

WINTER 2024

KENTUCKY

RESTAURANT JOURNAL

The Official Publication of the Kentucky Restaurant Association

**2025
RESTAURATEUR'S
GALA
PAGE 25**

**Chefs That
Sizzle
HISTORIC
BELL HOUSE
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PAGES 20-21**

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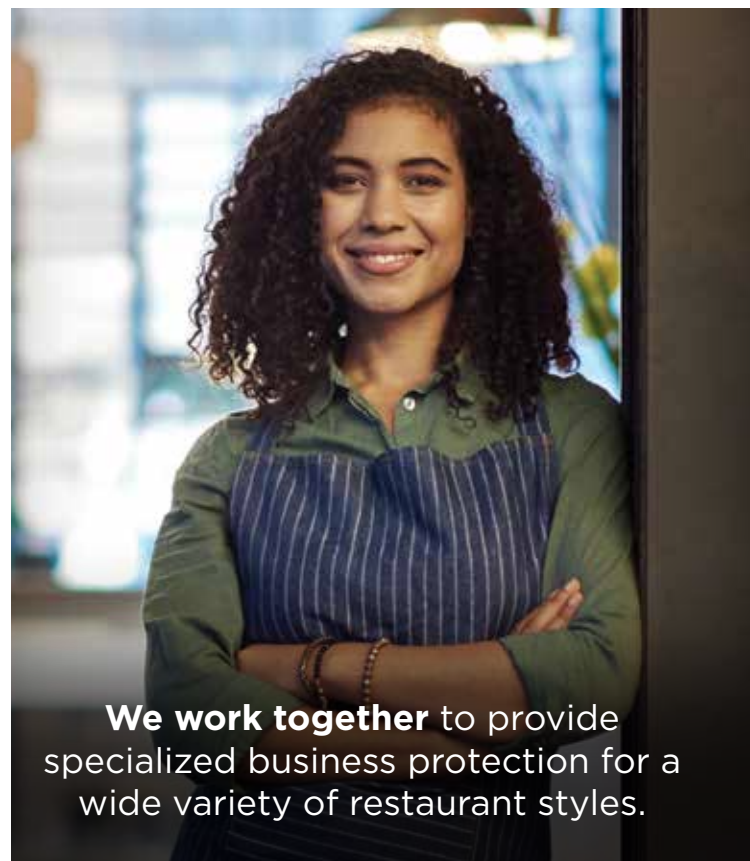


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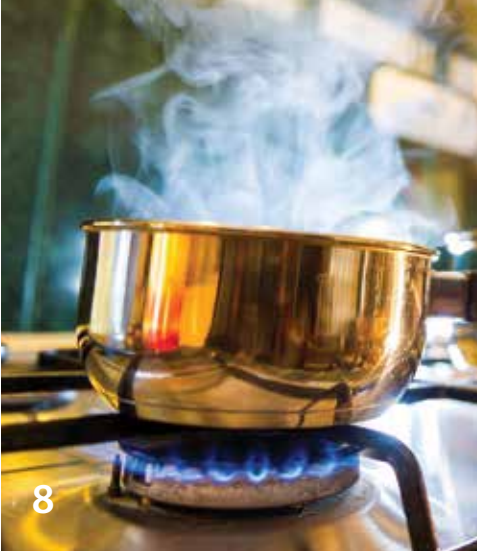


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FEATURED FARE

FRONT BURNER	WHAT IS A SOMMELIER?	CHEFS THAT SIZZLE
		
8	18	20

TAKEOUT

- 5 **A Word from our President**
- 7 **Calendar of Events**
- 10 **Want to increase your bottom line?**
- 12 **Food Safety**
- 16 **Kentucky ProStart Holiday Time**

SIDE DISHES

- 22 **Mardi Gras Benefiting Homeless Children**
- 23 **Questions & Answers**
- 25 **Restaurateur's Gala**
- 26 **KRA Membership Benefits**
- 27 **Welcome New Members**

Do you know a chef in your area who is creating a buzz with innovative cuisine, exceptional presentation or fresh new ideas? KRA wants to tell the state about them in a quarterly feature in the Kentucky Restaurant Journal. Submit your favorite chef du jour to stacy@kyra.org. Please include restaurant and contact information. Selected submissions will be featured in the magazine as Chefs That Sizzle.



SAVE THE DATES

Restaurateur's Gala January 27, 2025

Mardi Gras For Homeless Children Feb 18, 2025

kyra.org/events

The past few months have flown by! We've been busy with several events, and I hope we saw you there. Golftoberfest on October 7 was one for the books – it was the perfect weather day! Every volunteer, food provider, beverage vendor, golfer and sponsor showed up for a beautiful day at Persimmon Ridge Golf Club. The 50th Taste of Louisville on October 16 was a smash hit. The spectacular volunteers who met for months and planned nostalgic details really outdid themselves. Special thank yous to co-chairs Kimberlie Thompson and Tom Enyeart, and logistics queen Tisha Gainey and Simply PR's Caroline Knop. Hard to believe the Taste event that started them all in the 1970's is going strong and continues to grow!

On November 18 we held our Fall Restaurant Forum at Topgolf presented by Heartland, a first time for us at this unique venue. Several companies sponsored golf bags, restaurant operators attended, played golf, won prizes and listened to a variety of speakers. Mayan Café co-owner and owner of Left Brain Solutions owner Anne Shadle and attorney Emily Litzinger of Fisher Phillips presented "How To Make Managing Employees a Little Less Painful" and talked through various HR issues. Our lunch speaker was Raul Gonzalez, National Director of Operations with Topgolf. I received a bunch of comments from attendees about how much they liked what he said, and he even praised our Association! We had some table talks in the afternoon with topics varying from how to engage with cities on new locations to marketing to menu engineering to mental health resources for our industry. Our government affairs aficionado, Shannon Stiglitz, was on hand to talk about what we may see in the Kentucky legislature beginning January 7, 2025. Please – if you receive an alert from me asking you to contact your legislator(s), take action and engage with them. I try not to ask unless it's very important!

