

# Culinary Arts

News about a College Tech Prep Program from the Six District Educational Compact

## Creole, Greek menus featured at Guest Chefs Project

**Joshua's The Greeks Lunch with a Chef**

Please join us for a special lunch. No reservations required.

**Thursday, January 10**  
**Friday, January 11**  
10:45 a.m. through 1 p.m. • \$8 per person

**MENU**

**APPETIZER: (CHOOSE ONE)**  
Stuffed Zucchini, Spanakopita and 7 Layer Hummus  
Dip with pita

**ENTREES: (CHOOSE ONE)**  
**Gyro with Lemon Smashed Potatoes:** Ground lamb served on homemade pita, topped with cucumber, tomatoes, red onions and a special tzatziki sauce. Served with a side of lemon smashed potatoes.  
**Greek Quesadilla with Orzo Pesto Salad:** Two tortillas stuffed with cucumber, spinach, kalamata olives, sundried tomatoes, feta and mozzarella cheese. Served with orzo pesto salad.  
**Chicken Grain Bowl:** Grilled chicken served on top of quinoa with toppings of red onion, cherry tomatoes, halved, sliced cucumbers, halved kalamata olives, feta cheese and a homemade dressing.  
**Pastitsio with Side Salad:** A layer of ziti topped with cheese and a homemade dressing.  
**DESSERT: (CHOOSE ONE)**  
**Baklava:** Phyllo dough with layers of walnuts and almonds, chopped figs, apples and caramel drizzle.  
**Lemon Butter Cookies:** Mini lemon cookies sprinkled with powdered sugar.  
**Bougatsa:** Fried doughnut holes topped with honey and chopped walnuts.

**DRINKS: (CHOOSE ONE)**  
Sparkling blueberry lemonade, Viohacha cherry juice, soda, water, juice, Powerade, Vitamin Water

**Joshua's Restaurant** located inside Stow-Munroe Falls High School. Take Newcomer Road off Graham Road. Turn left at the first driveway by the bus garage. Parking available near the Restaurant sign entrance until 1:45 p.m.

**Meet Dan Worthington, Guest Chef**

Dan Worthington, a Culinary Arts College Tech Prep completor and 2011 graduate of Stow-Munroe Falls High School, is Kitchen Manager at Kaloria Cafe & Market Place in Cleveland. He earned an associate's degree in Culinary Arts from Sullivan University in Louisville, Kentucky, in 2013. Since graduating from Sullivan, he has served as chef at Russo's in Cuyahoga Falls, Beef O'Brad's in Hudson, Chowder House Restaurant & Catering in Hudson, Chowder House in Cuyahoga Falls and Beau's on the River at the Sheraton Suites in Cuyahoga Falls.

**About the Culinary Arts College Tech Prep Guest Chef Project**

The Guest Chef Project is part of a Capstone Project completed by Level II students in Culinary Arts College Tech Prep. Teams of students work directly with a professional Guest Chef who volunteers his or her time to offer advice and demonstrate technical expertise. Students have the unique opportunity to work one-on-one with an industry-level chef and learn key, hands-on restaurant management skills.

**The Greeks**

**Six District Educational Compact**  
Cuyahoga Falls • Hudson • Kent • Stow-Munroe Falls • Tallmadge • Woodridge

**Joshua's GOURMET CREOLE Lunch with a Chef**

Please join us for a special lunch. No reservations required.

**Thursday, January 17**  
**Friday, January 18**  
10:45 a.m. to 1 p.m.  
\$8 per person

**MENU**

**Appetizer: (Choose one)**  
Fried pickles and fried green tomatoes—Cajun style!  
Corn bread on every table

**Entrees including Surf and Turf combo:**  
steak seasoning mixture and cooked medium well following sides: Mac and Cheese, Sweet Potato and Colelaw.

**Steak:** Marinated in Worcestershire, A1 sauce and steak seasoning mixture and cooked medium well with green and red bell pepper, artichoke, onion and tomatoes with a light cheese and cream sauce.

**Creamy Pasta:** Vegetarian choice of penne pasta with green and red bell pepper, artichoke, onion and tomatoes with a light cheese and cream sauce.

**Beignets:** Fried sweet dough topped with powdered sugar served with chocolate mocha.

**Flav Cake:** Banana cake with peanut butter frosting topped with chocolate drizzle and chopped peanuts.

**Drinks: (Choose one)**  
Iced tea, homemade Arnold Palmer, lemonade or soda.

**Meet Eugene Wilson, Guest Chef**

Eugene Wilson is the owner/manager Big E's BBQ located at 1700 Portage Trail in Cuyahoga Falls. Eugene is a 1997 completor of the Culinary Arts program at Wayne County Schools Career Center and the Pennsylvania Culinary Institute. He has been involved with the culinary industry for 10 years. Big E's was named one of the best barbecue restaurants in the Akron area in 2018 by Akron Life magazine.

