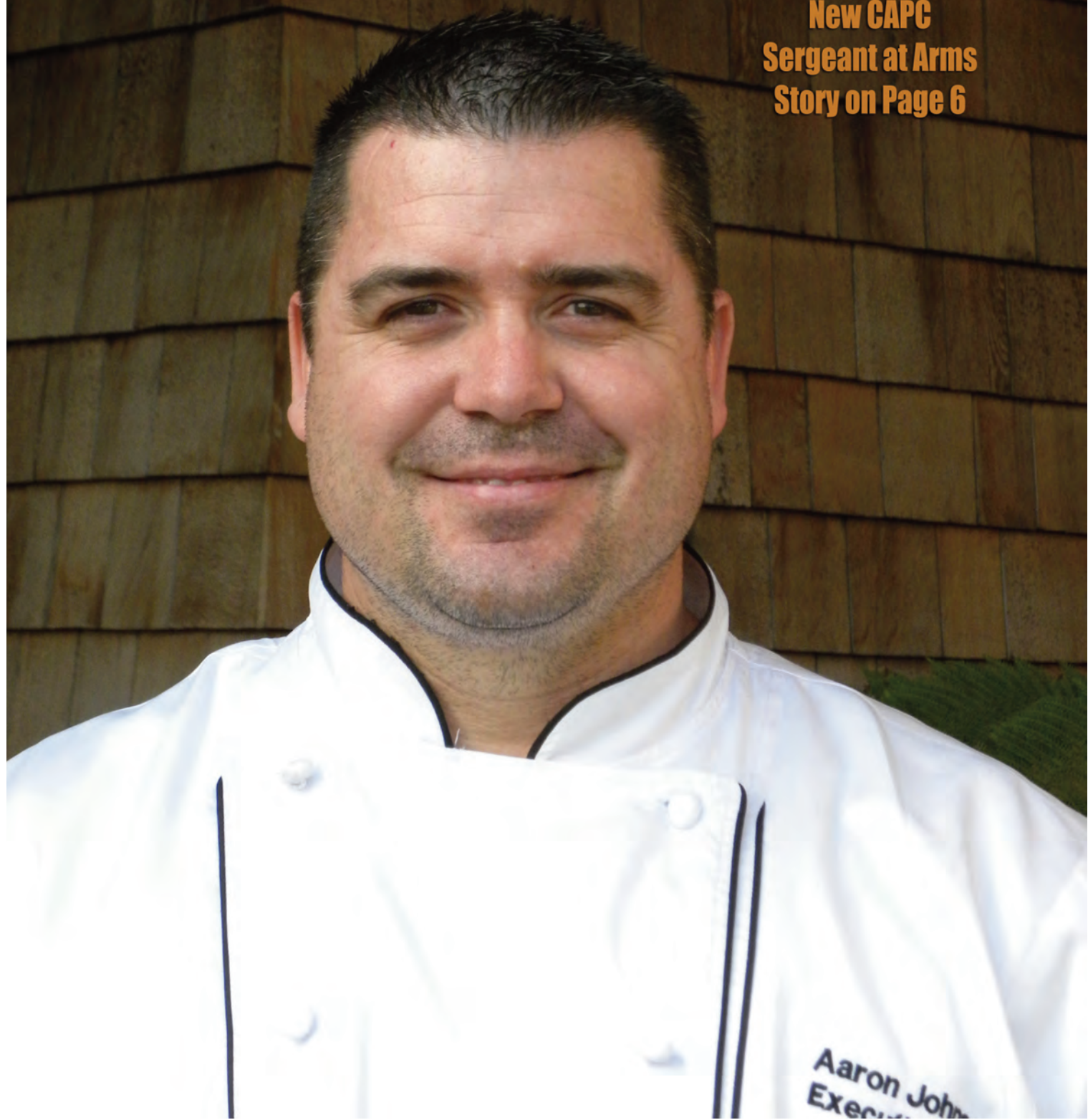


THE CULINARIAN

OFFICIAL PUBLICATION OF THE CHEFS ASSOCIATION OF THE PACIFIC COAST • JUNE, 2010

Aaron Johnson
New CAPC
Sergeant at Arms
Story on Page 6





President's Gala Dinner

Sunday, August 15, 2010

at the

Silverado Country Club & Resort

1600 Atlas Peak road, - Napa, California

An Evening of Dinner & Dancing with Live Entertainment

*The Chefs Association and Local Bay Area Charities
will be benefited by our Live Auction*

Menu by Peter Pakk

Wines paired by Peju Winery

\$75 per person

**For dinner reservations contact the CAPC office (415)371.1302
(Please make your reservations by Thursday, August 12th)**

Rooms reserved at Silverado Country Club and Resort starting at \$99 a night

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CHEFS ASSOCIATION OF THE PACIFIC COAST ACF SAN FRANCISCO CHAPTER

*From the Golden Gate to the Eastern Shore,
we set the trend on how America eats.*

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President's Report



June, 2010

Fellow Colleagues:

If you are reading this and haven't wished me a **Happy Birthday** yet, shame on you. Actually, I never thought birthdays after your 21st meant much at all, but I am at the age now where I am counting the years toward retirement. With the state of our economy and the stock market motion giving the people at **Six Flags** reasons to name the next great roller coaster **Wall Street**, I am probably better off that I haven't been reminded that another year has passed. I apologize for the pessimism, and promise to be more optimistic if you promise to read on...

