

Summer 2010

June 25th, 2010: Crazy Awesome Food Night

"Bring sexy food, games, laptops—basically anything you see fit" — Garrett McNamara

We made: burgers, onion rings, the best home-made BBQ sauce I've ever had (courtesy Garrett), Mark's salad + homemade dressing, Alex's delicious baked nachos with cheese, guacamole, Scotty's awesome cookies, cake, and drinks.



Entertainment was provided by all, especially *the man* Paul Eldridge who was being celebrated tonight. Mark enthusiastically butchered a few coconuts, giving many their first experience drinking young coconut milk.

15-25 people made friends and had a great time.

July 29th, 2010: Crazy Awesome Food Night - The Sequel

This was our second self-funded Summer 2010 event before we'd formed CAFE-GMU.

Theme: *Breakfast for dinner. "IHOP's got nothing on us."*

Menu:

- Made to order pancakes (many kinds, including chocolate chip, butterscotch) with toppings and syrups
- Made to order chocolate waffles
- French Toast
- Scrambled eggs
- BACON! Lots... of bacon.
- Made to order omelets with many fillings: cheese, fresh herbs, onions, bell peppers, ground beef, different spices, etc



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- Crepes with stir-fried vegetables, mango, and deliciously seasoned beef strips courtesy Melisse Ilhan



- Brownies made from scratch by Brian Notarianni
- Angel food cake + whipped cream, blueberries, strawberries, kiwi, apples
- Watermelon
- Coffee, milk, soy milk, sodas
- 25-35 people left smiling (or with a food coma; but they were still smiling)

August 14th, 2010: Crazy Awesome Food Night - THE TRINITY

This was our third and final Summer 2010 event before we'd formed CAFE-GMU.

Menu:

- Made to order pizza
 - Dough: risen for 18-24 hours using Alton Brown's recipe for extra flavor
 - Toppings: Fresh basil, 3-4 cheese blend, fresh deli-sliced pepperoni, mushrooms, bell peppers, and anything people brought that they wanted on their pizza
 - Garlic dipping sauce
 - Home-made Zaatar-pita
- Salad
 - Various dressings (Japanese-themed ginger and garlic / lemon / olive-oil)
- Veggie tray (cucumber, carrot, celery, fresh-picked tomatoes courtesy Scott O'Bryan)



- Deserts like Chocolate pizza (Nutella, chocolate chips, toasted hazelnuts, oh BABY)
- Middle-Eastern dessert: Dibbis b'tahini (Carob Molasses + tahini + pita)

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- Vincent Cao's cheesecake made with love (BEST cheesecake I've ever had)
- Scott's famous Bailey's Cookies (and two other droolworthy flavors)
- Other snacks people contributed
- 20-40 people who had a wonderful time in an Eastern Shore communal kitchen/lounge area
- A fire extinguisher.



Fall 2010

September 17th, 2010: Early Thanksgiving to the Extreme

CAFE-GMU's first official event as a Recognized Student Organization. We missed the SFB funding deadline, so we coaxed \$200 from our piggy banks and were surprised and deeply gratified when many people who came chipped in with ingredients, homemade pumpkin pie, cheesecake, and *supportive enthusiasm*.

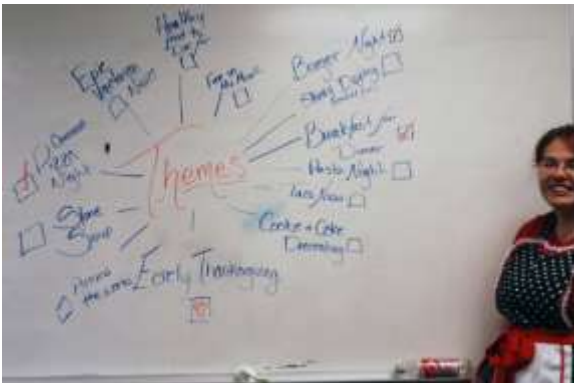


Menu:

- Two bacon-basted perfectly moist and golden brown turkeys and stuffing, using Arryana Morgan's outstanding home recipe
- Salad
- 150 home-made cookies courtesy Scott O'Bryan, Bake master
- Pumpkin pie by Emily MacDougall's that tasted so good it vanished a few heartbeats after being cut
- Missy's mashed potatoes (this is the event that made them famous)
- Sliced bread, provolone, balsamic vinaigrette to make turkey sandwiches from the leftovers
- Fuji apples
- Drinks (fruit juices, soda)



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October 14th, 2010: Bake Sale - CAFE-GMU and AnEasySpread.com partner for the grandest confection display Mason has ever seen

EVERYTHING was home-made

- Variety of cookies
 - Butterscotch, chocolate chip, Bailey's Irish Cream [plus many, many more]
- Pumpkin pie
- Apple pie (Made by Alyssa from EasySpread; it was *GORGEOUS*)
- Variety of muffins: banana, blueberry, raspberry, apple cinnamon, maybe chocolate chip
- Cheesecake brownies and maybe chess bars
- Fudge
- Some sort of cake (maybe coconut)
- Oat Scones
- Cupcakes
- Chocolate pie
- Emily MacDougall's best-selling Snickerdoodles
- Petites Four (variety of French tea cookies)



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And because only photos come close to doing this bake sale justice...