Up next event-wise is the Restaurateur's Gala on January 27, 2025 at Savor in Louisville. We will celebrate our bright industry stars and I hope you'll join us! It's not only fun, but it's a great opportunity for operators to see each other because when are you not at work?! Info and tickets at kyra.org/events I hope the holiday season brings you an abundance of business, time with cherished family and friends, some down time and peace. I appreciate you and your contribution to this beautiful state's hospitality experiences and can't wait to see it thrive in 2025!

Stacy Roof

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Calendar of Events

DECEMBER

- 3 - ServSafe Louisville
- 9 - ServSafe Rough River
- 17 - ServSafe Louisville
- 18 - ServSafe Lake Cumberland
- 24 - Christmas Eve
- 25 - Christmas Day
- 25 - Hanukkah begins
- 31 - New Year's Eve

JANUARY

- 1 - New Year's Day
- 2 - Hanukkah ends
- 7 - First day of Kentucky General Assembly
- 7 - ServSafe Louisville
- 20 - Martin Luther King Day
- 21 - ServSafe Louisville
- 27 - KRA Board of Directors meeting
- 27 - Restaurateur's Gala

FEBRUARY

- 4 - Louisville Chapter Board meeting
- 10 - ServSafe Louisville
- 14 - Valentine's Day
- 17 - President's Day
- 18 - Mardi Gras for Homeless Children, Covington
- 25 - ServSafe Louisville

SNEAK PEEK:

Kentucky ProStart Invitational is March 6-7, 2025



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- December 18 - Lake Cumberland**
- January 7 - Louisville**
- January 21 - Louisville**
- February 10 - Louisville**
- February 25 - Louisville**

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FRONT BURNER

ELECTIONS, THE UPCOMING LEGISLATIVE SESSION, AND THE LEAGUE OF CITIES ENDLESS NEW TAX REQUESTS.

Election Day has passed, and we now know the victors. Former President Donald Trump has been elected as the 47th President of the United States. Kentucky's federal delegation remains unchanged as each member won reelection. At the state level, Republicans maintained their supermajorities in both the House and Senate, with the same numbers they had at the end of 2022. There were no state constitutional officers on the ballot, as those elections occur in odd years; the next being in 2027. Voter turnout was lower than expected in Kentucky, reaching only 58%.

There was a state Supreme Court race to replace Kentucky Supreme Court Chief Justice Laurence VanMeter. Pamela Goodwine was elected the first African American woman to serve on the state Supreme Court, representing central Kentucky's Supreme Court district.

For Kentucky, it was a relatively predictable election, even bordering on boring. However, there was a controversial issue on the ballot — Amendment 2, that would have given the General Assembly the authority to spend public tax dollars on private education. That measure failed with 65% voting no to 35% voting yes.

Spending on the constitutional amendment at last report had reached \$16 million (and will likely reach \$20 million after the final campaign finance reports are filed). A significant portion

of this funding was from out-of-state interests. For restaurants, the important consideration is how legislators handle future constitutional amendments that may impact their business, specifically, an amendment that would allow the General Assembly to authorize a local sales tax. Of the last four constitutional amendments to reach the ballot, three have failed.

The one constitutional amendment that did pass did so on Tuesday. Amendment 1 clarifies in the Kentucky Constitution that “non-citizens” cannot vote in Kentucky elections. The Constitution previously stated that only citizens can vote; it will now specifically prohibit non-citizens from voting. It passed with a 62% yes vote to a 38% no vote. Several other states also had votes on similar proposed constitutional amendments.

STATE ELECTIONS:

The Kentucky Senate will have several new faces serving in its chamber because of retirements and the recent death of a sitting member. Republican Sen. Johnnie L. Turner passed away after his name was already printed on the ballot. The Democratic challenger had decided to withdraw his name, but his name remained on the ballot as well. This left only one solution: utilizing the write-in candidate process — with 11 candidates being certified. The Mayor of Pineville, Scott Madon (the candidate endorsed by Republican leaders), won the election for this Senate seat.

With the retirement of Senate Majority Floor Leader Damon Thayer of Georgetown, Matt Nunn easily defeated his Democratic challenger. Senate Licensing & Occupations Chair John Schickel announced his retirement, and will be replaced by Rep. Steve Rawlings, who won the Republican primary. Sen. Denise Harper-Angel (D-Louisville) retired as well and will be replaced by Rep. Keturah Herron (D-Louisville), who won the election without a Republican challenger.

The make-up of the Senate will remain 31 Republicans and 7 Democrats. As a result of Thayer's retirement, there will be an open seat in Senate leadership. The new Senate Majority Floor Leader will be determined prior to the start of the 2025 legislative session.

In the House, there was one seat that flipped from Democrat to Republican, as Rep. Cherylynn Stephenson appears to have lost her reelection bid. Additionally, in Lexington, Republican primary winner Thomas Jefferson was defeated by Adam Moore, a well-funded candidate supported by Gov. Andy Beshear. Democrats had hoped to pick up seats in Louisville, challenging freshman GOP state representatives, but their efforts were unsuccessful.

While there will be new faces in the House, the balance of power will remain the same, with 80 Republicans and 20 Democrats. House leadership is also likely

to remain the same; but with “Liberty” Republicans wanting seats in leadership, there could be challengers to existing leaders.

At the local level in Jefferson County, probably the biggest election surprise of the evening was Republicans picking up enough seats in the Louisville Metro Council to gain significant amount of power, where it appears there may be a power-sharing agreement with two Democrats.