I want to commend **Chef Henry Vortriede** and his staff for a fantastic dinner from start to finish at our April meeting, which was held at **Montclair Bistro**. As some of you may already know, Henry has helped me become the chef that I am today. He has aided in my understanding of classic techniques and dishes, while keeping the importance on artistic presentation. Though we are always looking for new combinations, we accept that our predecessors have figured out which foods work together. It's taking that infor-

mation and presenting it in ways never seen before, that makes the great chefs of today and tomorrow.

Speaking of great chefs, **Peter Pahk** at **Silverado Resort** in Napa has agreed to host our **President's Gala Dinner on Sunday, August 15th**. To punctuate Peter's fantastic menu, **Peju Winery** has offered to pair their fabulous wines. **CLEAR YOUR CALENDARS AND MAKE YOUR RESERVATIONS NOW SO NOT TO MISS THIS EVENT!** Silverado has given our membership the opportunity to reserve rooms at discounted rates for that weekend. This will be a great help to those who wish to participate in the **12th Annual CAPC Charity Golf Tournament** the following day. The golf tournament is slated to start at 11AM

Monday, August 16th, with a dinner reception to follow at 4PM. Donations are welcome to ensure a memorable and prosperous experience. We are seeking rare and enticing items to put out for silent and live auction. All of the sign up forms and registration forms will be available on our web site. Please download a copy and fill it out.

We are still looking for local culinary school programs that will be willing to compete in regulated cooking competitions. The winning team will receive a two year junior membership to the CAPC, as well as some prize money for the competitors and school. The San Francisco Bay Area is loaded with culinary talent. We want to get to know the up and coming chefs of tomorrow as well as give them the opportunity to

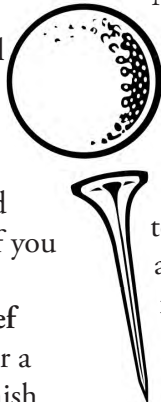
shine. We hope these competitions can become the liaison that helps us bridge the CAPC into the next generation.

I hope to see you all at future dinner meetings and your questions or comments are always welcome. Each and every one of you is an integral part of the Association. Member participation is critical to our survival. Please remember why you joined the CAPC. My motivation to join was the opportunity to learn from the wise chefs that came before me; to be a part of a group where everyone's successes reflect throughout us all and where the profession is more important than the professional.



Jason Hajek
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Faithfully Yours,
Jason Hajek
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volunteer for a
committee.



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Twelfth Annual Golf Tournament

*Sponsored by
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*Monday, August 16, 2010
at the
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*Check-in time 10 AM • Tee-off time 11 AM
Lunch at the turn; 3:30 PM Cocktail Reception and Silent Auction;
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A GREAT DAY OF GOLF & FELLOWSHIP
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If you would like to sponsor a tee-hole, donate prizes or need any other general information, please contact Jason Hajek at the CAPC office (415) 371.1302 or Jhajek@sequoyahcc.com, or Sal Campagna sjcxwino@yahoo.com

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for more information*



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Featured on Our Cover this Month

Name: **Aaron Johnson**

Title: **Executive Chef**

Establishment: **Lake Merced Golf Club, Daly City, California**

Personal: **Married to my beautiful wife Lana, we have 4 children: 1 daughter and 3 sons.**

Hometown: **Reno, Nevada**

Education: **Scottsdale Culinary Institute, 1992**

What made you decide to become a chef? My mother's cooking. She was such a good cook, whenever we went somewhere to eat, her food was always better. That's when I learned to have an opinion on how food should taste and started to experiment with basic meats and pasta dishes. All I thought about was how to improve something to my liking. People would ask how my mom would make certain dishes, and I was the one helping her so I knew. Since they knew I cooked with her they would always pick my brain to get her secrets. My first restaurant was the skyway buffet at **Harrah's** Reno. I was 13 and was immediately addicted to the hustle the people used to do their jobs. I started doing dishes for three restaurants and the chef was a French chef who made my knees weak when he looked at me, (I was very intimidated by him). I was in the right place at the right time and he had asked me to help in the pastry department. Soon after, I was prepping back in the buffet and for the famous **Harrah's Steak House**. I soon started having dreams of my own restaurant and wanted to become a chef. I loved the food and was very curious about how to make certain items. I started to work for a fish market and Italian restaurant while in high school. That is when I knew that I wanted to give this a try and have been at it ever since.

Who has had the most influence on your style of cooking? My mom, **Ray Dilulo**, **Steve Reynolds**, **Wolfgang Puck**, **Greg Anderson**, and **co-workers**, making specials and other things we would dream up. I have learned from everyone and I feel that is an influence and valuable knowledge which will always play a part in my food.

What is your favorite style of cooking, which dish and why? Anything goes and blending those flavors. Asian style and local ingredients. I love oysters, scallops, clams, tuna, crab, a good NY steak, fried rice and anything that I can dream up to go with them.

What chef do you admire? I admire all chefs and those aspiring to become chefs. The hours can be long, but it is more than that which keeps people in love with this profession. It's that it just keeps reinventing itself. I love good food and food that is made fresh and has an imagination behind it.

What is your pastime, hobby or favorite form of relaxing? I love spending time with my wife and kids. I am an avid chess and backgammon player and love fishing, skiing and Raider games.

What's your favorite sport? I love golf, football, baseball, skiing and raquetball.

What would you tell a high school student who wants to become a famous chef? Have an imagination, don't be afraid to try things and if people give you a hard time, always remember they were in your shoes at one point in their career. This profession is something that everyone in the world is attracted to and to be good at it, you need to be consistent, one step ahead of everyone else and organized. Work hard because the work is hard but very rewarding. Everyone will love your food.

