

## **The Culinary Connection, Fall Semester 2007**

The following articles and stories recap and highlight some very special events and achievements by our students, faculty and staff. Articles from published sources reprinted with citation and credit.

**HOT OFF THE PRESS:** The following great news story is added as a special edition to the newsletter!

FOR IMMEDIATE RELEASE

March 12, 2008

Contact: Jessica Wong

(662) 329-7119

MUW students place third in national culinology competition

COLUMBUS, Miss. - Students from Mississippi University for Women's Culinary Arts Institute were awarded third place at the finals of the Research Chefs Association Student Culinology Competition in Seattle, Wash., on Sunday.

Team leader Leslie Beach of Columbus and her teammates Johnna Emerson of Glen, Laura Farrell of Lexington, Ky., and Catherine Stewart of Philadelphia won \$1500 for their entree of lemon ginger salmon with toasted Israeli couscous and steamed asparagus.

Johnson and Wales University, Providence was awarded first place and the University of Cincinnati received second. Other schools that competed were Louisiana State University and Mississippi State University.

Dr. Jim Fitzgerald, director of MUW's Culinary Arts Institute, said, "They represented MUW and the Culinary Arts Institute with class and distinction in this very prestigious competition combining culinary arts with food science. The finals held in Seattle are a culmination of six months of hard work that our team progressed through to make it to the Iron Chef-style competition."

In order to be placed as one of the three finalists, the teams must create a gourmet meal for two that would possibly be sold in the frozen

food section of a grocery store based on northwestern cuisine. The frozen meal and concept was then sent in to be judged to see if they would advance to the finals.

At the finals, the team's goal was to recreate its entrée onsite which was then judged against the reheated frozen entrée initially submitted.

"With back to back awards in two straight years, MUW culinary arts has made a mark in the RCA-sponsored research event," Fitzgerald said.

### **Semester Starts Off With Visit By a Master Pastry Chef**

Master Pastry Chef Andre Renard, owner of Sug'Art Artistic Pastry School of Sedona, Arizona and one of the Ten Best Pastry Chefs in America two times by Chocolatier Magazine taught a 3-day workshop for MUW Culinary Arts students. His course on techniques in Sugar Art focused on the technical aspects of creating both edible and non-edible food art with sugar as the medium. Sixteen students from both CA 400, Prep III and CA 300 Prep I had the distinct honor of learning from Chef Andre. The sugar work created in class by the students is now displayed in the Culinary Arts Institute's Shattuck Hall. A piece created solely by students in Prep III for the Annual Winter Banquet Final Examination is also on display. The Culinary Arts Institute looks forward to have Master Chef Andre back in the fall of 2008 to do a chocolate workshop. Formerly Executive Pastry Chef at the Essex House in New York, was called upon to create special desserts for Bill Clinton's 50<sup>th</sup> birthday, Julia Child's birthday and 50<sup>th</sup> Anniversary of UNICEF.

**FOR IMMEDIATE RELEASE**

**November 8, 2007**

**Contact: Joshua Hollis**

**662-329-7119**

**MUW Culinary Arts Institute awarded grant**

COLUMBUS, Miss. - The Robert M. Hearin Support Foundation recently awarded Mississippi University for Women's Culinary Arts Institute a grant for \$775,000, which will be used to fund scholarships, student field experiences, a guest chef program, and consulting for the development of a teaching restaurant laboratory.

Dr. James Fitzgerald, director of the Culinary Arts Institute, said, "The Robert M. Hearin Foundation's generosity and support of our students and faculty at MUW not only help them succeed, but in doing so help Mississippi succeed. Mississippi's food-based economy is huge. Our successful graduates go on to take jobs in the industry and also go on to earn graduate degrees related to advance food studies; so through this support we become a great part of that economic success story within the state and nationwide."

The grant will be broken up into four parts: \$75,000 a year for 4 years will be used for student scholarships; \$50,000 a year for 4 years will be used to fund student field experiences, to allow students to have hands-on instruction and real-world training outside the classroom; \$50,000 a year for 4 years will be used for a guest chef program, which will provide for instructors, chefs and scholars to visit the university for lectures and other events.

The final part of the grant, in the amount of \$75,000 for 1 year, will be used for design and consulting for the development of a teaching restaurant laboratory.

MUW President Dr. Claudia Limbert said, "Thanks to the support of the Hearin Foundation, our Culinary Arts Institute is able to provide one of the top culinary education programs in the nation."

Fitzgerald said, "I've learned an old Southern custom of 'a hug around the neck' since I have been here. If I could I would show my appreciation to each member of the Hearin Board by 'hugging them around the neck' on behalf of the students, faculty and staff at MUW's Culinary Art Institute."

