

April 6, 2021

Communiqué

New Spring Culinary Cycle Begins!

As the warm weather approaches and we begin the new Spring cycle on April 5, I want to share some new things that are happening in Culinary Services. Several of the Culinary Team Members have taken extensive courses and have become certified in 'sous vide' cooking. This popular cooking technique refers to vacuum-sealing food in a bag, then cooking to a very precise temperature in a water bath. This method enhances efficiency and produces a tender and flavor-rich product. We have implemented this technique with meat for stews over the winter months and in some chicken breast dishes. We have received very favorable feedback to these dishes and plan to expand the sous vide method of cooking to include BBQ ribs, fried chicken, Pork Osso-Bucco, and pork and sauerkraut.

The Spring cycle will also include more fresh breads and rolls baked in-house to ensure the freshest items possible. The team has been developing some lovely fresh baked breads and rolls including gluten friendly options that you will begin to see at breakfast and dinner.

There are a few terms you may not be familiar with on the new cycle:

Teres Major – a cut of beef from the shoulder/chuck that is lean and tender and bears a resemblance in look and flavor to filet mignon.

Mojo – traditional Cuban marinade/sauce typically used for pork, made from citrus juices, garlic, cumin and cilantro.

Gastrique – a sweet and sour sauce made by reducing vinegar and sugar to a thick syrupy glaze. Paired with the richness of a duck breast, the sauce adds a brightness to balance the dish.

Cioppino – a fish stew originating on the Fisherman's Wharf in San Francisco, composed of shellfish and fish chunks. It is flavored with fennel and white wine in a light tomato broth.

Chicken Tikka Masala – this national dish of Great Britain has its roots in traditional curries from India. This variation of curry developed by Indian immigrants has bold flavors but less spicy heat.

Our goal in Culinary Services is to make every aspect of your meal the very best that it can be from start to finish. I hope you enjoy this new cycle that will feature past favorites along with some new tastes and flavors.

Scott— Scott Megill, Corporate Chef

(over please)

Walking Safety Reminder

With the nice weather finally here, it is wonderful to see an increase in pedestrian activity throughout the Manor and Lakes Campuses. However, this increased activity creates the need for increased awareness of both drivers and pedestrians, to prevent the chance of an accident. Please remember that it is the law that drivers must yield to pedestrians in crosswalk areas, therefore pedestrians entering or in a crosswalk have the right of way. Pedestrians approaching a crosswalk should use caution by looking in both directions and yielding to drivers until it is safe to enter the crosswalk. In addition, pedestrians should stay close to the perimeter of the road and use sidewalks when possible. Happy walking and enjoy the nice spring days!

Danielle— Danielle Geyer, Senior Director, Manor Campus

Glennnda— Glennnda Hart, Senior Director, Lakes Campus