstrations for the Girl Scouts, she would invariably end up talking about either a foreign country she had visited or demonstrating how to cook a foreign dish. When she got home from school, she would watch Julia Child on TV (and just to be authentic, it was a 13" black and white TV!). Her favorite classes in high school were French & Spanish, which led her to choose the foreign language department at Plymouth State College (now Plymouth State University). She chose a 'local school' because it was cheaper and figured it would make it easier to save for study abroad. After 2 years she decided to move to Venezuela. She was able to participate in a 3 month program from Rotary International as an "International Ambassador." She extended her stay for a year. She was able to connect with a school in Merida, which allowed her to transfer credits back to Plymouth State so she didn't lose any time from her studies. She loved it; she loved the entire experience. She returned to Plymouth for her final semester and decided to move to Boston.

In Boston she worked for almost 5 years as a full-time travel agent for Council Travel, a student oriented country-wide travel agency, which was bought by STA Travel, another student focused agency. As a travel agent she was able to travel extensively throughout the world, which, while introducing her to new countries, cultures, and languages, also gave her

**continues on page 6**



## Letter from the Director

Dear CSCA Graduates,

This past fall has been busy for the students and staff here at the CSCA.

We began the fall session with a record number of 27 entering the Culinary Certificate Program and 38 entering the Professional Program. In mid-September we celebrated our 30th Anniversary with a festive two-day celebration. It was wonderful to see and visit with many of you who made the special effort to attend!

In addition to daily lab sessions, current students have had the opportunity to attend special classes and seminars taught by local chefs. Ana Sortun of Oleana conducted a seminar on incorporating fresh and organic ingredients into menus and how and where to shop for those ingredients; Tony Maws of Craigie St. Bistro demonstrated the virtues and techniques of Lyonnaise-style cooking; and Andy Husbands of Tremont 647 and Rouge worked with students on developing precision and speed in the kitchen.

The School and its instructors also participated in a number of events here and off-site, including the Grand Re-Opening of the Burlington Mall, where Chef Bobby Falite and I gave healthy meal makeover cooking demonstrations; a pasta judging contest between "Spaz" (morning on-air personality) and Chef Michael Schlow of Radius and Via Matta on WAAF; and promotional events within the School with Mix 98.5's Kelly Malone and Oldies 103.3's Paula Street.

Our alumni attended workshops and a book signing event at the School. Delphin Gomes, Jan Schiff, and myself taught classes on sugar pulling, advanced cake decorating, and working with pasta, respectively; and Andy Husbands and CSCA graduate Joe Yonan signed copies of their recently released cookbook *The Fearless Chef* during a cooking demonstration and discussion on food writing. In addition, the School was featured during a special program, *An Italian Christmas with Mario and Giada*, which aired on The Food Network and featured several alumni from the June 2004 class.

This January brings new beginnings for students starting our programs and for those graduating and embarking on their careers. We will also host Delphin Gomes' pastry program here at the school (details on page 1). We welcome Delphin and welcome alumni to attend his pastry programs.

Our recreational programs have experienced phenomenal success during the holiday season. This year we introduced a new on-line feature called e-Certificates, of which visitors to our website can order a gift certificate for recreational classes through a secured site. We are also offering more recreational classes than ever.

I hope that all of you have a happy and healthy New Year!

Sincerely,  
Roberta L. Dowling, CCP

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## Culinary Observations By Lisa Léonard '03, CCP

"It's too expensive!" is the response to the question, "Why is it so difficult to receive affordable health insurance in the restaurant business?"

Despite growth in this market, and barring large corporate kitchens and hotels, prohibitive costs still affect both the restaurant and its employees. Line cooks, pastry cooks, servers, bartenders and dishwashers, among other hourly employees working for small businesses, are affected the most. Often it is the salaried employees in the food and beverage industry (Sous Chefs, Pastry Chefs and Front of the House Managers) that are offered moderately discounted insurance taken as a deduction to their weekly paycheck.

A line cook, earning an hourly wage between \$10 and \$15 per hour is left to pay a premium of \$200 month. As for those who freelance as Personal Chefs, Caterers,

Instructors, Food Stylists, Recipe Testers, and Food Writers, health insurance must be sought out independently. Non-group premiums for such contracted employees without a subsidized negotiated rate linger over \$400 a month. Is it a wonder that medical debt currently affects about 43 million Americans as private health insurance premiums have increased by 13.9 percent last year?

Health insurance has traditionally been offered by big businesses to maintain high productivity and reduce turnover. Where does this leave employees in the food and beverage industry? This industry is growing in media outlets (food magazines, networks, and books) and proliferating in large, private, and small independently owned restaurants. Clever menus are started by young ambitious chefs, where does that leave them? Where does this leave someone like us?

