

Meet a few of University Catering's talented chefs!



Donut Holes are now on the menu! See what else is new for Spring!



Get the how-to with some of the delicious soup recipes our staff has shared.



Presented by University Catering at the University of Connecticut

Whet Your Appetite

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HAPPY NEW YEAR!

Every year starts off with a lot of new lists for people and here at University Catering, we love looking at food lists of course! After some research on the web, we found five things we think will be trending in 2019:



1. Eco Conscious Packaging
2. Vegan Snacks
3. Fermentation "Gut Friendly"
4. Tahini
5. Oat milk

Catering has already rolled out our new eco-friendly service wear along with ending the use of plastic bags! Dining Services also plans on adding some delicious vegan cookies – coming soon. If you have never tried Kefir we recommend trying some. It's a great alternative to yogurt and is great for gut health - try it in a smoothie! Tahini isn't just for hummus. You can try using it in baking, as it makes a great cookie or brownie. And finally oat milk. If you've seen it in the grocery stores pick some up, because it's fantastic on its own or in a latté.



SPRING 2019 Meet Our Chefs



Meet JOHN SPEJEWSKI Chef

Where did your culinary adventure begin?

I started as a short order cook in High School. After endless jobs driving trucks and managing warehouses, I returned to the culinary field in 1999 by enrolling in the CT Culinary Institute.

What was your first job after graduating there?

Upon Graduating, I was employed by Sodexo Food Service until 2004 as a Garde Manger (Salad Chef) at the UTC Leadership Center in Farmington. From there, I was hired as a Sous Chef at Rentschler Field until 2007, after which I joined the Catering family as Chef where I have been to this day.

It's Soup Season...Yum!

Our staff shares their favorite recipes

CHEESY CHICKEN TORTILLA SOUP

By Megan Morley, Catering Coordinator

2 Tablespoons canola oil	4 cups of chicken stock
1 small yellow onion	4 small corn tortillas, cut into pieces (or similar amount of tortilla chips)
4 cloves of garlic minced	8 ounces grated cheddar cheese or a mix of Monterey Jack
1 teaspoon paprika	10 ounces of cooked shredded chicken breast
2 teaspoons cumin	
½ teaspoon salt	TORTILLA STRIPS
½ teaspoon pepper	3 Tablespoons of oil
1 (14 ounce) can diced fire roasted tomatoes	4 Corn tortillas

Heat a large pot with the oil. Stir in onion, garlic, cumin, paprika, salt and pepper. You can stir in garlic last to avoid burning. Sauté for 5-6 minutes. Pour in diced tomatoes, chicken stock and tortilla pieces. Bring mixture to a boil then reduce and simmer for 5 minutes. Transfer mixture to a blender or use an immersion blender, blend until smooth. Transfer mixture back to pot and start stirring in handfuls of the cheese. Stir in cooked chicken. Cook on low until soup is heated through. Top with more toppings or homemade tortilla strips, recipe below.

TORTILLAS

Cut tortillas into strips. Heat oil in a large skillet. Fry tortilla strips until golden brown, place on a paper towel and sprinkle with salt.

PORTUGUESE KALE SOUP

By Dorothy Hamerstrom, Sous Chef

Yield: 1 Gallon	
2 Cans (17oz) Red Kidney Beans (drained)	½ Lb. Diced Spanish Onion
1 ½ Lb. Diced Red Potatoes	1 Lb. Chorizo Sausage
2 T. Olive Oil	1 Lb. Chorizo Sausage
¼ Lb. Diced Celery	2 Tsp. Chopped Garlic
Salt & Pepper to taste	¾ Gallon Chicken Stock
1 Lg Bunch Kale, Washed, Stemmed, Chopped	

1. Heat oil in a large stock pot; add both sausages, onions and celery. Cook over medium high heat until vegetables start to soften and meat begins to brown.
2. Stir in garlic, kale, potatoes, and Salt and Pepper. Cook for 20 minutes, stirring frequently. Pour in chicken stock. Bring to a boil, reduce heat. Simmer until potatoes are just tender. Add beans, adjust seasoning and serve piping hot with your favorite bread.



SPRING 2019 Meet Our Chefs



Meet ALEXIS SAUCIER Chef

How long have you worked for University Catering?

I have been at Catering for
11 years.

When did you start baking?

I started baking at 3 years old
and soon after I competed in
baking competitions as a child
and a teenager.

What is your favorite style of cooking?

I love all cooking, but baking
and desserts are my favorite.

You were a student at UConn?

In 2006, I graduated from
UConn with a degree in
Maritime Studies and
Underwater Archeology. My
first job was at a horse farm
where I took care of and trained
horses. After college, I started
working as a kitchen assistant
and after a few years, became
a Chef.

What do you like to do in your spare time?

In my spare time I do hearth
cooking, have an heirloom
vegetable garden and keep pet
chickens.

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CAROLINE'S BROCCOLI CHEDDAR SOUP

By Caroline Johnson, Catering Coordinator

2 tbs flour 2tbs butter
2 cups of broccoli 2 cups of stock
2 cups of half and half 8 oz of shredded cheddar cheese

Salt, pepper, garlic, Cayenne or paprika optional if you would like to give it a little heat!

