



January 2020

Culinary Arts

News about a Career-Technical Education Program from the Six District Educational Compact

Menu Engineering focus of Culinary Capstone project



Dan Russo

This Capstone project is a great example."

Dan Russo, owner of the Tavern of Stow is volunteering with the Capstone project and meets with students each week. The Tavern of Stow, located at 4976 Darrow Road, features homemade Italian dishes created from family recipes.

Under Russo's direction, Level II students discuss topics including what affects the taste of the dish, choosing ingredients based on how much each item costs and determining the profitability and popularity of a menu item. He also talks about designing and laying out a menu, both printed and online.

According to Lee, "Understanding the business side of the Hospitality Industry is fundamental in student growth. Many students have the goal of owning a restaurant or working in the business side of the hospitality industry," she explains. "Working with Mr. Russo has allowed the students to see this side of the business."

In a new initiative for the Culinary Arts program, Level II students are focusing on Menu Engineering as part of their Culinary Capstone project. According to instructor **Tracey Lee**, Menu Engineering is the practice of analyzing and strategically designing a restaurant's menu to maximize profits.

"Many of our Culinary Arts students are interested in owning and/or managing their own restaurants," Lee explains. "Our program is expanding to include business, management and entrepreneurship topics.



Level II students working on their baking skills from left, Nina Robinson, Tallmadge, and James Headen, Stow-Munroe Falls.



A worksite visit to the Blue Door

As part of their Capstone Project, Level II Culinary Arts students toured the Blue Door Café and Bakery at 1970 State Road in Cuyahoga Falls. Owner **Michael Bruno** and Bakery/Pastry Chef **Mitch** talked with the students.

Bruno spoke about developing a menu and how to lay out a restaurant and kitchen, as well as his background in the business. Students watched one of the bakers make croissants and toured the working kitchen.



Six District Educational Compact

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Level I students pose for a class photo.

Touring Kent State Hotel and Conference Center

Last spring, Level I Culinary Arts students toured the Kent State University Hotel and Conference Center and were treated to lunch with Chef **Neal Pridemore**.

In addition, the group was greeted by the hotel's General Manager, who discussed the Hospitality Industry, as well as business and education requirements needed for successful employees. In addition, the students toured the entire facility and also learned about facilities management.



From left, Teresa Ursetti, Shelley Giangaspero, Dan Worthington and Tracey Lee.

Visit with Advisory Board Member

Culinary Arts instructors **Tracey Lee**, **Shelley Giangaspero** and Assistant **Teresa Ursetti** arranged a visit with Chef **Dan Worthington** over the summer. Worthington volunteers as an advisory board member for the Culinary Arts Career-Technical Education program.

The group met at Astoria Café on Detroit Avenue near Gordon Square in Cleveland, where Worthington is a chef. They toured the kitchen and enjoyed a cheese tasting. Worthington is a Culinary Arts completer and 2011 graduate of Stow-Munroe Falls.

Culinary students take First Aid, CPR training

This fall, Level II students participated in Adult and Pediatric First Aid CPR/AED training. Because the hospitality industry is very people oriented, it is important that all potential employees be trained in safety procedures.

Zoe Walsh, who conducts CPR training for Stow-Munroe Falls coaches, taught the skills to Culinary Arts students.



Zach Young

Third year of program important to Culinary Arts student

Zach Young, Stow-Munroe Falls, is taking a third year of Culinary Arts. Young started the Career-Technical Education program as a sophomore.

He explains, "I decided to take a third year of Culinary for two reasons. First, to further my education and give myself a stronger understanding of culinary arts, as well as give back to the program that has taught me the most about work ethic, people skills and personal responsibility."

Young began his Capstone Year by studying Classical Cuisine with a focus on Auguste Escoffier. He spoke to Level I students about his research into the cuisine style and discussed the important chefs of that time period.

Young presented a three-course meal to four individuals in Joshua's Restaurant. The menu included Cream of Mushroom Soup, Stanley Chick Saute w/Side of Roasted Tomatoes and Potato Souffle, and Lemon Tart.

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