The restaurant industry employs 12 million people and accounts for 46.4 percent of what Americans spend on food. This number is expected to jump to 53 percent by

continues on page 3

## Culinary Observations

continued from page 2

2010. As the industry expands, most restaurateurs concur that you cannot offset the cost of offering insurance by raising the prices on the menu. How would you like that \$65 steak cooked?

Many people are making life changes from their previous careers in medicine, law, and technology, and applying to culinary schools. They are discovering that per month, "following their passion" may cost more than a rare white truffle from Italy.

Life in the kitchen means working in close proximity to not only people and their germs, but malfunctioning pilot lights, flames, fumes, hot oil, myriad sharp objects, and equipment large and heavy enough to strain even a fit individual. In the course of 12 months as a line cook, one can expect his or her share of burns, scrapes, bruises, and falls. Even the most careful cook can be injured in ways from minor to that which require stitches.

Perusing Craigslist in New York led me to discover that some restaurants in Manhattan offer their host/ess full medical benefits and sometime a 401K plan. What are the occupational hazards to a host or Maitre D'? Why has this stigma plagued the back of the house? Given all that Careme had hoped to accomplish for his staff, he would be very disappointed.

Yet restaurateurs are continually challenged to find well skilled, ServSafe certified workforce to build longevity with the business and thus offer a consistent quality product. One case of food-borne illness traced backed to a restaurant is detrimental to its success in a community, yet with all the precautions that are taken to handle that \$26 entrée that you consume, little is done to ensure the health of the individual who prepared it. Bon Apétit.

*Tell us what you think! Please send all responses and comments to alumni@cambridgeculinary.com or to the School, via the alumni department. Lisa Léonard '03, CCP, is a member of the CSCA Alumni Board of Directors.*

## Help Wanted

The CSCA Recreational Division  
is currently accepting applications!

If you love to interact with people, and you love to teach cooking, please send your resume to Sean Leonard '96 at sleonard@cambridgeculinary.com or fax through 617.576.1963

*Over 250 classes are held each year, welcoming over 1500 students.*

*The recreational catalog can be viewed online through*

*www.cambridgeculinary.com*

## Advanced Programs in the Pastry Arts

continued from page 1

The part-time evening Certificate Program begins Wednesday, January, 19, 2005. This is a 248-clock-hour program that meets during two week-day evenings and during twelve Saturdays. In a hands-on setting, Delphin will teach the art of Breakfast Pastry, Tarts and Pies, Cakes and Specialty Cakes, Petit Fours, Cookies, and Chocolate. The full-time day Perpetual Pastry Program begins on January 24, 2005, and is a 245-clock-hour program. In seven consecutive weeks participants will study the same topics as in the part-time evening program. Participants will receive Delphin's Certificat de Participation in Pastry/Baking Arts.

Master Pastry Chef Delphin Gomes has been working in pastry arts for the past 30 years. He shares his vast experience through specialized courses and programs, focusing on theory, chemistry, contemporary aesthetics, technique, and creativity.

CSCA alumni who are interested in learning advanced techniques in pastry arts are encouraged to contact Delphin at his Marblehead administrative offices (781.639.2311; www.delphins.com). The combined goal of the CSCA and Delphin is to offer each student the best culinary education possible. This partnership is one to be part of — the possibilities are endless!

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## Recommended Reading List for the Culinary Professional

submitted by Chef Robert Falite,  
CSCA Curriculum Coordinator

*Le Repertoire De La Cuisine*, by Saulnier

*Gastronomical Me*, by M. F. K. Fisher

*The Professional Chef's Knife Kit*, by  
The Culinary Institute of America

*On Food and Cooking*, by Harold McGee

*The Complete Caterer: A Practical Guide to the Craft and  
Business of Catering*, by Elizabeth Lawrence

*The Book of Garnishes*, by June Budgen

*Essentials of Asian Cuisine: Fundamentals & Favorite  
Recipes*, by Corinne Tang

## CLASS ACTION

By Beverly Napior '02



Roberta leads a group of graduates in "Pastabilities", an alumni workshop held in December.

Have you pulled any sugar lately? When was the last time you made buttercream or rolled and filled pasta for ravioli? Certainly for some of us, this is a daily or weekly routine; but for many, the broad range of skills acquired at the School are not utilized regularly. Consequently, we may wonder if we still have the sharp skills that were so hard earned at CSCA.

