



ifsea Infusion

"We enhance the careers of our members through professional and personal growth"

May 2010



Lunch with Lorri

Lorri Davidson, CFM, CFSP
Chairwoman of the Board

Dear IFSEA Friends,

I am pleased to have the opportunity to address you all through my Lunch with Lorri column in our Infusion magazine. I read quite a few newspapers and magazine articles online and think it's great that IFSEA communicates with its members in this more modern format. Thanks to all who contribute to Infusion and to Matt Trupiano for "getting our act together", so we can share information with our membership.

I am in the midst of planning our first Board meeting with information and suggestions from our Reno conference. Input from all IFSEA members is appreciated and encouraged during my year as Chairwoman. My e-mail address is on our directory and is the best way to reach me. I am planning our post conference Board meeting soon before I am on the road to the National Restaurant Association Hotel-Motel Show in Chicago. I will represent IFSEA at the Hennessey award presentation as well as other functions.

I am also looking forward to attending the Canadian Association of Foodservice Professionals annual conference. I encourage all IFSEA members to attend a CAFSP conference. The next conference is being held at the Bay of Fundy in Saint John New Brunswick, June 9-13. Check information at www.cafp.org. Our sister organization in Canada theme will be, "Turn the Tide: Embrace Local Food Culture". I look for a great deal of information regarding sustainable seafood from this conference on the sea.

I hope to share as much information as possible with you this year as I represent our Association. It's going to be an exciting year and one that will hopefully see our economy begin to recover. I believe that optimism is going to be a major ingredient in our nation's recovery and in my year as Chairwoman of IFSEA.

So best wishes to all of you for a terrific year, and may lunch bring you a dessert that was worth the wait.

Lorri

2010 Awards

DEDICATION
is making the space
to let young ideas
take hold.

Every tree was once a
seed and every
association was
once an idea.

Dedication
is not what
others expect of you,
it is what
you can give to others.

COMMITMENT
is persistence
with a purpose.

CONGRATULATIONS
to the members whose
dedication and
commitment
contributes to the
success of IFSEA.

(See list of Winners on
page 8)

WISELY SPOKEN

If you don't
know where you
are going,
you'll end up
someplace else.

INTERNATIONAL BOARD

CHAIRMAN OF THE BOARD

Lorri Davidson
lorri.davidson@swgas.com

CHAIR ELECT

Barbara Sadler
bsadler@arvadacenter.org

TREASURER

Fred Wright
wrightchef@gmail.com

BOARD MEMBER 2008-2011 INT'L JR EXEC. ADVISOR

Dr. Eloise Cantrell
eloiscantrell@earthlink.net

BOARD MEMBER 2010-2011

Jack Kleckner
jack.kleckner@ecolab.com

BOARD MEMBER 2010-2011

Rick Albrecht
rcacoffee@hotmail.com

BOARD MEMBER 2009-2011

Pete Starowicz
pstarowi@mvnhealth.com

BOARD MEMBER 2009-2012

Robert Vick
rvick@vicksvittles.com

BOARD MEMBER 2009-2012

Robin Keyes
mtmisery@prodigy.net

BOARD MEMBER thru 2011 INDUSTRY ADVISOR

Emily Prior
eiprior@att.net

BOARD MEMBER thru 2012 INDUSTRY ADVISOR

John Frank
hofrank8@bellsouth.net

BOARD MEMBER thru 2013 INDUSTRY ADVISOR

Dick Hynes
richard.hynes@hobartcorp.com

BOARD MEMBER JUNIOR EXECUTIVE

BOARD MEMBER JUNIOR EXECUTIVE

SPECIAL ADVISOR PAST INT'L CHAIR

Patrick Beach
pbeach@harpercollege.edu

BRANCH PRESIDENT'S COUNCIL CHAIR

Pete Starowicz
pstarowi@mvnhealth.com

IFSEA ASSOCIATION COORDINATOR

Michelle Hackman
michelle@IFSEA.com

COMMITTEE CHAIRS NON-BOARD MEMBERS

MEMBERSHIP CHAIR

AWARDS CHAIR

Virginia Schroeder
virginiaprebros@qwestoffice.net

MARKETING AND COMMUNICATION CHAIR

CERTIFICATION CHAIR

Dave Mitchell
dave.mitchel@navy.mil

MILITARY CHAIR

Rick Diaz
rick-d@arvadacenter.org

CONFERENCE CHAIR



It is important that all members visit the Members-Only Center at www.IFSEA.com to review their membership information.

