



# CulinarySchools.com

## Trivia, Polls, and Profiles!

The Culinary Newsletter

April 2007 / Issue #1

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 **GRAB OUR FEED!**

### Food Trivia of the Month

In an effort to cut costs, American Airlines eliminated one olive from each salad served in First Class during 1987. They saved \$40,000 that year.

How well do you know food trivia? Test your knowledge with our [food trivia poll](#), new each week!

### Choosing the Right School

Deciding on a culinary career might not take much thought, but how do you choose the right school from more than 1,000 postsecondary culinary, restaurant, and hospitality programs?

First, ask yourself some fundamental questions. Why do you want to go to culinary school? Is it to become a chef, hotel manager, pastry artist? Do you want to specialize in a particular style of cooking or region? Where do you want to work? Resorts, restaurants, bakeries, catering? And, finally, what kind of degree do you want? A certificate or diploma can take from one month to two years. Earning an associate degree takes from nine months to two years, and earning a bachelor's degree takes four years or more. Fourteen-week culinary programs and three-week tours to epicurean centers such as France and Italy are at the other end of the scale.

Another aspect to choosing a school is to examine the reputation of the program and the resumes of the chefs teaching there. Look for the prizes and awards the school has won. Where are current graduates working? Many programs proudly list their placement rates and well-known employers of their students. Is the faculty respected

### Profile of A Culinary Professional

Stephanie Hersh defined her career goal of being a pastry chef at the age of 6 with the gift of a Betty Crocker Easy-Bake Oven.



bake alongside her, making family desserts and good, sweet stuff.

Her parents were harder nuts to crack, insisting on scholastic accomplishment, first at her private high school, then at a four-year college. Looking back, she thinks college was the best for her because "I needed to grow up before going to culinary school." She worked part-time in restaurants, both front of the house and back, making some headway in the cooking hierarchy as she became more experienced.

[read more...](#)

**A Word From the Staff at CulinarySchools.com**

(Actually, we are going to need a few sentences!)



in the culinary world?

Location also can be a significant factor in your choice. By attending programs in large cities, you will have more choices for externships, and when you finish the program, more job possibilities. Externships in leading restaurants and hotels are a big part of high-quality culinary programs.

[read more...](#)

Thank you for taking the time to read our newsletter. We hope you find the information entertaining and insightful. We have big plans this year for our website, like the brand new Food Trivia poll you saw above. We hope to add one more piece of exciting content to our website at least once a month, but we need your help.

What would YOU like to see on our website? Would you like more Culinary Professional Profiles? More articles about career paths? More fun stuff? Let us know, because this website is as much yours as it is ours! Thanks again, and good luck in your culinary future!

- [The CulinarySchools.com staff](#)

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Issue #5 - August 2007

## In This Issue

- [Putting Your Career Into Focus: Becoming a Food Stylist](#)
- [The Role of Education in a Cooking Career](#)
- [Out Of The Office And Into The Fire: Chef Meredith Dornin](#)

### Putting Your Career Into Focus: Becoming a Food Stylist

While most folks interested in the Culinary Arts choose to work in the kitchen as chefs, there are a few others that are interested in more unusual culinary careers. One of those is being a Food Stylist. Food stylists combine culinary art and science to prepare food for cookbook and advertising photographs, television commercials, and scenes in movies. Stylists are responsible for finding unusual ingredients and preparing food so it looks freshly made and appetizing. A culinary school degree is a must for a food stylist, as the job requires extensive knowledge of how food acts, both aesthetically and scientifically. [Read More](#) or review other [culinary specialties](#).

### The Role of Education in a Cooking Career

Deciding on a culinary career might not take much thought, but how do you choose the right school from more than 1,000 postsecondary culinary, restaurant, and hospitality programs? First, ask yourself some fundamental questions. Why do you want to go to culinary school? Is it to become a chef, hotel manager, pastry artist? Do you want to specialize in a particular style of cooking or region? Where do you want to work? [Read More](#) or search for [Culinary Arts Programs](#).