To remedy this situation, look no farther than the CSCA Calendar of Events. In October, Master Pastry Chef Delphin Gomes completely wowed a class with his amazing sugar pulling techniques. After hearing about this at an Alumni Board meeting, I made it a point to register for the November graduate workshop "Desserts: Taken to the Next Level" with Chef Jan Schiff '90, CCP, and the December workshop "Advanced Pastabilities" with Chef Roberta.

Not having made buttercream since I was a student, I was pleased to revisit the art with a new technique demonstrated by Chef Jan that made the process much less daunting and almost foolproof. It was also nice to learn that I could still whip up a decent sponge cake while not collapsing the effort in the folding of the flour. As those of you who have studied with Chef Jan know, there's rarely a dull moment in her classes and this alumni session was certainly no exception. I know I wasn't alone in feeling that the "Puzzle Cake" project before us seemed rather intimidating. Chef Jan's enthusiasm and encouragement, the accompanying wine notwithstanding, eased our trepidations. Working in the new E Kitchen was an added bonus.

From sweet to savory, I ventured on to Chef Roberta's pasta workshop. Roberta's vibrantly colored, filled pastas (patent

pending) were recently showcased on The Food Network with Mario Batali. In her own inimitable style, Roberta wasted no time in setting us to task. We were sent to the kitchen armed with an intense rainbow of colored pastas and savory fillings that included lobster, butternut squash, and mushroom duxelles. Moved by working with such incredible ingredients, wine notwithstanding, the kitchen was soon filled with holiday spirit, as we rolled, cut, and stuffed our ravioli into wreaths, angels, sleighs, snowmen, and even a gingerbread house. We were inspired with what was possible given the beautiful palette we were given to work with. The best part, however, was definitely in the eating. Although our creations looked too beautiful to eat, we got over it after the first heavenly bite.

Do yourself a favor: Make a date to attend a graduate workshop in the CSCA kitchens. You may rediscover your love of the art, meet kindred spirits from your own as well as other classes, and reconnect with the staff. CSCA is a community and you are part of it. Join us in these workshops and enjoy some time in the kitchen with no judgment, no pressure, just the simple pleasures of the joy of cooking and the shared passion that brought us here in the first place.



### 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](http://www.cambridgeculinary.com) or through Jenifer Murray '02, CCP.

### Student Mentors Wanted

The CSCA Alumni Board is looking for graduates who would like to be mentors for current students! Commitment requires connecting 2 - 3 times per year with a student and serving as a general resource in your area of expertise. Please contact the Alumni Office for additional information!  
[alumni@cambridgeculinary.com](mailto:alumni@cambridgeculinary.com)



Julia Usher '96 working in her AzucArte Kitchen

## Alumni Spotlight: Julie Usher '96, CCP

Cake and dessert designer Julia Usher has never eaten a boxed cake and has always ordered dessert before her main course. Though formally trained at The Cambridge School of Culinary Arts, Usher's make-it-yourself

approach and eclectic decorating style come from her mother, a self-taught baker, herb gardener, and collector extraordinaire.

In 1995, while still in culinary school and planning her own wedding, Usher was left distraught by the plethora of bland white cake and unimaginative cake designs on the market. She knew that, by combining intense flavor and high style, a well-designed dessert could cast a magical mood on its takers. Barely down the aisle, she opened AzucArte, a boutique bakery specializing in such sweets.

After seven years in business, Usher has custom-made thousands of desserts for society weddings and other special events. Her attention to what's in, on, and around her sweets has put her at the forefront of dessert design. Usher's desserts and cakes have graced the cover of *Chocolatier* and the pages of *Vera Wang on Weddings*, *Pastry Art & Design*, *Modern Bride*, *Elegant Bride*, *Grace Ormonde Wedding Style*, *Bride's*, and *St. Louis Bride* magazines. Usher recently co-authored an article on holiday cakes that appeared in *Mary Engelbreit's Home Companion*. More of her work will appear there in 2005, as well as in *Chocolatier* and a collaborative cookbook published by the International Association of Culinary Professionals (IACP). Her desserts have also been showcased at the James Beard House in New York City. She is a former President of the St. Louis Culinary Society and a member of IACP. Usher is currently busy on her own book — a hybrid cookbook and party planning guide — which highlights many of her fantastic confections.

In addition to her culinary achievements, Usher holds degrees in mechanical engineering from Yale University and the University of California - Berkeley, and a Master's

of Business Administration from Stanford. When she's not baking, Usher shuttles between St. Louis, Missouri, and Stonington, Maine, where she enjoys quiet time with her incredibly patient and supportive husband.



An old-fashioned pear cake, "spackled" with fondant and overgrown with sugar roses and curly willow, makes an unforgettable centerpiece on a salvaged tin platter.