Here you can manage your profile and add important information such as certification designation as well as update address, phone, E-mail and other pertinent information.

This information goes directly to the IFSEA membership system and is the only information Headquarters has on record. Without this information, you may miss out on membership benefits or not be recognized for your certification accomplishments.

We thank you for verifying your membership profile.

To visit the Members-only Center, please log on to www.IFSEA.com and click on the "Members Only" link in the upper right corner. Click on "Click here for Members Only Center". Click on "Log In". From there follow the instructions on how to log in. Once you are logged in to the Members Only Center, Click on "Individual Directory" and enter your Name.

If you have questions, please contact us at www.HQ@ifsea.com

If you're unable to log on to verify your profile, call 800-893-5499.

IFSEA HEADQUARTERS

4955 Miller St. Suite 107
Wheat Ridge, CO 80033
Phone: 800-893-5499
Fax (303) 420-9579
HQ@IFSEA.com

? Did ? You ? Know ?

Pistachio Nuts

The Pistachio nut is a member of the Cashew family, which also includes sumac, mango and poison ivy.

Pistachios have been cultivated for over 7,000 years and are mentioned in the Old Testament of the Bible. They are popular in Greece, and are used there in many pastries.



Legend has it that the Queen of Sheba decreed pistachios an exclusively royal food, going so far as to forbid commoners from growing the nut for personal use. Nebuchadnezzar, the ancient king of Babylon, had pistachio trees planted in his fabled hanging gardens. In the first century A.D., the Emperor Vitellius debuted this prized nut in his capital city of Rome. According to Moslem legend, the pistachio nut was one of the foods brought to Earth by Adam.

Pistachio production in the U.S. was approximately 425 million pounds in 2009. The U.S. is the world's 2nd largest producer of pistachios, Iran is the largest.



Pistachios are one of only two nuts mentioned in the Bible (Genesis 43:11) the other being almonds.

Pistachios are also called the 'green almond' and are known as the 'smiling nut' in Iran and the 'happy nut' in China.

Pistachio nuts became available in the U.S. for the first time in 1880.

In addition to being a heart-healthy snack, a one-ounce serving of pistachios provides a delicious 170 calories, 8 grams of carbohydrates, 3 grams of dietary fiber, 6 grams of protein, and 13 grams of fat. The good news is that 11 of the 13 fat grams are "good for you" fats (7 grams of monounsaturated fat and 4 grams of polyunsaturated fat).

The Moghul Emperor, Akbar the Great, hosted lavish banquets befitting his royal status. The chickens to be killed for the banquet were fed pistachio nuts for 6 to 8 weeks before the banquet, to add a delicious flavour to the chicken meat.

Collectively, California, Arizona and New Mexico represent 99.99% of the nation's pistachio production. California comprises 98.5% of the total with 198,500 acres planted throughout 22 different counties. There are more than 600 growers within the pistachio community, and the annual "farm gate" value of pistachios represents \$540 million to the California economy.



Recipe Box

PISTACHIO CRUSTED CHICKEN

Servings: 4



1 cup chopped pistachios
1/2 cup bread crumbs
2 tablespoons Dijon mustard
2 tablespoons olive oil
2 tablespoons honey
salt and pepper to taste
2 large skinless, boneless chicken breast halves, cut into 1-inch strips

Preheat oven to 500 degrees F (260 degrees C). Lightly coat a baking sheet with cooking spray. Mix together pistachios and bread crumbs in a shallow bowl. In a separate bowl, stir together Dijon mustard, olive oil, honey, salt and pepper until smooth. Dip chicken into Dijon mixture to coat, then coat with bread crumbs. Place onto prepared baking sheet.

Place into preheated oven and turn the oven down to 375 degrees F (190 degrees C). Bake until the chicken is no longer pink and the pistachio coating is golden brown, about 20 minutes.