At the time of print, Senate leadership elections have not been completed, but House leadership elections have with the leadership team remaining the same. House Speaker David Osbourne winning another term as Speaker.

DELTA-8 IS HOT TOPIC WITH POLICY MAKERS

The regulation around Delta-8 is moving forward within the legislature, except for the 902 KAR 012 that is the regulation specific to retail. Food service establishments that are adding intoxicating hemp to food and beverages must meet certain requirements. The regulation requires restaurants to pay a \$2,000 per location registration fee annually. If a restaurant becomes aware of adverse customer reaction, the restaurant must inform the cabinet within 24 hours.

Hemp-infused beverages with an intoxicating effect are regulated under the previously mentioned regulation, but the beer distributors and wine and spirits wholesalers want hemp infused beverages with an intoxicating effect to be regulated with the Department of Alcoholic Beverage Control and give exclusive authority for distributors and wholesalers to distribute these products. They testified about the concerns about on hemp infused beverages at the Licensing & Occupations. House Licensing & Occupations Committee Chair Matt Koch (R-Paris) stated that he would likely pursue such legislation.

A LOCAL ISSUE FOR RESTAURANTS TO PAY ATTENTION TO.

The City of Louisville is proposing an ordinance that would regulate bouncers and unarmed security guards in Louisville. The ordinance would require all bouncers and security guards to receive training, register in a database and restaurants would be required to check a registry and make sure that the bouncer doesn't have any incidents and that they have been

trained. Additionally, a restaurant would be required to report any altercation involving a security guard to be reported to the Department of ABC.

THE KENTUCKY RESTAURANT ASSOCIATION ENGAGES IN THE PENDING RESTAURANT TAX CASE.

The restaurant tax case brought by the City of Hazard regarding their inability to levy a restaurant tax is on hold as the judge clarifies their opinion. Restaurant members met with two law firms to discuss writing an amicus brief to support the Office of the General's opposition to Judge Phillip Shepherd's decision to allow Hazard to immediately levy a restaurant tax.

THE 2025 LEGISLATIVE SESSION PREVIEW.

The upcoming legislative session begins Jan. 7, and will last for thirty days, with a break after the first week of convening. The so-called short session could include policy decisions that will impact restaurants.

In July, KRA members testified before the Interim Joint Committee on Licensing & Occupations asking the legislature to grant them the authority to purchase wine and spirits products from retailers to sell to customers by the drink. Retailers currently have this privilege, but restaurants do not. The goal is to help restaurants address customer demand for hard-to-get products. The concept is simple, allow restaurants to buy products from a retailer that is not readily available for purchase through their wine and spirits wholesalers or a beer distributor.

Restaurant members of KRA met with Department of Alcoholic Beverages Commissioner and Allyson Taylor to discuss recent notifications from beer distributors stating that a 2013 statutory change means that beer distributors can no longer provide draught cleaning as a free service. Many restaurants have received letters stating that they will no longer be providing these services, leaving restaurants to find a draught line cleaning service that they would pay for on their own. The department is evaluating the law to determine if a restaurant gets a non-quota malt beverage package license if they can have the beer distributor provide this service. While it may be unlikely that beer distributors will restart this service if the department comes back with an opinion that a restaurant with a package license

can receive the service for free, it does assist in demonstrating that the existing statutory language is likely a drafting error.

Operationally this raises difficulty for restaurants, proper draught line cleaning ensures that products are fresh, and taste as is expected for the brand. Additionally, regular draught line cleaning is required for customer public health and safety. We will continue to work on this issue and provide updates as we receive them.

This issue may need to be addressed by the General Assembly.

The Kentucky Bankers Association testified before the Interim Joint Committee, presenting the banker's 2025 legislative agenda. In the agenda they stated they oppose any legislation that would reform or regulate credit card swipe fees. Specifically, they discussed a recently adopted Illinois law which essentially requires credit card processing companies to reimburse restaurants for the swipe fee assessed on the sales tax and employee tips. Swipe fees on taxes and government fees force restaurants to subsidize a portion of revenue which they must fully pass on to the state or to the employee. Swipe fees on average have reached almost 3%, a significant portion of the transaction and it is typically the one of the highest overhead charges for a restaurant. There is a federal lawsuit on the new Illinois statute where banks are suing the state of Illinois arguing that the law regulates banking and that is the role of the federal government.

THE KENTUCKY LEAGUE OF CITIES ASKED COMMITTEE FOR ABILITY TO LEVY MORE TAXES AND FEES.

For regular Front Burner readers it may come as no surprise that KLC wants the General Assembly to grant all cities the authority to levy a restaurant tax. Currently, only cities formerly classified as fourth or fifth class cities. But, they didn't stop there, no surprise, they wanted more. KLC also asked legislators to give all cities the ability assess an alcohol regulatory fee, currently only smaller cities have this privilege. They also asked that cities be allowed to implement an Alcoholic Beverage Control licensing fee in the same amount as the state. All of these represent nothing more than government-mandated inflation, that will force restaurants to increase consumer costs.

WANT TO INCREASE YOUR BOTTOM LINE? TAKE A LOOK AT YOUR BEVERAGE COGS.

by ANNE SHADLE, FOUNDER OF LEFT BRAIN SOLUTIONS & CO-OWNER OF MAYAN CAFÉ



I've been hearing the data point recently that beverage sales for restaurants are going down. Is it CBD? Is it N/A cocktail trends increasing? Is it healthy lifestyle choices that discourage folks from drinking booze? Not to mention that Dry January, ugh, is right around the corner. What can we do to increase our beverage sales? I think training for front of house staff plays a big part in this and smart marketing and special campaigns can as well. However, you may want to consider decreasing your beverage cost as a more immediate, controllable strategy to put in place while you are improving other systems.