### Sanitation Recertification Opportunity for Graduates

The ServSafe Sanitation Exam is open for all graduates to renew their certification. The next exam is being held in February. Exams are typically given in the Fall, Winter, and late Spring.

Any graduates interested in taking the exam should contact Deb Steinfeld through 617.354.2020, ext 112, ASAP to avoid late fees.

### CSCA Alumni Newsletter Contributors

- |                         |                         |
|-------------------------|-------------------------|
| Julie A. Burba '02, CCP | Cesare Casadei '04      |
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| Heather Love '03, CCP   | Jenifer Murray '02, CCP |
| Beverly Napior '02      | Christine A. Savastano  |
| Julia Usher '96         |                         |

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

## Diplomati che vivono e Lavarano In Italia

continued from page 1

the opportunity to experience first hand the flavors of local dishes, which she had read about so often. When she started looking for a new career direction, the natural choice was the food industry. She did some research and decided to attend the CSCA.

After one of Roberta's information sessions, she was sure that it was a good place to jump start a her new career. With the evening program, she was able to continue working as a travel agent, which enabled her to pay the rent. She felt the Chef Instructors were fantastic, especially the Italian section with Chef Adrian and Chef Rosario, whose enthusiasm for Italian cuisine inspired her to focus on Italy. Halfway through the Professional Chef's Program, she quit her job at the agency and started working at Via Matta, an Italian restaurant in Boston owned by Chef Michael Schlow and run by Chef Luis Morales. It was a great experience. She was able to apply the techniques she learned at CSCA in the industry. It showed her a new dimension to the theories presented in class. After graduation she continued to work at Via Matta but her longing for travel soon had her selling all her belongings and heading to Italy.

She had traveled there several times in the past and always loved it. She chose Rome as her destination. She had several friends living in Rome and knew that while she would be on her own, she wouldn't be necessarily alone. Two weeks after arriving, she was introduced by a friend of a friend (that's how it works over there) to a restaurant owner who secured her an interview. The interview was officially for Ditrambo, a restaurant near Campo dei Fiori but as it turns out, their sister restaurant Grappolo D'Oro just lost a cook, so they hired her for the position.

She worked for 6 months with Grappolo as their pasta and pastry cook. Only one of the cooks spoke English but since she knew Spanish and already knew how to cook, it was pretty easy to catch on to what they wanted done. Soon she was speaking Italian and getting along fine. All the pasta was made fresh daily and the desserts were constantly changing. There was a lot of work, but it was a lot of fun. Bothered by their disorganization, she started to look for other opportunities. Another chef friend referred her to Duke's. Duke's is a California bar and restaurant in Parioli (it's an area similar to the Newbury St. neighborhood in Boston). She interviewed there, loved it, and started working in May 2004. She has been there 8 months and has learned so much. She has a direct influence on the menu as new recipes are constantly being developed, tested, and presented. To top it all off, she is working with a great group of people who are dedicated to putting out a great overall product and having a lot of fun doing it! What can be better?

Cesare Casadei (Chez) has a Bachelor of Science Degree in Civil Engineering from Michigan State University. He completed the Professional Chef's Program last June. While attending CSCA, he had the opportunity to attend the

Cannes Film Festival. Although not what he expected, (lots of volume; lots of "bar" food), it was a great experience.

Following graduation, he continued working at Terramia and Antico Forno in Boston's North End. He was responsible for all the appetizers in both restaurants. The longer he was there, the more shifts he took on the grill and sauté and pasta stations. By the time he left, all the pasta dishes at Antico Forno were prepared by Chez.

After completing the Program, he traveled the States to clear his mind and decide his next step. Within a short time, he bought a one-way ticket to San Marino, Italy. He began working at Righi La Taverna, the best restaurant in the area, serving politicians, the Princess of Thailand, the President of Romania, and Michele Platini (famous french soccer player in the 80's). He worked for approximately two months making homemade pasta and desserts with Chef Luigi Sartini. Chef Sartini has won several European awards and is the Director for the Organization Euro-toques of San Marino.

For a brief time, he worked at the Palazzo Albergati in Bologna, the former palace of Duke Albergati, now a high-end catering service. Here, people dine in halls covered with 16th century frescos. It is one of the few places in Italy of such caliber. Under the guidance of Chef Luca Angelini, Chez made marmalades, honey, bread, panettoni, as well as traditional Italian cold cuts. He claims it was an amazing process and wonderful experience.

