Celebrity Chef

Guide:

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&
California Culture Change Coalition Facilitator
Cooking is a great equalizer – it brings people together – It builds community

"Food is our common ground, a universal experience."

--James Beard
Two Great Joys in Life

• Eating well prepared food

• Watching food being prepared
The enjoyment of watching food being prepared and the anticipation of eating began around a camp fire.
Celebrity Chef - Beginnings

Celebrity Chef was introduced by Michele Nolta, CRTS to Rene Hardy, Activity Director at Parkside Special Care in the fall of 2007. Her assistant, Girly Lewis help generate interest among the staff, residents & families.
Celebrity Chef

Celebrity Chef was designed to allow staff to prepare their favorite recipes as a demonstration. The goal is to share a dish that can just be sampled at the end of the cooking demonstration.
Celebrity Chef

Food is a key ingredient in creating a greater sense of community in our care centers.
Celebrity Chef

Learning about different foods can help staff and residents to better understand and appreciate each other’s culture, family backgrounds or ethnic heritage.
Celebrity Chef

This activity is to create a specialty food item of the Chef’s choice.

Celebrity Chef is a fun interdisciplinary activity that can be kicked off initially using an in-service for staff, family members and consultants to generate interest.
Celebrity Chef

In the in-service you will:

• Create something that is tasty
• Demonstrate how the dish is prepared
• Explain how staff will take part
• Serve a sample everyone at the conclusion
Celebrity Chef

By the end of the in-service you will ask for at least 12 staff members to sign up for a month with their special recipe to make and share with the residents.
Celebrity Chef

This is an opportunity to create a very special dish that would not usually appear on the menu.

Macadamia Pie
Celebrity Chef

The food demonstration can be as simple or as involved as you like.
Celebrity Chef - Simple Fare

- Root Beer Floats
- Banana Split Shakes
- Frozen Fruit Sorbets
- Home made Ice Cream
Celebrity Chef - Simple Fare

- Gespacho - Cold Soup
- Fresh Salsa with Tortilla Chips (Created by Maintenance Supervisor)
- Coctel de Camerones
Celebrity Chef – More Involved Fare

- Akins Sugarless Cheesecake
- Pound Cake Bread Pudding
- Cream Puffs with French Vanilla Custard
- Coconut Pecan Pineapple Upside Down Cake
Celebrity Chef – More Involved Fare

- Pizzelles (Italian Cookies created by DON)
- Toasted Garlic Cheese Bread with Bruchetta
- Thai Beef Salad
- Pumpkin Soup
Celebrity Chef – More Involved Fare

Dr Andrew Alongi, Medical Director and his wife Nancy preparing Thai Spring Rolls
Celebrity Chef

Residents, Staff and Family members look forward to the monthly offering of Celebrity Chef. There is always a captivated audience.
Celebrity Chef – Live Demonstration

California Culture Change Collaborative
October Quarterly

Celebrity Chef
“Cocel de Camaronas”
Mexican Shrimp Cocktail

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Equipment</th>
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<tbody>
<tr>
<td>2 lbs frozen medium shrimps (thawed)</td>
<td>Potato Peeler</td>
</tr>
<tr>
<td>2 qt container of Original Clamato Juice</td>
<td>Large Cutting Board</td>
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<tr>
<td>2 large cucumbers</td>
<td>Serrated knife (best for cutting</td>
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<tr>
<td>1 large sweet onion</td>
<td>tomatoes)</td>
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<tr>
<td>4-5 medium red firm tomatoes</td>
<td>1 large cutting knife</td>
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<tr>
<td>2 large avocados medium soft to firm</td>
<td>1 small paring knife</td>
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<tr>
<td>1 large bunch cilantro</td>
<td>1 large 4 quart mixing bowl (clear glass if possible)</td>
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<tr>
<td>4 limes</td>
<td>Lemon/lime juicer**</td>
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<tr>
<td>Tapa Yio hot sauce (small bottle)**</td>
<td>25-30 Small serving cups/bowls (Styro foam will work)</td>
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<tr>
<td>1 box of Saltines</td>
<td>Serving tray</td>
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Samples for 25-30 people

- I will determine if anyone might be allergic to shellfish, if so I will serve a sample without shrimp.

** I can bring these items