

Info for Chefs

Sandbridge Hammered Dulcimer Retreat

Please note: The webpage at www.sandbridgedulcimer.com/infoforchefs is the most up-to-date source for information. This document is current as of Feb 16, 2024

Before Sandbridge

Food Survey

Prior to the workshop, we do a food survey. The food survey identifies allergies and some preferences. It is important for the chef to review carefully. We try to accommodate dietary restrictions, within reason. But we do not run all over the place looking for specialty items—people can bring their own specialty items if they need something very specific. Food survey results are compiled during the month before Sandbridge to give you time for planning.

Menu Planning

The food survey will help you with your meal planning and shopping. Meat/protein preferences in particular.

Pre-Shopping

Depending on the space in your car for transport, you can get ahead on shopping for staples at your usual local stores and sources. If you do this, save your receipts for reimbursement. If requested, Ken can also send an advance to cover these expenses. *Please co-ordinate with Ken as he often has some supplies he will bring along.

Food Prep

Totally up to you; previous chefs have prepared frozen cookie dough, pie dough, dressings, etc... to bring along to help decrease prep time on site.

Kitchen stuff: what you might want to bring along to make your life easier

(In the kitchen: ice machine and fridge good, stove OK)

Knives, other utensils that you rely on

Small appliances that you use a lot, better to bring rather than rely on the ones in the house, like blender, etc.

Appliance/crock pot to keep soup hot if you plan to serve soup

Serving dishes if you are particular - serving bowls and large plates are available but random

Ice chest(s)-supplemental cold storage

List from previous chef in Appendix A below

Transportation

Chef is responsible for getting to and from Sandbridge - Ken will reimburse travel expenses up to \$500 with receipts. Once there, the chef may use Ken's van if needed. Harris Teeter, seafood markets, Wal Mart are all within 20 minutes' drive. Ken will cover all gas once at the workshop.

Important numbers

Ken - 410-746-8387

Laurie - 828-423-4444

Mary Lynn - 919-414-1491

Sandbridge Realty (Vacasa) - Ocean Front Villa - 757-426-6262

Siebert Realty - Queen O'Sea - 757-426-6200

During Sandbridge

Date of arrival

The chef should arrive as early as possible on Saturday. Saturday and/or Sunday morning are good days to complete shopping for as much of the week as is possible. For the first week only of Sandbridge, you may also arrive on Friday evening but this is not necessary (you will not have access to the main house that day).

Kitchens in the main house

We have THREE kitchens in the main house. The chef's kitchen is on the ground floor—participants will stay out of that kitchen. Re-arrange the kitchen to suit workflow but things moved out of the way will need to go back in place at the end of the workshop. Take pictures to aid in resetting the kitchen!! The dining room is on this floor and accommodates the entire crowd.

We use the second-floor kitchen for breakfast and lunch. The third-floor kitchen refrigerator is used for chilling wine, beer, and all other bevies. If you need extra freezer space, the third-floor freezer often has room.

Daily grocery shopping for 24-30 people:

The chef does the shopping for all meals. This sounds like a big task, but we prepare a list for breakfast/lunch staple items. The grocery stores are about 15-20 minutes away. Shopping list coming separately shortly before Sandbridge begins.

To pay for food, the chef uses Ken's credit card. For shopping at Harris Teeter - please use Ken's VIC card for all purchases. There is also a pretty good Asian Market about 30 minutes away, as well as farmer's markets.

Most of the shopping for staples should happen either Saturday afternoon or Sunday morning at the beginning of each week. Ken brings paper towels, toilet paper, trash bags, soap, detergent etc. but these will need replenishing during the workshop.

During the week, we maintain a grocery list on the refrigerator so folks can jot things down that we need. Chef should double-check all shopping requests: when folks ask for stuff - it might just be hidden in the fridge or somewhere in the kitchen.

At around 9:20 a.m. Monday through Friday, the chef comes to our practice room to go over the list with folks and discuss dinner plans and whether we need anything else. We also discuss whether the houses need any repairs. The chef monitors this list and calls the realtor. Typically, this is very minor stuff like the hot tub is not hot enough, or there is a drip in a sink - that sort of thing.