**MUW Culinary Arts instructor finds niche in kitchen, then in classroom**

By Vicky Newman  
[vnewman@cdispatch.com](mailto:vnewman@cdispatch.com)

Wednesday, August 29, 2007 11:41 AM CDT

Some people spend a lifetime without discovering their true passion. Scott McKenzie, assistant professor at the Mississippi University for Women Culinary Arts Institute, is among the more fortunate.

In 1978, at only 16, McKenzie landed a summer job, washing dishes in a pizzeria in his home state of New Jersey. In the kitchen, he found a place he thought he might like to remain for life.

Alluring with the aroma of wonderful foods being cooked, kitchens offered McKenzie a cocoon of comfort and creativity. Moving up the line, from prep work to sandwiches to cooking, at a variety of food service businesses, McKenzie says he thought he would remain in the kitchen. "I was hooked," he says. "I ended up cooking six or seven years. I tried to do college, in accounting and architecture, but it didn't work out."

McKenzie's parents were a bit disappointed at their son's choice. They had hoped he would enter a professional field. "My parents thought this was a blue-collar job -a low-brow position," he says.

Initially, the career field seemed to offer limited opportunities, but McKenzie persisted, and worked to expand his options.

"Somebody told me about the Culinary Institute of America. There were not a lot of cooking schools then. I applied and was accepted, but I waited a year and a half before they were able to get me in."

After he earned an associate's degree in culinary arts in 1986, McKenzie headed back to the comfort of the kitchen. He would spend the next decade working in hotels, restaurants and resorts, cooking for endless hours and exploring the foods of various regions at every opportunity.

He is especially fond of Italian, Greek and Spanish cuisine, but learning the regional cuisines of this country is his favorite pastime.

"American regional cuisine just fascinates me," McKenzie says. "I figure I would need three lifetimes to learn it all. The melting pot that is America took all these fascinating cultures, which used natural products of the regions, and brought them together. They had to adapt them in some ways, but the regional influence is still there."

### A change of pace

McKenzie enjoyed his field, but as he got older, maintaining the pace of kitchen work became increasingly difficult.

The career he loved proved to be brutal on the body.

"Eventually, my feet and knees hurt. In my late 20s, I realized I would not be doing 20 more years of this. And, I realized my quality of life was ruined from working 80 hours a week."

Considering a teaching career, McKenzie realized he needed more education. He returned to the Culinary Institute of America and in 1996, earned a Bachelor of Professional Studies (BPS) in Culinary Arts Management. Then, in 1998, at the University of South Carolina, he completed a Master of Hotel, Restaurant and Tourism Administration. A day after graduating, he began working in management for Southern Way Catering, coordinating large scale off-premises catering jobs.

One catering event was the inauguration banquet for the South Carolina governor, held in January, 1999 on the state fairgrounds.

"The banquet was for 7,000. We had tents set up equivalent to three football fields. We had 14 carving stations, 36 food stations, 16 bars and 12 deep fryers. It lasted almost two days."

He began looking for the right teaching job, and an opportunity to limit his hours in the kitchen, while sharing his passion for cooking regional foods with others.

"I will always love to cook. I just don't want to cook all the time," McKenzie says. "It is a seamless transition of careers. Working in this industry, you're

always teaching, with kitchen staff asking you questions, sharing ideas and being creative.."

The career change was a big adjustment, in some ways.

"Until 2,000, I had never had a weekend off," he says. "I had never shopped. Going out freaked me out. Going out to eat, I felt like a spectator."

Coming to Columbus

McKenzie worked awhile at Baltimore (Md.) International College, but felt the position did not utilize all his skills. "They thought a chef couldn't teach business," he says.

Determined to find the right place and position, McKenzie discovered Mississippi University for Women Culinary Arts Institute online. He researched the school, and decided the program offered exactly what he sought - small class sizes and big plans for the future.

"I searched for this program. One of the things I really liked about this program was that it offers so many options," he says. The interdisciplinary program at MUW offers four-year bachelor of science degree with an emphasis in everything from food journalism to food art to nutrition/wellness to entrepreneurship and business.

He applied for a position here, and joined the staff as chef instructor in 2003. Recently promoted to assistant professor, McKenzie today teaches business courses, as well as food preparation.

At the 30-year point of his career in the food industry, he is as comfortable with a calculator as he is with a carving knife. Instead of sharing food, he shares with students his understanding of the hospitality industry from all possible aspects -accounting, business law, and marketing, as well as food prep. Most of his instruction deals with the business of food.

"Actually, this job brings together everything I had studied," McKenzie says. "Everything I went to school for - accounting, psychology, architecture - it all comes together and helps me with this job."

McKenzie says he is brutally honest with students. He works to insure they are better prepared for their careers better than he was prepared.