In the space of beverage cost, I have realized over the last few years, that many CPAs incorrectly calculate the cost of goods on our P&Ls. They divide each purchase category by total sales to get the COGS percentage rather than dividing the purchase category by only that category of sales. For example, if I purchased \$4000 of wine in a month and sold \$10,000 of wine, my true wine cost would be 40%. If my total sales that month were \$100,000, then my wine cost, calculated the "wrong" way would be 4.5%. This is obviously a giant difference.

I had a CPA calculate beverage cost the "wrong" way for me for years. What this meant for me in reality was that I never looked at the percentages because the numbers were so low, they were essentially irrelevant. And what I missed was that I had a 40% wine cost for YEARS.



I start this conversation with this example because it's personal and I know it happens to a lot of us operators. I have also seen a lot of income statements where the accountant groups all beverage purchases and sales together into one lump category. If you're like me and your liquor cost is much better than your wine cost, then you miss the information that you could learn from having separate categories. My liquor cost is about 22% and my wine cost, painfully, is around that 40%. I sell about 3x as much liquor as wine so my blended COGS is about 24%. That's fantastic in our industry, so I've generally looked at my blended COGS, patted myself on the back, and poured myself a drink. At least until I get to my labor cost, and then my attitude changes. This blending of different beverage categories allows you to miss what could be an important data point.

So, here are my tips for using your P&Ls to learn valuable operating lessons, followed by some changes you can make once you have your marching orders on where you can improve. Good inventory management practices will help a lot of this as well.

TIPS FOR IMPROVING YOUR BEVERAGE COST PERCENTAGE

1. Track your beverage purchases in separate categories – beer, wine, liquor, N/A. When you have a distributor where you purchase multiple kinds of spirits, go through the invoices and note which portion is for which category. Having accurate reports depends on this level of detail.
2. If your CPA won't calculate your COGS by dividing purchases for each bev category by sales in that bev category, then do the calculation yourself.
3. If you find you have one category that is a problem, dive into strategies to improve that.
4. If it's beer and you have a keg system – are you getting kegs delivered cold? The temperature of the kegs can affect how much head comes out and can lead to waste.
5. If it's wine – are you wasting a lot? Can you make sangria with wines by glass that have been opened and not sold fast enough? Can you decrease the number of choices of wines by the glass so you're selling more of what you have and wasting less? Can you change the selection of wine so it's products your customers are more inclined to order?
6. If it's liquor – are your bartenders overpouring?
7. How are you pricing your drinks? Do you need to increase your markup?
8. Are you ordering too much and sitting on too much standing inventory?
9. Is your staff stealing from you?

Going through these questions will help you find areas you can tighten up and systems you can improve. Check your P&Ls each month and track your progress. Set goals for specific COGS percentages you want to hit. If you can stop the bleeding a bit with some of these strategies, hopefully it will buy you time to work through other options for growing your sales. My personal goal for 2025 is decrease my wine cost by 10% which will add another ½ percentage point to my bottom line. In a business of pennies like this, every half a percentage point counts!

In 2007, I opened Mayan Café with my business partner, Chef Bruce Ucán. Over these almost 18 years, I have learned countless lessons about how to run our business sustainably and enjoyably. After working with over 400 small business owners as a business coach with the Kentucky Small Business Development Center, I decided to start my own consulting firm. With my clients now, we do a deep dive into their financial management habits, HR practices and marketing strategies with the goal of increasing efficiency and profitability. A side effect of this work has been helping small business owners enjoy their work more. This can mean they change their role so it's more energizing for them or it can mean it's overall less stressful to run the business because they have less turnover and are more prepared to hire new staff. So, if you're interested to learn how to run your business smarter and more enjoyably, please reach out to me. I would love to help you and your business.

anne@leftbrainsolutions.io



FOOD SAFETY WHEN IT COMES TO DRINK GARNISHES

by AMY SHANKLE

Many bar drinks and mixed cocktails use a garnish in the recipe, either as part of the drink or to make the drink more appealing to the eye. Mojitos, for instance, use mint; margaritas are garnished with a lime. Even these small items must be handled correctly to ensure beverages are being prepared safely and any risk for a foodborne illness is prevented. Remember that the produce or herbs used for drink garnishes have been on a journey before they get to your food establishment. They have been grown, picked, shipped, stored, delivered and stored again. At any point in this journey the produce can be contaminated. The produce is also at risk for cross contamination from the person prepping the items as part of the drink recipes. They could be using their cell phone, handling money, food, dirty glassware and then handling the produce. One of the challenges to food safety is the pressure to work quickly so in those situations, safety and sanitation procedures may be skipped. Following these steps can help prevent contamination of the garnishes and ensure you are serving the bar drinks safely:

1. Wash all produce thoroughly before cutting or adding to drinks or ready to eat foods
2. Wash your hands thoroughly before handling the just washed produce, scrub your hands and arms for 10-15 seconds cleaning your fingertips, under fingernails and between fingers. The importance of handwashing cannot be stressed enough. 89% of all foodborne illness outbreaks caused by contamination are due to improper handwashing. Use single use gloves as an added barrier between your bare hands and the item being prepped.

3. Ensure that your prep area is properly cleaned and sanitized as well as the cutting boards, knives and other equipment that may be used to prep the items. Clean and sanitize the equipment between each prepped item to avoid any cross contamination and change your gloves as well.
 4. Ensure the containers used for storage after prep are properly cleaned and sanitized and the refrigeration unit is at the proper temperature (between 36 °F-41°F) and is clean and sanitized.
 5. Label and date the product if it is going to be stored for more than 24 hours.
 6. Store the product correctly. Product that has not been prepped, like lemons, limes or herbs that are kept in breathable plastic bags, must be stored on the top shelf.
 7. When stocking the "garnish station," keep it covered as much as possible and store it in an area where guests and other staff members cannot reach in with their dirty hands and contaminate the product. Use tongs or other utensils to grab the item for the drink.
 8. During the shift wash your hands thoroughly and often!
 9. At the end of the shift throw away any items that may be left in the "garnish station."
- This may seem like a lot of steps, but having a good safety routine and food safety culture will not only ensure safe food is being served to your guests, but safe beverages as well.