### Out Of The Office And Into The Fire: Chef Meredith Dornin

Meredith always wanted to be a chef, but she bent to pressures after high school and pursued a traditional four-year degree instead. "I got my bachelor's degree and then worked at a few less-than-inspiring office jobs before I got my act together and realized that if I didn't challenge myself and find out about culinary school, I was going to continue working in an office which I emphatically did not want to do." She made the leap and decided to stop wondering, "What if?" and started attending the Culinary Arts Program at Santa Barbara City College. [Read More](#).

### Most Requested Articles

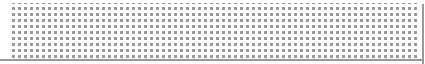
- [How Do You Start Your Culinary Career?](#)
- [Scholarship Information](#)
- [More Chef Profiles](#)

### Further Resources

- [The Institute of Culinary Education \(ICE\)](#)
- [Culinary Guidebook](#)
- [The Art Institutes](#)

### Did you Know?

The Waldorf salad wasn't created by a chef but by a maître d'hotel at - you guessed it - the Waldorf-Astoria Hotel in Manhattan.



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## The CulinarySchools.com Newsletter

July 2007 / Issue #4

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- [Food Trivia](#)
- [Culinary Careers](#)
- [Life after being an Executive Chef](#)
- [A Word From Our Staff](#)

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### Food Trivia of the Month

Milk as meat? In 1996, the United States Department of Agriculture allowed the milk product yogurt to be used as a substitute for meat in school lunches.

### A Bit of Food History: Cheesecake

That delightful treat, the cheesecake, can be found today at nearly every restaurant. Today there are a thousand different recipes for cheesecake, and the only consistent ingredient you'll find in any of them (other than sugar!) is cheese. Typically, cream cheese, Neufchatel, cottage cheese, and ricotta are used.

The earliest history of the art is lost, but we know that cheesecake was already a popular dish in ancient Greece. With the Roman conquest of Greece, naturally the Romans began making cheesecake as well. The Roman name for this type of cake (derived from the Greek term,) became "placenta." Placenta was more like a cheesecake, baked on a pastry base, or sometimes inside a pastry casing. They were also called "libum" by the Romans, and were often used as an offering at their temples to their gods. Meaning that cheesecake was so good, it can be given to the gods!

The first written recipe for cheesecake comes from Marcus Porcius Cato, a Roman politician. He wrote about farming, wine making, and cooking among other things. This is his recipe for libum, the small sweet cake often given as a temple offering: *"Libum to be made as follows: 2 pounds cheese well crushed in a mortar; when it is well crushed, add in 1 pound bread-wheat flour or, if you want it to be lighter, just 1/2 a pound, to be mixed with the cheese. Add one egg and mix all together well. Make a loaf of this, with the leaves under it, and cook slowly in a hot fire under a brick."* Not long after this, the first Olympic Athletes were offered small cheesecakes at the games. Later, Athenaeus, a

### Proverb:

One cannot think well, love well, sleep well, if one has not dined well.

--Virginia Woolf

### Culinary Careers

So, you dream of being a chef...You've seen them on television cooking up delectable goodies and wowing audiences, and you long to live a life in the kitchen. But what kind of chef do you want to be?

What kind of education do you need to have the culinary career of your dreams? Here you'll find information on the various cooking positions available and what you will need to do to be eligible.

### Executive Chef

The executive chef is the highest position in the kitchen - or, if you will, the cream of the crop. The Executive Chef (or Head Chef) manages and directs the other cooks and is often found in the fine dining business or at upscale restaurants. In order to become an Executive Chef, a student has to attend a culinary school or a vocational center, and then works their way up. Obviously, having a culinary degree makes it much easier to rise through the ranks to the executive chef position. The path to Executive Chef usually begins with an internship in a kitchen as an apprentice to the Executive Chef. An apprenticeship in the culinary world usually lasts three years, including both the classroom and real working experience.