"They never told me all the options," he says. "They never told me I would get tired working long hours and my knees would hurt. I got lucky with teaching, but I didn't know there were so many things related to food you could do."

While the MUW culinary program has distinguished itself in many ways, and offers students a well rounded education, McKenzie says he hopes soon to see realization of a long-term goal of the program, to open a teaching restaurant for students. Plans for a teaching restaurant were derailed when the 2002 storm destroyed several buildings on campus. Since then, Shattuck Hall, home of the culinary program, has shared spaced with the art gallery. Successfully so, McKenzie says.

"We are producing good, solid productive graduates that have been in some impressive positions" McKenzie says. "Our class ratios here are wonderful. We're building a reputation. I am happy to be a part of that."

Here are some of Chef Scott McKenzie's favorite recipes.

Tortellini with prosciutto Vodka Cream Sauce

Serves four.

2 quarts water with a little oil and salt

8 ounces cheese or mushroom stuffed tortellini

16 ounces heavy cream

3 ounces prosciutto, sliced thin and diced small

1 teaspoon thyme (or 1/2 teaspoon dried)

2 ounces vodka

4 ounces peas, canned or frozen

cracked black pepper to taste

2 ounces Parmesan cheese

2 ounces red bell pepper, small diced (garnish)

1 tablespoon chopped basil (garnish)

1 ounce pine nuts, toasted (Garnish)

Bring water to a boil and cook tortellini. Strain, cool under cold water and put aside. Put cream in a pot and on a low heat reduce by half. In a skillet, heat prociutto gently. Removing skillet from burner, add vodka, return to burner and flame off alcohol. When flame stops, immediately add cream and peas and cooked tortellini and simmer five minutes. Add cheese and mix thoroughly. Remove from burner and add cracked black pepper. Divide in bowls, sprinkle red peppers, basil and pinenuts on top and serve

*Variations:* There are many for this dish, but McKenzie says his favorite is the addition of chicken or shellfish such as shrimp or scallops. Other vegetables such as broccoli, mushrooms or spinach may be used. Other alcohols can be substituted or added such as Pernod or Orange flavor such as Gran Marnier or Triple Sec. For pasta, if not tortellini, use a hearty pasta such a fettuccini or a tube pasta.

McKenzie says he visited home once, to find that his father had made this dish with a twist, substituting Spam for the prociutto. "After the shock wore off, it really wasn't bad tasting at all," he says.

### Poached Pears with Crème De Cacao Marscapone

For the poached pears:

4 pears

1 1/2 cups red Zinfandel wine (or merlot or your favorite wine) used marsala

1 ounce lemon juice

2 teaspoons tarragon

5 ounces sugar

Peel, cut in half, and remove seeds from the pears. Combine all other ingredients in a saucepan; bring to a boil (212 degrees). Lower heat to 160 to 180 degrees; add pears, and cook for 20-30 minutes until fork tender. Allow pears to stay in liquid at least 24 hours. Before serving, add the Crème De Cacao Mascarpone.

For the Crème De Cacao Mascarpone:

1 pound Mascarpone cheese

3 ounces cream cheese

1/2 cup sugar

1 1/2 teaspoons vanilla extract

1 ounce crème de cacao

Let cream cheese soften to room temperature Mix all ingredients. Place pears slices on a plate, fanned out, and place a dollop of mascarpone sauce on the plate, or pipe it on in a shape. Add whipped cream, chocolate sprinkles or shaved chocolate, if desired.

### Pepperpot Soup

Serves 12

beef tripe, boiled in water (about 45 minutes)

#### Soup Ingredients:

4 ounces onion, medium dice

3 ounces carrot, medium dice

3 ounces carrot, medium dice

butter or fat, as needed

2 quarts beef stock

1 pound honeycomb tripe, small dice

6 ounces veal shank meat, small dice

6 ounces potatoes, medium dice

4 ounces green bell pepper, medium dice

4 ounces red bell pepper, medium dice

1 sachet d'epices (parsley, thyme, bay leaf peppercorns)

8 ounces spatzle (recipe follows)

2 tablespoons salt

Black pepper (lots, start with 2 tablespoons and add more to personal taste)

Caramelize the carrots, onions and celery in the butter or fat. Add the beef broth, tripe, veal. Simmer for one hour. Add potatoes, green pepper, and sachet. Simmer until the vegetables are tender and the soup is adequately flavored. Degrease it if necessary. Remove and discard the sachet. Prepare spatzle (a type of German noodles, recipe below), push through colander into the simmering soup. Simmer until it floats to the top, about three to five minutes.