Have a Safe and Happy Holiday Season!
Amy Shankle
Director of Training
Kentucky Restaurant Association



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What's Top Of Mind?

TOP 10 MACRO TRENDS

1. Sustainability & Local Sourcing
2. Value Deals/Propositions
3. Smaller or Streamlined Menus
4. Healthy Kids' Menus
5. Pop-Up Restaurants
6. Hyper-Local
7. Convenience Proteins (sous vide, individual serving packs, shelf stable, plant based)
8. Limited-Time-Only Menus
9. Flights
10. Artificial Intelligence (AI) Integration

Macro trends reflect consumers' bigger-picture priorities, and those considerations cover a lot of ground in 2025. AI integration, smaller and streamlined menus and convenience proteins speak to the labor shortage in the kitchen. Vendors at the National Restaurant Association Show introduced a number of precooked, sous-vide, pre-carved and pre-ground plant and animal proteins designed to ease food-prep pressures, improve consistency and speed service in a short-handed environment.



WHAT IS A SOMMELIER?

by SCOTT HARPER, MASTER SOMMELIER

What is a sommelier? It could be as simple as a service person in an upscale restaurant that serves wine or, in other words, a wine steward.

What you should hope for or expect from a sommelier is one who helps the patron in the selection and service of wine, one who can put the patron at ease and not make them feel intimidated or pressured to order a particular wine or price. Using a sommelier's service should be a delight, making the dining experience easier and more relaxed. With a few concise questions they should be able to help you find an appropriate bottle in your price range and in a style that fits your meal. The sommelier should be competent enough to recommend a Monday night \$40.00 bottle as well as a \$100.00+ bottle of special occasion wine.

On the business side, the sommelier is likely the one who chooses the wine for the wine list, prices the wines, providing selections that not only pair well with the restaurant's food but also with the guests' taste, striking a balance between known wines and interesting selections. The sommelier keeps the wine list as accurate as possible, purchases the wine, trains the staff on wine and ultimately manages the wine program much the same way a chef manages the kitchen. And arguably the most important increase sales.

Using a sommelier can be simple. Feel free to tell them what you are interested in. If you tell them you are looking for a bottle of red wine around \$50.00 that is medium-bodied, dry, and full of ripe fruit and spice, the best sommeliers will enthusiastically give you some choices, maybe even turning you on to the best wines they have in the category you requested. Additionally, asking the sommelier to pair your wine with your meal or your meal with the wine can be received with an eagerness to please.

A sommelier can be accredited, but many quality sommeliers are not. The worldwide examining body of sommeliers is the Court of Master

Sommeliers. The Court of Master Sommeliers' testing is focused on the areas needed for superior beverage department management and guest service, which include Tasting, Theory, and Practical Dining Room Application and also encompasses spirits and beers, as well as global wine knowledge. To become a Master Sommelier, a candidate must pass four levels of examinations: the Introductory Sommelier Exam, the Certified Sommelier Exam, the Advanced Sommelier Exam and finally, the Master Sommelier

Diploma Exam. The Master Sommelier Diploma Exam has one of the lowest pass rates of any exam in the world: There are 279 professionals worldwide who have received the title of Master Sommelier since the first Master Sommelier Diploma Exam, which was given in 1969. There are 145 men and 25 women totaling 170 in the Americas Chapter.

At the fourth and final level of the Master Sommelier Diploma Exam, the most revered is the blind tasting. The sommelier must, in 25 minutes, describe six different wines by verbally identifying the grape varieties, country of origin, district and appellation of origin, and vintage, while speaking to the taste and favor of each of the wines. The other two exams that must be passed at the master's level are Theory and Practical. The Theory is completely verbal. The candidate is asked questions regarding wine, spirits and beer minutia by a panel of Master Sommeliers. Once a question has been answered, the candidate may not go back. The Practical involves various types of wine, spirit and beer service in a restaurant serving Master Sommeliers. The candidate may be decanting wine with grace and humility while being barraged with questions that are almost infinite but may include wine and food pairing, quality vintages, wine styles and pricing.

A Master Sommelier has a proven mastery of wine and other beverages,



A Certified Wine Educator, Harper is one of 170 professionals in North America and 279 worldwide who have earned the title Master Sommelier. He is a co-owner of Cuvee Wine Table and Bristol Bar & Grille.

although when one passes any of the four levels it is deemed an accomplishment, and sommeliers who are studying for the exams should be an excellent source for your fine beverage needs. Attaining the title of Master Sommelier takes both passion and dedication for the years of involved preparation, which include tasting thousands of wines, long hours of studying, traveling to wine regions and the thousands of dollars in expenses related to each.

I am coordinating two courses/exams in Louisville:

Introductory Sommelier Course and Examination
2 days, 8:00 a.m. – 6:00 p.m. EST
February 3-4, 2025
Louisville, Kentucky

Certified Sommelier Examination
Sunday, February 2, 2025
8:00 a.m. – 6:00 p.m. EST

**For information go to
Mastersommeliers.org**

BEER FLIGHT



Innovation is always a pull, and pop-up restaurants, LTOs and flights all speak to menu creativity that can set a concept apart. Flights ranked highly in the beverage alcohol category, but food flights are appearing with increased frequency. Flights of deviled eggs, baked potatoes, pancakes and desserts are just a few showing up on social media. This year's show boasted a huge variety of mini desserts, a hot trend a decade ago that seems to be making a comeback—just in time to get into flight formation.