What would you like to do with your career? Become better than I am today, and learn more about the growing trends. I want to work with people I can learn from and maybe give them a tip or two. I would love to work with **Thomas Keller**, **Grant Achatz**, cook in China, Japan, France and Italy. I would also like to open my own restaurant in San Francisco and have it be successful. And finally, drink more great wine and help others who want learn more and have a passion for cooking.

What is your favorite cookbook? My mother used to put on a Halloween party every year and in order to get in the door, you had to bring a dish and the recipe. Those recipes would be put together, labelled with the person who submitted it, and was then turned into a cook book. I found the most delicious meatloaf recipe in there; crab puffs, enchiladas, spinach dip, ribs and cioppino. I thought that this brought people together to enjoy the food and wine we all love.

A Message from



the outgoing Editor of the Culinarian

The time has come to pass on the reins to a new editor of **THE CULINARIAN**, as I will officially be retiring as of June 30th. I have held this position as well as that of Office Manager of the Chefs Association of the Pacific Coast for some thirty years.

It has been quite a journey! Many challenges were presented, but with the support and help of so many, we survived!

It would be impossible with the limited space here to mention so many individuals who have always showed their kindness and support to me, however, I do want to thank some very special ones:

Henry Michael (*deceased*) was the former editor and office manager who hired me. He also introduced me to the culinary field, and guided me so that I was able to take over from him when he retired.

CAPC Membership: I have met so many of you personally and you all are an integral part of the Association.

Purveyors: So many of you are loyal advertisers in **THE CULINARIAN**. Your support makes our magazine possible.

Featured Writers: Salvatore Campagna, Bruce Paton, Adam Weiner, and at times, Clyde Serda. These gentlemen fill our pages with interesting topics each month.

CAPC Presidents: It has been a pleasure to be part of the administrations of: Friedrich Pohl, Werner Gebert, Klaus Loos, Hans Roth, Daniel Palmerone (deceased), Salvatore Campagna, Nader Sharkes, Patrick Clark, Allan Brown Jr (deceased), Clyde Serda, Paul Curley, Jr, Bruce Paton, John Kane, Ian Morrison, Roy Salazar, James Koskiniemi, Jason Hajek. All true professionals in their own right.

Lynn Koellermeier (Kgrafix): The designer of our magazine and web site. Lynn and I have worked together for weeks each month since 1993, producing **THE CULINARIAN**. We too have been challenged many times, but we managed to pull through. Lynn has helped me so much, over and above her role in the completion of each issue. For this, I am extremely grateful to her and consider her a very good friend.

Clyde Serda: I thank him for his dedication to the Association. He has worked very hard for many years in so many undertakings and has been of great help to me. He knows the ins and outs of the daily operation of our office just as well as I do.

John Haller: A longtime Active Member of our Association. After his own retirement, he volunteered to help out in the office a couple of times a week. He's the one responsible for all the mailings our members have been receiving on a regular basis. John supplies the office with his own collection of stamps! He makes weekly trips to the bank with deposits, picks up supplies, etc, etc. You often see him at our monthly dinners helping out at the reservation desk. Whenever he can, he's there!

And now I ask you all to continue supporting the Association and especially Jason Hajek, who will be the new editor of **THE CULINARIAN**. I hope to see many of you from time to time.

God bless you all!

Gratefully,
Mary Forslund

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to update your phone number
and email address

The Beer Chef



IPA West Coast Style

India Pale Ale was developed in the nineteenth century to withstand the long arduous journey from England to India to alleviate the thirst of the British military and their civilian counterparts. Fast forward to the tail end of the twentieth century and here comes **Fritz Maytag** with his **Our Special Ale** circa 1975 and a couple of decades later the **Blind Pig Brewery** in Temecula produces the original Double IPA called **Blind Pig**.

Fast forward one more time to the present day, and we on the west coast from Seattle down to the Mexican border have our own style, which has dominated not only the IPA and Double or Imperial IPA category at every major competition, but has influenced our Belgian counterparts in the brewing brotherhood

(or sisterhood in the case of **Hildegard van Ostaden of Urthel**), who were inspired by their experience on the west coast and went off on a tangent all of their own, creating a brand new transatlantic style, **Belgian IPA**.

Let us start with **Anchor Liberty Ale**, which, at the time, was not only hop forward, but cutting edge as far as beers of that era go. Then there are several modern day classics ensuing with the original **Blind Pig** which morphed into **Pliny the Elder**, **Racer Five** from **Bear Republic**, **Hopsicle** from **Moylan's**, **White Knuckle** from **Marin Brewing**, as well as (*insert your favorite brewery IPA*). A little down the road apiece at **Firestone Walker** a new benchmark was achieved with **Union Jack**, the **Great American Beer Festival** Gold Medal winner in the American IPA category for the past two years, right alongside **Russian River Blind Pig** (also known as **Pliny Light**, a 6% version of **Pliny the Elder**) at the Silver level.

2009's other top award winner in the most entered category is another star in this great state of ours. **Sculpin** is from **Ballast Point** in San Diego, whose beers always rate high in any competition. Also in

the southernmost part of the state, there is **Pot Brewing** whose highlights include **Wipeout** and **Hop15**.

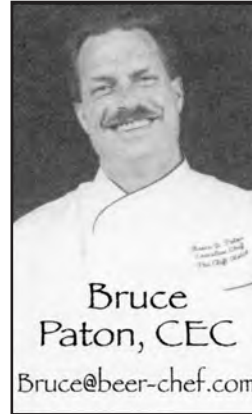
Do not forget about **Green Flash's** efforts of **West Coast IPA** (although not an original name, an incredible beer) as well as their aptly named **Imperial IPA**.

