



Working with  
Pride, Passion,  
& Professionalism



THE **Culinary Institute**  
**of New York**  
AT MONROE COLLEGE

[ciny.monroecollege.edu](http://ciny.monroecollege.edu)





THE RECIPE FOR SUCCESS

Certified instructors who have  
**experience & passion** to share.





# A DEGREE IN CULINARY ARTS

Located in New Rochelle, New York—just 25 minutes from New York City and its 26,000 restaurants—the Culinary Institute of New York (CINY) at Monroe College is an award-winning, nationally recognized culinary institute that provides students with a combination of theoretical education and hands-on experience in culinary arts, baking and pastry and hospitality management. With access to instructional facilities designed to emulate the kitchens of restaurants, hotels and large production operations, students receive personal instruction and mentorship from a faculty of ACF-certified chefs and experienced industry professionals who are committed to their success.

Culinary Arts and Hospitality Management are career paths that require a commitment to working with pride, passion and professionalism. CINY helps students excel every step of the way, providing them with the support and encouragement they need and preparing them to advance into a professional, impactful careers.

## **Associate Degree Program in Culinary Arts**

Our Culinary Arts program prepares students for a variety of careers, from bakers and line cooks to the corporate environment of hotel food service, catering operations or food service for schools. Other graduates choose to open up their own restaurants. Instruction covers cooking and baking techniques as well as industry trends such as how food is grown and processed, nutrition, and food handling and safety.

## **Associate Degree Program in Baking & Pastry**

Our Baking & Pastry degree program is for students who love the culinary environment but want to specialize in a particular niche. This program provides hands-on skills in all areas of the bakeshop, including yeast and quick breads, viennoiserie, pastries, tarts, cakes and pies.

## **Bachelor's Degree Program in Hospitality Management**

Our bachelor's degree program provides students with the comprehensive knowledge and skills needed for management careers in lodging, food and beverage, travel and tourism, and event planning.





“Competing has helped me improve my skills and build strong bonds with my teammates and coaches ... ones that I know will last throughout my career.”

**CASEY CREAZZO**  
TEAM CAPTAIN, TEAM CINY 2019  
PASTRY CHEF, THE ESSEX COUNTY COUNTRY CLUB,  
WEST ORANGE, NJ

“My experience with competing helped me realize that presenting our finished product to the judges is similar to presenting a cooked plate of food to customers.”

**TYLER JOHNS, TEAM CINY 2019**  
CHEF, THE NEW YORK GIANTS FOOTBALL TEAM

**MONROE COLLEGE'S  
CULINARY ARTS  
STUDENTS WON 2015, 2016,  
2018, AND 2019 NEW YORK  
STATE CHAMPIONSHIP  
IN AMERICAN  
CULINARY FEDERATION  
COMPETITIONS**

“As a competitor,  
I was able to  
showcase my skills  
and speed as well as  
the techniques that  
I learned at CINY.”

**YUDI TORRES**  
TEAM CAPTAIN  
2016 NY STATE CHAMPIONS  
HEF DE CUISINE, MARCUS  
SAMUELSSON'S BP  
RESTAURANT, NEWARK, NJ



*“Securing four of the last five state championships attests to the strength of Monroe's culinary program and the focus, talent, and determination of our students, who worked incredibly hard in practice over the last five months to prepare for this event.”*

**DR. FRANK C. COSTANTINO**  
CEC CEPC CCE CCA AAC





# JOIN A WINNING TEAM

Culinary competitions play a vital role in preparing students for personal and professional success, pushing them to raise the standards of creativity and excellence as they hone their craft and put their skills, knowledge, and speed to the test against teams nationwide.

The Culinary Institute of New York's (CINY) teams are top ACF competitors, and the program as a whole boasts a list of achievements that grows longer every year.