KENTUCKY PROSTART HOLIDAY TIME

by RICH CLEAVES, KENTUCKY PROSTART COORDINATOR



Amy Cathey of Marshall County High School

It's the holiday season and I reached out to some of our ProStart educators and asked what projects they do with their students for the holidays. And I immediately received some enthusiastic responses from our teachers explaining what their students create in their school's kitchens during the holiday season. The efforts of the educators benefit local communities, members of the school's staff, or student families. Here are some of their responses.

Amy Cathey and her ProStart students at Marshall County High School feed a Thanksgiving feast for over 200 people at a local church in Benton, Kentucky a few days before the holiday.

Western High School in Louisville Reid Coulston's students prepare and serve over 100 people on the school's staff a Thanksgiving meal consisting of turkey with gravy, honey rosemary loin of pork, fried apples, sage dressing, mashed potatoes, candied yams, green bean casserole, cranberry with an orange sauce, and pumpkin pie for dessert. We all should get a job at Western High School just for the Thanksgiving meal prepared by Reid and his ProStart students!

Over in Pikeville at Shelby Valley High School, Cristy Honaker and her ProStart students prepared 1000 Thanksgiving desserts for the people at the Dream



Reid Coulston of Western High School



Cristy Honaker of Shelby Valley High School



Rick Cassidy of Lincoln County High School



Dave Bustetter of Bullitt East High School



Liz Crump of East Jessamine County High School



Shellie Fuqua Bryan Station High School

Center Charitable Organization. And a few days later her Culinary 2 class prepared, served and ate a Thanksgiving meal for all the students in Cristy's classrooms.

Rick Cassidy at Lincoln County High School is hosting a fundraiser for his culinary program. His ProStart students are making pumpkin rolls, chocolate Swiss rolls, cinnamon rolls, mashed potatoes and gravy, and sweet potatoes. Rick and his students sell their creations to the school's staff and the Lincoln County School District administrators. Rick hopes to beat last year's total of \$2,000!

Dave Bustetter at Bullitt East High School smoked 6 hens and had his students vote on what sides to prepare for their Thanksgiving dinner. When the hens were done and the sides were made Dave, and all his ProStart students enjoyed a wonderful meal to remember.

At East Jessamine High School in Nicholasville, Liz Crump asked her students to prepare a Thanksgiving dinner for the over 60 people on the school's staff. What did they make? Her students got busy and made roast turkey with herb gravy, glazed hen with brown sugar, corn pudding, sausage stuffing, sweet potato souffle', loaded mashed potatoes, green beans, and bacon rolls. For dessert chocolate chip pecan pie bars, cherry/pineapple gelatin salad, and assorted cookies! Are you getting hungry?

Awndrea Newman at Ignite Academy in Berea has her students provide a 3-course meal for the 5th graders at a neighboring elementary school. These "Etiquette Meals" are served to the students on three different occasions.

At Whitley County High School in Williamsburg Veronica Carmical and her students sell a variety of baked goods to the school's staff. The students prepare pumpkin pies, fudge pies, pumpkin rolls, lemon rolls, red velvet rolls, and chocolate rolls. And on Veteran's Day they provide a full country breakfast that is open to all current military as well as veterans from all branches of service. Very commendable.

Garrett Sanborn at Moore High School in Louisville has turkeys donated to his school from local businesses. His students then cook the turkeys, prepare traditional Thanksgiving side dishes and feed over 35 grateful families at the school.



Awndrea Newman Ignite Academy



Veronica Carmical of Whitley County High School



Roger Ramsey of Hardin County Early College and Career Center



Serving pumpkin pies at Walton-Verona High School

At Hardin County Early College and Career Center in Elizabethtown Roger Ramsy and his culinary students are working with a local church and providing over 100 Thanksgiving meals to the community. They also donate meals to the Helping Hand of the Heartland charitable organization.

Carla Smithers at Walton-Verona High School in Walton motivates her students to prepare Thanksgiving meals for the school staff. And once the meals are ready to be served, she and her students sit down together with the staff and give thanks.



Carla Smithers standing over her young chefs

At Highlands High School in Ft. Thomas Kelsey Sentney and her ProStart students cater traditional Thanksgiving side dishes and desserts to the school's staff and student's parents to take home for their Thanksgiving meal. The staff and parents love purchasing these delicious creations as it helps relieve some of the stress of preparing side items and desserts on Thanksgiving Day. Plus, it helps with the fundraising of Kelsey's culinary program!

In Lexington at Bryan Station High School Shellie Fuqua and her students partner with Sullivan University chefs and prepare Thanksgiving meals for needy families in the community. And working side by side with Sullivan chefs is a great learning experience for Shellie's students.



RaAnn Miller at Woodford County High School

And lastly, RaAnn Miller at Woodford County High School in Versailles is selling pumpkin rolls to the school staff and central office workers. But during the Christmas break Woodford County High School is moving to a brand-new Woodford County High School very near where they are now. The move will be stressful, but we cannot wait to see RaAnn's brand new commercial kitchen!

We are proud of all the ProStart educators and students who do so much for their schools and their communities. And to all of you reading this article, have a wonderful holiday with friends and family, be safe and we will be back in touch in the next issue of the Kentucky Restaurant Journal.



Enjoying Thanksgiving dinner East Jessamine High School



Garrett Sanborn at Moore High School



Highlands High School Thanksgiving catering menu.



The East Jessamine High School Thanksgiving menu

FUELING FAMILIES, MEAL BY MEAL

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HISTORIC BELL HOUSE RESTAURANT

Chefs That Sizzle



Historic Bell House Restaurant was built in 1902 as a home to Dr. and Mrs. E.B. Smith. Over years of transformation, in March 2007 Bob and Sue Andriot purchased and renovated it into a restaurant and opened its doors in June 2009. October 10th 2014, Brent Evans becomes the Executive Chef of the Bell House and now in 2024 as a toast to 10 years as the Executive Chef. Chef Brent created his own Kentucky Cocktail to serve at the Bell House Restaurant.