Now, don't get me wrong, there are wonderful IPAs being produced all across the nation, but similar to **Bill Walsh's** west coast offense in the National Football League, the style originated here and its best examples are produced here.

All these beers are characterized by the citrus and floral notes from the varieties of hops favored by the west coast brewers. In years past, Northern California was a hop growing center, evidenced by the city of Hopland in Mendocino County and Hopyard Road in Pleasanton, right across the bay. Currently, the center for hop production is in the Yakima Valley in Washington State, where 77% of the hops in this country are grown.

All of these beers are wonderful with food and also very refreshing as the weather warms up. So, go out and find some and enjoy.

Cheers
Chef Bruce, *The Beer Chef*



Father's Day Verses

By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong.

Charles Wadsworth

It is a wise father that knows his own child. William Shakespeare

When I was a boy of fourteen, my father was so ignorant I could hardly stand to have the old man around. But when I got to be twenty-one, I was astonished at how much the old man had learned in seven years.

Mark Twain

The greatest gift I ever had came

from God, and I call him Dad! Small boys become big men through the influence of big men who care about small boys.

unknown

The father who does not teach his son his duties is equally guilty with the son who neglects them.

Confucius

Minding the Mint

Historically, many cultures have used **mint** to cure everything from insomnia to headaches. One could actually get a headache trying to find fresh mint in the local market; especially when it grows abundantly and invasively wild in most places. Until the new spring crop shows up in my side yard, retailers take note: **SHOW US THE MINT!**

Having lush, fragrant handfuls of mint at our culinary disposal should not be too tall a request. **Mint** is not just for **mojitos** anymore. But what if it were? Retailers *frequently underestimate* the number of **minty beverages** consumed by the American public. As warmer weather beckons, so does our thirst for refreshing drinks. Consider **mint** and **citrus** or **mint** with **cucumber** everyday components of quenching (teas, lemonades, smoothies, cocktails, tonics and elixirs).

Mint's astringency, brightness and even its slight sweetness, makes it an indispensable herb for many dishes. It smartly complements chocolate just as naturally as it does a rack of lamb. Whether you favor Middle Eastern, Mediterranean, Thai, Vietnamese or Vegetarian cuisines, mint's versatility is unrivaled.

With over 30 species of mint in cultivation and growing wild, not including hybrids, knowing which to use for cooking can be confusing. Some cooks still regard **spearmint** the best for cooking and **peppermint** best for making the tea and baking. Most mint, except those varieties that are particular strong or bitter, can be used in the kitchen. Some varieties that have gained in popularity are **chocolate**, **pineapple**, **orange** and **apple**. Each are distinguished by their particular namesake's taste profile.

All kinds of mint can be added to green salads or chopped into any dish that could use a bit of brightening up. Buy mint fresh when possible as its flavor is superior to the dried variety. Store fresh mint in a sealed container in the fridge and it will keep for several days.

Don't Skimp on Mint • Infuse sugar syrup with mint leaves and drizzle over thinly sliced pineapple, pa-



paya and mango. Toss whole mint leaves into a salad of butter lettuce, mizuna, parsley, and chives; dress simply with lemon juice and olive oil. **Slice** mint leaves thinly, and scatter generously over pasta tossed with grilled vegetables and feta cheese. **Stir** chopped mint and garlic into yogurt; serve as a dip or with Indian-style curries or add chopped cucumbers for a refreshing salad. **Puree** mint leaves with parsley, cilantro, olive oil, and garlic. Flavor with lemon juice or vinegar and drizzle over steak, chicken, lamb chops, or pork.

No other herb is as vivid or as versatile. With flavors **sharp or gentle**, **bold or subtle**, mint enlivens dishes both **savory and sweet**.

Honey Mint Glazed Chicken

ingredients:

- 1/4 cup white vinegar
- 1/4 cup olive oil
- 1 4-5 pound chicken, cut up
- salt & freshly ground black pepper
- 1/2 cup honey
- 2-3 tablespoons water
- 1/2 cup chopped fresh mint
(or 2 tablespoons dried mint)

preparation:

- 1 Place chicken pieces in a bowl. Mix vinegar with olive oil and pour over chicken pieces. Turn chicken pieces so that all are coated with the simple marinade. Let marinate for 30 minutes to an hour.
- 2 In a small bowl, mix honey, mint, and just enough water for a good basting consistency. Set aside for glazing the chicken.
- 3 Prepare grill for medium high heat. Remove chicken pieces from marinade. Sprinkle generously with salt and pepper. Place chicken pieces on the hot grill, skin side up. Cook for approximately 30 - 40 minutes, covered, turning every 7 or 8 minutes. For the last 5-10 minutes of cooking, baste all sides with the honey mint mixture. The chicken is done when the juices run clear (not pink) when a knife tip is inserted into both the chicken breast and thigh, about 165°F for the breast and 180°F for the thigh. Note that although the breast pieces are bigger, they may finish cooking earlier than the thighs.

Serves 6

Simply Recipes

General Produce Company • Sacramento, CA

Pie Plant Party

In this agricultural era of having so many fresh fruit and vegetable choices available year-round, it is comforting to be seasonally reminded by emerging stalks of crimson. **Rhubarb** or **Pie Plant** is just such a harbinger of spring.

This unruly and sometimes daunting culinary ingredient makes for great kitchen storytelling. What baby boomer didn't have a grandparent, aunt, uncle or neighbor that grew rhubarb in the back yard or garden? As children, it was complete with horrific warnings of it being a poison plant that could kill us (due to the oxalic acid in its leaves). Yikes!