### Sous Chef

### Featured Partner



Greek writer, wrote a down a sweeter version of cheesecake in about A.D. 230: "*Take cheese and pound it till smooth and pasty; put cheese in a brazen sieve; add honey and spring wheat flour. Heat in one mass, cool, and serve.*"

By 1000 A.D., cheesecake had been introduced to Europe by conquering Roman armies. In 1929, Arnold Reuben, owner of the Turf Restaurant in New York City, discovered how delicious a cheesecake could be when using cream cheese instead of cottage cheese. He began serving it in his restaurant, launching the still-popular New York-style cheesecake.

Today, this yummy dessert continues to be wildly popular - among both gods and men!

### Life After Being an Executive Chef

Executive Chefs may compete for certification as a Master Chef. This may lead to further advancement in the industry and higher paying positions, though it is not required. Another popular option among chefs is to start their own business in the form of a new restaurant, catering service, or as a personal chef. Some even go on to be instructors in culinary training schools.

Advancement opportunities for culinary students and workers depend on their training, ability to cook quickly and well, work experience, and ability to work in groups. In general, students of culinary schools start higher paying and higher status jobs without spending much time in lower-level kitchen jobs. Culinary school graduates can also achieve higher positions with more ease and have unlimited potential in the culinary world.

### A Word From Our Staff

Becoming a chef requires ambition, drive, creativity, patience and stamina. Not everyone is cut out for the hard work that goes on in a professional kitchen. But we have faith that you have what it takes!

We know making the decision to work in the field of the culinary arts is not one you've taken lightly. We are here to help, and we hope that you find our newsletter and the information it contains entertaining and insightful. We continue to have big plans this year for our website, including our Food Trivia poll you saw above, chef profiles, food related proverbs and more. We still plan to add one more piece of exciting content to our website monthly, and your input continues to be invaluable.

The Sous Chef is the Executive Chef's Assistant. He or she is second in charge, fills in when the Executive Chef is off duty. The Sous Chef is responsible for making sure the other kitchen chefs fulfill the Executive Chef's orders, called the line chefs. In small restaurants there may not be a need for a Sous Chef, whereas in larger operations there may be multiple Sous Chefs. A Sous Chef is usually on his or her way to becoming a Head Chef, and thus, requires the same education as an Executive Chef--a culinary degree, internships, and apprenticeships.

### Line Chef

The Line Chefs (or station cooks) work under the watchful eyes of the Sous Chef. Each Line Chef is in charge of a specific part of the meal (listed below). In very large operations the Line Chef may have assistants and lower chefs under his or her supervision. In most kitchens, however, the Line Chef is the only cook working on that part of the meal. Line cooks can be chefs working their way up from lower positions and lower-skilled jobs and don't necessarily need a culinary degree; however, if the Line Chef aspires to a Sous or Head Chef position, he or she will need a Culinary Degree and internship or apprenticeship (although the position of Line Chef may indeed be an apprenticeship under the Head Chef).

Here are a few of the various Line Chef positions:

**Saute Chef.** Responsible for all sautéed items & their sauce. This is usually the highest position of all the stations.

**Fish Chef.** Prepares fish dishes & often does all fish butchering as well as appropriate sauce. This station may be combined with the saucier position.

**Roast Chef.** Prepares roasted & braised meats & their appropriate sauce.

**Grill Chef.** Prepares all grilled foods, this position may be combined with the rotisseur.

**Fry Chef.** Prepares all fried items, position may be combined with the rotisseur position.

**Vegetable Chef.** Prepares hot appetizers & often prepares the soups, vegetables, pastas & starches. In a full brigade system a potager would prepare soups & a legumier would prepare vegetables.

**Roundsman.** Also referred to as a swing cook, fills in as needed on station in kitchen.

**Cold-Foods Chef.** May also be referred to as the pantry chef, they are responsible for preparing cold foods, including salads, cold appetizers, pâtés & other charcuterie items.

**Butcher.** Butchers meats, poultry & sometimes fish. May also be responsible for breeding meats & fish.

**Pastry Chef.** Prepare baked goods, pastries & desserts. The pastry chef often supervises a separate team in their own kitchen or separate shop in larger operations. Some kitchens may have an executive pastry chef. This station may be broken down into smaller areas of specialization such as:

**Confiseur.** Prepares candies, & petit fours.

As you move forward into your culinary career, we will be providing exciting information that you can really use. So thank you for taking the time to read our newsletter, and good luck in your culinary future!

