

August 2010



Lunch with Lorri

Lorri Davidson, CFM, CFSP
Chairwoman of the Board

Its lunchtime once again, hmmm where shall we eat today? Many people are turning to mobile food vendors to answer this question. Food carts have been in existence for years in the U.S. and many foreign countries. Vendors are typically found in metropolitan areas on street corners, construction sites, around train/subway stations wherever hungry people can be found. These mobile culinarians are not serving just hot dogs anymore. These moveable feasts are as varied as the expanding number of people who own them.

New York City has experienced such an increase in the number of vendors that they have a waiting list for limited number of spots in each of their five boroughs. The NYC Dept. of Health & Mental Hygiene requires each vendor to have a mobile food vending license. An ID badge is issued and must be worn during business hours. A pamphlet called, "Food Safety for Mobile Food Vendors", has been issued by the Food & Drug Administration for use in the Philadelphia area. These vendors must have a license, a commissary, and employ one individual with a City of Philadelphia Food Safety Certificate.

Now that you know that these are not your typical "roach coaches" (excuse the expression), are you tempted to give one a try? You may know of the name of a vendor or have seen them on a specific corner, but that doesn't mean they will be there every day. Twitter is one way to track them down; it has a list of vendors with their Twitter accounts and web address. Via "social media" you can get the cart locations, menus or get their cart phone # to ask the location. Many vendors have blogs to promote specials and ask for feedback from their customers.

Han Shik, which refers to Korean-style cuisine, is one of the growing number of "upscale" mobile food vendors in Las Vegas. They feature Asian/Latin tacos, Kimchi slaw and Bulgogi-style beef. They join Slidin' Thru (featuring gourmet sliders), Fukuburger (try the Buta-burger, Apple wood smoked bacon, American Cheese, pickled ginger and Japanese BBQ sauce, or try the Tamago Burger, a burger with a fried egg, crispy onion strings topped with teriyaki) and Curbside Café for the special short rib taco with Asian salsa. Take a look at the Twitter or Yelp sights and see if you can find a mobile meal in your area. Happy hunting and happy eating!

Oxymorons

(A combination of contradictory or incongruous words.)

clearly confused
act naturally
alone together
liquid gas
deafening silence
seriously funnys
jumbo shrimp
Advanced BASIC
tragic comedy
unbiased opinion
virtual reality
definite maybe
original copies
pretty ugly
same difference
almost exactly
constant variable
minor crisis
genuine imitation
exact estimate
only choice
freezer burn
working holiday
rolling stop

WISELY SPOKEN

Now that it's
all over, what did
you really do
yesterday that's
worth mentioning?

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? Did ? You ? Know ?

Sargento has declared *August is Panini Month*

For the Italians, the history of the panini sandwich is often connected with memories of lunch breaks, picnic and snacks in summertime. Sometimes outdoor mountain hikes. With each Italian you ask, the history of panini sandwich changes somewhat. But here goes.

According to the Italians, the panini sandwich, the original version of panini, would mostly be a striped down version of today's sandwich with only a single filling, not grilled and most often prepared just before eating them.

Cured meats were the filling of choice in a panini sandwich : salami, prosciutto and mortadella are some such cured meats. A rustic focaccia would commonly be used as the bread. These meats preserved well due to the high salt content.

Cheeses were a common filling too. Usually the local availability would determine which particular cheese was used. Among the summer favorites were panini with tomato and mozzarella or tomato and tuna. These all preserved well on trips and adventures.

There's also a rustic panini category of sorts. Paninis in the Italian country home would include pane e frittata, (a flat Italian omelet), bread with sausage, and bread with breaded cutlet.

All these account for the core of the Italian culinary we all call panini.

The current culinary explosion adds just a few little tasty twists and the paninis are turned into real gourmet treats. And aren't we all so appreciative!

No longer will you find a good panini that is fat laden, or filled with salty meats. No, the new paninis are much lighter and healthier. The addition of fresh vegetables will tingle your taste buds.

Many upscale Lunch haunts do offer quite a few of these gourmet paninis that we are growing to crave. The main difference with the home versions is that the restaurants will use choice ingredients, and only the freshest bread, often prepared especially for the purpose. There is no reason not to be able to duplicate these wonderful toasty treats in our own home, if we shop wisely.