Rhubarb is fiercely **bitter** and extremely **acidic**, demanding more sugar than is wildly imagined. Not to be eaten raw, the leaves are toxic and the tough, fibrous stalks need to be cooked down to tame their tartness. Even so, nostalgic possibilities give way to **pies, tarts, crumbles, sauces, custards** and **cakes**. This retro scarlet element has made a name for itself in hip new cocktails (rhubarb Bellini) and beverages (flamingo iced tea).

For its **diuretic** and **anti-inflammatory** properties, rhubarb has long been used in homeopathic remedies. It is low in calories, yet **high in calcium** (almost a third of the recommended daily amount), **magnesium** and **potassium**, plus plenty of vitamins, fiber, folate and iron.

Botanically speaking, rhubarb is truly a vegetable. Related to **celery**, rhubarb's long, ribbed, red stalks are crisp and sturdy when raw. They cook down to a soft, colorful, velvety-textured, tasty mush, perfect for desserts, preserves, relishes, sauces and chutneys. The brilliant red stalks are evidence of the *immune-boosting anthocyanins* present.

Not so ancient wisdom brags of the non-culinary attributes of rhubarb. Try using it for an insecticide, deer repellent, laxative or metal cleaner.

Rhubarb is a hardy and prolific perennial. High

yielding and easy to pick (long stalks pull straight out of the ground), there is no need to spend much time from harvest to preparation. Simply, wash the stems, slice them into short pieces and you are ready to bake, simmer, or experiment. **Pickles** and **salad dressings** are innovative ways to use this spring perennial.

The classic pairing calls for balance between the *sweet and tart* of **strawberries** and **rhubarb**. Don't discount the excellent results when rhubarb is combined with any citrus fruit. The pungent inclusion of ginger, cloves or allspice brings something special to the scarlet spring veggie. Create your own **rhubarb memory** with new crop stalks to steep your imagination.



Rhubarb
is one of those food experiences meant to be enjoyed fully while it is here. Appreciate it to its fullest extent. Use it in innovative, daring and inventive new ways (mocktails, elixirs, compotes, bars and struedals). *Then move on.* Enjoy the season!



Rhubarb Simple Syrup

Rhubarb syrup is vividly pink and brightly flavored. Try using the colorful syrup over ice cream or pound cake, in all sorts of mixed drinks, and to make your own strawberry rhubarb sorbet.

ingredients:

6 cups chopped rhubarb stalks (2 pounds)
1 1/2 cups sugar
1 cup water

preparation:

1. Place all ingredients in a saucepan over medium-high heat and bring to a boil. Reduce heat and simmer until rhubarb is falling apart, about 25 minutes.
2. Remove from heat and, using a fine mesh strainer, strain syrup from rhubarb solids. Reserve solids for another use. (For example, mix solids with lemon juice for luscious rhubarb jam.) Return strained syrup to stove top and simmer for an additional 25 minutes or until the syrup coats a spoon and has become brightly pink.
3. Cool syrup, transfer to an airtight container. Keep refrigerated.

Makes 6 Cups

Food & Wine magazine

General Produce Company • Sacramento, CA



LLL Cold Laser Therapy

by Dr. Michael Patrick, DC
Chiropractor and Headache Specialist

Unlike the high power medical laser, which is widely used to safely cut and burn tissue, the **Low Level Laser (LLL)** penetrates the surface of the skin with no heating effect or damage. The energy is directed deep into the effected area, stimulating the body's own cells which convert the energy into chemical energy to promote natural healing.

In most cases, **Cold Laser Therapy** is considered an alternative therapy much like Chiropractic, because it does not require expensive surgeries or a life-long dependency on drugs. Cold lasers use laser energy to help the body heal itself.

Cold Laser has been in use in the US for over 10 years and is completely safe and FDA approved for therapeutic effects on the human body.

Cold laser is most effective when coupled with other protocols such as Chiropractic and distraction therapy for back pain, neck pain, carpal tunnel syndrome, headaches and whiplash. However, Cold Laser Therapy has demonstrated its healing effects on everyday aches and pains as well as chronic long-standing pain. In fact, Cold laser therapy has been studied in the treatment of long lasting jaw pain, (TMJ disorder) and is recommended as a treatment protocol for that disorder.

Scientists have discovered the effects of Cold Laser in the body. Its effect on the human cell is remark-

able. Cold laser causes the mitochondria (an organelle within the human cell) to produce more energy which causes the healing process to be much more effective and thereby decreases the time for the healing process to be completed. It is my opinion that the evolution of the Cold Laser is just starting, and we can expect that laser therapy will come into the mainstream to be available for the treatment of, not just sports injuries but, other disorders as well.

We are very fortunate to have technology so advanced as the laser. The benefits of which we are just beginning to realize. That is, if we should reflect back to something as plentiful and natural as light, whose only side effect is positive within the human body, what is next?

Unfortunately, insurance does not want to pay for this incredible modality, even though it has been cleared and classified by the FDA. Free screenings are available, and can be scheduled by calling **Back to Health Medical Center** at 925.825.8058. Or, you can call Dr. Michael Patrick directly at 925.858.5690 for more information.

More Information: For information on musculoskeletal injuries or conditions email me at drbigmike@gmail.com or call my cell at 925.858.5609. Blog me! www.DrBigMike.com

I cannot think of any need in childhood as strong as the need for a father's protection.