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We donated a percentage of our profits to HART, the Homeless Animals Rescue Team (it wasn't much; we practically gave away our baked goods just to see them eaten by happy Mason students) and we got a nice thank-you card a couple months later:

Dear Mark Feghali,

Date: Dec 10, 2010

Thank you for your very kind and generous
TAX DEDUCTIBLE DONATION of \$ 6²⁵
101 28/10

Please be assured that your contribution
will be well used for homeless animals.

Thank you for
Having a Bake sale
for HART!
Happy Holidays!

Sincerely,



H.A.R.T.
Homeless Animals Rescue Team
P.O. Box 7261
Fairfax Station, VA 22039-7261

October 17th, 2010: GOGA Harvest Party - CAFE-GMU partnered with GMU's Organic Garden Association

Attendance: 50-70 people

We learned two important lessons from this event:

1. Cooking in Student Apartments and in Piedmont for an event elsewhere is incredibly difficult. We **must** have events in the same room as a kitchen when there's serious cooking going on.
2. Resourceful, kind, dedicated people can turn an impossible situation (see point #1) into a success, even if not all the planned recipes got cooked.



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The highlights of the evening:

Live band(s), **homemade basil ice cream**, **Iron-Chef style**, a variety of food made from scratch (spaghetti with meat sauce, three types of chili, Watergate salad, pumpkin soup baked *inside* the pumpkins, sandwiches, salad) many people working as a team to Get Things Done. And we love Danielle Wyman! She appreciated CAFÉ-GMU's help cooking so much that she refused to take our money for nearly all the groceries. If she ever needs anything please take good care of her. We send ten thousand karma points her way!



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October 22nd, 2010: Epic Vegetarian Night - CAFE-GMU teamed up with RAs from Tidewater lead by Samantha Baun

We had trouble gauging attendance to this event; we got 45 sign-ins but many more people showed up during the evening totaling about 70-80 by event's end. We had 8-12 volunteer cooks that day which made a HUGE difference in making the event run smoothly. This was our "most successful" cooking event to-date, judging by cooperative cooking.

Highlights:

- Alton Brown's stovetop Mac'n'Cheese recipe that was VAPORIZED within minutes of being served, thanks to chef Nina Garcia
- Made to order quesadillas and omelets, courtesy Alex Harel
- Fresh squeezed carrot juice, apple juice, and grape juice (one big manly guy asked what fresh squeezed grape juice tastes like and was taken aback by Mark Feghali's description: "it will dance on your tongue." After he tasted it, he couldn't disagree.)
- 3 kinds of homemade hummus w/Stacy's pita chips
- Salad
- Veggie tray
- Spaghetti with tomato sauce
- Baked potatoes with chives and sour cream (we had planned corn on the cob but it was just out of season so we adapted)
- Swedish chocolate balls (dessert)



- Fresh pineapple for dessert
- Everyone's willingness to help! We had an AWESOME team of volunteers that night!



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October 29, 2010: Informal event - Deviled Eggs for ACM

CAFE-GMU tries to make the most of all the ingredients we buy because we don't like to waste and because we're spending other people's money—whether it be from Student Involvement/SFB or another Mason club: we have a duty to spend it responsibly.

So when we bought 15 dozen eggs from Restaurant Depot for Epic Vegetarian night and had many, many dozens left over, we teamed with Nina Garcia from the Association of Computing Machinery (ACM) club to make *lots* of deviled eggs.

Meghan Clark made gluten-free *Mountain-Dew-flavored* cupcakes which were a huge hit!

20-25 computer science students were well-fed that night.

November 8th, 2010: Catering for LaserTag Night

People were studying and doing papers. It was off-campus. It was a Monday night. Everything was against our target turnout of 150-200 people. We had the entire place rented and 35-40 people showed up.



Most. Lasertag. Ever. About 35 people actually played the game, which is less than the maximum, so **everyone** could play in **every** game. It was an intimate gathering so everybody could get to know each other. An actual Swede (foreign exchange student!) made the Swedish Chocolate Balls!! Three kinds of Deviled eggs



were a success. 3 gallons of vanilla ice cream was too, though nobody made banana splits... only Rootbeer floats, sundaes, etc. Cookies and veggie tray were a hit. Salsa/chips not so much. Pizza (not made by CAFE-GMU) was also a success.