Real panini connoisseurs have been overheard arguing over which breads are best with which filling, and will also discuss at lengths the methods they take to prepare their own creations.

The main thing which all agree upon is that choice of bread and filling should be balanced: one flavor complimenting another's flavor. Look upon your panini with an artist's eye, and a connoisseur's palette. Image the melding of flavors, and then take off and grill to your heart's content.

No panini press??? Heat a little olive oil in a skillet, add the sandwich. Place a wrapped brick or something usually as heavy, in another, slightly smaller, skillet and place on top of sandwich. When the first side is heated and browned, turn sandwich over and place the weighted skillet on top until second side is heated and browned.

Recipe Box

Nutella and Banana Panini Sandwiches

Servings: 4



INGREDIENTS

1 1/2 sticks unsalted butter, at room temperature
8 (1/2-inch thick) slices Pullman bread or pain de mie
1/4 cup sugar mixed together with 3 tablespoons ground cinnamon
1 jar chocolate hazelnut spread (recommended: Nutella)
2 ripe bananas, sliced 1/4-inch thick
1/4 cup chopped hazelnuts, toasted
Whole strawberries, for serving

DIRECTIONS

Heat a griddle or large nonstick saute pan over medium heat. Put butter on griddle to melt (do not use all of the butter if doing this in batches), then place bread on griddle, sprinkle with cinnamon sugar mixture, and flip; cook for a few seconds so cinnamon sugar adheres. Flip bread back over and spread with chocolate hazelnut spread. Arrange sliced bananas on top and then sprinkle with hazelnuts. Cook until just melted and then combine the slices to make 4 sandwiches. Serve warm with whole strawberries on the side.

Recipe courtesy of Bobby Flay

Provolone Panini With Prosciutto & Rosemary Roasted Peppers

Servings: 4



INGREDIENTS

2 red bell peppers, cut into strips or squares
2 teaspoons chopped fresh rosemary
2 teaspoons extra virgin olive oil
Salt and pepper
4 ciabatta rolls or substitute 8 large slices rustic Italian bread
12 slices provolone cheese
8 ounces thinly sliced prosciutto

Preparation

DIRECTIONS

Toss red peppers with rosemary and oil; season to taste with salt and freshly ground black pepper. Transfer mixture to a baking sheet. Bake in a preheated 400°F oven for 15 minutes or until peppers are tender. Preheat panini grill or heat gas grill to medium-low. Slice off the domed tops of the ciabatta rolls. Split the rolls horizontally. Turn bottom halves up and top with 4 slices cheese, the prosciutto, the peppers and remaining 8 slices cheese. Close sandwiches with top halves of ciabatta rolls. Brush lightly with additional olive oil, if desired. Cook sandwiches in preheated panini maker (in batches if necessary) or on gas grill for 4-5 minutes, turning once, until cheese is melted and bread is golden brown.

Recipe courtesy of Sargento

IN THE NEWS

THE BEST-PAID CHEFS WORK IN NEW YORK AND MIAMI

New York City and Miami are home to the best-paid executive chefs in the restaurant industry. According to the results of the StarChefs.com annual salary survey, executive chefs in those two cities take home an average of \$101,000 a year, while the national average hovers at \$86,000. Female chefs tend to earn about \$17,000 less on average. **Restaurant-Hospitality.com**

WHAT MAKES A GREAT CUPCAKE?

Mini in stature but mighty in popularity, the cupcake is king of dessert cuisine these days. In Chicago alone, more than 1 million cupcakes are baked each day. So what makes for a great cupcake experience? Moistness, cake flavor and frosting-to-cake proportions all play a role.

Chicago Tribune/The Stew blog

NAPA CHEFS BECOME GARDENERS TO GROW THEIR OWN INGREDIENTS

A group of chefs in Napa, Calif., has taken over a garden that had turned to weeds, and has worked the land to produce a local source of the herbs and veggies that complete their signature recipes. For chef Ken Frank, the project is providing a ready source of a rare nettle that goes into his pesto at La Toque. **San Francisco Chronicle**

INTRODUCING THE WORLD'S STRONGEST BEER -- WITH A \$762 PRICE TAG

Scottish brewer BrewDog is marketing what it calls the world's strongest beer, selling the 110-proof brew for \$762 per 330-milliliter bottle. Dubbed The End of History, the blond Belgian ale's lengthy R&D process led to the high price tag, says the company, which has already sold the first two bottles to a beer drinker in Denmark.