Over the years, I have created a lot of different dishes, soups, appetizers, you name it ... this was a new challenge that inspired me to be innovative and creative, but I also wanted to keep it simple. It's highly important that whenever you come up with something new that it won't be too complicated or out there that people can't relate to it. The journey behind finding the right combinations, flavors, and ingredients to make the perfect cocktail was a fun and enlightening one. I first studied several cocktail recipes and started to realize how wide open the options are in creating a new drink. Also, studying these recipes helped me to not duplicate something that already existed. I could say it was as simple as that, however, I had several customers and co-workers tasting different versions as far as different amounts of each ingredient. After several weeks of taste testing and

adjusting amounts, I finally found the perfect ratios and created the perfect drink.



My Kentucky Orange Almond Cocktail is a drink that is diverse in what you can pair it with and I wanted to create a new drink that not only has the Kentucky "bourbon" feel, but also a drink that could be appreciated with distinct flavors that most people will enjoy. The almond flavor from the Amaretto and the orange flavor from the Cointreau make the perfect pair and make this drink not only unique, but favorable to most palates. These flavors make this drink to be pretty universal in pairing, because it's a drink that is about medium in strength and body, therefore anything

that isn't extremely heavy pairs well with this cocktail. However, I'd like to share a couple of dishes at the Bell House Restaurant which I think pair the best with this cocktail.

Henry Bain Pork Tenderloin, zesty Henry Bain glazed over a pan seared and roasted pork tenderloin, is an excellent pairing dish to this drink. The mango chutney mixed with the savory flavors of the Henry Bain Sauce goes perfectly with the Cointreau (orange), Angostura Bitters (clove), and Amaretto (almond) flavors of the cocktail. I feel this is the perfect match for this cocktail, in which all the flavors complement each other.



Cedar Plank Salmon is another great option to pair with this cocktail drink. This salmon dish has a maple ginger

glaze drizzled over it, which helps with the pairing of this cocktail. You have the orange flavor that goes awesome with the salmon flavor, as well as, the clove and almond flavor that goes well with the maple ginger flavors in the glaze. Another perfect match with this cocktail!

This cocktail is an example on how we balance all of the food at the Bell House Restaurant, so that it is the perfect quality and taste every time. The motivation for me rather creating a new drink or dish, or just executing any of our delicious recipes on our menu, is the passion of providing top notch food, drinks, and service to every customer who visits the Bell House. My staff from the back of the house to the front of the house executes the perfect balance of excellence and hard work to help me accomplish this goal.

About me and Bell House - I love people, and I love happy people. My customers are my inspiration into what I do every day as a Chef. When my customers are satisfied with the steps I take to provide that top quality, the freshest ingredients, balance in flavors, and the hospitality, this pushes me to continue to push myself on what the restaurant offers to the customer. The Bell House experience for its customers is a warm and welcome atmosphere filled with family, friends, and great food. Why we are named the Bell House Restaurant... In the front lawn resides a large Bell that is still functioning to this day. This Bell used to reside on the Shelbyville fire department building as the fire house bell in the 1800's all the way until 1950 when they moved it in the front lawn of what was Armstrong Insurance Agency but is now the Bell House Restaurant.

To bring this all full circle, Bell House Restaurant was a hidden gem, no longer hidden. It offers history, delicious food, southern hospitality, cozy ambiance, loyalty, inspirations, balance, love, family, friends, passion, and more. Bob and Sue Andriot had a vision for a restaurant that would be a great service to the community in multiple ways and their vision has done just that.



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QUESTIONS

Questions & Answers

Q: When a business obtains a liquor license, what three things do they agree to abide by?

A: 1. **Rights** – actions that your establishment can choose to take to responsibly run your business. For example, you have the right to refuse service to an individual who fails to show proper identification.

2. **Responsibilities** – actions that you take under specified circumstances, such as ensuring an intoxicated guest does not get behind the wheel of a vehicle.

3. **Liability** – you are held responsible for injury and/or damage that either occurs to your patrons or is caused by them.

Q: What 3 types of liability apply to an establishment when selling or serving alcohol?

A: 1. **Criminal liability** – States, counties, cities, and towns write laws about how alcohol is supposed to be served. You are responsible for making sure you do not break these alcohol laws. If you do, you can be held responsible for committing a crime, this is criminal liability. This can result in jail time, probation, or fines.

2. **Civil liability** – this focuses on compensating people who were hurt by someone who was negligent in serving alcohol responsibly. Dram shop laws allow a person who was not even at a business to sue for injuries caused by a guest who was drinking there.

3. **Administrative liability** – this liability deals with penalties for establishments and employees who do not follow alcohol laws. These penalties are given by agencies called liquor authorities. Penalties can include, suspension or loss of liquor license, loss of a server's or bartender's right to serve alcohol, or fines against owners and staff.

Q: What are the signs of intoxication?

A: When large amounts of alcohol reach the brain, it stops functioning normally. This causes physical and behavioral changes: relaxed inhibitions, impaired judgement, slowed reaction time, and impaired motor coordination.

Q: What is the best-selling bourbon in the world?

A: According to a list put out this year by Liquor Laboratory it is Jim Beam. Its popularity is attributed to its consistent quality, affordable price point, and wide availability worldwide.

