

American Culinary Federation Upper Michigan Chapter



March Membership Newsletter

What's going on today this month?

Our March meeting was hosted at Barrel and Beam by Alexandria Palzewicz

During our educational segment we experienced what it takes to make Bao, a yeast leavened steamed bun, deriving from Northern China.

We also learned of the interesting history behind Bao. The Bao developed in Chinese culture as a filled form of Mantou, a plain steamed dumpling often compared to bread. Mantou is said to be created by a legendary 3rd Century Military Strategist Zhuge Liang. Needing to access safe passage across a river, he was required to sacrifice 50 of his soldiers and throw their heads into the river. Not wanting to sacrifice his troops, he ordered for 50 buns that looked like human heads, due to their flat bases and round shapes, to be thrown in the river.

Alex has shared with us her recipes for a tasty Bao bun, including two filling options.

March is a saucy month indeed, and one of the most important months, if you ask the French. Béchamel, Velouté, Espagnole, Tomate Sauce, and Hollandaise, the Five Mother Sauces, have a rich and creamy history of providing us with thousands of variations across time and space.

It is said that sauces were created during the early days of cooking when refrigeration was lacking. Because meat, poultry, fish, and seafood did not last long, sauces were used to mask the flavor of tainted food. After much tinkering and many years of practice, sauces have now become a staple in almost any dish. The history behind each Mother Sauce is rich with rumor and lore, and a little bit of humor.

Contents

- Meet the Local Difference pg. 2
- Meet the Board pg. 2
- U.P. Food Exchange pg. 3
- Bao Recipe pg. 4 - 5
- History of the Mother Sauces pg. 6

March Meeting

The Courtyards; Home of Second Line T-Boys and Tapas Food Truck

1110 Champion St
Marquette, MI

Monday the 28th
6:30

Social Hour
7:15

Education Presentation
General Meeting to Follow

Meet the Local Difference: Bringing local to your back door

Meet the Board

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Eric m. Juchemich

Vice President

Christopher J. Durley

Chairman of the Board

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CEC, CCE, CSCE

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Nichole Durley-Rust
CEC

Trustee

Alden Griffus
CCC

Trustee

Jon G Lasalle

Trustee

Alexandria Palzewicz

Want to buy local but not sure where to start? Let us introduce you to this months featured provider!

Little Parsley Farms

Little Parsley Farm is located on Little Lake Road, just seven miles south of downtown Marquette, Michigan, near Beaver Grove. We are a market farm, sustainably growing produce for you and our community. We offer an 18-week CSA (community supported agriculture) farm share program that customers can subscribe to for a weekly selection of our vegetables, complete with tips for storing, cleaning, as well as recipes for that week's offering.

We also sell our produce at the farmers markets in Marquette and Negaunee, and we offer wholesale produce to the Marquette Food Co-op, the Lakeshore Depot, local restaurants, and institutions. Orders can be placed through UPFE, or by contacting the farm directly.

Grown using sustainable and organic methods, our produce is non-GMO and grown without chemical fertilizers or pesticides. We source our seeds from companies who have signed the **Safe Seed Pledge**, and when possible we like to use heirloom varieties so that you can be confident that you are eating -- and are feeding your family -- healthy, wholesome produce while helping to maintain biodiversity. Since it's grown locally, you can feel satisfied knowing you are supporting your local small farmer and your local community.



Reach out to Tensi Parsons or Keefe Crowley and see what they can do to help put local in your business.

(906) 228-2553
300 Little Lake Rd.
Marquette, MI 49855

Upper Peninsula Food Exchange

What is the U.P. Food Exchange?

The U.P. Food Exchange is a resource portal for farmers, businesses, and individuals looking to connect with and actively participate in their local food system. Community partners across the Upper Peninsula coordinate and support local food projects of all kinds, including policy work, farm to school, and more. Key to the work of the U.P. Food Exchange is the online marketplace, a food hub that aggregates local food products for institutions in Michigan's Upper Peninsula.

What is the UPFE Online Marketplace?

The UPFE Online Marketplace is a virtual food hub. Food hubs help local and regional producers sell products to wholesaler, retail and institutional purchasers by providing aggregation, distribution, and marketing services. Our marketplace allows farmers and food producers to market their products to multiple customers through a single online platform which maintains a live inventory. Products are aggregated so sellers can deliver orders for multiple buyers to one location with a single invoice. Buyers are then able to pay to products from multiple farms with a single payment and receive a single order.

