

Newspaper in Education Presents

# inquizi

# Kidz

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Are French Fries Really from France?

Culinary Arts

## American Foods from Around the World

Discover the Future

**Chefs have the ability to work anywhere there are people, because anywhere there are people, there is food.**

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## kidzbiz A Future Chef

by Vickie Miller

**R**icarda Demacek once saw a bumper sticker she didn't like. It said, "Don't trust skinny chefs." Ricarda said that you can't believe that. She used to run cross country at Bayshore High School before graduating last year, and she said that she can eat a lot of food!

In fact, her favorite thing about being a culinary arts student at Manatee Technical Institute is eating and tasting the food. Ricarda is used to all different types of food. Her dad is from Poland; her mom is from Portugal; and Ricarda used to live in Germany. Growing up her parents made all kinds of foods. One of her mom's specialties is paella, which is a dish of different meats mixed with yellow rice. Her dad makes goulash with curly noodles, reddish meat sauce, peppers, and veal.



Ricarda Demacek

In Germany, Ricarda came to love schnitzel. She said that it tastes like dumplings with a thick pork sauce. Germany also has something called spaghetti ice cream. She said that they squeeze ice cream through a pasta machine to make it look like spaghetti and then cover it with a red raspberry sauce. As a child in Germany, spaghetti ice cream was a special treat for her.

Next year Ricarda plans to move back to Germany to attend a school for restaurant and hotel management. In the meantime, she'll keep taste testing her favorite foods. Ricarda said that all this talking about good food makes her hungry. It sounds like she has chosen the right career!

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## School biz Cooking Is Instructor's Art

by Vickie Miller

**M**anatee Technical Institute Culinary Instructor Chef Suzette Marquette grew up around food. Born in New Orleans, as a child she helped her family harvest their crops on their sugar cane plantation. In addition to sugar cane, they grew numerous kinds of vegetables and even raised crawfish, which is a very popular dish in Louisiana.



Chef Suzette Marquette

Chef Marquette was attracted to culinary arts when she began working at an upscale restaurant while in high school and later apprenticed under a Swiss chef. Another attraction to the trade was her love of art. She said that in upper-scale restaurants and resorts, each plate is a work of art with the mixture of appropriate color, texture and garnishing. Chef Marquette has also mastered the skill of ice carving and has won numerous competitions and awards making beautiful pieces of art out of blocks of ice.

Today, Chef Marquette uses her 25 years plus of culinary experience to teach students at MTI. She loves teaching. It gives her a chance to contribute to students' lives and help them to have future careers. She also promotes community service. This year her students have already served hundreds of meals in Arcadia for hurricane victims.



If you would like to become a chef, Manatee Technical Institute has an award-winning program.

## explore it

### A Hurricane Refresher Recipe

#### Apple Sauce Splits

Description  
A recipe for Apple Sauce Splits

#### Ingredients

- 1 medium banana, peeled and split lengthwise
- 2 tablespoons low-fat whipped cream cheese
- 1/4 cup berries or diced fresh fruit
- 1/4 cup Mott's chunky style apple sauce
- chocolate syrup, optional

#### Preparation

Place split banana in shallow bowl or plate. Dollop with cream cheese. Sprinkle berries or fruit over cream cheese. Top with apple sauce. Drizzle with chocolate syrup, if desired.

**Nutrition Information per Serving:** 210 calories, 4g fat, 10mg cholesterol, 60mg sodium, 43g carbohydrates, 6g fiber, 4g protein.

#### Serves

Make 1 serving

#### Variations

no information available  
Source Mott's Apple Sauce and Juice



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- Daughtrey Preparatory Magnet
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Schools listed in red offer instruction in the subject area featured in today's InquiziKIDz

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- <http://www.ciakids.com/courses.html>
- <http://www.culinary.net/recipes/forkids/>
- <http://www.kidchef.com/cda/index.cfm>
- <http://familyfun.go.com/recipes/kids/>
- <http://www.culinary-school-finder.com/Culinary-Careers.htm>
- <http://bls.gov/oco/ocos161.htm>

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