The Culinary Arts program at Burlington Technical Center (BTC) is for students that are considering cooking, baking or a related area as a career. Students incorporate skills into running a full-service restaurant as well as fulfilling requests for special events and baked goods.
Hear from a Professional in the Field

View Hailey’s interview here: https://www.youtube.com/watch?v=U8wtV07XFo8

Hailey is currently the Kitchen Manager and Client Communications Manager at Woodbelly Pizza & Catering, and she owns her own catering and confections business, called Satori Foods.

In Hailey’s words...

“If you’re passionate about food, go for it. This is one business that – even in this time, even a time when people can’t really go out to eat – we’re making it work. This is one business that I’m pretty convinced will be around for the long haul, so there will always be food industry jobs to have.”

Hailey has been interested in cooking for a long time, and she said that she was born into it. “I think all of my best memories as a child are from my aunts and my mom in the kitchen, just having a great time, laughing and singing and cooking together.” In middle school, Hailey began cooking for family parties, which allowed her to hone her cooking abilities. She later began working in a small café and has been in the restaurant industry ever since.

Hailey discussed her experience as a woman in the restaurant industry. She noted that, although it is changing, the majority of chefs are male. Because of this, Hailey said that having confidence and trust in herself is vital, especially when in a managerial position. She also identified the importance of having role models in the industry to show her how to have confidence in the kitchen.

As you watch Hailey’s video, here are a few questions to think about:

- What does Hailey love about her job?
- What is a challenge that Hailey faces in her job?
- Could you see yourself as a chef and/or a business owner in the future? Why or why not?
- Are you interested in learning more about Culinary Arts?

In Hailey’s words...

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Let’s Get Cooking
Recommended by: Cheryl Niedzwiecki,
BTC’s Culinary Arts teacher

Banana-Based Ice Cream

Step 1. Create the “Base” of the Ice Cream

● Ingredients:
  ○ 4-5 ripe bananas (with a couple of brown spots)

● Tools:
  ○ A freezer
  ○ Plastic freezer bags
  ○ A food processor or a blender

● Recipe:
  A. Peel all of your bananas. Place the peeled bananas into the freezer bags, and freeze them overnight in your freezer. **Note:** The bananas will stay good for about a week in the freezer.

  B. Cut the frozen bananas into small chunks (about 1/2 inch), and add them to your food processor or blender. Blend for 45-60 seconds. The bananas should blend to a smooth, creamy texture. **Note:** The blended bananas will freeze well for 1-2 days.

Step 2. Add Your Ice Cream Flavor

Review the options below to choose your preferred ice cream flavor. Then, follow the instructions to make your ice cream, using the banana-base that you made in Step 1.

● **Flavor: Banana**
  ○ Eat your banana-base plain! No extra work required.
  ○ Enjoy!

● **Flavor: Mint Chip**
  ○ *Ingredients:* Your banana-base, Peppermint oil, Dark chocolate chips (dairy-free if desired)
  ○ *Recipe:* Keep your banana-base in the food processor. Add a few drops of peppermint oil and a handful of chocolate chips. Pulse in the food processor/blender for 10-15 seconds.
  ○ Enjoy!

*Flavor options continue on the next page. This recipe is from [https://www.oneingredientchef.com/one-ingredient-ice-cream/](https://www.oneingredientchef.com/one-ingredient-ice-cream/).*
Let’s Get Cooking

Recommended by: Cheryl Niedzwiecki,
BTC’s Culinary Arts teacher

Banana-Based Ice Cream

Step 2, continued. Add Your Ice Cream Flavor

Review the options below to choose your preferred ice cream flavor. Then, follow the instructions to make your ice cream, using the banana-base that you made in Step 1.