Sigmund Freud



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Today's economy requires that restaurant operators maintain all the basics a) serving quality food and beverages, b) providing good service, c) maintaining a clean environment and keeping all of the equipment well maintained and d) providing a strong price/value experience to the customer. In addition to these items, it is important to put in place the following practices: 1) keep employees motivated, 2) control food and labor costs, 3) show your appreciation to customers, and 4) maintain consistency in all the sensitive aspects of the operation including portion size, cleanliness and service standards.

Keep your employees motivated. During challenging economic periods it is not uncommon for businesses to have a downward trend in sales and to keep employees motivated, it is helpful to implement sales incentive programs which all employees participate in. Such programs can consist of sales contests such as increasing guest check averages by shift from prior comparable periods or selling the most add on sales items such as desserts, beverages, and side orders, etc to increase guest check averages. Awards can include cash, gift certificates or letting the winners choose gifts from a gift catalogue.

Control food and labor costs. With sales decreasing and costs increasing it is easy to get these two most important cost categories out of control. Intensify your systems in maintaining portion control, receiving and storage procedures and cash handling systems. Control your labor cost by reviewing labor costs hourly and adjusting schedules as necessary without compromising the proper level of service the customer deserves.

Show your appreciation to customers. Such practices as offering daily specials to give customers variety and offering bounce back coupons for free deserts or side orders for their next visit to the business will be appreciated by them. Also making sure that all employees regularly greet customers, thank them and encourage them to come back again will enhance their dining experience and increase the chances that they'll come back again.

Maintain consistency in all sensitive aspects of the operation. The things the customers remember most about their dining experience is the portion size, the quality of service, the cleanliness of the operation and the hours of the operation and all the above mentioned items help to make up their mind as to whether or not they'll return to your business.

By implementing all of the above practices your chances of increasing sales levels, maintaining costs and having repeat customers will be enhanced.

I have known Steven for over a decade and have done business with his company several times. He is a recognized expert in the business of sales and acquisitions of restaurant and clubs. A consummate professional, knowledgeable, respectful, and patient, a broker you can count on to assist you every step of the way to your successful restaurant acquisition. I hope you find this article by Mr. Zimmerman to be informative and enlightening.

—Roger Gafner, Executive Chef, F. Teldeschi Winery, Healdsburg, CA

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Memorial

Last month was a bonanza for serious wine tasting in the bay area. There was a *Zinfest* with 42 participating wineries, a larger group presenting wines from **Paso Robles** and the **Central Coast**, **Rieslings** from **Germany** and an informative session (with tasting) on Israeli wines. Then, there were several events at **Fort Mason**, a *Portuguese wine seminar and tasting*, a similar event for *Spanish wines*, and another for *Chilean wines*. **Sonoma County**, **Napa Valley** and **Santa Cruz Mountains**, **AVAs** had tasting events for the trade and wine press as well. Perhaps, market conditions are the driving force for so many wine functions and sales promotions as companies and distributors experience bulging inventories.

While reporting on these events might make good copy, (especially if there were high quality wines at reasonable prices to share), other events have, sadly, precluded any desire to write about them.

Paul H. Debes, 2nd President of the Chefs Association of the Pacific Coast 1956 - 1957, passed on a few months before his 100th birthday in San Rafael. Chef Debes was a giant in our profession and was instrumental in the formation

of the CAPC.

Chef Debes emigrated Alsace in 1928 to America. At that time, this part of France was under German control and political unrest was the order of the times, similar to the current world situation. After a short time in New York City, Chef Debes spent three years in Chicago before coming to San Francisco to work as executive chef for the **Matson Lines'** maiden voyage of the **SS Mariposa**. Ports of call for this voyage included Honolulu, Java, Sydney, Fiji, Samoa and Manila to name a few.

In 1938, Chef Debes took the executive chef position at the **Sir Francis Drake Hotel** which was, then, a Hilton property. He held this position until the start of World War II. Then, cruise liners became troop transports and Chef Debes volunteered to serve as executive chef for the transformed liners. The big difference was that he, now, had to serve 7,000 meals per day, instead of the gourmet fare of a luxury liner. The logistics were quite a challenge, as a typical trip to the South Pacific took about 30 days. This translated to 210,000 meals per voyage, to such destinations as Bougainville, Guadalcanal, Tarawa, Saipan, Guam, Iwo Jima, Okinawa and many others. Chef Debes also served in the same capacity in the Atlantic theater. On one of these missions in the Atlantic, his ship carried part of General Patton's 2nd Army troops to Casablanca. Atlantic Ocean troop transport missions were very dangerous as they were, mostly, conducted without escort or convoy and were *sitting ducks* if spotted by German U-boats.

After the war, Chef Debes

opened the famous **Tarantino's** on Fisherman's Wharf, before a three year stay as executive chef at the **Palace Hotel**. Five year jobs in the same capacity followed at the **Clift** and the **St. Francis Hotels**.

In 1961, Paul Debes founded his own company which was involved in research and development for major corporations such as **General Foods**, **Dunkin Hinds** and **Nestlé**.

Chef Debes, astutely recognized the approaching jet age and the need for commercial airlines to improve their method and speed of food service. He developed recipes, containers and equipment to serve reheated, precooked, frozen meals on jet aircraft. Soon, his San Francisco plant was too small to handle the increasing business volume. Debes moved his operation to San Rafael, where he built a large (20,000 Sq. ft.) facility which he named **Astro Foods**. Business boomed for the next ten years and this attracted lots of attention from the corporate *big boys*.

Chef Debes sold to corporate giant McCormick-Schilling, but agreed to stay on as consultant for several years. Then, at the age of 70 Chef Paul Debes retired, culminating a brilliantly successful 55 year culinary career.