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November 13th, 2010: GMU Open House - Fall Premier

Alex Harel, Jeanette Dabrowski, and Amy Fitzpatrick represented CAFE-GMU. Alex made quesadillas, Amy made her red-velvet cake balls, and Jeanette helped with everything. A good time was had by all :)



November 17th, 2010: Hands-on Cooking with Annie Sidley

What CAFE-GMU learned

- Cooking best-practices like: knife skills, proportioning ingredients, cook times and doneness from a pro-chef. Annie is a professional chef, culinary-school educated we met through the Market. Met ANOTHER pro named Chris. Will contact both to teach more cooking lessons!
- Salesmanship techniques (of free samples) and that cooking outdoors on flame-endowed portable stoves is something CAFE-GMU should avoid. High wind aside, challenges included: counter-space and low availability of clean water and fuel for the cooktops, so making sure food is cooked safely becomes even more challenging.



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Highlights

- Annie Sidley!! She's wonderful! This was our first primarily educational "cooking lesson" event and it was **FREE TO GMU/SFB/Crazy-Awesome Food & Entertainment!** Behold the power of good relationships and networking. The benefits of cooking with a professional chef are so numerous that we *have* to do this again; preferably more than once a semester.
- We will partner with Jean Janssen (founder of the Farmer's Market) and Annie Sidley in the future because it's beneficial all around.

November 18th, 2010: Catering for Chemistry Club Game Night

This is really two events in one, and you'll have to keep reading to learn why we didn't stop at making 25-35 chemistry club members happy.

We learned that:

- Ice cream is a royal pain to transport and to serve cold. We need better portable refrigeration.
- It's worth it. Other student orgs love it when we help them with food. It's especially wonderful when we have plenty of leftover food, napkins, utensils to support them at no added cost.

We had **2 gallons of vanilla ice cream leftover** from our LaserTag event which we used to make sundaes with toppings: chocolate, strawberry, and Reece's peanut-butter syrups; whipped cream; cherries; toasted almonds; sprinkles; crunchy oat clusters; and pineapple chunks. Everyone loved it, but there was still a **WHOLE GALLON** of ice cream left! **So here's the cool part.** We went down to the JC food court and Mark announced loudly "we have free ice cream that must be used before it melts." When he finished listing toppings, he was about to ask "who wants some?" but never got to; a flock of people smacking their lips had us surrounded!

November 19th, 2010: Free Cookies Day

Since we had most of a (5lbs?) box of cookies left, we gave some away on campus then decided to take it to Hard Times Cafe, where the GMU Veteran's Society had their Friday-night-out. They helped us polish-off the rest of the box. Delicious food consumed. Another friendly Student Organization made happier. Mission accomplished.

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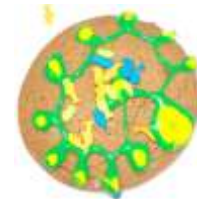
December 7th, 2010: Cookie Decorating with the Society of Women Engineers (SWE)

Awesome turnout. 40 people might not sound impressive, but when you see the photos you'll understand: *everyone* participated and enjoyed themselves.



Highlights

- Two-bite brownies, few varieties of big round cookies, 4 kinds of icing, 160,000 sprinkles including dinosaurs, cows(!), and GMU colors (among other things; we had 20 varieties or more). Hot tea (10 varieties) and (mostly decaf) coffee tins: Suisse Mocha, Toasted Hazelnut, and French Vanilla.
- **The smiles we photographed when people showed-off their cookie creations.**
- Hot water (via an electric kettle) is AWESOME. No need to carry 200lbs of drinks: just a kettle and teabags/coffee tins. So much nicer than soda.



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December 9th, 2010: Skinny Dipping with Central Housing - Fondue Formal

This was our first success at preparing food for an ongoing large event (60-75 people) with our kitchen in a physically separate room than the event (we did very well this time, compared to the GOGA Harvest Festival).

People dressed nicely and enjoyed made-from-scratch chocolate Fondue served from a live fondue-waterfall-fountain!

Delicious dip-able objects: fresh kiwi, strawberry, pineapple, cherries. Three kinds of cake: pound-cake, banana-nut, [one other!]. Cubed cheesecake, pretzels, marshmallows, assorted solid chocolate nuggets (with almonds inside).

Various fruit punches, bottled water, and sparkling cider were awesome. Baked chicken tenders, baked mozzarella sticks, and made-to-order quesadillas made this event beyond awesome.



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December 10th, 2010: Ballroom Dance Club's Winter Ball

CAFE-GMU fully sponsored the food for Winter Ball because the Ballroom Club's funding fell through. We love to help, so we did! Richard, now president of the Ballroom club, supplied a massive quantity of soda. And yes, you saw right, CAFE-GMU pulled off three events in four days!