- **Flavor: Cherry Vanilla**
  - *Ingredients*: Your banana-base, cherries, vanilla, and chocolate chips/chunks (optional)
  - *Recipe*: Keep your banana-base in the food processor. Add a few drops of vanilla and a few cherries. (Cherries may be frozen or fresh.) If desired, add in a handful of chocolate chips. Pulse in the food processor/blender until the ice cream has turned a consistent pink color.
  - Enjoy!

- **Flavor: Chocolate Coconut**
  - *Ingredients*: Your banana-base, unsweetened coconut flakes, cocoa powder
  - *Recipe*: Keep your banana-base in the food processor. Add some of the unsweetened coconut flakes and 1-2 tablespoons of cocoa powder. Process in the food processor/blender, until the ingredients are combined with the ice cream.
  - Enjoy!

- **Flavor: Peanut Butter Raisin**
  - *Ingredients*: Your banana-base, peanut butter, raisins
  - *Recipe*: Keep your banana-base in the food processor. Add 1-2 tablespoons of peanut butter and a handful of raisins. Pulse in the food processor/blender for about 30 seconds, until the peanut butter is fully incorporated.
  - Enjoy!

Did you know? Burlington Technical Center’s (BTC) Culinary Arts program operates a restaurant called The Champlain Café! Follow them on Instagram at @btc_culinary to see what they’re cooking.

This recipe is from [https://www.oneingredientchef.com/one-ingredient-ice-cream/](https://www.oneingredientchef.com/one-ingredient-ice-cream/).
Explore Culinary Arts

Meet the Culinary Arts teacher!

A “Question & Answer” with Cheryl Niedzwiecki

What are a few of the projects that students do in this program?
In this program, students operate an on-campus restaurant open to the public, called Champlain Cafe at BTC (various menus). They also participate in the following projects and events: Vermont Mud Brownie (wholesale product); Baked goods sales for various holidays; Special lunch events; Off site catering events; Jr. Iron Chef Competition; City Market Seasonal Vegetable Recipe Competition; Intervale Chili Cook Off; Skills USA Leadership, Culinary and Commercial Baking competitions. Finally, they do research projects on: Culture and cuisine; Menus/special events; Herbs, spices, seeds; and Sandwiches, desserts, etc.

Why should a middle schooler consider doing this program?
Culinary arts is a great way for students to explore many different careers offered by the hospitality industry. There are so many skills that students can learn while having fun and feeling a sense of accomplishment. Also, BTC Culinary Arts has STEEAM!!! You may think that steam is a cooking method, but it is much more than that. Our program combines science, technology, experience, entrepreneurship, art and math. Yes, culinary arts has all of them.

What advice would you give to a middle schooler who is interested in exploring this career field?
The more you are involved in programs or opportunities in the field you are interested in, the more information and knowledge you will collect to decide whether the particular field is the right fit for you. Here are some suggestions:

- Cook and/or bake at home (with permission of course)
- Culinary/Baking/Entrepreneurship Summer Camps
- Culinary competitions (Ex. Jr. Iron Chef Vermont)
- Explore different cultures and cuisines and try different recipes
- Interview professionals in the hospitality industry
- Follow culinary sites on Instagram that you are interested in
- Watch videos about different foods and methods that you are interested in.
- Attend food-related events - Farmer’s markets, farm tours, Ethnic food festivals
- Visit BTC to see what we offer! (Open Houses and sophomore visits)

Who do you think is a stellar female role model in this career field?
It is hard to determine the definition of a stellar female role model in this career field as it could mean many things. Any female chef is a role model because she needs to work very hard to prove herself in a non-traditional industry, especially for female executive chefs, food and beverage managers, or general managers. I would define a stellar female role model as someone who has exceptional skills necessary for her chosen job (chef, pastry chef, food writer, food stylist, foodservice director, executive chef, chef instructor, corporate chef, personal chef, food scientist, etc.) as well as excellent social and emotional intelligence, communication and leadership skills.

For more information about the Culinary Arts program, visit https://btc.bsdvt.org/programs/culinary-arts/.