## CINY's teams have garnered the following since our founding in 2009:

**#1** 2022 Student Team National Champions

**4x** ACF State Champions  
2015 • 2016 • 2018 • 2019

**3x** ACF Northeast Regional Champions  
2016 • 2018 • 2019

**1000+** ACF Medals Won

**3x** Winners of the Marc Sarrazin Cup for best pastry and culinary display at the International Hotel, Motel + Restaurant Show at the Salon of Culinary Art competition in New York City  
2011 • 2013 • 2014

**6x** Caribbean Tourism Colloquium Champions  
2012 • 2013 • 2014 • 2016 • 2017 • 2018 • 2019



# STUDY ABROAD IN ITALY

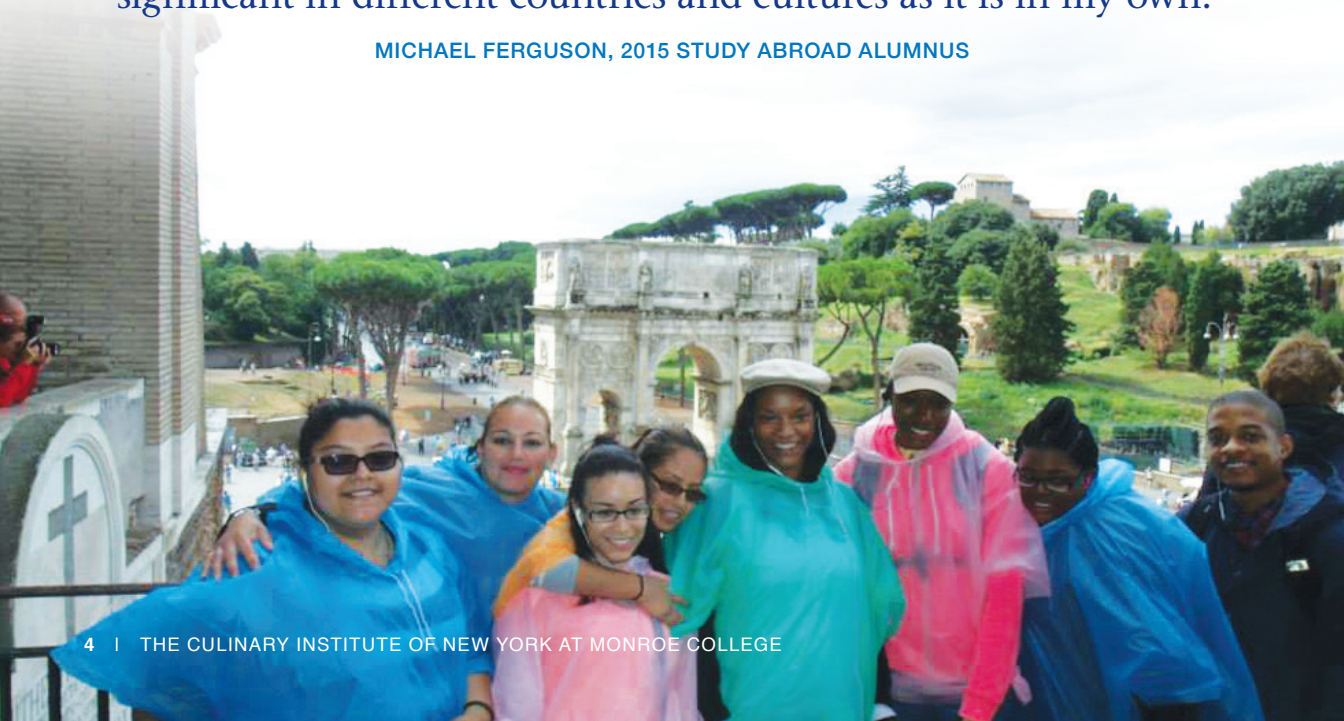
Traveling abroad is an essential ingredient in any young culinarian's development. Studying cuisine and culture in Italy in a full immersion program is an incredible experience. Italian chefs, bakers and artisans are known for their passion. The opportunity to travel and explore the culture and cuisines of Italy can be life-changing for any future chef.

