

## Association for Healthcare Food Service of New York AHF-NY

### Ninth Annual Culinary Challenge

On March 23, 2018, three health care facilities participated in the annual Health Care Culinary Competition, which was held at the Institute for Culinary Education (ICE) in New York City. The teams represented Maimonides Medical Center, Regeis Care Center, and Brookdale Hospital Center.

Ellon McDonald (Chef), Raymond Rodriguez (First Cook) and Wendel Rigaud (Second Cook) headed the winning Culinary Team from Maimonides Medical Center.

Two celebrity judges evaluated the event, which was also witnessed by many fans and spectators including healthcare associates, administrators, and vendors.

It was a delightful spectacular event, to watch in awe and anticipation as these talented teams display their expertise in using a secret ingredient "**Beyond Chicken Plain**" or "**Beyond Beef Crumble Plain**" (A vegan Gluten-free Non GMO. A plant based protein made to feel and look like chicken or beef) to prepare an appetizer, a salad, and an entrée, and present all within an hour.

The winning Maimonides Medical Center team selected the ingredient "**Beyond Chicken Plain**" to prepare the award winning mouth- watering dishes.

The Appetizer was a **Vegetarian Sushi** with a ginger, orange, teriyaki dipping. (**Chicken strips, celery, and carrots wrapped up in green and purple bok choy**)



The Salad was a **Quinoa, Avocado salad** topped with diced grilled chicken with ginger olive oil vinaigrette, accentuated with a bunch of arugula on the side. (**Grilled chicken, Quinoa, avocado, tomatoes, lemon, red and yellow bell peppers**)



The Entrée was a **Vegetable stir-fry** in garlic, ginger teriyaki sauce. (**Green, red, and yellow bell peppers, mushrooms, snow peas, julienne carrots, julienne red potatoes and julienne chicken**)



All of our dishes were a hit with the judges who were observed giving their nod of approval, and personal satisfaction to our chef, and team members, on the taste and the colorful display of the entrée. More awesome was the vegetarian Shushi that captured the attention of the crowd, and likewise the creative use of the healthy grain Quinoa mixed up with the avocado for the salad was more than the imagination could take. Comments from the spectators were nutritious, Healthy, Tasty, and Eye Appealing, just to mention a few.

The public can never imagine that healthcare chefs have a creativity that is unmatched when it comes to preparing and presenting healthy nutritious and tasty meals. We celebrate the Maimonides Medical Center Culinary team for their outstanding performance, who used their main ingredients of confidence and inspiration; blended with the theme of National Nutrition Month “Go Further with Food” fused together with the secret ingredients to create and showcase their delicate mix of delectable, tasty and

impeccably presented dishes. This truly demonstrated their unmatched culinary excellence, and is just another example of how patients' food can be eye appealing, tasty and simply nutritious.

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*Facta Non Verba*