

Today's Deal: Over Half Off Video Conversion from Photobin!
\$39 [Buy This!](#)

today's DEALS

BOOKMARK Print Email Font Resize

Like 10k

Site Web search by

Food challenge gives culinary students a taste of competition

By ASHLEY M. WISLOCK, Daily Record/Sunday News

Updated: 02/22/2012 09:18:12 PM EST

Like Be the first of your friends to like this. [Tweet](#)



Joseph Renfroe, left, a Chef Instructor at the Pennsylvania School of Culinary Arts celebrates with his team of students as they won the cooking challenge - Top Chef style - at the Winter Food Show at the Toyota Arena on Wednesday, Feb. 22, 2012. High fiving each other are students Stephanie Baer and Merill Gaymon. YORK DAILY RECORD/SUNDAY NEWS--JASON PLOTKIN (JASON PLOTKIN)

There was no noise as the teams lifted their baggies out of the white cardboard boxes. Students simply leaned together to come up with a plan.

"You have your ringed cutters?"

"Could we do a marinade?"

"You look like you're going to hyperventilate."

The excitement was evident Wednesday as the students from the culinary arts and restaurant management program at York Technical Institute's Pennsylvania School of Culinary Arts began the inaugural student food challenge at Ettlne Foods' Winter Food Show at the Toyota Arena. The competitors chatted nervously amongst themselves before busying themselves with chopping vegetables or gathering supplies.

Three teams of four students had an hour and 10 minutes to prepare an appetizer and main dish made from two surprise ingredients, presented to the students in the white boxes just as the competition began: New York strip steak and salmon.

The competition's idea came after Ettlne held a similar one featuring professional chefs, said Ken Good, an executive chef with Ettlne and event organizer.

"This gives the students some competition experience as well as the experience of a food show," he said.

The student competition was held in the morning and the professional one in the afternoon.



RELATED STORIES

- Hanover Moose building sells for \$15,000
- Lancaster County Giant goes solar
- Behold, the great and powerful Dr.Oz
- Officials answer questions about Peach Bottom nuclear study
- US Airways lodges objections to Philadelphia airport expansion

MOST POPULAR

Most Viewed

(From the last 12 hours)

1. County to repair Seven Valleys bridge damaged by truck
2. Police: 19-year-old shot in York
3. Man's arm broken in fast-food toilet scuffle
4. Lancaster Mennonite grad, Lady Gaga's boyfriend, cast in NBC pilot
5. Mike Argento: She was difficult
6. York, Pa.-area obituaries for Thursday, Feb. 23
7. Café provides a 'chill place' for students
8. With the mild weather, some homeowners already thinking about mowing
9. Municipalities may be forced to rescind 'missing gun' reporting laws

YOUR NEIGHBORHOOD

See events and data around your neighborhood

[Go!](#)

SHOW:

- News >> Garage Sales >>
 Real Estate >> Rentals >>

Learning how to cook under time constraints and with people watching is important for culinary students, said Timothy Harris, a career service specialist at the School of Culinary Arts.

"It's meshing your foundations with creativity," he said.

Harris also acted as a "mentor" chef, helping his team plan their dishes and even stepping in to offer advice or a helping hand as the competition got down to the wire.

"Like this," he said, showing team member Katherine Flinchbaugh, of Springettsbury Township, how to slice and peel sweet potatoes for the chips that would accompany the team's main course.

The teams could prepare their dishes using either provided ingredients or anything they could find at the booths participating in the food show. "In a way it was hard because we had so much available," said Shelby Widener, of Felton.

But Widener and her teammates worked well together on their salad and oil and garlic-rubbed beef strips, and she was happy the mystery ingredients weren't too unusual.

"I thought it was going to be something (weirder), something completely off-the-wall," she said. "I was relieved."

While two of the three teams used the salmon for their appetizers and beef for the main course, the winning team switched that order, serving beef medallions as an appetizer and jerk salmon as their entrée.

"I think that set us (apart)," said team member Jenna Drum, of Lancaster.

Their colorful presentation and bold flavors, said Robert Genet, a member of the three-person judging panel and a chef at Villa Medusa in Springettsbury Township.

"This is a dish I'd pay money for," he said.