Doing three events in the same week has its advantages:

- We had leftover cookies/icing/sprinkles from Tues and leftover cheese/tortillas from Thurs so we had made-to-order quesadillas and cookie decorating at the event, which everyone LOVED. (Normally we can't re-use perishable ingredients like cheese/tortillas because they expire)

Having a portable heat source worked very well

- There were no safety concerns (of fire, or of food contamination since it was bread/cheese mostly)
- We are curious to try this with burgers some time (which requires more careful food-handling practices)



Highlights

- Made to order quesadillas
- Shrimp rings
- Sandwiches: whole-wheat/white

bread, spring mix (greens!) provolone cheese, sliced ham/beef/chicken, Caesar or Greek-Vinaigrette dressing

- Desserts: Cookies (and cookie decorating!), chocolate covered almonds, Ferrero Rocher, chocolate nuggets,
- Hummus and chips
- An insane number of drinks: water, apple juice, 10 varieties of soda, sparkling cider.
- Cheese and crackers (sliced gouda, cheddar, swiss, and muenster; Boursin cheese too!)



Spring 2011

February 15th, 2011: Steak and Cake Part 1 - CAKE



When asked to "share 2 key learning outcomes that participants gained from this event", we wrote:

1. That Mason is awesome
2. That Mason has a cooking club, and that it, in turn, is also awesome

Over *five hundred* students enjoyed free cake during the busy lunch rush in the Johnson Center. We know, because we counted plates.

We brought together cake decorators young and old, big and small, art-student and engineer to decorate 15 square feet of deliciousness. 47 cups of homemade butter-cream frosting in nine colors, 15lbs of white frosting (provided free by Costco!), and 130,000 sprinkles could dance on the surface of said cake. Half chocolate and half vanilla, the cake was devoured in under an hour (chocolate was the favorite by about 10%). Sodexo's Executive Chef Peter Schoebel let us prep and

store the cakes the day before in GMU's walk-in fridges and the day of the event Denise Ammaccapane (Sodexo Resident District Manager) gave us **OVER 500 CUPCAKES** to also give away for FREE!

Awesome!



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February 25th, 2011: Catering for the Center for Leadership and Community Engagement

CAFE-GMU enjoyed this event a lot. We met some new members and solidified friendships from last semester. It was a pleasure meeting Desiree and Heather, who asked us to cater this event!

Highlights

- Creative and artistic table arrangements
- Made-to-order Philly Cheesesteaks
- Shrimp ring
- Veggie platter
- Friendly atmosphere
- Making hats for cancer patients!



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March 4th, 2011: Steak and Cake Part 2 - Steak and Sizzle

We were expecting a maximum of 150 people at our event. *Over 250 came.*

What we learned from the perspective of an attendee:

- Dude, Mason can cook real steaks!
- FREE STEAK ON CAMPUS, OMG!

From the perspective of a CAFE-GMU volunteer/chef:

- Everyone learned what it's like to host a huge event, especially practicing skills required at their station (prepping/trimming meats, fondue-dippable items, romaine lettuce, etc)
- Teamwork and a supportive atmosphere make cooking/events/life enjoyable

Marinated 9 ways: ~70lbs steak, 20lbs chicken, and Portobello mushrooms. 'Nuff said.

Just kidding! **1.5 gallons of homemade Caesar dressing + 20 heads of romaine lettuce;** pumpkin pie; apple pie; **homemade rice-crispy and fruity-pebbles treats; chocolate fondue** and things to dip: banana nut bread,



doughnuts, pound cake, marshmallows (and **peeps!**), strawberry, kiwi, banana, Fuji apple, and pretzels; **homemade hollandaise sauce;** steak chili (for our volunteers); veggie-tray of celery, cucumber, tomato, baby-carrots; **Missy's famous mashed potatoes;** licorice; and steak & chicken kabobs skewered with onion, bell pepper, and tomato. **Entertainment** by Jason Foodgeek, www.dcfud.com **food blogger** and **Date Doctor.**

We already had long lines; we would have disappointed everyone without the large grill Sodexo donated w/free charcoal. Love you, Chef Peter and Denise Ammaccapane.

HUGE turnout: 6pm doors open. 6:10pm 50 people. 6:38pm 100 people. 7:30pm 200 people. 233 nametags given, 237 people signed our waiver(re: eating undercooked meat), and a few more stopped by just to say hello!

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March 11th, 2011: Catering for St. Patty's Day Dance

Our tryst with the Ballroom Dance Club continued as we catered this second event of theirs in the JC Bistro. Everyone had a great time. Cake, drinks, and Philly Cheese-steaks were eaten by all and most everyone danced. Some of the cooks even got to dance!

Decorations, sound, delightful dancers and drinks were lovingly provided by the Ballroom Club.

How could we resist catering them again when they appreciated us so much for the Winter Ball last semester? Mary Raffael graced us with our second-ever Thank You note. All the dancers are lovely people, and it shows.

<3



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and help us
continue this
story...**