



The Culinarian's Home Foundation Annual Picnic September 10, 2017

by Louise Hoffman



Bravo to this great day. The weather was simply perfect! Sunny and in the low 70's. This year about 1,000 guests enjoyed themselves at the grounds of the Culinarian's Home in New Paltz, NY.

The event was organized by the Chairman of the Picnic Jean F. Claude and the Picnic Committee. Members tirelessly volunteered with the set up for several days and culinary students from City Tech, Delhi, CIA, Monroe and Kingsborough assisted with food prep, set up, raffle selling and games in the children's tent.



The menu was delicious. Along with the traditional items, the committee added a fresh string bean and turnip sauté which was perfectly cooked at a station near the grill. Fresh tarts for dessert and sweet watermelon were a perfect finish to a very outstanding event.



Photo Credit : Mr. Beirne Lowry's drone & Mrs. Hoffman's camera

The New Jersey Chapter News

by Pascal Guillotin

Historical Tidbit

Buvons un verre à Oscar! /

A Toast to Oscar!

by Dr. Eileen S. DeMarco

Here's to Oscar Tschirky! His gracious generosity made the Culinarians' Home Foundation a reality through the gift of his New Paltz estate in December 1941. Oscar hosted the first "French Picnic" on July 4th, 1942 to celebrate the establishment of the CHF. This festive gathering has been a cherished tradition of the Société Culinaire Philanthropique since 1953.

Oscar was neither French nor a chef. He hailed from Switzerland. Although not a chef himself, he was certainly a devoted "friend of the culinary profession," as he was sometimes described. Oscar served as the very first *Maître d'Hôtel* at the legendary Waldorf, which opened its doors on the corner of 5th Avenue and 33rd Street in Manhattan in 1893.

Oscar enjoyed close ties with SCP president Otto Gentsch, also from Switzerland. In recognition of his ardent support of the Société, Oscar was named an honorary member in 1908. As members reflect on the beloved tradition of the "French Picnic," may they also gratefully recall the man who made it possible: "Oscar of the Waldorf."

On June 5, 2017, the New Jersey Chapter of the Société Culinaire Philanthropique held a meeting. One of the members, Marc Sarrazin, graciously hosted the meeting at his place of business, DeBragga, located in Jersey City, New Jersey. DeBragga moved in 2011 from the historic meatpacking district in New York City to Jersey City where the company currently resides. The new place has enabled the business to expand with more space.

After reviewing the agenda and discussing several topics pertaining to the Société, we were then treated to a tour of Marc's facility. We all put on white lab coats and hats and took a walking tour. Since it was a hot and humid day we were very happy to be in the cool environment.

After seeing all the beautiful aged meats, we all worked up a hearty appetite. We were escorted to DeBragga's private dining room where we feasted on Marc's delicious products. We started off with an assortment of charcuterie and cheeses. Then tasted a variety of ground meats served as burgers. We then tasted a sampling of a regular and dry aged steak. All the food was prepared by Marc's assistant Lea and his staff. Florian Bellanger provided the desserts, which were his famous macaroons and cannelle.

All in all, it was a great meeting and afternoon. A big thank you to Maurice Pailleret for helping to organize this wonderful event and of course, to Marc Sarrazin and his staff for hosting, and to all members who attended.



Do You Know What MOFAD Stands For?

by Susan Lifrieri-Lowry

The Museum of Food and Drink, (MOFAD) was created in 2014 and is located in Brooklyn. The museum brings the world of food to life through interactive exhibits that you can taste, touch, and smell. Their mission is to inspire public curiosity about food, and how it connects with the world around us.

The museum currently operates MOFAD Lab, a 5,000-square-foot experimental space where the current exhibition is, *Chow: Making the Chinese American Restaurant*. The exhibits change regularly.

MOFAD Lab is located at 62 Bayard Street in Brooklyn, NY. For exhibit information and special events visit their website www.mofad.org.

