



Classic Cooking Combines with Nutrition For Andrew Addleman II, 2009 ACF Southeast Region Student Chef of the Year

On April 20 at the ACF Southeast Region Vice President's Gala, ACF Space Coast Chapter member Andrew Addleman II won the region's Student Chef of the Year competition. This award will lead him to compete against three other regional student chefs for at the national ACF Student Culinarian competition, sponsored by Custom Culinary, Inc. during the annual conference in Orlando July 11-14.



Andrew Addleman II at the Hilton Charlotte Center City, Charlotte, N.C. April 18-20, 2009

Andrew cooks classic foods that also have a healthy nutritional profile, a philosophy that evolved from personal experience. After enduring an overweight childhood then underweight, but athletic teenage years, Andrew eventually realized his poor eating habits were the culprit. Once he decided to become a chef, he worked hard to cook delicious foods that optimize the body's performance, weight and energy level. He believes in quality over quantity.

As captain of Keiser University's culinary team, Andrew has gained important experience cooking for judges.

Plus, as sous chef at Chowders Seafood/River Rocks in Rockledge, Florida, he has gained real-world culinary experience. To prepare for the national competition, Andrew practices throughout the week, including his only day off, and has honed his dish through the help of other Orlando chefs and even a local Culinary Olympian. Since he is graduating from Keiser, he's also helping the school find the next culinary team captain.



Andrew Addleman II's Lemon Flounder w/Mashed Sweet Potatoes, Grilled Zucchini and Fried Beets with Citrus Beurre Blanc Sauce

Because of his strong competition experience, Andrew says he won't be nervous on competition day. However, "I'll be nervous when I think about the chefs I might meet," he says. The judges can be assured they'll get Andrew's interpretation of healthy, classic cuisine.