



FYI Newsletter



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Art Credits: from top left: ; Biderman's Chagall; Winslow Homer, Cloud Shadows; Eisenstadt, Homeless Men; Vincent Van Gogh, To Come Back to Life; Greasebusters by Lynn Hopkins.

Dear Associate,

The holiday season is when foodies who cook flex their culinary muscles. As the season approaches, I've decided to write to you about the very personal subject of eating food.

A book I read recently, Food, Faith and Fasting by nutritionist Rita Madden, discusses eating food as a holistic experience of mind, body, and spirit. This fascinating book set me on a journey. I noticed that, like most of us, I use food to:

- think by
- fret by
- celebrate by
- grieve by
- communicate by
- live by, and
- heal by.

Madden explains that there is an overarching value to eating. To understand what that is, she tells us to eat mindfully. The Greek word for it is *nepsis*, which means inner attention. I'd like to share with you my experience of eating mindfully.

Madden prescribes eating only three meals a day, with no snacks, and dining in a peaceful, beautiful place. My favorite spot faces a window with a view of trees, grass, and flower beds. I notice how busy the squirrels and birds are. They rush around so fast, one would think they are on deadlines, too! Then I look at how the breeze rifles through the leaves of the trees and how they dance around as if they are giggling or making invisible music with their motion. I stare at it all, wishing I could hear the symphony they seem to be performing. I think about the air

EXHAUSTED

In June, Richard Hopkins shared his knowledge of exhaust solutions to prevent debilitating problems of grease accumulation with the Smithsonian Institutions (SI). Several older Smithsonian museums have been plagued by 'hood woes' to the point of forced temporary shut-downs of their lucrative restaurants. Richard Zambito, SI's Program Manager, decided to hold a workshop to educate Smithsonian staff and others on how to prevent fires caused by grease accumulation in ducts.

At the **"Greasebusters—Do's and Don'ts of Commercial Kitchen Exhaust Systems"** workshop, in addition to our own Hopkins, presenters included professionals from SI's Office of Safety, Health and Environmental Management, Office of Planning, Design and Construction, the Association of Commercial Kitchen Exhaust Systems, the International Kitchen Exhaust Cleaning Association, and a representative from the federal General Services Administration. The Greasebusters panel presented very serious content in a light and entertaining way that included costumes made for the presenters, music (adapted Ghostbusters theme) and a lively introduction. We all laughed heartily and then settled in to learn.

Richard Hopkins offered the following remedial design and operations solutions:

- Design reviewers should look for high effluent equipment, such as fryers and char broilers, to be in the middle of the cooking lineup.
- Design reviewers should consider reviewing access panel/clean-out locations with a service agency.
- To minimize the distance to the vertical shaft if the deck heights are too low for standard slope back from the vertical riser, use water wash sumps on see-saw horizontal duct runs to the vertical shaft.
- Avoid shallow ducts to minimize vibration.
- Use V-bank filter banks for exhibition cooking stations to minimize heat gain in an open environment.
- Compare the capture efficiency of a standard canopy with one having perimeter air

HOPKINS Fall Harvest

CULTURAL

It's My Party
 - The Anthem

EDUCATION

Belmont Freeman Architects
 - Columbia University-Lerner Hall

Goody Clancy / BIG
 - Isenberg School

SHoP

- Syracuse University

STV

- Grant Hall, West Point

HEALTHCARE

SOM

- Emory University Hospital

WORKPLACE

BNIM

- OBO, Kampala

Ennead

- OBO, Chiang Mai

Fentress

- Royal Norwegian Embassy

SHoP

- OBO, Tegu
 - OBO, Bangkok
 - OBO, Milan

Studio Gang

- OBO, Brasilia

SOM

- Confidential Project
 - USDOT
 - Tenable
 - Montgomery County Courthouse




that is doing this, that same air that living beings breathe every moment of every day. (To associate my newfound fascination with air, and still make it relevant to our work lives, my feature topic is about greasy air exhaust).