### SPATZLE

3 cups all purpose flour

1 teaspoon salt

4 large eggs, beaten

1/2 cup water, or more

1/4 cup butter

Sift flour and salt together in a bowl. Pour eggs and 1/4 cup water into middle of flour mixture, beat with a wooden spoon. Add enough water to make dough slightly sticky, but keep it elastic and stiff. Press dough through a colander, allowing noodles to fall into a large pot of boiling salted water or soup. Cook noodles in the water about five minutes or until they rise to the surface. Lift noodles out and drain on paper towels. Brown noodles in melted butter over low heat.

### **Two New Faculty Members Join the CAI**

Amanda Dahl and Joshua Oubre are the two newest faculty members of the Culinary Arts Institute. Joining The W this August, Amanda and Josh will teach a full schedule of classes in nutrition and culinary arts classes respectively. Here is a short biography about each of them.

Amanda Dahl: Originally from Jackson, Mississippi, I moved to Starkville in the fall of 2001 to attend Mississippi State University. In August 2005, I received my Bachelor of Science in Nutrition along with a minor in General Business. I then enrolled in the combined Master's of Nutrition program/ Dietetic Internship at Mississippi State University which I completed in May of 2007. I completed my Master's thesis entitled "Consumer Attitudes and Acceptability of Catfish Prepared in a Low-Fat Manner." During my internship, I completed over 800 hours of nutrition experiences in a variety of clinical settings, WIC clinics, and with the Mississippi State University Extension Service. I am currently a registered and licensed dietitian in the state of Mississippi. I recently accepted a position with the "W" as an Associate Professor of Nutrition and am excited to share my passion of nutrition with my students.

Joshua Oubre: He is a 2006 graduate of the University of Southern Mississippi with a Master's degree in Institution Management. He received his Bachelor of Science in Culinary Arts from Nicholls State University in 2003.

Growing up in the bayous and swamps around Thibodaux, La, Chef Oubre learned at an early age the power and joy that a good meal provides to others. His passion for cooking developed during his teenage years, where he learned to appreciate his native Cajun and Creole cuisines. He interned in New Orleans at Ralph Brennan's Redfish Grill, and served as a Sous-Chef for

the New Orleans Saints training camps held at Nicholls State. While pursuing his master's degree, Chef Josh spent two years working as the Kitchen Manager/ Sous-Chef at Walnut Circle Grill in Hattiesburg, Ms. While there, he rekindled his love for Italian cuisine and came to appreciate the diversity of the cultural cuisines of New York City and the Deep South.

Chef Josh is a member of the American Culinary Federation (ACF) and continues to work to educate himself in as many disciplines and areas of study as possible. Chef Josh is also interested in important research topics, such as the interaction of service delivery, group behavior and ethics, and the continuing growth of technology in the kitchen.

### **CAFB program links MUW culinary arts, teaches cooking basics**

**By Vicky Newman**

**[vnewman@cdispatch.com](mailto:vnewman@cdispatch.com)**

**Wednesday, October 24, 2007 12:03 PM CDT**

From the chapel kitchen at Columbus Air Force Base, the appetizing aroma of cooking food fills the air. At various work stations, cooks wearing aprons over combat fatigues set to work, chopping, mixing, stirring, searing and sautéing.

Instructor Janet Watson, a May graduate of Mississippi University for Women's Culinary Arts Institute, walks among the students, answering questions, sharing cooking tips and demonstrating techniques. She pauses to show a student how to peel a butternut squash, then helps another "smush" a clove of garlic to remove the husks. "With garlic, just smush it to get it started - don't peel it then mince it," Watson instructs. She adds, "I just heard a tip for chopping onions. If you freeze the onion, the oils won't make your eyes burn and water."

At yet another workstation, she demonstrates how to use a covered brick weight on an electric grill to make a panini. She warns another to remove a skillet from the gas stove eye before adding alcohol to a recipe. "We don't want a flambé!" she says.

These active duty military and enlisted personnel usually spend their time in training or at their support jobs on base. Today, they've been given a pass to

learn some basic lessons in cooking.

Some of these students are competent in the cockpit of a plane, and accustomed to studying manuals for flight, but they are not quite so comfortable cooking and following recipes. All seem to approach the task with enthusiasm, however.

The class is the third in a series of six hands-on culinary basics cooking classes at CAFB this semester, designed to help pilots and active duty personnel learn to eat better and do fundamental cooking. The program was started in August, and is funded by grants by the Air Force Aid Society and Operation Home Front as well as the Robert Hearin Foundation at the W.

Teresa Jordan, who works with the CAFB Finance Department, has signed up for her second cooking workshop/class, and is busily spreading pesto on ciabatta. "I learned so much the first time," Jordan explains. "We had Santa Fe wraps, chicken parmigiana, and salsa. ... I wanted to do it again. I just like to cook."