Benefits of the UPFE Online Marketplace for Buyers

Institutional Purchasers, Retailers, & Restaurants

- ~ Ability to purchase from many farmers and food businesses through a single platform
- ~ Aggregation is offered through Marquette Food Co-op. You can receive orders from multiple food producers at the same time, with only one payment
- ~ Access order history and run reports
- ~ Online marketplace manager can help you find the products you want and develop relationships with local farms
- ~ Weekly fresh sheets will alert you to seasonal items, great deals, and new vendors
- ~ Local downtown Marquette delivery available for a small fee

Give your food a story, meet demand for local, and invest in your community all at the same time!

Do you know what is going into the food you sell and eat? Are you able to talk to the person who planted, picked, or prepared those ingredients? When you buy local, you can. For more information on local purchasing, we encourage you to reach out

Eli Hopp
Taste the Local Difference
Localfood@marquettefood.coop
(906)-225-0671 Ext 726



U.P. FOOD
EXCHANGE
growing local food systems

Stuffed & Steamed: The Art of Bao Buns

Alex Palzewicz was born and raised in the Upper Peninsula. After graduating from the NMU Hospitality Program, she moved west to Seattle to work in kitchens. The most influential was Stateside, a French Vietnamese restaurant in the Capitol Hill neighborhood. These recipes come from her experiences and the people who took time to share them.

Curried Carrot and Michigan Black Bean Bao Filling

Makes enough filling for 12 buns

Ingredients

- 1 T Canola Oil
- 1 Small Shallot, Diced
- 1/2 Yellow Onion, Diced
- 3 Carrots, Diced
- Salt and Pepper to Taste
- 1 T Miso Paste
- 1 T Curry Powder
- 1 T Soy Sauce
- 1 C Cooked or Canned Black Beans

Instructions

-Sauté shallot, onions, and carrots in the oil, for 2-3 minutes until veggies soften slightly. Season with salt and pepper. Add miso, curry powder, soy sauce, and black beans and continue to cook on low for 2-3 minutes. Turn off heat, use a fork or potato masher to mash slightly.

Steamed Bao Buns

INGREDIENTS

- 2 c. All Purpose Flour
- 1 tsp Active Dried Yeast
- 1 tsp. Sugar
- 1 T Cooking Oil
- 2/3 c. Lukewarm Water
- 1 Batch of Filling

Mix warm water, yeast, sugar, and oil in a bowl. Let sit for about 5 minutes or until you see foam forming.

Measure flour into large mixing bowl and slowly add yeast mixture to the flour and begin kneading until the dough is smooth. It's okay if it's a little sticky, and the more you work it the more air you trap in the dough, which is a good thing in this case.

Cover the bowl with a damp tea towel and leave to rise in a warm place until doubled in size. It will take between 40-90 minutes depending on the room temperature.

Using a knife or pastry scraper, divide dough into 12 equal pieces. Shape each piece into a round ball, no need to make them perfect. Place balls on a plate and cover with a damp tea towel and allow to rise again individually for an additional 5-15 minutes, you want them to puff up but also form a very slight crust.

ROLLING

Lightly dust your work surface and rolling pin with flour. Take a ball of dough and flatten into a circular shape with the lower part of your palm. Roll the flattened dough 2 - 3 times with a rolling pin. Rotate the dough 90 degrees and roll the dough for another 2 - 3 times. The dough should be a circle at this point.

Next, roll the edges of each dough so the center is thick while the edges are thin. Do this by holding the dough in one hand, allowing about 1-inch overhang onto your work surface and with your rolling pin in the other hand, roll outward. Keep shifting the dough in a circular motion until all sides have been rolled out. You should end up with a circle about 5 inches in diameter. Dust both sides of the dough circle with flour to prevent sticking and place on a plate and cover with a damp towel as you roll out the rest.

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Local Cabbage & Lamb Filling

Makes enough filling for 12 buns

Ingredients

- ½ Medium Cabbaged, sliced thin
- ½ Yellow Onion, diced
- 2 T Pork Fat
- 1 lb Ground Lamb
- Salt & Pepper to Taste
- 1 T Soy Sauce
- 1 T Fish Sauce
- 1 T Oyster Sauce
- Chili Flakes to Taste

Instructions

Sauté the cabbage and onions in pork fat on medium high for about 5 minutes, season with salt and pepper. Add ground lamb, soy sauce, fish sauce, oyster sauce and chili flakes. Break up the meat with a spatula as it cooks. Cook on medium for 8-10 minutes or until meat is cooked through. Turn off heat. Allow time to cool before using.