When this program is offered, culinary and pastry students spend 8 weeks studying the various regional cuisines: breads, fish and shellfish, meats, vegetables, pastries, and, of course, pasta! Regional wines and other agricultural products are also explored making for an incredible culinary journey.



**"I will be forever grateful for my participation in the Italy Study Abroad Program. As a young hospitality and culinary professional, I found it enlightening to see how this field of work is just as significant in different countries and cultures as it is in my own."**

**MICHAEL FERGUSON, 2015 STUDY ABROAD ALUMNUS**





# EARN A CERTIFICATE IN FOOD MEDIA STUDIES

Build your brand and reputation as a food writer, photographer, website developer, or content editor. Monroe's 18-credit certificate program will help you create a solid foundation to participate in the dramatic expansion of digital food and beverage marketing. No other industry has a better finger on the pulse of research and innovation interactive marketing, working in concert with ad agencies, marketing firms, and high-tech specialists to design campaigns that take advantage of our engagement with social networks, interactive games, mobile phones, online videos, and virtual worlds.

## Career Opportunities in Food Media

More than 90% of retail food industry brands use two or more social media channels – the three most engaging types of content on social media are written articles, videos, and images. Restaurants that respond to customers on social media have an advantage, since nearly three-quarters of customers say they're more likely to recommend a company that responds quickly to them on social media.





“Receiving a favorable review in *The New York Times* is in many ways equivalent to the holy grail of the restaurant industry, and we take great pride in the recognition our culinary arts students, staff, and school continue to receive.”

MARC JEROME, PRESIDENT, MONROE COLLEGE







# THE DINING LAB & THE PASTRY KIOSK

**CINY's student-run restaurant and café post rave reviews.**

Launched in 2013, [The Dining Lab](#) is a critically acclaimed contemporary American fine dining restaurant run entirely by students from the Culinary Institute of New York (CINY). Deemed a “training ground for students” in *The Wall Street Journal*, “the little kitchen that could” in *The New York Times* and “Westchester’s Best Kept Secret” by *Westchester Magazine*, the restaurant provides students valuable real world experience in à la carte food production and refined service, all while earning credit toward graduation.

Led by seasoned and certified instructors with vast industry knowledge and experience, students develop the professional, sophisticated skills needed to create a memorable dining experience for guests. The Dining Lab is open specific nights a week and offers a seasonal menu.

CINY's student-run café, [The Pastry Kiosk](#), offers a full lunch menu with gourmet sandwiches, homemade pastas, burgers, salads, pizzas, and soups. It includes a full pastry case, including decorated cupcakes, mousse-filled cakes, tarts, biscotti and croissants. The Kiosk hours vary according to the semester schedule and is open to the public, providing students yet another opportunity to gain first-hand experience.



Sunday, June 13, 2014, *The New York Times* praised The Dining Lab at CINY saying, “The kitchen here is the little kitchen that could. Our guarded expectations were met with superior appetizers: a creamy risotto made with carnaroli rice, spring-onion purée and robiola cheese; orecchiette in a delicate marinara with fresh sage and The Dining Lab’s own sweet fennel sausage; and a brisk salad of campus-grown lettuces.”

# EASY ACCESS TO NYC

CINY has the unique advantage of close proximity to New York City, providing students continuous exposure to the industry's highest standards in the hospitality capital of the world.

As internships play a valuable role in transitioning students to a full-time career—and are a requirement for every CINY student—classroom lessons are seamlessly connected and applied to the job expectations of the real world.

CINY helps students secure internships and pursue work opportunities at some of the most prestigious sites in the world, starting right here in New York City, as well as other national and international destinations, including Switzerland and Disney World.

Our career advisors work closely with students to identify appropriate employment matches and assess the skills needed to for the position. Internships are required for the associate and bachelor's degree programs. Upon completion of the 120-160 hours of field work, students receive three credits.