Some have less experience in the kitchen.

"They're doing great," Watson says, smiling as she praises the students. "These are people who never cooked before, and look - all of a sudden, they're making a béchamel sauce!"

The beginning

The base cooking program is the brainchild of Sharon Nichols, Airman and Family Readiness Flight Coordinator. "I started this because I was concerned about our airmen living on Ramen noodles. I was seeing an airman for financial issues, to help him with his budget. I asked him what he had for breakfast. He said, 'Ramen noodles.' I asked what he had for lunch. He said, 'Ramen noodles.' I asked what he would have for supper. He said, 'Ramen noodles.' I started looking for ways to help them. Education is the key."

Nichols soon learned that the airman's circumstances did not represent an isolated incident. Two years ago, Columbus Air Force Base closed the base's dining hall, and began providing base active duty military people a food stipend. While the airmen have access to kitchen facilities, many do not

know how to cook. Some, Nichols notes, entered the military right out of school, and have virtually no exposure to food preparation, or with budgeting their money for food. Because the kitchen is intimidating, they do not receive the nutrition needed for optimal performance.

"We wanted them to eat healthier - we wanted them to have a better alternative," Nichols says. "This is a part of helping our airmen to be ready ... everybody has to eat, and we want them to eat right."

When Nichols began looking for ways to address the issue, she immediately thought of the Mississippi University for Women Culinary Arts Institute. She had attended the MUW culinary arts program when it was first begun, earning a one-year certificate.

"I knew where to go," she says. "I reached out to them (culinary arts)."

A win/win situation

Dr. Jim Fitzgerald, MUW culinary arts director, says the program is beneficial to MUW as well as to the base.

"This was a good opportunity for us to do community outreach," Fitzgerald says. "We have a very good relationship with the base; they have sent us good graduates. Janet (Watson) was one of them. She graduated cum laude with a 4.0. We hired her as an adjunct professor to do some of our Saturday classes. This program was a good opportunity for us to give back to the Air Force base."

Watson, who is former military as well as the wife of an Air Force instructor pilot, says she jumped at the chance to do the base program. "Dr. Fitzgerald talked to me about this, and I was the perfect candidate for this, since I already had access to the base, and I relate to the airmen. It is rewarding to me, because they're really cooking - not fancy or gourmet, but good food. I wanted to give them recipes for ingredients they can find at the commissary, where I shop, too," she says. "I wanted them to be able to make food for their families and dorm buddies."

The first session was held in August, and each session has found the

maximum number of interested participants. Each has targeted a certain group, and classes were held in different kitchen spaces. The class held on this day, Monday, is at the chapel kitchen. "It was the biggest kitchen we could find," Nichols says.

Nichols adds, "They really do cook hands on. They have choices - they don't have to have processed foods or eat out every night."

The menu the class is preparing on this day is ideally suited to fall. It includes sautéed herb-seasoned chicken breast, chicken pesto sandwiches on ciabatta, thick center-cut pork chops with cranberry port sauce, butternut squash risotto, crispy baked pecan coated chicken strips with honey mustard sauce, baked macaroni and cheese, white bean chicken chili, and crepes with simmered apples and caramel sauce.

### **Students Return from Internships**

Eighteen culinary students returned to the MUW campus after completing summer internships. All Culinary Arts majors must complete CA 350, Internship as part of their academic core training. A complete listing of the students and their internship locations are:

Courtney Adams	Beau Rivage, Biloxi, MS
Lynsey Bailey	Riingo, New York City
Catherine Bates	The Country Club of Birmingham, AL
Leslie Beach	Amelia Island Plantation, FL
Elizabeth Bryant	Front Door/Back Door, Columbus, MS
John Cusanelli	The Plantation House, Aliceville, AL
Johnna Emerson	Rover's, Seattle, Washington
Laura Farrell	The Peabody, Memphis, TN
Kris Geiselman	The Country Club of Birmingham, AL
Tim Lollar	Amelia Island Plantation, FL
Jane McGregor	Giardina's & Fresh Market, Greenwood, MS
Jennifer Oliver	Desoto Civic Center, Southhaven, MS
Casey Parkman	Blue Fin, Memphis, TN
Catherine Pugh	Domaine Chandon, Napa Valley, CA
Jeffrey Robinson	Tempo, Brooklyn, NY
Lorin Robinson	Sugaree's Bakery, New Albany, MS
Nicholas Seabergh	Herbsaint, New Orleans, LA
Hallie Woodward	The Biltmore Estates, Asheville, NC

### **Ninth Annual Winter Banquet and Final Exam Dinner**

Twenty eight students from two sections of CA 400, Food Prep III, planned, prepared and served an elegant dinner to 110 guests as part of their final exam for the class. Held at the Trotter Convention Center, guests were treated to an hors d'oeuvre service with accompanying wines prior to the evening meal. Billed as the toughest final exam on the MUW campus, students in CA 400 must compose the menu and execute both front and back of the house elements. They must do this while under the watchful eyes of the chef instructors who evaluate their performance. Chef Scott McKenzie taught the CA 400 class on a theme of Regional American Cuisine. The following is the Menu and class roster Bon appetit!

