Sullivan’s National Center for Hospitality Studies now offers Controlled Vapor Technology Cooking

Sullivan’s renowned National Center for Hospitality Studies (INCHS) has recently instituted training in Controlled Vapor Cooking (C-Vap). Dr. Winston Shelton of Winston Industries has donated more than $160,000 of Winston’s equipment to Sullivan University in an agreement that students be taught the benefits of controlled vapor cooking. The National Center will incorporate this technology into all of its classes and students will be certified in C-Vap Technology from Winston Industries upon graduation.

What’s it all about?
Controllable vapor cooking reduces the amount of shrinkage in products that occurs and allows the natural enzymes in high protein items to break down the proteins themselves and leave a residual protein and a waste. Controlled vapor allows for the vegetables to be cooked without any loss of natural color which is normally lost in the products that may be held for extended periods utilizing normal blanching, steaming or sauté cooking.

Technology had illustrious debut
At a luncheon where the new Controlled Vapor Technology was demonstrated, Howard Richardson, Corporate Executive Chef at Winston Industries (and a Sullivan graduate) was invited to cook at the highly-gradually thereby increasing the tenderness of the products. When cooking vegetables, it allows for them to be cooked alongside of fish or meats in the same unit without any transfer of flavors. The controlled vapor cooking allows for the vegetables to be cooked without any loss of natural color which is normally lost in the products that may be held for extended periods utilizing normal blanching, steaming or sauté cooking.

For example, in high protein items to break down the proteins themselves and leave a residual protein and a waste. Controlled vapor allows for the vegetables to be cooked without any loss of natural color which is normally lost in the products that may be held for extended periods utilizing normal blanching, steaming or sauté cooking.

This very modern equipment shows students how to produce quality items while increasing yield. For example, someone cooking a prime rib using conventional methods may experience as much as 25% in cooking loss. With the C-Vap low and slow method, one could easily expect to gain two more servings from the same size prime rib.

We want our students to learn the culinary arts, but just as importantly, we also want to teach them how to survive and make money in a very tight, competitive market.”

CHEF INSTRUCTOR SAM MIZDO, CEC, CCE

Looks good enough to eat! Sullivan University’s Baking & Pastry Arts Exhibit at The Kentucky Museum of Art & Crafts

Student baking and pastry arts students at Sullivan University learn techniques from culinary materials, created by students, assistant instructors Amanda Frantz and student Angela Adams have been incorporated on an equal footing with other traditional art forms, such as sculpture and painting, in a significant contemporary art exhibition called "VANCED," a display of student and faculty projects which will be on view at the Kentucky Museum of Art & Crafts in Louisville, Kentucky. "This is the first time we have had a food exhibit," noted Brian Clarkhag, the museum curator.

"Storybook" reception at the Museum.
Two workshops combining culinary art and visual art were scheduled with this exhibition: The Making a Bread Sculpture workshop held on Saturday, March 29 and the Workshop on Saturday, May 10. The fabulous Opening Reception was a wonderful opportunity for Sullivan students to see their work displayed, interact and network with art patrons within the community.

"Fantasy: jewel box"

"Medieval Dragon"

"Sculpture of Desire"

"Carmen's Coy Parece"