Wine/Beer fund

Participants bring lots of wine/beer typically, but we often have to re-stock. On your grocery runs, you will be provided with separate cash (contributed by participants) to pick up some wine/beer. Wine and beer is sold right in the local Harris Teeter.

Receipts + budget

Save all receipts and total up at the end of each week. For all expenses, you will use Ken's credit card during the week. If you need to use cash, Ken will provide. We shoot for around \$3500 per week for food/supplies, including crabs and crabmeat. With inflation, it is hard to say we can stay whether that will work. Our priority is good quality food, fresh everything, so if it costs a little more, it is worth it. But, in general, we do not need organic milk and high-end staples.

Stocking the houses

The chef will stock the main house, and all meals are typically consumed there. Participants staying in the other houses will take whatever they need to their house (including coffee, toilet paper, snacks, and breakfast items if they choose to eat breakfast there). The chef does not ever need to go to the other houses.

Breakfast and Lunch

Lunch and breakfast are on our own—no cooking by the chef. We stock the basic staples for these meals, and various dinner leftovers may supplement these.

most folks enjoy things like Starbucks Verona or French Roast. Plus some decaf.

Mid-Afternoon

Chocolate chip cookies!

The chefs make chocolate chip cookies for us campers!—usually timed for 3PM. That does wonders to keep us happy. A simple toll-house type recipe works just fine – nothing fancy (no cranberries, oatmeal, etc – just Ghirardelli chips and maybe some with nuts). Previous chefs have often made up the dough and frozen it ahead of time.

Appetizers

Appetizers are for consumption during happy hour, so should be suitable for handheld/napkin/paper plate

Usually an assortment of 2-3 selections

Sometimes themed

Often healthy

Be creative! We want you to do what makes you happy.

Just as examples of previous appetizers: some can be simple like chips/pita bread/crackers with (your favorite homemade) dips or salsas, or go more elaborate. Potstickers, Pork Sliders with Dried Cherry Jalapeno Relish, hummus, baba ghanoush, cheese and crackers, Cowboy caviar, Asian appetizers (frozen from Harris Teeter like kung pao cauliflower) were very popular for an easy appetizer.

Dinner

Prepare dinners for 5 nights Sunday-Thursday (Sandfiddlers week includes 3 dinners)

NOTE: dinners are typically presented buffet style

Dinners usually include:

Soup (optional) - people do seem to like having it

A main fish or chicken dish (see food surveys for protein preferences) - sometimes a choice of proteins (like 2 kinds of fish)

Veggies

Salad

Good bread

A dish for vegetarians (usually 1-3 people per week but sometimes zero)

As example, in the past, some chefs have presented themed dinners, like “Thai Tuesday” (veggie curry with shrimp & chicken separate for add-ins). We also usually have a grilled fish dinner with a couple types of fish (we are at the beach, after all!)

But above all, we want you to have fun and be creative!

Dinner Traditions:

Sunday night, we typically do a crab/steamed shrimp feast (with Ken's steamed shrimp recipe). For sides, we usually have things like salad, corn on the cob, good bread, potatoes-- this is up to you though.

Wednesday night we have crab cakes (Ken's recipe). This is the only night Ken and the team: LM and ML, will be helping in the kitchen - we make the crabcakes in the 2nd floor kitchen). Ken (or Laurie) brings the crab meat from Maryland.

Dessert

Typically we have dessert after a short evening music session (8:45 ish)

Ranging from simple (ice cream with fudge sauce) to whatever you love to make!

Sometimes we have birthdays to celebrate. (i.e. September 24 is Ken's birthday)

Help from the participants

When you get back from a big grocery run, call Ken 410-746-8387 and tell him how many folks you need, and he will send them right down to help unload. It is extremely helpful if you bring your own bags and, at the store, you bag the groceries based on which kitchen they need to go to.

Especially good helpers are spouses of participants. Spouses can often help with chopping, working the grill or any other task where you can delegate.

The participants are responsible for keeping the second floor kitchen clean and orderly. We maintain a signup list for 2 participants per day to get out the lunch goodies and clean up afterwards.

Clean up after dinner

3 participants will sign up for clean up duty per evening, which includes putting food away, washing dishes, wiping counters and tables, sweeping floor, etc.

If you have specific instructions for cleanup duties, etc. just let us know.

