



Miami Valley Career Technology Center Press Release

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MVCTC Senior Culinary Arts Students Take on the 5:30 Challenge!

Clayton, Ohio -- This scenario plays out in many households...its 5:30 pm and everyone hits the door running shouting, "What's for dinner?" The MVCTC Senior Culinary Arts class had the opportunity to meet this challenge and exercise their culinary skills. Their instructor, Chef Edward Stanziano, gave the senior class a couple of days to plan a one-dish meal for two using only five ingredients. The class, provided with only olive oil, vegetable oil, salt, and black pepper, had to prepare, plate, and serve the meal in 30-minutes or less. A recipe format was presented to class to use in planning their meal along with a sample recipe to give the students a perspective. Another condition was they could not use any of the commercial equipment in their culinary lab only ranges, microwaves, pots/pans, and conventional ovens.

The class had the opportunity, to rate/grade each other's product. Those not involved with cooking for the day were given rating sheets and instructed what to look for and what the standards were for the industry. The key was to remain objective following the scale provided and to separate ties to classmates in rating/grading their products. Many students stated this was difficult, but realized the importance remaining objective. Products were evaluated for appearance, consistency/texture, tenderness, flavor, and overall eating quality on a scale of one very poor to seven excellent. Students came to realize all the conditions for rating are important maintaining high standards of the industry separates the professional from the amateur.

There is a popular television program that promotes 30-minute meals; however, the show has no limitations on ingredients as these students had to comply. The MVCTC Culinary Art senior class includes:

- Chris Armantrout (Carlisle)
- AnnMarie Bierly (Eaton)

- Eric Couch (Arcanum)
- Justin Cromwell (Vandalia)
- Alexandria Crowell (Northmont)
- Marcell Dukes (Trotwood)
- Lauren Griffin (Miamisburg)
- Matthew James (Miamisburg)
- Sheldon James (West Carrollton)
- Montgomery Jones (Dayton)
- Zack Madden (Northmont)
- Sydney Minor (New Lebanon)
- Mike Samartini (Northmont)
- Nick Spencer (National Trail)
- Robert Trusty (Wayne)
- Matthew Turner (Bethel)
- Lindsey Varner (Tri-County North)
- Brittney Wagner (Tri-County North)

Students in the MVCTC Culinary Arts program gain knowledge on basic food preparation skills, nutrition, terminology, knife skills, safety and sanitation in the kitchen, the service of quality food, menu planning, food purchasing, inventory control, and much more. MVCTC Culinary Arts program is a Tech Prep program, which means students meeting all requirements may be eligible to earn up to 24 college credits to Sinclair Community College after successfully completing the program. In the past many MVCTC Culinary Arts program completers have gone on to Sullivan University, Johnson and Wales, Sinclair Community College, or other post-secondary options to pursue a career in a culinary field.

Applications are available on-line for high school sophomores wishing to enter their junior year in 2010 as Culinary Arts students. Please visit www.mvctc.com for more information.

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