Paul Debes was the recipient of **Careme Medal #2**. He remained active in the **Gastronome Club of San Francisco** until the last couple years. Living to almost 100 years means that 99 percent of your contemporaries have preceded you to that *great kitchen in the sky*. Yet, for those who had the honor of knowing him, they will never forget his brilliance, his courage, his seemingly



limitless energy and his dedication to the culinary profession.

A week earlier, Monterey lost one of its great culinary icons, **Salvatore (Sal) Rappa**. Sal was a self-taught chef who was always a giver to friends, community and charity. Many might remember a restaurant on the wharf called the **Red Pony**. At the time it was the *hottest* spot in the Monterey area. Sal had two other restaurants—**Salvatore's** on Cannery Row and **Wharf Side** at Fisherman's Wharf. **Salvatore's** was the only restaurant in town where one could

find Sicilian soul food.

The wine editor attended the funeral mass at the San Carlos Cathedral. **Bert Cutino** gave an emotional, heartfelt eulogy that activated the lachrymal glands of every adult in the church. A super talented pastry chef/owner of a local bakery sang and sounded as if he were a member of the **Met**.

The reception that followed was a typical example of Monterey professionalism and *know how*. Pizza, ravioli, Italian cheeses, seafood, beef, fresh vegetables and greens were of the best quality as were the beverage

ages.

Sitting with Bert, Ted **Balestreri** (**Sardine Factory** co-owners), **Pierre Bain** and wife **Marietta** (**Fandango** owners) and **Glenn Hammer** was a quiet clue as to how things get done in this beautiful city. The esteem, respect and love that friends and colleagues held for Sal Rappa was manifested in both the funeral mass and elegant reception. San Francisco (and a lot of other cities) could learn a lot from Monterey. Farewell and goodbye to two dear friends.



Remembering Paul Debes (CAPC 2nd President 1956 - 1957)

There is hardly an executive chef that has had such an illustrious career and has done so much for the profession.

Like many of us, Paul came from Europe with nothing more than a good foundation in culinary art. He immigrated into the US before the 1930's, arriving from Alsace Lorraine, France. His first job was at the Del Monte Lodge in Monterey. Soon after, he came to San Francisco to hold a position at the Sir Francis Drake Hotel. During World War II, Paul was enlisted as chief steward for US Troop Transports on the SS Monterey in the Pacific and Atlantic war zones.

Released from his war duties in 1945, Paul returned to the Sir Francis Drake Hotel, but this time as the executive chef. Always looking for more challenging endeavors, Paul held the executive chef position at the Clift Hotel, followed by the Palace Hotel and finally, twelve years at the St. Francis Hotel. He was an inspiration to many of us in our professional life.

As the second president of the Chefs Association of the Pacific Coast, Paul was the originator and editor of *The Culinarian*, the magazine of the CAPC. Paul received numerous awards during his career, such as the Careme Medal, the Chain de Rotisseur Medal, the Braga Spitler Award, and many, many more for food exhibits. His tallow sculptures showed his true artistic abilities at the food shows. Paul was a member of the 1956 American Culinary Team, competing at the International Culinary Exhibition in Frankfurt, Germany, bringing home a Gold Medal. Paul also was a founder of the Gastronomer Club of San Francisco and most recently, was made an honorary member.

In 1960, Paul founded his own company, called Astro Foods, supplying hotels, restaurants and airlines with pre-fabricated food items. Some time later, the McCormick spice company took over his company.

During his retirement years, Paul's favorite hobbies of painting and gardening filled his time.

Paul passed on in May, shortly before his 100th birthday.

Submitted by Tony Achermann

CAPC Retired Member and 3rd CAPC President.





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Salsa Fresca...Muy Bien!

Maybe **fresh ingredients** *matter more* in salsas than any other *freshly* prepared food. Yes, we know, fresh ingredients count in all best quality preparations.

It's just that salsas are often eaten *without* the benefit cooking and each individual component speaks for itself. At the same time, when allowed to meld together, the blend arrives at a **colorful** and **zesty, spicy, mild** or **sweet, smooth** or **chunky**, tasty mouth full of happiness.

Making a **fresh salsa** is extremely easy to do and the result will surpass anything available from a jar or bottle at the local grocer. Lo Siento, Pace and Old El Paso, but that's the plain truth.

As many variations exist as there are cooks or salsa makers. What makes the perfect taste depends on the personal preference, culture or mood of the maker. Much can be appreciated from a recipe handed down from a family member or friend. More can be learned by using ingredients that are seasonally available. Like most cuisines, Mexican cooking follows the growing season.

What goes into the salsa is what usually can be found in the garden, at the market or at the farm stand. **Traditional salsas**, and some innovative versions, begin with **tomatoes** or **tomatillos**.

Next, choose the best **peppers, garlic, onions** and **herbs** that are available. **Cilantro** is the fresh herb of choice, however, recently other wild salsa variations using ripe fruits like **mango, watermelon** or **cherries** may call for **basil** or **mint**.

Fresh squeezed lime juice adds the right spike of brightness to any salsa. Striking just the right balance of texture, hand-chopped vegetables and fruits, salt and acid is for our fickle tastes to critique and enjoy. If the ingredients are good at the start, it is difficult to mess up.

In Mexico and beyond, **salsas** are used as **condiments** served with eggs, fish, poultry, meat, cheese and rice dishes. Of course, tacos are the natural favorite.