**Mississippi University for Women  
Culinary Arts Institute  
presents the**

**Ninth Annual Graduation Dinner  
Trotter Convention Center  
November 15, 2007**

#### The Menu

*Passed Hors d'oeuvres  
Accompanied Wine Service of  
Freixney Champagne*

Potato Gaufrettes with Duck Confit & Black Pepper Coulis  
Mushroom & Artichoke Tartlets with Pancetta  
Goat Cheese & Parma Prosciutto Phyllo Triangles  
Ginger Salmon Tartare with Green Apple & Radish on Sesame Cracker  
Broiled Scallops with Sun-Dried Tomatoes & Dill Crème Fraiche  
Marinated Feta & Olive Skewers

#### *Amuse*

*Paired with Nobile Sauvignon Blanc  
Braised Rabbit & Pickled Peppers*

*Soup*

Ginger & Roasted Butternut Squash Bisque

*Appetizer*

*Paired with Gala Rouge Pinot Noir*

Pan-Seared Quail with Roasted Corn Risotto Cake  
Cranberry Gastrique & Rosemary Brown Butter

*Pasta*

*Paired with Vigonier*

Lobster Ravioli with Mushroom Carbonara

*Sorbet*

Pomegranate-Blood Orange

*Bread*

Sourdough & Epi Baguettes  
With Roasted Red Bell Pepper Butter

*Entrée*

*Paired with Gnarly Head Zinfandel*

Braised Osso Bucco with Fava Puree & Glazed Cipolini Onions

*Salad*

Goat Cheese Salad with Black Truffle Vinaigrette

*Dessert Duo*

*Paired with Kiona*

Hazelnut Chocolate Mousse Cake  
Mascarpone & Honey Arborio Pudding Brulee

*Friandese*

Chocolate Truffle

Executive Chef Professor

*Scott McKenzie*

*Chef*

*Jeffrey Robinson*

Maitre d'  
*Jennifer Oliver*

Pastry Chef  
Micah Moore

Sous Chef  
*Nick Seabergh*

Assistant Maitre d'  
*Beth Holder-Cummings*

Sommelier  
*Christopher Johnson*

Preparation III Roster

*Courtney Adams*

*Lynsey Bailey*

*Catherine Bates*

*Leslie Beach*

*Megan Busby*

*John Cusanelli*

*Mark Eakes*

*Johnna Emerson*

*Laura Farrell*

*Allie Foster*

*Kris Geiselman*

*Hallie Hylander*

*Kalee Johnson*

*Tim Lollar*

*Jane Allen McGregor*

*Casey Parkman*

*Everett Robinson*

*Lorin Robinson*

*Robin Schwartz*

*Kim Triplett*

*Tiffany Wansley  
Stephanie Watkins*

Thank you to our loved ones, friends and faculty for all your support

### **Students from Culinary Arts Do Madrigal Feast Class Project**

Students in this years FN 302 Menu & Recipe Development class spent a semester researching and testing traditional foods for a Madrigal Dinner Performance. A story below reprinted after this article from MUW Public Relations summarizes the gala evening on November 29<sup>th</sup>. Stephanie Frake and Aubree Peek led the culinary class in the Madrigal food journey. Collecting over 350 recipes, the class tested and finalized an authentic menu that was similar to typical fare. Of course, there are many contemporary twists. In some cases recipes were changed or modified was because of the nature of ingredients or availability of foods today compared to several hundred years ago. And since the eating utensils of the period long ago were quite limited, the food service needed to be adapted to the modern restaurant scene. Nonetheless, the class learned and experienced the production and testing of a very unique, period-related occasional menu. This was the first time that Culinary Arts students worked on such a production in cooperation with the Department of Music and Theater. Onward to next season! Following is a menu and the class list of those students participating in this historic inaugural event for MUW's Culinary Arts Institute!