**Meet Brooks Fonseca, Guest Chef**

Brooks Fonseca is the prep cook at Big E's BBQ in Cuyahoga Falls. Previously, he worked as manager of several area sports bars, including Johnny J's, Sassy's and Scooters. A graduate of Scott High School in Toledo, he began working in the culinary industry in 1999. He is also an Electrical Technician and a graduate of Fortis College.

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Creole and Greek menus will be featured as part of the January 2019 Guest Chef Project presented by Level II students in Culinary Arts College Tech Prep.

Guest Chefs include **Dan Worthington**, **Eugene Wilson** and **Brookes Fonseca**. As part of the Capstone Project, teams of students work directly with the professionals, who volunteer their time to offer advice and demonstrate technical expertise. Students have the unique opportunity to work one-on-one with an industry-level chef and learn key, hands-on restaurant management skills.

The Capstone Project culminates in a two-day experience when students prepare and serve a gourmet lunch at Joshua's Restaurant. During the fall semester, the guest chefs work once a week with their teams developing a menu, discussing food preparation and working on other real-life restaurant scenarios. It integrates the course standards contained in Hospitality Management, Introduction to Food Production, Dining Room Services Management and Baking Pastry.

*Joshua's*



**Six District Educational Compact**

Cuyahoga Falls • Hudson • Kent • Stow-Munroe Falls • Tallmadge • Woodridge

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## Meet our successful completers



**Angela Delaney Klier**, Roosevelt graduate and 2014 Culinary Arts completer, is working as manager of the Dairy Queen in Stow. Previously, she served as assistant manager at Delciello's Restaurant and Lounge in Aurora.

**Morrigan Heltzel**, Cuyahoga Falls graduate and 2016 Culinary Arts completer, graduated from Sullivan University. Morrigan recently opened Guilty Treasures Bakery, a home-based bakery. She creates various types of baked goods, including cakes, cookies, cinnamon rolls, brownies, and cheesecakes.



**Brianna Hawley**, Tallmadge graduate and 2015 Culinary Arts completer, completed an apprenticeship at Giant Eagle. She recently opened Sweet Psycho Bakery, a home-based bakery, where she creates various cakes, cupcakes and cookies.

**Breanna Hubbard**, Cuyahoga Falls graduate and 2016 Culinary Arts completer, was recently promoted to Front End Manager at Fairfield Inn in Stow. She has worked in the hospitality industry for the past two years.



## Earning certification

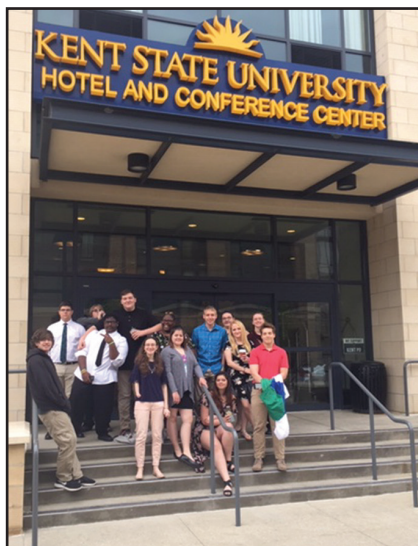
Level I students earned their ServSafe Manager Certification and Certificate of Food Safety from the Ohio Department of Health this fall. Students pictured from left, **Laurel Freborg**, Roosevelt; **Nina Robinson**, Tallmadge; **Seth Shinsky**, Stow-Munroe Falls; **Luke Buckey**, Roosevelt; **Latazeja Wheeler**, Roosevelt; **Asha Sharp**, Hudson; **Brooke Nagel**, Stow-Munroe Falls; and **Alexis Patchin**, Cuyahoga Falls. Not pictured: **Kyndra Mulligan**, Roosevelt; **Lydia Terleckyj**, Roosevelt; **Kayleigh Boyden**, Woodridge; and **James Headen**, Stow-Munroe Falls.

## Kitchen upgrade features new front line



A new front line was installed this fall in the Culinary Arts kitchen. The new stainless steel equipment includes refrigeration units, storage, an extended heat lamp, working surfaces and cutting boards.

## Farm-to-table lunch at KSU



Last spring, current Level II students met with Chef **Neal Pridemore** at Kent State University Hotel and Conference Center. Chef Pridemore demonstrated and discussed the slow food/fast food, farm-to-table, local foods movement. A farm-to-table lunch was also provided for the group.