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KEEFE TECH PARTICIPATES IN CULINARY COMPETITION AT NASHOBA VALLEY TECH

Framingham, MA- On November 10th, six culinary students from Keefe Technical School participated in an American Culinary Federation Mystery Basket Competition at Nashoba Valley Technical School in Westford, MA.

According to Keefe Culinary/Bakery Arts Instructor, Amy Snyder, “In the Mystery Basket Competition, students are asked to prepare several dishes made from a mystery basket of ingredients that are not revealed until the start of the competition. This type of competition challenges cooks and chefs to show their strengths and abilities to produce quality food products under a variety of challenging conditions common in the food industry. The goal of the competition is to allow students to experience industry standards in culinary arts, while competing in a non-threatening, positive environment.”

The students were divided into four teams of four students. Each team was made up of one student from each of the competing schools: Keefe Tech, Nashoba Valley Tech, Leominster CTE, and Franklin County in Turners Falls.

Each team was asked to prepare a soup, appetizer or salad, and a main course that included a starch, vegetable, protein, and an accompanying sauce. The dishes were then judged for appearance, flavor, texture, uniformity, and degree of doneness.

Keefe junior, Cliff Logan and his team earned the gold medal in the competition. Their team prepared potato leek soup, a stuffed pepper salad, and a pork and sesame stir-fry. “The competition was challenging but it was fun working on a team with people I didn’t know,” said Logan. “We made everything from scratch and I got to use the expert skills I’ve learned at Keefe,” he added.

Senior, Josh Grigg, was on the second place team that prepared shrimp wrapped in bacon, and pork stuffed with cranberry, apricot and cheese. Justin Birchler and Katey Leveque, both seniors, were on the 3rd and 4th place teams. Justin’s team prepared pork with an apple and almond topping, while Katey made a white bean soup with bacon and potato for her team.

“Our students all agreed the Mystery Box Competition was a fun and worthwhile culinary experience, noted Snyder.” “They especially enjoyed the opportunity to share ideas and challenges with students from other schools,” she added.

Keefe’s Culinary Arts program provides an in-depth, hands-on education in cooking, baking, and dining room management, supported by related classroom curriculum and activities. Keefe’s student-run restaurant, the East Side Room, is open 4 days a week, providing real-world experience in a state-of-the-art classroom facility. Students receive certifications from the National Restaurant Association in ServSafe, and from the American Culinary Federation,



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helping further their education after graduation both in college and upon entering the workforce.

Keefe Technical School, located in Framingham, MA, is accredited by the New England Association of Schools and Colleges. In addition to 13 different vocational programs, Keefe Tech offers a complete college preparatory program to students from the communities of Ashland, Framingham, Holliston, Hopkinton, and Natick.

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