The above amounts are approximates to get your soup started. If you want more soup, just add ingredients to make more, thickening with the half and half and cheese, and thinning out with the stock. I don't actually measure anything for this soup when I make it at home; I add as I go to get the correct consistency and amount that's right for me.

Season two heads of broccoli with oil, salt, pepper and garlic and then roast at 350 for 10 minutes. On low heat, melt 2tbs of butter and then add an equal amount of flour. Stirring this consistently will create a roux. It should be smooth, not at all clumpy. This will aid as a thickening agent for your soup. Slowly add one cup of chicken or vegetable stock and allow it to get warm, increasing your heat to a medium.

Slowly add half and half, stirring regularly so that it does not burn - keeping pan on medium heat. When half and half is warm, add a handful of shredded cheddar cheese, stirring regularly so that the cheese incorporates and the soup does not burn.

Continue to do this prior step, alternating adding the half and half and the cheese as your soup warms. Each time you add one, you should be allowing it to warm up again before next adding the other. Do this until you get the correct amount of soup that you would like. Add broth to thin your soup, add cheese or half and half to thicken it. You can easily make it exactly the way YOU like it.

Don't forget to stir consistently, being a cream soup it can burn easily and once it burns, there is no saving it. You can't mask that burnt taste!

Season with salt, pepper and garlic as you are adding to your soup, until you have it seasoned to your liking.

Broccoli should be finished by now, once cooled a bit. Pulse in a food processor, not allowing it to be too fine. Stir it into your soup.

This soup is best to be served with breadsticks or crostini to dip into it. The soup will take approximately 45 minutes to make and is sure to be a favorite.



SPRING 2019 Meet Our Chefs



Meet AMANDA MESSIER Chef

How did you get started?

I have been cooking since a young age. It started when I would watch Emeril Lagasse with my dad on the Food Network in the morning and then we would do some experimenting in the kitchen that night. My dad has a lot of responsibility for me going into the culinary field. He went to Windham Technical High School and being a daddy's girl, I wanted to follow in his footsteps. I proceeded to get into Windham Tech and went on to get into their Culinary Arts program.

What are some of your first jobs?

As a senior in high school I interned as a Chef Assistant at the Student Union here at UConn. I enjoyed being able to cook and interact with students so while I went to Lincoln College of New England in Suffield I continued to work as a student employee in the Student Union. During my second year of college, my older brother got married and his fiancé asked me to take the lead on their wedding reception. I was nervous at first because I didn't have much experience with catering but once all was said and done they were both so happy with how everything turned out. That day was such a thrill that I knew I needed to make it a career.

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CHEDDAR CHEESE & BEER SOUP

By Kathy Halgren, Chef Assistant

½ Cup Flour ½ Bottle of IPA Beer
½ Cup Butter 2-3 Cups Cheddar Cheese
2 Cups Heavy Cream Salt and Pepper to taste

In large pot, make a roux by melting the butter. Stir in flour. Stir to combine and cook for 3-5 minutes stirring constantly to cook the flour. Add in 2 Cups of Heavy cream and the ½ bottle of IPA. Stir constantly. Soup will thicken slightly. Add 2-3 Cups of cheese and stir until melted. Season with Salt and Pepper to taste.

New Menu Items!

See What's New This Spring & Beyond

NEW MENU ITEMS



SPRING SPECIAL Red Pepper Gouda

Gluten-free and vegetarian!
Served with crumbled gouda and
croutons. \$3.00 per person
(minimums may apply)

Just in time for the semester!

University Catering added some new menu items, along with a soup special for this semester!

DONUT HOLES Chocolate or Vanilla with a glaze.

\$15.00 per order (each order contains 3 dozen)

STUFFED BREADS Chicken and Broccoli with Cheddar and Mozzarella \$24.00 each

Pepperoni with Provolone and Mozzarella
\$21.00 each

Roasted Vegetable with Shaved Parmesan and Mozzarella

Onions, Peppers, Mushrooms, Marinated Tomatoes
\$21.00 each

COMING SOON

Our scone assortment will be changing - The new assortment will include Lemon Poppyseed, Chocolate Chunk, White Chocolate Raspberry, and Blueberry!

To order, call the Catering Office (860) 486-5053 or email us at catering@uconn.edu.

UConn

UNIVERSITY CATERING

Lester B. Shippee Building
1288 Storrs Rd., U-4230
Storrs, CT 06269
860-486-5053

catering@uconn.edu

dining.uconn.edu/university-catering
facebook.com/uconnuniversitycatering

SPRING 2019 Meet Our Chefs

AMANDA MESSIER

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When I graduated from LCNE with an Associate's Degree in Culinary Arts Management in 2012, I knew I needed to find a job where I was able to do some kind of catering. After bouncing between an interning Chef Assistant and student employee at the Student Union, I left UConn for a bit to work as a line cook at a country club in Hebron, CT where they did some catering but it was mostly bar food dinners for their golfing guests.

How did you end up at University Catering?

With the Country Club being a seasonal job and having student loans closing in on me I knew it was time to get a full time job, year round, so I applied for the Catering Department at UConn. I've now been here for 6 years, starting as a Chef Assistant and working my way up to a Chef this past year, it has been an incredible experience thus far and I can't wait to continue this journey with the family that I have here at UConn Catering.