Steamed Bao Buns

Recipe Makes 12 Buns

FILLING AND CRIMPING

While holding a round dough in your non-dominant hand, place 2 tablespoons or a generous spoonful of filling in the center of the dough.

With your free hand, place your thumb on the topside of the dough and index finger on the outside. Use your index finger to push the dough inward (toward the filling) and pinch the dough into your thumb, creating a pleat. Move your index finger right next to the first pleat and pinch again. Keep rotating the dough and repeat the fold and pinch step until you circle back to the first fold. If filling starts to poke out the top just press back into dough. Finally, close the hole on top by the same folding and pinching method. Repeat with the remaining dough pieces.

Leave the assembled bao bun to rise again for 10 minutes or so.

STEAMING

Meanwhile, prepare bamboo steamer for steaming buns. Cut parchment paper squares or the bottom of the buns and place in a bamboo steamer.

Alternatively, if you don't have a bamboo steamer you can place a stainless steamer in a large pot with a 1-2 cups water in the bottom. Ensure your steamer basket is above the water line.

Place parchment squares on top of steamer basket. Wrap your lid with a tea towel before placing on top of your pot. This will prevent water from dripping down onto the bao. Place stuffed buns on top of parchment cut outs. Start cooking with cold water over a high heat. Turn the heat down to medium-low when the water starts boiling.

Cook for 15-18 minutes. Serve piping hot with your favorite dipping sauce.

The History of Mother Sauces

Timeline

1833: Marie Antoine Carême, a French chef and early practitioner of the “high art” of French cooking, published *L’art de la cuisine française au XIX^e siècle*^{*1} and gave us four sauces known as the *Grandes et Petites Sauces*^{*2} Espagnole, Velouté, Allemande and Béchamel.

1867: Jules Gouffé, a French chef and pâtissier, published *Le livre de cuisine comprenant la grande cuisine et la cuisine de ménage*^{*3} In this publication, 12 mother sauces were given.

1903: Auguste Escoffier set out to simplify and modernize French cuisine. Originally published in 1903, it wasn’t until 1912 that Allemande was removed, and Tomate was added. In 1907, an English edition included Hollandaise sauce in the list, bringing it to five.

Theories on the Origins

Béchamel

~ One theory tells us it came from Italy and migrated to France when Catherine de Medici, Italian born Queen of France, married Henri, Duke of Orleans, in 1533. This is according to Antoinin Careme.

~ Another account claims it was Invented by Duke Philippe De Mornay, Lord of the Plessis Marly in the 1600’s.

~ Our third legend of lore tells us of Marquis Louis De Bechamel, a 17th century financier who was the chief steward for King Louis XIV. He invented the sauce when coming up with a new way of serving and eating dried cod. (Mid to late 1600’s)

~ However, Chef Francois Pierre de la Varenne is most likely believed to be the creator. He served as court chef for King Louis XIV during the same time as Bechamel. Often cited as the founder of haute cuisine, or high cooking, a classic French style, he published *Le Cuisinier Francois*^{*4} which included Béchamel Sauce. Dedicated to Marquis Louis De Bechamel as a compliment.

Espagnole

~ While preparing the wedding feast of King Louis XIII and Anne of Austria (1615), Anne’s Spanish cooks insisted upon improving the rich brown sauce of France with Spanish Tomatoes, creating an immediate success.

Velouté

~ One account is that Chef François Pierre de la Varenne published a version in his book, *Le cuisine franis*, in 1651

~ Other sources state that this sauce, also known as *Blanche Grasse*^{*5} was found listed in a dictionary of Cajun Words indicating that it arrived in Canada in the early 1600’s with the Acadians.

Tomate

~ Earliest accounts come from a Franciscan Friar names Bernardino de Sahagún. Originally born in Sahagún Spain, he journeyed to New Spain, now Mexico, in 1529. He mentioned a prepared sauce that was sold in the markets of Tenochtitlan.

Hollandaise

~ Originally named *Sauce Isigny*, after a town in Normandy, Cream Capitol of France, that was known for its butter. During World War 1, butter production came to a halt in France and was imported from Holland. The name of the sauce was changed to indicated the source of the butter.

1: The Art of French Cuisine in the 19th Century 2: great and small sauces
3: The Cookbook Including Grand And Domestic Cooking 4: The True French Cook 5: Fat White Sauce