

CULINARY NEWSLETTER 2025

January

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What's new?

This month we will begin our Stock/Sauces, Soups, and Sandwiches unit.

Each student will learn the five mother sauces:

1. Bechamel
2. Veloute
3. Hollandaise
4. Tomato
5. (Espagnole)

Making a cream based soup Broccoli Cheese soup and a broth based soup Chicken Noodle.

There are four types of soup categories:

1. Soup Varieties: International
2. Clear Soups: broth and Consommés
3. Thick soups: Cream and Puree
4. Specialty: Bisques, chowders, and cold.

At the end of the soup unit Culinary Lab will be holding an international soup competition; Each group makes a soup from around the world!



IMPORTANT DATES

Mon:1/20/25-No Wilco Martin Luther King Jr. Day

Fri:1/31/25-FCCLA regional culinary/ and baking competition at College of DuPage.

Fri: 2/7/25-FCCLA regional events competition at College of DuPage for Hospitality, Cake Decorating, Charcuterie, Cookie Decorating, and Early Childhood.

Event Planning (2nd years):

Hospitality 148 (Event Planning)
Students work on Planning Cafe every week, and learning concepts of all event planning aspects.

This months menu includes:

Week 2: Gourmet Mac and Cheese

Week 3: International soups

Week 4: Gourmet Sandwiches

Cream of Broccoli soup



Ingredients

2 tablespoons butter
1 onion, chopped
1 stalk celery, chopped
3 cups chicken broth
8 cups broccoli florets
3 tablespoons butter
3 tablespoons all-purpose flour
2 cups milk
ground black pepper to taste



Cooking Directions
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Directions

FCCLA Practice and Regional competition will be coming up this month and we will be selling World's Finest Chocolate. Please support our FCCLA students by purchasing a bar or even a box!

FCCLA practice dates:

Thursday 2pm-4pm-1/16/25
Saturday 11am-3pm-1/18/25
Thursday 8am-2pm 1/23/25
Thursday 8am-2pm 1/30/25

Regional competitions:

Friday 1/31/25 Baking and Culinary competition at College of DuPage

Saturday: 2/7/25 FCCLA competition at College of DuPage.



National Technical Honor Society:



Coming up this semester we will be nominating students with high grades and less than 5 absences for an organization known as the National Technical Honors Society.

This group focuses on community service geared towards career and technical education endeavors. Students chosen will need to collect a given number of community service hours to receive NTHS cords to wear with their cap and gown at graduation.

They also receive a certificate inducting them into the National Technical Honors Society.

1. Melt 2 tablespoons butter in a medium sized stock pot, and sauté onion and celery until tender. Add broccoli and broth, cover and simmer for 10 minutes.
2. Pour the soup into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until smooth and pour into a clean pot. Alternatively, you can use a stick blender and puree the soup right in the cooking pot.
3. In a small saucepan, over medium-heat, melt 3 tablespoons butter, stir in flour and add milk. Stir until thick and bubbly, and add to soup. Season with pepper and serve.