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**Boulangier.** Prepares unsweetened doughs for breads and rolls.

**Glacier.** Prepares frozen & cold desserts.

**Decorateur.** Prepares show pieces & specialty cakes.

***Short-Order Cooks***

Short Order Cooks have little to no cooking experience or education. They often work in lower level dining or fast food restaurants. No degree is required. Climbing up to higher level cooking positions without a degree or certification is neither favorable nor easy for Short-Order Cooks.

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## The CulinarySchools Newsletter

June 2007 / Issue #3

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### Food Trivia

Peanut Butter was developed in 1890 by a St. Louis doctor for his patients with bad teeth. It was promoted as a health food at the St. Louis Exposition 14 years later, but the oil separated from the grainy solids. In 1933, a California packer was able to homogenize the peanuts into a stable butter - "Skippy Churned Peanut Butter".

### A Bit of Food History: Angel Food Cake

The classic story behind the name "Angel Food Cake" is that this dessert is so white, light, and fluffy it must be fit for angels. Who thought up this name? No one knows. It is known from the study of old cookbooks that cake recipes with the name "angel food" began showing up in American cookbooks sometime in the late nineteenth century. This coincides directly with the introduction of mass-produced bakeware on the popular market.

The making of a proper angel food cake requires a special tube pan or cake mold. Some food historians speculate the Pennsylvania Dutch were probably the original makers and coined the name "angel food cake" though this connection has not been fully documented. In support of the theory, one of many culinary traditions introduced to America by the Pennsylvania Dutch was the cake mold, a special metal pan for creating festive cakes in unusual shapes. A recipe for "Amanda's Angel Food Cake" is included in the Pennsylvania Dutch Cook Book of Time Old Recipes, Culinary Arts Press in 1936, but is not listed in Pennsylvania Dutch Cookery by J. George Frederick in 1935. Evan Jones in his book American Food: The Gastronomic Story" theorized that "...angel (or angel food) cakes, may have evolved as the result of numerous egg whites left over after the making of noodles, and may or may not be the brainchild of thrifty Pennsylvania cooks who considered it sinful to waste anything."

Prior to the recipe in 1936, recipes for cakes similar to angel food (primarily related to Angel

### Proverb

"A good meal makes a man feel more charitable toward the world than any sermon."  
--Arthur Pendenys

### Choosing The Right Cooking School

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[read more](#)

### A Word from the Staff

Everyone knows that we need food to survive, but food-in the right hands-can also actually make people happy. Becoming a culinary professional means spending your life

### Featured Partner



Food Cake because the recipes called only for egg whites) were known by different names, such as this recipe for Silver Cake from "What Mrs. Fisher Knows about Old Southern Cooking" published in 1881 by the first American ex-slave to author a cookbook:

*"The whites of one dozen eggs beaten very light, one pound of butter, one pound of powdered sugar; rub the butter and sugar together until creamed very light, then add the beaten whites of the eggs, and beat all together until very light; two teaspoonfuls of the best yeast powder sifted with one pound of flour, then add the flour to the eggs, sugar and butter, also add one-half teacupful of sweet milk; mix quickly, and beat till very light; flavor with two teaspoonfuls of the extract of almond or peach, put in when you beat the cake the last time. Put to bake in any shape pan you like, but grease the pan well before you put the cake batter in it. Have the stove moderately hot, so as the cake will bake gradually, and arrange the damper of stove so as send heat to the bottom of the cake first."*

Whatever the source, this "so-light-it-can't-be-sinful" cake continues to be popular around the world!

knowing that you aren't just putting food on someone's fork; you are actually putting a smile on their face. Good food is good for the soul.

