

CPS CHEF COUNCIL

Chef Rafael Perez



Rafael D. Perez is a seasoned culinary professional with over 35 years of experience, excelling in various roles, including Chef Instructor, Executive Chef, Kitchen Manager, and Sous Chef. He is currently a Coordinator and Chef Instructor at Quiroga College, instructing students in the Culinary Arts and providing catering services to college staff and administrators.

Rafael's culinary journey began at an early age, shaped by his Puerto Rican upbringing and a dedication to the culinary arts. He started as a dishwasher at a Marriott Hotel in Chicago at the age of 14, leading to a successful career that includes formal culinary education and various culinary roles, showcasing his versatility. He is also the Chef and Owner of Chef Rafael & Son's Corp, specializing in event catering since 2017, and holds an Associate of Applied Sciences in Culinary Arts from St. Augustine College, reflecting his commitment to culinary education and exceptional catering services.



NUTRITION
SUPPORT
SERVICES



Pasta Primavera Recipe

Chef Rafael Perez

INGREDIENTS

Pasta

½ pound fettuccini pasta

2 Tablespoons olive oil

½ teaspoon salt

1 cup broccoli florets

½ cup chopped red pepper

½ cup chopped zucchini

½ cup matchstick carrots

½ cup mushrooms

Fresh basil, for garnish

Alfredo sauce

1 oz butter

1 cup heavy cream

4 oz fresh grated Parmesan cheese

½ teaspoon garlic powder

Salt and white pepper to taste

INSTRUCTIONS

Prepare the veggies by washing and chopping them into bite sized pieces.

Prepare the noodles according to package instructions. For best results, cook them al dente to ensure they hold up to the veggies and sauce. Drain and rinse in warm water; set aside.

Prepare the Alfredo Sauce by combining butter, heavy cream, salt, and pepper in a large skillet. Cook, stirring, over medium heat until butter is melted. Stir in grated Parmesan and cook, stirring, until cheese is completely melted. Keep warm over low heat.

Heat the olive oil in a large skillet, then sauté the veggies until tender-crisp, reserving the zucchini, squash, and tomatoes for the last few minutes.

Combine the pasta, sauce, and veggies. Garnish with fresh grated Parmesan and fresh basil.