I shift back and forth from my view to the food's taste and texture. I wonder where every ingredient that went into my meal originated from and contemplate the journeys each of the ingredients made before landing on my plate. I am astonished. Alexander Schmemmann* wrote "We take the world into our bodies and transform it into ourselves, flesh and blood." Yes! It seems that all of Creation is presented to me as if for the first time with every meal: water, soil, sun, trees, bushes, other plants, and animals, including their eggs and milk. So, I say "Thank-You!"

In addition to nature I think of all the other things needed to bring the food to my plate: the farmers and pickers; the machines and trucks; planes and boats; and refrigerators and grocery stores. The HOPKINS-designed kitchen is one intense but brief stop in the amazing journey of food from Creation to human nourishment, both physical and psychological nourishment, too! I now appreciate more than ever the short trip of meals whose ingredients hop from from my garden to my table.

Having the self-control to limit myself to three meals is hard to do. It is also hard to sit and eat without getting up to stand or walk, and without listening to music, TV, or the radio. I laugh at myself because at almost every meal I still rush to get up to do something else while chewing the last bite. I say to myself, 'Why the rush? Stop multi-tasking. Sit down!' Practicing self-control is a challenge that is essential for mindful eating.

This holiday season take a moment to appreciate the miracle of every meal!

Your consultant with autumn food for thought,

Lynn Hopkins

*For the Life of the World, Alexander Schmemman

Lynn's Favorite Rich Pumpkin Pie

- 1 recipe pate sucrée*
 - 2 cups cooked pureed pumpkin
 - 1 cup brown sugar
 - 6 eggs, lightly beaten
 - 2 cups cream
 - ½ teaspoon salt
 - 1 teaspoon cinnamon
 - ½ teaspoon ground cloves
 - ½ teaspoon mace
 - 1/3 cup cognac
 - 4 tablespoons minced candied ginger.
1. Line a 9" pie tin with the pastry and place foil on top.
 2. Fill with dry beans and bake in a 400° oven for ten minutes. Remove the beans and foil.
 3. Combine the pumpkin with the sugar, eggs, cream, seasonings, and cognac and blend well.
 4. Pour through a strainer into the pie shell.
 5. Sprinkle with minced candied ginger.
 6. Bake in a 375° oven for 30-35 minutes, or until pumpkin is set.

Pate Sucrée

- 1 cup flour
 - 2 ounces butter
 - ¼ cup sugar (4 tablespoons)
 - 2 egg yolks
 - 3 drops of vanilla or grated lemon rind.
1. Put the flour on a marble slab or on a pastry board.
 2. Make a well in the center, and in it put the other ingredients.
 3. With your fingertips, work them into a smooth paste.
 4. Then push the flour gently over the paste and work it in with the heel of your hand. Add a little ice water as needed.
 5. When the mixture will form a smooth ball, wrap it in waxed paper and chill in the refrigerator for at least ½ hour before rolling out.

Richard's tip: do not overwork the pastry or it will become tough.

House and Gardens New Cook Book, published by Conde Naste Publications Inc. and distributed by Simon and Schuster, 1967

curtains before you value-engineer out a well-designed system.

- When changing equipment under the hood compare capacity and ensure that there is adequate exhaust airflow and replacement air.
- Use better fan curb collars and hinged fan sets for discharge to collect grease and wash-down discharge generated during cleaning.
- Use both half and full end-panels to reduce smoke roll-out and install stainless steel rear wall panels and gaskets to maximize capture.
- Hoods with UV lights convert grease particles in the filter bank to dust. UV hoods eliminate the need for water wash and the cost of second scrubber filters.
- Replace single-stage filters with two-stage filters; increase the frequency of filter changes; and clean the greasiest filters by soaking overnight.

Richard Zambito summed up the Greasebusters Program with the following Lessons Learned/ Best Practices:

- Design commercial kitchen exhaust systems with straight runs that are mostly vertical. Have good operational protocols in place and revisit every two years to update.

- "Trust but Verify" cleaning reports should be scrutinized to check that hard-to-reach areas were not omitted from the cleaning, even though the report states that a thorough cleaning (of what they could reach) was performed.

- Confirm that volume and type of cooking matches the system's design performance.

- Regularly inspect to confirm operation performance of associated systems such as filters, fire suppression systems, cooking equipment, gas valves, and fan start-up switches.

- Make sure your contractor is qualified and experienced in your specific hood installation.