We know making the decision to work in the field of the culinary arts is not one you've taken lightly. We are here to help, and we hope that you find our newsletter and the information it contains entertaining and insightful. We have big plans this year for our website, like the brand new Food Trivia poll you saw above, chef profiles, food related proverbs and more. We plan to add one more piece of exciting content to our website monthly, and your input has proven invaluable.

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## The CulinarySchools Newsletter

May 2007 / Issue #2

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### Food Trivia

Animal Crackers is a staple of every kid's diet, but do you know why the Animal Crackers box is designed with a string handle? Well, originally the animal shaped cookie treats were introduced in 1902 as a Christmas novelty, and packaged so they would be hung from the Christmas trees.

### A Bit of Food History: Crepes Suzette

Crepes Suzette is probably the most famous crepe dish in the world. In a restaurant, a "crepe suzette" is often prepared in a chafing dish in full view of the guests. They are served hot with a sauce of sugar, orange juice, and liqueur (usually Grand Marnier). Brandy is poured over the crepes and then lit.

The dish was created out of a mistake made by a fourteen year-old assistant waiter Henri Charpentier (1880-1961) in 1895 at the Maitre at Monte Carlo's Café de Paris. He was preparing a dessert for the Prince of Wales, the future King Edward VII (1841-1910) of England. According to Henri Charpentier, in own words from [Life A La Henri - Being The Memories of Henri Charpentier](#):

"It was quite by accident as I worked in front of a chafing dish that the cordials caught fire. I thought I was ruined. The Prince and his friends were waiting. How could I begin all over? I tasted it. It was, I thought, the most delicious melody of sweet flavors I had every tasted. I still think so. That accident of the flame was precisely what was needed to bring all those various instruments into one harmony of taste. The Prince ate the pancakes with a fork; but he used a spoon to capture the remaining syrup. He asked me the name of that which he had eaten with so much relish. I told him it was to be called "Crepes Princesse." He recognized that the pancake controlled the gender and that this was a compliment designed for him; but he protested with mock ferocity that there was a lady present. She was alert and rose to her feet and holding her little shirt wide with her hands

### Proverb

"Food tastes best when you eat it with your own spoon.  
(Danish)"

### The Role of Education in a Cooking Career

Tossing together a little dinner of amaretto shrimp almandine doesn't overwhelm you. Stuffed puff pastries don't faze you. You relish the thought of a career standing in front of a hot stove. You are not alone in wanting a culinary career.

#### Featured Partner



The National Restaurant Association notes that an estimated 12.8 million people... [read more](#)

### A Word from the Staff

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she made him a curtsey. 'Will you,' said His Majesty, 'change Crepes Princesse to Crepes Suzette?' Thus was born and baptized this confection, one taste of which, I really believe, would reform a cannibal into a civilized gentleman. The next day I received a present from the Prince, a jeweled ring, a panama hat and a cane."

*SOURCE: Life A La Henri - Being The Memories of Henri Charpentier, by Henri Charpentier and Boyden Sparkes, The Modern Library, New York, 2001 Paperback Edition. Originally published in 1934 by Simon & Schuster, Inc.*

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September 12, 2007

## Featured Article of the Week

### Casual Chic Shakes Up The Kitchen

In 1982, Wolfgang Puck opened his now-famous restaurant Spago in West Hollywood. It didn't take long for this elegant-yet-casual space to become a Hollywood hot spot; the menu featured high-quality ingredients that were beautifully presented, and focused on Mr. Puck's unique California-flavored concoctions influenced by a mix of various ethnic cuisines, from American to Mexican to Asian.

By the time Spago became a Hollywood staple, the dot-com boom was re-shaping the American work place. 'Casual Friday' evolved into 'business casual' and even after the dot-com bubble burst office workers kept the new dress code. Suits were out, and casual dress was in. Naturally, restaurants found themselves needing to address this trend as well—hence the rise of "casual-chic" dining.

We are dining out more than ever before, and our collective culinary IQ is rising. Americans are now savvy culinary consumers. Not surprisingly, the restaurant industry now has over \$1.4 billion in annual sales and is second only to the US Government in size and scope.

Continue reading this article [here](#).

### Most Popular Articles

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