New York Post

MORE RESTAURANTS WELCOME DOGS

A growing number of restaurants are acknowledging consumers' passion for their pets by inviting guests to bring their dogs to dinner on the patio, USA TODAY reports, and accommodating four-footed furry friends with special menus and bowls of fresh water. At Harbor Fish Market & Grille in Baileys Harbor, Wis., Fido chows down on scrambled eggs, chicken breast and even frozen custard. "We treat the dogs like they're children at the tables," says owner Karen Berndt. **USA TODAY**

RESTAURANTS' HIRING OUTLOOK GROWS OPTIMISTIC

Restaurant operators are planning to hire numbers that almost match pre-recession expectation levels, according to the latest People Report Workforce Index. Restaurants filled 64,000 jobs during the first half of the year, 42% of operators surveyed said they expect to add hourly workers during the third quarter, and almost half of the respondents said they expect to add managers in the coming months. **Nation's Restaurant News**

KALE PROVES A STURDY STAPLE IN DIVERSE CUISINES

Chefs from vegan eateries and traditional restaurants alike are discovering the value of kale, a sturdy leafy green that's as at home as a side dish as it is in a hearty soup. "It's one of the more popular sides on our entrees. It always gets eaten off the plate," according to one cook.

The Boston Globe

CUPCAKE CRAZE CREATES JOBS

Restaurants and bars are proving to be a bright spot in New York's otherwise depressing employment picture, led in large part by the ongoing expansion of the cupcake industry, reports The Wall Street Journal's Metropolis blog. For entrepreneurs, the popular little cakes provide a relatively inexpensive way to break into the restaurant business. **The Wall Street Journal/Metropolis blog**

ICE CREAM TRENDS CHURN

As more ice cream makers introduce unusual flavors such as tomato-basil or pear with Parmesan, a return to nostalgic flavors is also taking root. Mario's Gelati in Vancouver, known for flavors such as garlic and ouzo, also sells familiar varieties such as pink bubble gum and Key lime pie. **The Globe and Mail (Toronto)**

DETROIT FOODIES SHARPEN LOCAL FOCUS

A growing number of restaurants, farmers' markets and foodies in the Motor City are working to revitalize the city's food scene with a distinct local focus. Several independent restaurants including Mudgie's Deli and Foran's Grand Trunk Pub have added information about their locally sourced ingredients to their menus, and small local farmers such as Brother Nature Produce are building their businesses by selling to the city's restaurants.

The Detroit News

FOOD TRIVIA

Milk chocolate was invented by Daniel Peter, who sold the concept to his neighbor Henri Nestlé.

An ounce of chocolate contains about 20 mg of caffeine.

Forks, mostly being two-tined, used to be known as “split spoons.”

Coffee is the seed of a cherry from the tree genus *Coffea*.

Three quarters of fish caught are eaten – the rest is used to make things such as glue, soap, margarine and fertilizer.

To make one kilo of honey bees have to visit 4 million flowers, traveling a distance equal to 4 times around the earth.

Botanically speaking, the banana is a herb and the tomato is a fruit.

Bananas are the world’s most popular fruit after tomatoes. In western countries, they could account for 3% of a grocer’s total sales.

Bananas consistently are the number one complaint of grocery shoppers. Most people complain when bananas are overripe or even freckled. The fact is that spotted bananas are sweeter, with a sugar content of more than 20%, compared with 3% in a green banana.

There are more than 10,000 varieties of tomatoes.

The can opener was invented 48 years after cans were introduced.

In the Middle Ages, sugar was a treasured luxury costing 9 times as much as milk.

Over 90% of all fish caught are caught in the northern hemisphere.

Wine is sold in tinted bottles because wine spoils when exposed to light.

Approximately one billion snails are served in restaurants annually.

Vitamin A is known to prevent “night blindness,” and carrots are loaded with Vitamin A. One carrot provides more than 200% of recommended daily intake of Vitamin A.

From the Vine



Sauvignon Blanc

(pronounced SO-vin-yawn BLONK)

Sauvignon blanc is a green-skinned grape variety which originates from the Bordeaux region of France. The grape gets its name from the French word *sauvage* ("wild") and *blanc* ("white") due to its early origins as an indigenous grape in South West France.

