



FYI Newsletter

Dear Associate,

Hard earth and skinny bare branches surprise the world in spring! Warm weather and buds bursting into blossoms call us out of our cozy shelters to wake us up (as if we've been hibernating with them all winter – not a chance).

My vegetable beds are screaming for tilling and planting. Richard recently cut down an old ivy-covered mulberry tree to give the veggie bed more sunlight. I am looking forward to a bumper crop this year. Look for a summer newsletter with pictures of my luscious home-grown veggies!

Nature teaches us about order. Seeds grow into seedlings, and then mature plants, which we use for food. Morning, then noon and then night, consistently without fail, stabilizes an otherwise chaotic world. To mimic nature is to appropriate its calm, matter-of-fact order, which allows us to avoid useless churn.

The feature article, "Hopscotch", is about the orderly design process and why the order of the process is fundamental to the quality and utility of the product. We all know that an orderly process is essential, but as in so many situations, friendly reminders are helpful.

May your spring be joyful.

Your consultant with food for thought,


Lynn Hopkins



Kitchen Hopscotch

Thousands of years ago, Roman soldiers played hopscotch to test their strength and speed. Now it's a sidewalk game where a string of squares, numbering 1-10 is drawn with chalk. Most squares are singles with an occasional double. Only one foot hops on each square. In side-by-side squares, one foot goes on each square for a quick two-footed landing. A flat stone is thrown starting with square one. The square with the stone must be hopped over. At the end, the player turns around and bends over to collect the stone on the way back. No stepping on or outside of the line! Skipping steps is part of playing hopscotch, but it can be disastrous in kitchen design, and in making Scotch whisky, which we will describe later. A sound foundation is vital to good kitchen design. For this reason, a wise design team resists the temptation to start drawing too soon. Programming and concept design are the footings and the road map of kitchen design. Clients with the highest standards insist on taking the time for a thorough preliminary-design process.

HOPSCOTCH

EXPERIENCE YOU CAN BUILD ON

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Project Eero

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OBO Chiang Mai; Lagos

Fentress
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Hensel Phelps/Gensler
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If steps in the design process are skipped, more disciplines will need to spend excessive time in later coordination. Time is precious. Prevent waste! Smart clients know the extent to which a smooth operation begins in the design phase.

Determine the following before design:

- Budget
- Space requirements for each department
- Frequency of deliveries
- Kitchen staff skill level
- Level and quality of maintenance expected by the operator; e.g. a waterwash hood is 4x the cost of a manual cleaned hood, but saves labor and is more reliable.
- Departmental sizing that is realistic and accurate

Blocking allows stakeholders to evaluate the flow of materials, patrons, and staff. Blocking may justify adding a service corridor rather than accepting waste or deliveries through the dining room after meal service.

A good design can be operated intuitively. It is the inclusion of a myriad of invisible details that make a HOPKINS-driven design so good.

Scotch Making

The word Hopscotch sends Richard and me mentally hopping back to Scotland's distilleries. To make a fine whisky also requires orderly steps.

About taste.

After a sip of whisky, we breathe. The whisky molecules that pass our olfactory epithelium cause an explosion of aromas that contributes to the enjoyment of tasting whisky. Over the years more than a hundred esters have been detected in whiskies that present as either flavors or aromas.

The Process.

Step 1 Barley and Water - Quality is Key.

As we drove through the Highlands, we passed several rapidly flowing brooks of cold fresh water, the key ingredient and tool in making whisky.

Step 2 - The Mash Tun

- Burn peat to dry the barley, which becomes a coarse "flour" that is transported to the mash-tun, where warm water is added.

- Rakes stir the thick porridge-like mixture, transforming the starch into fermentable sugars that slowly dissolve into liquid.
- During several mashings various compounds, such as amino acids, are released from the malt and emit aromas, such as cloves or sulphur, which become the esters.

Step 3 - The Washback: Fermentation

- The sweet wort produced by mashing is drained and poured into either a wood or stainless steel vat called a washback.
- Add yeast (distiller's, bakers, or brewer's yeast)
- During fermentation in the washback, the esters and oils appear, which will either be integrated in the whisky or condensed and re-stilled in the next batch. Aromas of green apples, flower blossoms, or sweet butter may emerge.

Step 4 - The Still

Stills, usually made of copper for its conductivity, come in different sizes and shapes. There are two different stills used in the process--the wash



still and the spirit still.

- Heating can be either direct under the still, or indirect with steam coils. Alcohol fumes ascending through the neck of the still cool down and condense into liquid.
- To cool, the fumes are led through a copper pipe. This worm-shaped pipe is immersed in a wooden vessel filled with cold water.
- The liquid is then pumped to a spirit receiver from which the casks will be filled.

Step 5 - The Cask

- The liquid in the spirit receiver is poured into the casks.
- The whisky will mature in the cask for as many as 30 years or more.

Hopping over steps, whether in whisky-making or kitchen design, invites failure. A good dram of whisky reminds me of a successfully designed food service facility that hums with proud, contented workers and sparkles with enthusiastic customers.

Taste great whisky--Think HOPKINS designs



**Intellectuals solve
problems, geniuses
avoid them.**

- Albert Einstein

Credits: Lambs Gemma Evans; bottom left Annie Spratt; Alberto Falchetti by John Singer Sargent c. 1905, Eva Evdokimova, 1970 by Mike Davis; Scotch article adapted from "A Taste of Whisky", by Hans Offringad, Jonge Hond Publishers, 2007.

HOPKINS Latest Favorite Scotches

Kilchoman (Islay) Single Cask Release
(Distilled 2010, Bottled 2015)

Ochdamh-mor Virgin Oak (Islay)