Similar condiments with different names are found in Africa, India, the Middle East, and throughout the Mediterranean. Where there are wonderful peasant foods (flavorful and robust) and a bounty of fresh vegetables, there will be a fresh salsa to scoop.

One really nice thing about making salsa from *scratch* is that it allows time in the kitchen to **rinse, chop, taste** and **talk**. The coming together of family and



friends is once again the single best reason to reach for *seasonally* fresh ingredients. The second best, is making and sharing the salsa.

Salsa Mexicana

ingredients:

2-3 tomatoes, seeded and chopped
1-3 jalapeños, seeded and minced
1 red onion, minced
1-2 cloves garlic, minced
1/2 bunch cilantro, washed & chopped
2 limes, juice only
salt and pepper, to taste

preparation:

In a large bowl, mix all the ingredients together. Chill for at least 30 minutes—1 hour to allow flavors to mingle.

Adjust seasoning and serve as a condiment for Mexican dishes or as a dip for tortilla chips.

* You can use lemon juice or vinegar if you like, but the taste will not be as authentic. Lemons are not widely used in Mexico.

** In the Yucatán, chopped cabbage and grated or sliced radishes are often added to tomato salsas.

*** Try adding 1 cup fresh chopped pineapple or mango for a delicious tropical salsa!

Makes 1-2 cups

General Produce Company, Sacramento, CA

Summer Lamb Kabobs

Prep time: 20 minutes
Cook time: 12 minutes

Ready in: 8 hours 32 minutes
Servings: 20

Lamb and garlic go so well together. In this recipe the combination of herbs and spices complement the meat and make an awesome treat for friends and family.

ingredients:

- 5 pounds boneless lamb shoulder, cut into 1 inch pieces
- 6 tablespoons Dijon mustard
- 4 tablespoons white wine vinegar
- 4 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon chopped fresh rosemary
- 1/2 teaspoon crumbled dried sage
- 4 cloves garlic, chopped
- 4 green bell peppers, cut into large chunks
- 1 (10 ounce) package whole fresh mushrooms
- 1 (16 ounce) can pineapple chunks,
drained with juice reserved
- 1 pint cherry tomatoes
- 4 onions, quartered
- 1 (10 ounce) jar maraschino cherries,
drained and juice reserved
- 1/3 cup melted butter or margarine

directions:

1. Place lamb in a large bowl.
2. In a separate bowl, stir together mustard, vinegar, olive oil, salt, pepper, rosemary, sage, and garlic. Pour over lamb, and mix to coat meat. Cover, and refrigerate overnight.
3. Preheat outdoor grill for direct heat.
4. Add marinated lamb, fruit, and vegetables to stainless steel or bamboo skewers. Reserve some of the juice from pineapple chunks and cherries.
5. In a small bowl, stir together melted butter and splashes of juice from the pineapples and cherries to create a basting sauce.
6. Place skewers on preheated grill, and cook about 12 minutes, turning and brushing with butter sauce.

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Submitted By: Seneca Castle Lamb & Gardens

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Father's Day Verses

I watched a small man with thick calluses on both hands work fifteen and sixteen hours a day. I saw him once literally bleed from the bottoms of his feet, a man who came here uneducated, alone, unable to speak the language, who taught me all I needed to know about faith and hard work by the simple eloquence of his example. Mario Cuomo

It doesn't matter who my father was; it matters who I remember he was. Anne Sexton

One father is more than a hundred schoolmasters. Proverb

To be a successful father there's one absolute rule: when you have a kid, don't look at it for the first two years. Ernest Hemingway

A man knows when he is growing old because he begins to look like his father. Gabriel Garcia Marquez

If the new American father feels bewildered and even defeated, let him take comfort from the fact that whatever he does in any fathering situation has a fifty percent chance of being right. Bill Cosby

A good man leaveth an inheritance to his children's children: and the wealth of the sinner is laid up for the just. Proverbs 13:22

Blessed indeed is the man who hears many gentle voices call him father! Lydia M. Child



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Texas BBQ

1 large beef brisket (4-11 pounds)
1 cup double strength prepared coffee
1 bottle Lawry's Mesquite Marinade
Liquid Smoke

Preheat oven to 200°

Place brisket in large shallow roasting pan with fat side up. Pour coffee and marinade (only part of bottle) and some **Liquid Smoke** over the brisket and cover tightly with foil or lid. Cook for 10 - 24 hours. Check occasionally to make sure there is liquid in the pan and is covered. When the meat is done it will fall apart as you remove the fat. If liquids evaporate, add 1 cup hot water, continue cooking, covered. After cooking, drain any liquid from pan. Remove brisket and trim fat off. Return meat to pan. It should fall apart by now.

Sauce: Your favorite BBQ (KC Masterpiece) or this recipe:

2 cups catsup
10 ounces cola
2 tablespoons **Liquid Smoke**
2 teaspoons prepared mustard
1/4 cup **Worcestershire** sauce
3 tablespoons brown sugar
2 teaspoons **Knorr Swiss Aromat** seasoning
1/4 teaspoon **Tabasco**

Combine ingredients or use your favorite sauce and pour over meat. Bake for 1 hour uncovered. Check occasionally to be sure sauce does not evaporate. (I kept mine covered with roaster lid, not foil as I had done in the cooking stage).

Serves many!

I have used as many as 4 good size pieces of meat with one recipe (17 pounds or so). I put them all in the same roaster and would turn them periodically. I suggest 1/2 pound meat per person. The juice makes wonderful French dip sandwiches, and wonderful French onion soup. Pile the meat on Hawaiian rolls to make sliders! Dip in the sauce.

Lynn Koellermeier

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