Madrigal Feast Menu  
November 29<sup>th</sup>, 2007

Hors D'oeuvres  
Mushroom Pastries  
Mini Goat-Cheese Tartlet  
Garlic & Olive Bruschetta  
A Tart for Ember Day  
Smoked Salmon Pinwheels

Beverage

Spiced Christmas Wassail

Soup

Provençal Vegetable Soup

Entrée

Elizabethan Chicken with Lemon Broccoli & Milanese Risotto

Dessert

Cranberry & Orange Bread Pudding

Culinary Students

Lynsey Bailey	Reid Lilly	Liz Brokoff	Whitney Long
Nikki Buckley	Jane Allen McGregor		Megan Busby
Micah Moore	Rachel DuFour		Jennifer Oliver
Mark Eakes	Casey Parkman		Laura Farrell
Aubree Peek	Stephanie Frake		Jason Perkins
Kris Geiselman	Lauren Sligh		Amie Guffin
Kim Triplett	Beth Holder-Cummings		Chelsey Ueno

**FOR IMMEDIATE RELEASE**

**November 20, 2007**

**Contact: Debra Atkinson**

**(662) 329-7430**

**Madrival Singers to present Christmas Madrigal Feast**

COLUMBUS, Miss. -- The Mississippi University for Women Madrigal Singers will present a Christmas Madrigal Feast on Thursday, Nov. 29 at 6:30 p.m. in the Pope Banquet Room in Hogarth.

The Madrigal Feast has been growing in popularity over the last 20 years or so as many high school and college madrigal groups have begun to host them. The group will sing traditional Christmas Carols from around the world, including English, Spanish, French, and German carols. There is also one traditional Renaissance piece composed by Tomas Victoria that will be sung in Latin.

The Madrigals will be wearing 16th century Renaissance costumes, some of which were made by the performers. Because the Feast has become popular in recent years, there are several online sources available for buying or renting costumes. Theatre major Drue Hickox acted as costume consultant with regard to colors and fabrics and each student was assigned a particular color to wear.

The traditional parts of the feast including an opening call, a processional, a prayer, a wassail song, the Boar's Head Carol, the dessert song, a concert of carols, a farewell song and a Recessional, which will be performed throughout the course of the dinner and skit.

The skit that will be performed is being directed by senior Theatre major Aja Wilson, who has enlisted the help of theatre students as well as others from campus.

"We all know what a talented actor Aja is and we are very excited that she is helping us with our production," said Debra Atkinson, assistant professor of Music and Chorale director. "David Carter's design class is handling the set design and the Pope Dining Hall will be transformed into a castle through the magical artistry of David and his design students."

Culinary Arts students have been researching the traditional Madrigal Feast fare and have submitted recipes to be tested for use in the program. There will be a 3 course meal including a salad, soup, entree and dessert along with the traditional Christmas Wassail.

"We are very excited about this joint venture between Culinary Arts, Music and Theater and hope that it will become a yearly tradition here at MUW. Hopefully, next year we will be able to extend it to more than one evening and allow more of the Columbus community a chance to join us," said Atkinson.

### **Culinary Grads Return and Do Cooking Show on Local TV**

The following article is reprinted from a release by MUW Public relations by  
By Jill D. O'Bryant

COLUMBUS, Miss. -- Mississippi University for Women culinary arts graduates Shannon Payne Lindell and Jenny Dusenberry Rucker will be featured on the weekly segment "Cooking with The W" on the WCBI Sunrise Show with Aundrea Self.

"Cooking with The W" will air live on Wednesdays sometime between 5 a.m. and 6 a.m. with Lindell and Rucker alternating weeks.

"We are proud of our culinary grads and the impact they help make on the local community while representing MUW culinary arts with pride and professionalism," said Dr. James Fitzgerald, director of the MUW Culinary Arts Institute.

The 2001 graduates have returned to the local area after marrying Columbus Air Force Base pilots and moving away following graduation.

Lindell most recently lived in Fayetteville, N.C. She was general manager of The Pope Club on Pope Air Force Base. She was food and beverage manager and earned the Squadron Employee of the Quarter and Mission Group Civilian of the Year Award. She also was catering supervisor of the Officers Club, successfully managing the business to profitability, not to mention increasing the good food awareness for the families.

"At the culinary school, I developed a love of food and a joy of preparing for others," Lindell said. "I am looking forward to sharing this with others through this venue."

Recently living in Wichita, Kan., Rucker earned a master's of art in management with a concentration in hospitality from Webster University. Among the food venues she worked at in Wichita were Green Acres Market, a health food store that featured organic, fresh produce; Byzantium Café, a Mediterranean ethnic bistro; and Williams-Sonoma, a world famous cooking equipment retailer.

While students at MUW, both had interesting internships. Lindell was at the famous Nantucket Yacht Club on Nantucket Island, and Rucker did her internship at The Mozzarella Company in Dallas.

Recipes from each "Cooking with The W" show will be featured on the WCBI website ([www.wcbi.com](http://www.wcbi.com)) and also on the MUW Culinary Arts Institute homepage ([www.muw.edu/culinary](http://www.muw.edu/culinary)).