## CINY students have secured opportunities at:

- Huertas
- Cafe Boulud
- The Red Rooster
- The Country Club, Brookline MA
- Ritz Carlton
- Marriot Hotels
- Union Square Hospitality Group
- Walt Disney World Resort
- Sodexo
- Restaurant Associates

Opportunities at some of the most prestigious sites in the world:







# + INTERNSHIPS + CAREER SUPPORT

CINY's proximity to NYC can open the door to once in a lifetime opportunities only found in the "Big Apple".





# LIFELONG CONNECTIONS

College isn't just about studying. It's also about building a network of lifelong connections and friends. The best way to do that is by getting involved. CINY encourages students to participate in clubs that volunteer in the community, extending their experiences beyond the classroom and enriching their education.

## Program Clubs & Campus Activities

### Hospitality Service Club

This club is for students who want to serve the greater community through fundraising and special projects. The club's activities include food and hotel tours and other field trips.

### National Society of Minorities in Hospitality (NSMH)

CINY's NSMH chapter is involved in fundraising and community service, plans tours and excursions for club members, and has involvement in the Caribbean Tourism Organization colloquium and similar activities.

### The Culinary Arts Service Club (C.A.S.C.)

The C.A.S.C club members band together for community service events such as "Run for the Wild" at the Bronx Zoo and the New Rochelle Farmer's Market. Demonstrations by guest chefs have included sushi-making, dumpling workshops and molecular gastronomy.





# FIVE STAR CAREERS

CINY graduates do it all – many are successful chefs, restaurant owners, managers and executives, media personalities, entrepreneurs, food stylists, food writers. From five-star hotels, Michelin-starred restaurants, first-class resorts, and in their own businesses, CINY students are making a name for themselves throughout the world.



## Yudel Torres

**Executive Sous Chef,  
The Parlour Room, NYC**

My Monroe experience began when I won the America's Best High School Pastry Chef competition at CINY. The full scholarship I received propelled me through my Associate degree in Baking & Pastry and my Bachelor's degree in Hospitality Management. Through competitions in pastry and savory, I developed a culinary skill set, became captain of our state and regional champion culinary team, won gold at nationals, and launched my career in the kitchen. I am currently the Executive Sous Chef at The Parlour Room in New York City.



## Rossella Cangialosi

**Culinary Instructor, Barry  
Tech BOCES, Westbury, NY**

My Journey at CINY began while I was a Junior in High School. I met Dean Costantino at a culinary competition that he was judging. While I was cooking, he started cooking with me! That day he became my mentor – he's still the person I reach out to when I have a career challenge, need advice, or just a boost. In a short time after completing my culinary and hospitality degrees, I have already been a sous chef, a research chef, and now an educator.



## Kimani Hines, '15

**Personal Chef,  
North Carolina Area**

I enrolled in the Culinary Institute of New York, and trained under the leadership of Dean Costantino, an award winning Chef. One of the most memorable highlights of my three year journey towards the completion of my degree, was spent eating my way through Italy, during the Study Abroad Externship. In 2014, I joined Alvin & Friends as Executive Sous Chef and quickly grew within the ranks in the restaurant being named Executive Chef.

# EXPERIENCED FACULTY

**Dedicated to the success of their students.**



## **Dr. Frank C. Costantino, CEC CEPC CCE CCA AAC**

CINY is led by Dean Frank Costantino, who also serves as Executive Chef at The Dining Lab, and is beloved by students for the personal instruction, guidance and mentorship he provides. Dean Costantino has extensive experience both as a restaurant chef in some of the finest NYC restaurants, as well as a distinguished career in culinary and hospitality education. Named the American Culinary Federation (ACF) Big Apple Chapter Chef of the Year in 2004, the Chef Educator of the Year in 2006 and the ACF Long Island Chef of the Year in 2013, he has led culinary competition teams at the Culinary Olympics and other international competitions. He has won numerous gold medals in individual competitions, including the ACF National Championship in 2002. He is recognized as one of New York State's top culinary coaches, leading Monroe's student teams to over 1000 competition medals, including the 2015 and 2016, 2018 and 2019 ACF New York State Championship, and the 2016, 2018, 2019 Northeast Regional Championship. Dean Costantino won the Northeast Regional Chef of the Year in 2019. His 2021 team took silver medals at the ACF nationals in Orlando FL, and in 2022 he led his team to the national championship. He is a certified culinary educator, certified executive pastry chef, certified culinary administrator and a certified executive chef as well as a fellow of the American Academy of Chefs. He has led his program to top ratings, including the #1 culinary program in the northeast and #4 in the country (Niche.org) as well as being acknowledged in the top 50 of hospitality programs in the world (CEO Magazine).