He is currently working at Il Casale, in Riccione. This restaurant serves typical Romagna cuisine, serving about 300 on a Friday and Saturday night for dinner. Many travel to experience its regional cuisine. For New Year's Eve, they offered a nine course dinner with wine for 150 euros per person. He is working in pastry and has been given several liberties to try new things, which he claims is "always fun, but not always successful." He also assists in making fresh pastas, including strozzapreti, cappeletti, ravioli, tortellini, mezzelune, lasagne verdi, taglioline, cassoncini, and piadina (thin, flat disks, chewier and firmer than bread, cooked over hot coals or a well-seasoned black, cast iron pan), a specialty of Emilia Romagna.

Chez will return to the States in the Spring. A connection in Italy paired him with Chef Gino Angelini, of Angelini Osteria in Los Angeles. Although his future plans are vague, it is certain his experiences abroad will influence his decisions for years to come.

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

Frank Adams '90	Amy Osborn '99
Geoffrey Hand '98	Matthew Gaudet '98
Mindy Nussbaum '94	Joshua Kiev '99
Richard Cannon '97	Daniela Pesce '00
Megan Henzel '95	

# Class Notes

Hong Xue '04 is a food stylist and recipe developer at Adlife Marketing and Communications.

Julia Sperou '02 works in the Human Resource Department at Whole Foods in Cambridge, MA.

Daniel Morley '96 is the Pastry Chef for the Beacon Hill Bistro in Boston.

Kathryn Syzmal '03 works as a Lab Manager doing Recipe and Product Development for Allied Domecq in Canton, MA.

Marcos Sodre '04 is a line cook at Indigo in Needham, MA.

Judy Mattera '89 recently accepted a nomination to hold a seat on the Women Chefs and Restaurateurs Board of Directors. She is planning a return visit to the French Culinary Institute in New York City where she will give a demonstration on sweet wines and desserts.

Scott Cohen '04 recently joined the team at Bistro 5 in Medford, MA.

Patrick Campbell '03 works as the Sous Chef at Glory in Andover, MA.

Chris Sordillo '04 is a line cook at Jasper White's Summer Shack in Cambridge.

Michelle Payne '04 works as garde manger at Tomasso Trattoria and Enoteca under the guidance of Executive Chef Antonio Bettencourt '01. The restaurant is located in Southborough, MA.

Stacia Grubb '04 has worked at The Rustic Kitchen in Cambridge, MA since it opened in July 2004.

Pete Sueltenfuss '01 is the Executive Chef at Gargoyles On the Square, located in Davis Square, Somerville.

Christopher Hurley '98 is the General Manager of Caffe Umbra in Boston.

Beverly DiCarlo '88 has been a private chef for various celebrities in CA for the last ten years. She is a former lost alumni!

Richard Moore '02 and his wife Marcia own and keep the Graystone Inn, located in Wilmington, NC. The Inn has been named "One of the America's Top 10 Most Romantic Inns" by American Historic Inns and has been highlighted in Delta Sky Magazine.

Joann Pulsford '95 is employed with Winchester Hospital as a Food & Nutrition Manager.

Please send all updates to [alumni@cambridgeculinary.com](mailto:alumni@cambridgeculinary.com) or directly to the School, Attn: Alumni Office.

Have you opened a new restaurant? Accepted a new job? Received an award or acknowledgement?  
 We want to know!  
 Alumni update forms can be found on the School's website or you can email your update to [alumni@cambridgeculinary.com](mailto:alumni@cambridgeculinary.com).



# Calendar of Events, 2005

## February

Monday, February 7 7:00pm Alumni Networking Social: Eurostoves, Beverly, MA hosted by Cynthia Flahardy '98, CCP

## March

Wednesday, March 9 6:00pm Alumni Workshop: Chocolates & Candy with Master Pastry Chef Delphin Gomes

## April

Tuesday, April 19 4:00pm Alumni Workshop: Tour of Chinatown with Bik Ng

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



# Culinary Quiz



- 1) Name the five mother sauces.
- 2) Match the following sauces to their correct combination of ingredients:
 

<input type="checkbox"/> Robert	(a) Mayonnaise with garlic
<input type="checkbox"/> Choron	(b) Espagnole with shallots and mustard
<input type="checkbox"/> Supreme	(c) Bernaise with tomato paste and cream
<input type="checkbox"/> Mornay	(d) Chicken veloute with cream
<input type="checkbox"/> Remoulade	(e) Bechamel with cheese
<input type="checkbox"/> Aioli	(f) Mayonnaise with mustard, onions, etc.
- 3) What is the difference between a Bechamel sauce and a Veloute sauce?

Answers to this quiz can be found in the Alumni Section on the CSCA website [www.cambridgeculinary.com](http://www.cambridgeculinary.com)



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