

September 23, 2008 Abilene, Kansas

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COMMUNITY

Area teacher attends beef culinary seminar

Special to Reflector-Chronicle

Friday, Sep 05, 2008

TOPEKA — Seventeen Pro-Start teachers from across the state attended a beef culinary training Aug. 5 sponsored by the Kansas Beef Council and hosted by Cargill Meat Solutions.

Attending locally was Sonya Anders, ProStart teacher at Chapman High School.

Chef Pete Geoghegan with Cargill's Research and Development Center led the training.

During his presentation, he covered various topics about beef cuts, including discussion on where the cuts come from on the carcass and how that affects tenderness and palatability.

Additionally he focused on underutilized cuts of beef with primary focus on the flat iron steak and shoulder tender from the chuck, plus the culotte and tri tip from the sirloin.

Chef Pete demonstrated how these cuts can be made into dishes suitable for serving in high-end restaurants.

ProStart is a curriculum set by the National Restaurant Association Foundation and designed for high school students pursuing a career in the foodservice industry upon graduation from high school.



Sonya Anders is pictured in the back row at left. Courtesy photo

Abilene, KS - 8:53 AM
 69°
 Fair
 Humidity: 78%
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