The New Cloche

by Susan Lifrieri-Lowry

Most of us know a cloche as a glass or metal cover for a dish. There are glass and plastic cloches to protect delicate plants in the garden on cold nights and a cloche is also a style of woman's hat because of the bell shape. The latest version of the cloche is for baking bread. The modern way of baking bread at home is to bake the loaves in a Dutch oven, the cloche works the same way and is easier to handle. The baking cloche is made from ceramic or enamel coated ceramic and is made in 2 pieces, similar to a tagine. There is the bottom tray with a raised lip and two handles; the lid fits snugly against the lip to create a seal. The bell-shaped lid of the cloche allows bread to proof then bake on the same surface without having to transfer it. In the oven the lid traps steam from the baking bread to replicate the environment of a steam-injected oven creating the crisp crust that artisanal bread is known for.

A Visit to the United States Military Academy

by Pierre Baran

On a cloudy Saturday morning, May 20, 2017, about 40 SCP members and friends met at the West Point Visitor Center, 50 miles north of New York City.

After a security check at Thayer Gate, we started to discover 16,000 acres of beautiful grounds with monuments of famous war heroes, historic houses built in 1820 still in pristine condition, and massive military granite buildings with gothic architecture.

After a group picture at Trophy Point, we went to the Club House and enjoyed a simple buffet lunch overlooking the Hudson River.

On our way out, we passed by the West Point Military Cemetery and ended our tour at the Museum which opened in 1854. This museum holds, “the largest collection of military arms, flags, uniforms, military paraphernalia, paintings, and portraits in the Western Hemisphere” Wow!” it was very impressive.



Some facts about West Point;

- It was founded in 1802
- There are 10,000 applications each year with only 4,000 being nominated
- Annually 1,300 cadets are accepted, 20% are women and 1,000 graduate
- West Point's code of honor is: “A cadet will not lie, cheat, steal, or tolerate those who do”
- The Thayer teaching method is applied here. Sylvanus Thayer was superintendent in 1817 and designed the curriculum. Highlights of this teaching style includes small classes, modern active learning and student engagement.
- For more information look at www.WestPoint.edu

Upcoming Meetings

Quarterly Membership Meetings

- Thursday, October 5, 2017
- Thursday, January 4, 2018

Officers Meetings

- Thursday, November 2, 2017
- Thursday, December 7, 2017

Newsletter Committee

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Hidden Poisons In Our Foods

by Jean-Jacques Dietrich

"Chef Emeritus", Johnson and Wales University

I don't know if you are like me, getting tired of hearing from "Farm to Table"?

There are other subjects as important that should be discussed such as the slow poisoning through the additives in our foods. A widespread and silent killer that is worse for your health than alcohol, nicotine and many drugs is likely lurking in your very own kitchen cabinets and refrigerators. It is monosodium glutamate (MSG) a flavor enhancer that's used widely in thousands of foods not excluding coffees (Starbuck) baby food and even infant formula.

Could a chemical product identify with the massive epidemic of obesity that exists at the present time?

According to John Erb, Faculte de medicine in his article, *l'Empoisonnement Lent de l'Amerique*, 2003, he says scientists have confirmed that MSG triples the quantity of insulin that the pancreas secretes. I remember reading a long time ago, that when you ingest sugar and there is excess sugar in the blood, insulin is secreted and transforms the sugar into fat then the body stores it. I remember the old pyramid with fats at the top, they were the foods to avoid because fats make you fat. We have finally come to our senses and recognized that sugars are the real culprit.

In 1959, the U.S. Food and Drug Administration labeled MSG as "Generally Recognized as Safe" (GRAS) and it has remained that way ever since. Yet, it was a telling sign when just ten years later a condition known as "*Chinese Restaurant Syndrome*" entered the medical literature, describing numerous side effects, from numbness, heart palpitations, headache, fatigue, depression, nausea, difficulty breathing, autism and even Alzheimer's.

Not only has MSG been proven scientifically to cause obesity, it is a product that provokes dependence just like nicotine in tobacco and alcohol. Remember the ad about potato chips? They become an instant addiction.

Food manufacturers have caught on to the fact that people wish to avoid MSG, so they have cleaned their labels. In other words, they are using names that you would never associate with MSG and they are too numerous to list. Here are just a few; hydrolyzed protein, sodium caseinate, seasonings, natural flavors and flavorings, soy protein, bouillon, maltodextrin, yeast nutrient and carrageenan (a known carcinogen).

The only way to put an end to this poison in our foods is for the public to propagate this message to your elected officials, the food industry and the FDA.

(John Erb was an assistant researcher at the University of Waterloo in Ontario, Canada he spent years working for the Canadian government.)