The cooking duo also will be doing cooking segments at the Farmer's Market, which is held on the corner of Second Avenue and Second Street North in Columbus on Saturday mornings during the summer.

For more information about MUW's Culinary Arts Institute, please call (662) 241-7472 or visit the website, [www.muw.edu/culinary](http://www.muw.edu/culinary).

### **December Graduation 2007**

Culinary Arts majors who joined the Long Blue Line in the 2007 December Commencement were:

Reid Lilly

Nicholas Seabergh

Dana Vaughn

Rita Weber

Congratulations to each of these students who earned the coveted B.S. Degree in Culinary Arts from The W!

### **Where are they now?**

Gus Argrett (2001) Gus is the proud pappa of [Elizabeth Rose](#), born January 29<sup>th</sup> 2007. Gus is a Food Tech at Sanderson Farms Test Kitchen in Flowood, MS.

Jill Ashley (2001) is an attorney in her hometown of Vicksburg, MS. She earned her JD at Ole Miss and is employed with the firm of Teller, Chaney, Hassell & Hopson.

Deon Kendrick Cobbins (2005) is Sous Chef at Oktoc Grill, Starkville, MS.

Jarret Brown (2007) is Line Cook at renowned Blackberry Farms Chateaux Restaurant in the Smokey Mountains of East Tennessee.

Jeffrey Byrd (2003) is Kitchen Manager of Buffalo Southwest Café, Jackson, Mississippi. Formerly Jeff was in F&B at Belhaven College.

N. David Crews (2002) David is Chef De Cuisine & General Manager at The Crawdads Restaurant in Cleveland, MS.

Michelle DuFour (2004) Michelle is Conference and Events Service Rep, Fast Group, LLC, Louisville, Kentucky.

Vimukti Goswami (2007) Vimukti will be working as a Line Cook at the Pan Asia Restaurant, Jackson, MS.

Kaye Gabel (2000) Kaye is Kitchen Manager at Babin's Seafood Restaurant in Galveston, TX. She also is an Adjunct Instructor of Culinary Arts at Galveston College.

Millie Welborn Heidenreich (2003) Millie is Pastry Chef Brevard College/Aramark, Ashville, NC. She also has her own wedding cakes business you can access at <http://www.millieheidenreich@gmail.com>

Alexei Huguley (2002) is Chef Instructor at Tulane University & East Central Community College, Choctaw, MS.

Barry Karrh (2000) Barry is Executive Pastry Chef at Glemora Restaurant, Broadacres Ranch & Resort, Creed, CO

Mel Howard (2005) Mel is continuing her MS degree in Gastronomy at Boston University, Boston, MA.

Susanna Johnson (2005) Susanna is Kitchen Manager at the Sante Fe Cattle Company Steakhouse in Columbus. Previously she was Sous Chef at the Bistro 24 restaurant, Pearl River Resort, Choctaw, MS. She taught as an Adjunct Instructor in the fall of 2007 as part of our Saturday non-majors culinary arts classes.

Rachel Rae Kent (2005) is completing her MS degree in Dietetics at Southern Miss in Hattiesburg.

Andrew Mathews (2004) Drew is Sous Chef at the Veranda Restaurant, Starkville, MS.

Sallie McGee (2001) Sallie is Executive Chef with East Tennessee University, Johnson City, TN.

Natalie Byrd Meyers (2005) Natalie is the proud parent of [Alexander Stone Myers](#) born November 14<sup>th</sup>, 2006. Natalie is working at Bob Evan's restaurant in FL.

Jenna Modzelewski (2007) Jenna will be working as a Line Cook at Rachel's Restaurant in the Opryland Hotel, Nashville, TN.

Rashanda Pruitt (2003) is a Culinary Product Specialist in the ConAgra Test Kitchens, Omaha, Nebraska. She is busy testing & developing new recipes and getting used to the winters in the Midwest!

Elizabeth Ritchie (2007) Elizabeth is Pastry Chef at Kathy G's in Birmingham, AL.

Katie Seaman (2004) Katie is Catering Manager at Astin Mansion, Bryant, TX

Nick Seabergh (2007) is Line Cook at Harvey's in Columbus, MS.

David Stutts (2003) David is Head Chef at Magnolia Regional Health Center, Corinth, MS

Nikki Tice (2003) Nikki is employed by Bobolink Dairy Cooperative in upstate New York.

Joe Wallace (2000) Joe is currently employed by Sodexo at Itawamba Community College. Previously Joe was Sous Chef at Park Heights and at Harvey's in Tupelo, MS

Tracee Watkins (2001) Tracee is a Chef Instructor at the Culinary Institute of America, Hyde Park, NY, teaching courses in business and entrepreneurship.