As with chardonnay, the purest expression of the sauvignon blanc grape is found in France, in the Loire Valley (Sancerre and Pouilly-Fume) and Bordeaux. However, it also makes superb wines in New Zealand, California (where it is sometimes called *fumé blanc*), Australia, South Africa, and Chile. In Bordeaux, it is blended with the semillon grape to produce both fine dry wines (Graves) and the great sweet wines of Sauterne and Barsac.

The most salient characteristic of sauvignon blanc is its distinctive, penetrating aroma, which can evoke scents of grapefruit, lime, green melon, gooseberry, passion fruit, freshly mown grass, and bell pepper. Grown in cooler climates and in fertile soils promoting excessive vine growth, herbaceous smells and flavors can dominate the character of the wine, while in warmer regions, the melon, citrus and passion fruit aromas and flavors emerge.

Sauvignon blanc is a very versatile food wine that can complement everything from shellfish and Caesar salad to fried chicken and aged Jarlsberg cheese.

Along with Riesling, Sauvignon blanc was one of the first fine wines to be bottled with a screwcap in commercial quantities, especially by New Zealand producers. The wine is usually consumed young, as it does not particularly benefit from aging, except for some oak-aged Pessac-leognan and Graves from Bordeaux that can age up to fifteen years. Dry and sweet white Bordeaux, typically made with Sauvignon blanc as a major component, is the one exception.

SPOTLIGHT ON CERTIFICATION

**COMING
LATE SUMMER 2010!**



Your IFSEA Certification committee has been working hard to bring our certification information up to date. We know these designations must contain current information and appropriate criteria to keep our industry members' respect. Our newly updated CFM, CFE and MCFE exam questions have been revised by industry professionals and submitted to AHLA (American Hotel and Lodging Association) for individual study guide preparation. AHLA will be our "third party" partner for exam grading and record keeping purposes.

We will roll out new criteria for each of the exam levels in time for an article in the September Infusion. We will be introducing a High School level CFM at that time. A college level CFM will be added in the near future. It is presently "in the works" courtesy University Nevada Las Vegas (UNLV) Hospitality department and our Prestigious Past Chair, Al Izzolo.

All of the certification exams are still available during our reconstruction period for interested members of the foodservice industry. Applications are available at www.IFSEA.com, click on Professional Development, then click the Foodservice Certification tab. If you have questions, contact Michelle at michelle@IFSEA.com, (800) 893-5499.

The Year 1955

Comments made 55 years ago!

"I'll tell you one thing, if things keep going the way they are, it's going to be impossible to buy a week's groceries for \$10.00.

"Have you seen the new cars coming out next year? It won't be long before \$1, 000.00 will only buy a used one.

"Did you hear the post office is thinking about charging 7 cents just to mail a letter

"If they raise the minimum wage to \$1.00, nobody will be able to hire outside help at the store.

"When I first started driving, who would have thought gas would someday cost 25 cents a gallon. Guess we'd be better off leaving the car in the garage.

"I'm afraid to send my kids to the movies any more Ever since they let Clark Gable get by with saying DAMN in GONE WITH THE WIND, it seems every new movie has either HELL or DAMN in it.

"I read the other day where some scientist thinks it's possible to put a man on the moon by the end of the century. They even have some fellows they call astronauts preparing for it down in Texas .

"Did you see where some baseball player just signed a contract for \$50,000 a year just to play ball? It wouldn't surprise me if someday they'll be making more than the President..

"I never thought I'd see the day all our kitchen appliances would be electric. They are even making electric typewriters now.

"It's too bad things are so tough nowadays... I see where a few married women are having to work to make ends meet.

"It won't be long before young couples are going to have to hire someone to watch their kids so they can both work.

"I'm afraid the Volkswagen car is going to open the door to a whole lot of foreign business.

"Thank goodness I won't live to see the day when the Government takes half our income in taxes. I sometimes wonder if we are electing the best people to government.

"There is no sense going on short trips anymore for a weekend, it costs nearly \$2.00 a night to stay in a hotel.

"No one can afford to be sick anymore, at \$15.00 a day in the hospital, it's too rich for my blood.'

"If they think I'll pay 30 cents for a hair cut, forget it."