Student competition results

First place Team members: Merrill Gaymon, Stefanie Baer, Ashley Morningstar and Jenna Drum

Appetizer: Beef medallions with stuffed portabella mushrooms

Main dish: Jerk salmon with tropical food salsa and hand-roasted potatoes

Second place

Team members: Kyle Laughman, Aaron Meckley, Audrey Buckley and Shelby Widener

Appetizer: Salad with a lemon and oil vinaigrette and pan-seared salmon with a coulis sauce.

Main dish: Oil- and garlic-rubbed beef strips with asparagus

Third place

Team members: Katherine Flinchbaugh, Catherine Parkkila, Rebecca Bednar and Mark Smith

Appetizer: Breaded salmon in a fruit sauce

Main dish: Black and blue steak with sweet potato chips and red potato fries

Professional chef challenge results

Teams made up of chefs from local restaurants were asked to prepare three courses using the following ingredients: prime reserve pork loin, swordfish and scallops.

First place:

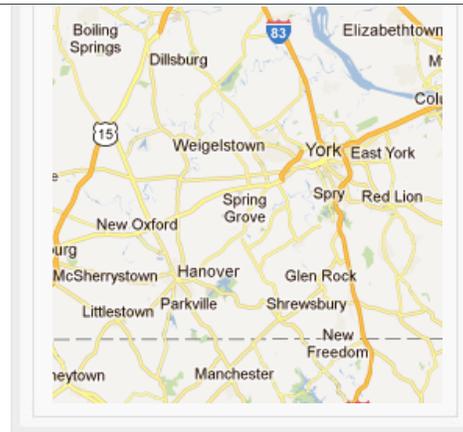
Penn Square Grille at the Lancaster Marriott in Lancaster.

Second place:

Dobbin House Tavern in Gettysburg

Third place:

Peach Bottom Inn in Peach Bottom Township.



DON'T MISS THIS



New sign highlights industrial area for York

Though the small cluster of manufacturing buildings at West Philadelphia Street and Roosevelt Avenue has been known as the "Industrial Plaza" since the 1990s, there wasn't anything officially naming the area, said Darrell Auterson, president and CEO of the York County Economic Development Corporation. Until recently, that is.

Database searches

- Latest York County housing numbers
- How does your bank or credit union rate?
- York County community Census 2010 numbers
- Does the IRS owe you money?
- Was your favorite restaurant inspected lately?
- Latest York County news hires, promotions

TOP CLASSIFIEDS

JOBS	RENTALS	AUTOS
Due To		
WAREHOUSE WORKERS:		
SLITTER OPERATOR		
CNC Operator		
Production Scheduler		
QUALITY CONTROL		
ALL LISTINGS		

RECOMMENDED FOR YOU

- ▶ Fow case moves forward, trial set for April
- ▶ 'The secret is in the sauce'
- ▶ With the mild weather, some homeowners already...
- ▶ Pa. ruling alters standards for deciding...
- ▶ Police blotter - 2/22; Ex-Penn State prof...
- ▶ Developers must build athletic field in Windsor...

-- SPONSORED LINK --

Arizona AG will open investigation into embattled sheriff | Reuters
(From DailyMe.com)



Report an error



Get email alerts



Comment on this article

Comment on this article:





Yvonne Ortiz-Galarza · Allentown, Pennsylvania

Congratulations Chef Renfro!

Reply · about an hour ago

Facebook social plugin

Related Results

[HDI to Blow Up in 2012?](#) Don't trade HDI until you get our trusted free weekly trading advice!

[Earn Online Degree Faster](#) Earn College Degree Online to Elevate your Career. Grant Options.

[Mortgage Refinance 3.25%](#) See Mortgage Refinance Rate. Refinance & Save Your Payments Now!

Ads by Yahoo

www.TheBestNewsletters.co

UniversityCollegeSearch.info

[Refinance Mortgage Loans Off](#)

[Contact Us](#) | [Staff List](#) | [Corrections](#) | [Copyright](#) | [Privacy Policy](#) | [Subscriber Services](#) | [MNG Corporate Site Map](#) | [Site Map](#) | [E-mail News Alerts](#) | [Archive Search](#)

My Yahoo! | | |



A MediaNews Group WEBSITE