The American Culinary Federation (ACF) is the standard of excellence in the culinary arts and the Culinary Institute of New York is proud to have **3 ACF-certified Chef Instructors** on staff, along with many experienced industry professionals.



**St. Clair Thompson, MS**  
*Director of Academic Programs*

Professor St. Clair Thompson spent over 13 years in sales and marketing at the St. Kitts and Nevis Tourism Office in New York City. He also worked with the government of St. Kitts and Nevis as a Senior Tax Inspector for the hotel and restaurant industry. Professor Thompson possesses a B.S. in Hotel Management from the University of the West Indies and an M.S. in Tourism and Travel Management from New York University, and has taught for the School of Hospitality Management for over 10 years.



**Edward Moon, MS, CEC**  
*Faculty*

Chef Edward Moon discovered his passion for cooking the minute that he stepped into a commercial kitchen, realizing that that was where he was meant to be. Chef Moon has been teaching for 10 years and has been certified as a CEC for 10 years. His most notable positions were at L'Espalier in Boston, The Atlantic Inn (Block Island, RI), and Eli's Restaurant (Block Island, RI).



**Eric Pellizzari, CEC CCE ACE**  
*Faculty*

Born and raised in the southwest of France, Eric Pellizzari's culinary journey really started with as a passion that led him to becoming a chef in 1983, and a chef educator since 2000. He holds certifications as an Executive Chef and Culinary Educator from the American Culinary Federation as well as certification as a Culinary Evaluator.

**CINY** has been recognized nationally for its excellence in culinary education. Niche.com, a popular source for information on college degree programs, ranks our program **#1 in the region** – and **#4 in the country**, placing us ahead of other well-known culinary schools across the U.S. Additionally, *CEO Magazine* recently ranked us among the **top 50 hospitality programs in the world**. While we are certainly very appreciative of the recognition we continue to receive with such rankings, it is the career success that our graduates have in top restaurants in New York and elsewhere that makes us proudest.

## MONROE BY THE NUMBERS

**7,500**  
STUDENTS ON  
3 CAMPUSES  
AND ONLINE

**500+**  
CORPORATE  
PARTNERSHIPS

FRESHMEN  
CAN EARN

**51**

CREDITS THEIR  
FIRST YEAR!

**900+**  
STUDENTS  
LIVE ON OUR  
NEW ROCHELLE  
CAMPUS

**#2** RANKED "TOP COLLEGE IN SOCIAL MOBILITY,  
REGIONAL UNIVERSITIES NORTH"  
BY U.S. NEWS AND WORLD REPORT—2022

STUDENTS CAN EARN A BACHELOR'S DEGREE  
IN LESS THAN **3** YEARS AND AN  
ASSOCIATE DEGREE IN LESS THAN **2** YEARS

Our Fall 2022  
class includes  
students from  
40 states and  
91 countries

Majority of  
our in-person  
classes have  
< 30 students

**1800+**  
ANNUAL  
INTERNSHIPS  
PLACEMENTS



**33** HIGHLY COMPETITIVE TEAMS ACROSS NINE SPORTS — AND PLENTY OF  
NATIONAL, REGIONAL, OR DIVISIONAL CHAMPIONSHIP TITLES

**MONROE COLLEGE**

Contact: (800) 556-6676 or visit: [ciny.monroecollege.edu](http://ciny.monroecollege.edu)

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