

Chef Boy-ar-Dave: the man behind the recipes

By Daniel Heyman/Zack Christy
Managing Editor/Staff Writer

When Senior Dave Alexander enters a room, his presence doesn't exactly command your attention. As an English major who spends a majority of his time procrastinating, and the rest of it distracting others, you probably wouldn't peg Dave as much more than your average student.

You'd be wrong. Brevard College's "Chef Boy-ar-Dave" found his passion in "chef-dom," as he calls it, at an early age. At 15 years old, he was working at Big Ed's Chicken Pit in his hometown of Highpoint. By 17, Dave had already climbed to the lofty position of head cook.

Dave joined the Clarion staff in the fall of 2008 as part of Dr. Padgett's Political Coverage course. Despite being in the class during the election of our nation's first African-American President, Dave still didn't find himself interested in covering American politics.

"It just made sense to be Chef Boy-ar-Dave; I've had that name since I was 8," Dave says. "I had to write something each week, so I figured why not use my passion for cooking?"

The weekly recipes featured in the Clarion require much more effort than one would think. "I don't

publish anything I haven't prepared and tasted myself," says Dave; "I get recipes from all sorts of places — a lot of them are from restaurants I work in, some of them are family traditions, and some of them are original."

Considering his self appointed title, it might seem odd to find Dave at BC, rather than at Charlotte's Johnson and Whales culinary school or some other institution devoted to the art of cooking, but as Dave said, "I don't really see it as a career aspiration, I just like to cook. I'm an English major, but I'm not even sure if I'll use that. I just go where the wind takes me."

Dave continues, saying, "I'm not an actual Chef, per se. I'm as high into the culinary business I could get without formal training, but I don't plan on going to culinary school anytime soon."

When he's not in class, or testing recipes for publication in the Clarion, you can find Chef Boy-ar-Dave armed with a pair of non-slip Skechers and a black chef's coat working as the number-two cook at downtown Brevard's Falls Landing restaurant.

Chef Boy-ar-Dave personally invites BC students, parents and relatives to taste his handiwork this family weekend at Falls Landing, saying, "There's no discount, but it's delicious, and I'll be cooking."

CHICKEN FLORENTINE from Chef Boy-ar-Dave

Average Cost of Meal: \$10 - \$12

Time of Preparation: 10 - 15 minutes

Cooking Time: 30 minutes

Serving Size: 4

Ingredients:

4 Boneless, skinless chicken

4 cups of spinach

1 cup of crimini mushrooms

4 slices of Swiss cheese

1 egg

2 cups of bread crumbs

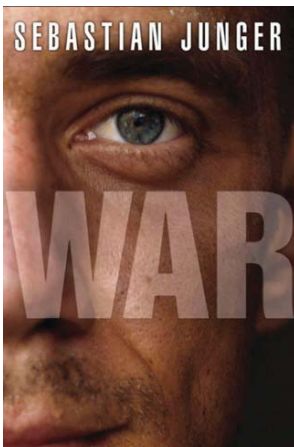
Toothpicks

Instructions:

Soak as many toothpicks as needed in water for 30 minutes. Preheat the oven to 400°. Butterfly the chicken breast and stuff spinach, mushrooms, and Swiss cheese inside the chicken breast. Secure shut with a toothpick. In a small bowl beat 1 egg. Cover a plate with the bread crumbs. Roll the stuffed chicken breasts in the egg and roll it in bread crumbs until it is covered. Bake for 30 minutes or until the chicken is cooked through.

Book Review: Sebastian Junger's 'War' is hard to put down

By John M. Climer
Editor in Chief



Sebastian Junger's most recent book 'War' is an amazing glimpse into the power of brotherhood, courage and valor.

Junger intermittently embedded himself over a 15 month period with a platoon of soldiers from the 173 Airborne Brigade in one of the deadliest areas in Afghanistan, the Korengal Valley.

As Junger explains, the Korengal Valley is roughly 25 miles from the Pakistani border, allowing Taliban soldiers to slip in and out of Afghanistan undetected. Undetected until the platoon Junger embedded with arrived in the Korengal to

intercept the insurgent fighters. The result: evasive enemies, violent firefights and hostile locals in some of the earth's most rugged territory.

Throughout the book, Junger talks about the trials and tribulations he and the young soldiers face throughout their time in Afghanistan, reflecting on how casualties and injuries faced by him and the men affect the moral and psychological atmosphere within the platoon.

Additionally, Junger takes time throughout his book to delve away from his own experience and reflect on the bond shared by men at the frontlines of war. Junger examines this bond not only through the men's shared experiences, but also

from a biological, physiological and evolutionary perspective in an attempt to understand why men at war have such an unspoken devotion to one-another.

Junger's work illustrates to readers the dichotomies between the horrors of war, the beauty of brotherhood and the difficulties young men face when they lose both of these elements upon their return home.

'War' is a truly compelling work and extraordinary piece of journalism and I highly recommend it to all.