



Rene Arend: The people's chef



Rene Arend, a gourmet chef who has pleased the palates of famous people like Sophia Loren, Elizabeth Taylor, Cary Grant, Queen Elizabeth of England and the King of Belgium, now brings his gourmet touch to more than 11 million "guests" a day in McDonald's restaurants around the world.

Chef Rene, McDonald's product development chef, was born in a northern Luxembourg village. He took three years of intensive kitchen and restaurant training at the College Technique Hotelier de Strasbourg, where he graduated first in his class.

After holding several professional positions in Europe, Chef Rene arrived in the United States to work at Chicago's Drake Hotel. In 1962, Rene moved to the Whitehall Club, an exclusive Chicago dining club, where he met a frequent patron, McDonald's founder Ray Kroc. Kroc admired Chef Rene's culinary talents and experience and

was convinced that a fine chef could make important contributions to McDonald's.

"At first," Chef Rene says, "I wasn't interested. I told Mr. Kroc, 'I am not a hamburger man.' But Ray Kroc's persistence and his idea of broadening McDonald's menu intrigued me. 'Why not,' I asked myself, 'apply my training to reach millions of people?'"

Chef Rene joined McDonald's in 1976. He directs food research, development and technology in McDonald's Oak Brook, IL kitchens. He is responsible for the development of McDonald's menu items. "It took the first few years to get used to such a company," Chef Rene confides, "but, little by little, I see the fruits of my labor and I get more confident. It is very satisfying to know so many people enjoy my recipes every day, and it is a challenge to develop new ideas to please them."

Chef Rene's personal taste and expertise in sauce making has been adapted to products found on McDonald's menus. His newest creation, Chicken McNuggets, is offered with a choice of mustard, sweet-and-sour or barbecue sauce, or with honey.

Chef Rene has compiled a collection of basic sauce recipes in a booklet, "Creating Your Own Secret Sauces." Single copies are available free of charge by writing to, Chef Rene's Sauces, McDonald's, P.O. Box 11189, Chicago, IL 60611.

"The important basics found in this booklet illustrate how fast and easy sauce making can be," said Chef Rene. "I want to put to rest the common misconception that making sauces is difficult."

Let's start the party!

Gourmet hors d'oeuvres are simple to make.

Hors d'oeuvres.

For a hostess planning a party, that word can be a little overwhelming. Entertaining with flair demands more of a dash, "Let's start with cheese and cracker," ... But with today's busy schedules, hors d'oeuvres may be the first casualty of a party.

Hors d'oeuvres don't have to be elaborate, time-consuming or tedious to prepare. The key to appetizers that look—and taste—like you fussed for hours is to use prepared food as a starting point.

Chef Rene, European-trained chef at McDonald's Corporation, suggests using his newest creation, Chicken McNuggets, as a party starter. "Lightly breaded boneless chicken is very subtle—but flavorful," says a party favorite when served with thick homemade sauce," says Chef Rene.

Chef Rene was born in Luxembourg and trained in Strasbourg, France. His European training has made him an expert in elaborate party planning. Designing high-quality recipes that can be prepared quickly in McDonald's restaurants developed Chef Rene's skill in maximizing kitchen efficiency.

Sauces can add that gourmet touch to hors d'oeuvres. Start with 20-piece portions of Chicken McNuggets and serve with a variety of sauces.

The sauce is everything. Chef Rene believes "la sauce c'est tout"—the sauce is everything. "Sauce-making is the most important phase of cooking," he

says. "A sauce gives your food the taste and appearance you want, and that personal touch makes your cooking different from everyone else's."

In preparing sauces, Chef Rene holds there is a secret to sauce creativity. "The one simple step required as you cook is to taste your own cooking—often. Then you add spices according to your personal taste."

As for the art of seasoning sauces, Chef Rene says, "You shouldn't be able to identify the spices used; spices only are added to enhance the flavor."

A tart and tangy cranberry sauce with a hint of orange adds a delightfully festive flavor to tender chunks of chicken. To add an international flair to your party, serve a taste of India—curry sauce. Or serve cheese fondue, an all-time favorite for elegant party giving. These quick and easy sauces are specially created by Chef Rene to make your hors d'oeuvres table tempting and delicious, but simple to prepare.

Enjoy your own party.

"Party giving should, above all, be enjoyable," says Chef Rene. "Practice creative efficiency by selecting recipes that allow you to serve your guests the best, without a great deal of effort. These sauces can be made ahead of time in minutes, with Chicken McNuggets as your starting point. You spend less time in the kitchen, more time in the entertaining—the goal of all outstanding hosts and hostesses."

By combining Chef Rene's cooking and yours, hors d'oeuvres can set your party off to a great start!

Chef Rene's special sauces

Curry Sauce

1 cup prepared mayonnaise
1 tbs. curry powder
½ tbs. catsup
½ tbs. chopped chutney
½ tsp. applesauce

Add curry powder to mayonnaise and mix well. Add remaining ingredients to the mixture; again mix well. Make this sauce one day ahead to allow the curry to blend with the sauce. Makes about one cup.

Fondue Sauce

8 oz. white wine
1 lb. Swiss cheese
1 tsp. corn starch

Melt Swiss cheese into wine. When melted, add cornstarch mixed with water and bring to a boil. Serve hot.

Whole Cranberry Sauce

1 cup sugar
1 cup water
½ lb. fresh cranberries
½ tsp. grated orange rind

In saucepan, boil water and sugar for 5 minutes. Add washed cranberries; boil over low heat for 5 minutes, without stirring. Add orange rind. Cool to set; store in refrigerator. Makes about 2 cups.

Green Herb Dipping Sauce

1 bunch parsley
½ bunch watercress
½ cup fresh cooked and drained spinach
salt and pepper
1 bunch fresh dill
1 bunch chives
2 cups mayonnaise
1 cup sour cream

Chop all herbs very fine, mix all ingredients well and serve on side.