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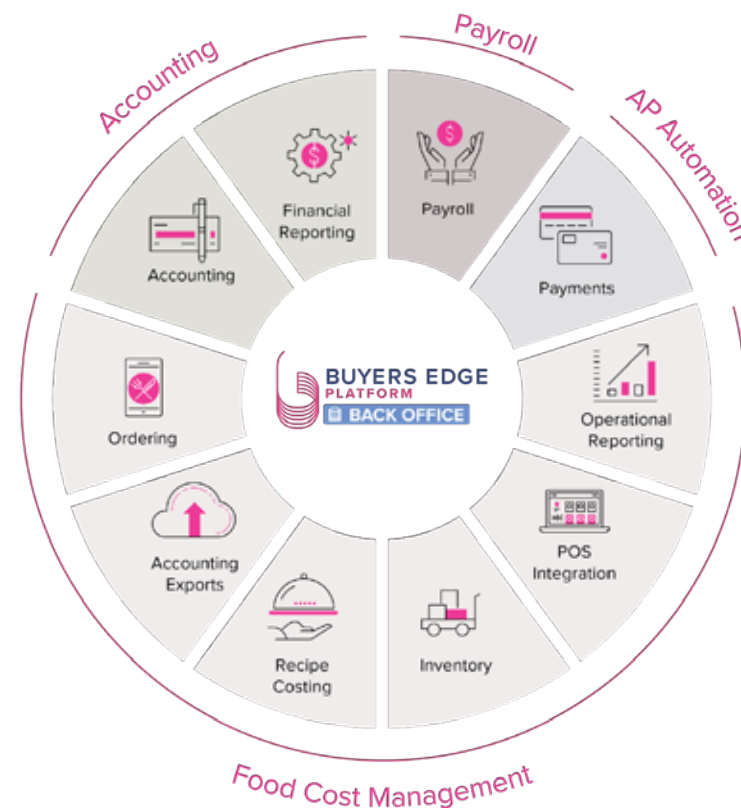
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By Sean Cohen

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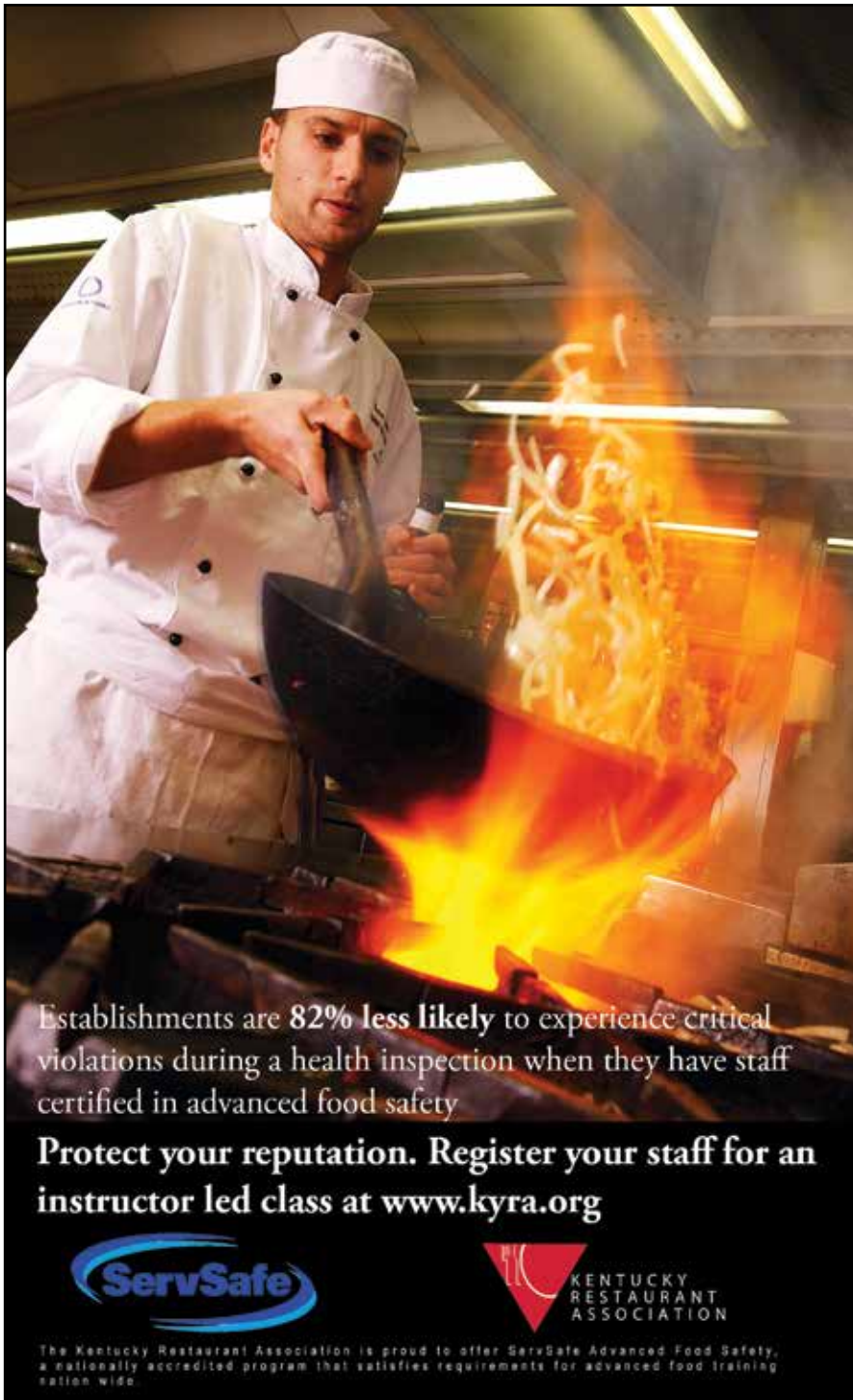
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- Family and Medical Leave Act: must be posted by private sector employers who employ 50 or more employees in 20 or more work weeks, and by all government agencies.

Individual notices may be printed from the US Department of Labor website at www.dol.gov or an all-in-one poster containing these six federal notices may be obtained from the KRA office. Kentucky state law requires all employers post the following notices as well:

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