Leftovers:

Helpers pack up leftovers, and chef indicates whether these go to the 2nd floor kitchen for general consumption or stay on the first floor for future use (i.e. you may decide to use leftover fish, veggies or whatever in an appetizer the next day)

Schedule for a typical day:

Remember: if you start to fall behind and dinner might run late, ask for help early!!! We are happy to help! If you will need shrimp peelers or carrot choppers at a particular time to make it easier, speak up!

9:20 AM: Visit us in the music room, and we'll organize any last minute needs/requests for the day, you can tell us what's for dinner, etc.

3:00 PM Fresh Cooookies! Choc chip cookies preferred - basic toll house recipe is great

5:00-5:30 PM Happy Hour with Appetizers

6:00-6:30 PM Dinner

7:30 PM Cleanup

8-8:45 Music session

8:45 Dessert

The after dinner schedule is a moving target and is very flexible.

Weekly Schedule

(note that in Spring 2024, we have shifted dates in one week to accommodate Easter, so these days of the week are not correct)

Sunday (Night 1): Crab/Shrimp Feast

Wednesday (Night 4): Crabcakes + our coffeehouse night—most of the players perform after dinner. It is fun! Definitely worth hanging out with the players after dinner.

Friday (Night 6): we go out to a local seafood place (or we order takeout); we treat you to dinner (each week)

Friday-Saturday: Chef's days off

Packing up

In the final week and especially the last few days, the chef should be very cognizant of the supplies of perishables so that we don't end up throwing away lots of stuff. We especially need to double-check all shopping requests so as not to over-buy things at the last minute.

Departure

The chef is free to go on Friday at the end of the last week, but almost all chefs choose to leave Saturday morning. It is more relaxing that way! The chef needs to pack up and reset the first floor kitchen prior to departure (We can help).

Make sure Ken has all of your receipts (and his credit card) from you before departure.

APPENDIX A

Possible equipment list from a previous chef;
your needs may vary!

Baskets (bread, etc)

Blender

Bus Tubs

Cookie Sheets

Cuisinart

Cutting Board

Jars

Juicer

Knives

Knife Sharpener

Measuring Cups & Spoons

Mixer

Stainless Bowl

Pan (Big)

Pans/Lids

Pie Pans, weights

Pitcher

Platters

Rolling Pin

Shopping Bags

Skillets

Sterno Racks?

Utensils

NOTE: Ken brings lots of Tupperware for
storage of left-overs

APPENDIX B

Shopping List (subject to revision based on food surveys and discussion with Laurie or Ken)

Misc. Refrigerated

Eggs
Butter
Milk
Creamer
Alternative Milk
Whipping Cream
Vanilla Ice Cream
Non-Dairy Frozen
Yogurt (Plain)
Grated Cheese
Sliced Cheese
Hummus
Mayonnaise
Mustard

Beverages

Green Tea Bags (Ken)
Black Tea Bags (Ken)
DeCaf Tea (Herbal, etc) (Ken)
Coffee
Decaf Coffee
Orange Juice
Flavored Seltzer
Soft Drinks/Coke, etc.

Breakfast

Instant Oatmeal (Ken)
Steel cut Oats
Granola Bars
Cereal
Bananas
Apples
Clementines
Blueberries
Grapes

Lunch

Carrots
Salad Greens
Salad Tomatoes
Lunch Meat: Turkey
Lunch Meat: Ham
Lunch Meat: Roast Beef
Peanut Butter
Jelly
Canned Tuna
Avocado

Dressings:

Ranch Salad Dressing
Vinaigrette

Breads & Crackers

Whole Wheat Bread
Gluten Free Bread (if needed)
Artisanal Bread
English Muffins
Wheat Thins
Triscuit
Gluten Free Crackers (if needed)

Snacks

Pistachios
Walnuts
Almonds
Kettle Chips
Peanut M&Ms

Other

Choc Sauce (Ken)
Sugar
Alt Sugars-splenda etc.
Pantry Items
Olive Oil
Balsamic Vinegar
Spray Oil
Canola Oil?
Parchment/Wax paper
Plastic Wrap
Foil
Zip Lock Bags
Household
Toilet Paper
Paper Towels
Napkins
Dish Detergent
Dishwasher Detergent
Laundry Detergent
Dessert Bowls (disposable)
Dessert Plates (disposable)