PISTACHIO FUDGE

Servings: 25



1 pound white baking chocolate
1 package (8 ounces) cream cheese, softened
3 cups confectioners' sugar
1/2 teaspoon McCormick® Pure Vanilla Extract
1/4 teaspoon McCormick® Pure Almond Extract
1/8 teaspoon McCormick® Green Food Color
1/2 cup chopped pistachios
Additional pistachios for garnish, if desired

Line an 8-inch square pan with foil, allowing foil to extend over sides of pan. Spray with no stick cooking spray.

Melt chocolate as directed on package.

Beat cream cheese in large bowl with electric mixer until smooth. Gradually beat in sugar on low speed until well blended. Add melted chocolate, extracts and food color; mix well.

Stir in chopped pistachios.

Spread evenly in prepared pan.

Garnish with additional pistachios, if desired.

Refrigerate at least 1 hour or until firm.

Use foil to lift out of pan onto cutting board.

Cut into 25 (1 1/2-inch) squares.

Store in refrigerator.

Substitute: One bag (12 ounces) white chocolate chips can be substituted for the white chocolate squares.

IN THE NEWS

RESTAURANTS SEE SIGNS OF RECOVERY AS CONSUMERS RESUME DINING OUT

Sales at quickservice and family-style eateries are up in recent weeks, and several chains have announced higher spring sales, spurring hope among restaurants that the worst of the recession-era belt-tightening is behind them. "Consumers are more confident today, dramatically more confident today than they were especially one year ago," said Chipotle Mexican Grill co-CEO Montgomery Moran. "It looks like the consumer is out spending again."

The Wall Street Journal

FORMER TOBACCO TOWN TURNS FOCUS TO FOOD

Land near Durham, N.C., which used to boast row upon row of tobacco leaves, now sports strawberries, lettuce and artichokes. The city's restaurants are taking full advantage, feeding customers' growing cravings for local ingredients while supporting former tobacco farmers.

The New York Times

TOMATO HYBRIDS COMBINE HEIRLOOM QUALITIES WITH DURABILITY

New varieties of hybrid tomatoes offer the flavors and shapes of heirlooms, but are more disease-resistant and durable. Some tomato gardeners say hybrids can't replace heirlooms, though there may be room in gardens for both.

The Wall Street Journal

WHAT KFC'S DOUBLE DOWN SANDWICH REALLY MEANS

KFC's much publicized launch of the Double Down -- bacon and cheese served between two chicken breasts, hold the bread -- was significant because the move is designed to refocus customers on new, premium products rather than discounts, Fortune reports. "It's one of the things that operators do when they start to see light at the end of the tunnel," says NPD analyst Bonnie Riggs. "It's happened in each of the recessions that I've studied: New products arise to divert customers' attention from discounts."

CNNMoney.com/Fortune

MENU LABELING HAS MODEST EFFECT ON HEALTHY FOOD CHOICES

A study of six Washington state restaurants found menu labeling may influence some but not all diners to make healthy food choices. The entrees purchased during the study's menu-labeling period averaged about 15 fewer calories, 1.5 fewer grams of fat and 45 fewer milligrams of sodium than food ordered before the labeling began.

Los Angeles Times/Booster Shots

FDA TO SET SALT LIMITS IN FOOD PRODUCTS

The Food and Drug Administration is planning to gradually lower the allowable sodium content in processed foods over the next several years to prevent hypertension and other health problems linked to excessive sodium consumption. The government has called on food manufacturers to voluntarily reduce salt in their products, and companies such as ConAgra, PepsiCo, Kraft Foods, General Mills and Sara Lee have already said they will do so.

The Washington Post

AVOCADOS ARE HEALTHY AND VERSATILE

Avocados contain healthy monounsaturated fat and are considered a top anti-aging food. Though most wind up in guacamole, avocados make delicate, creamy additions to soups, sandwiches, salads and more.

Pittsburgh Post-Gazette

THE BENEFITS OF SERVING OATMEAL

A growing number of restaurants, aiming to compete for early morning customers, have launched their own versions of oatmeal to go. Chains including Starbucks, Au Bon Pain and Jamba Juice have added hot oatmeal topped with fruit and nuts to their breakfast menus. The dish costs pennies, is quick to prepare and is perceived by consumers as a healthful option.

The Washington Post

CARHOPS MAKE A COMEBACK AT SONIC, RUBY'S

Two chains are bringing back carhops as summer approaches, in an attempt to skate past the field of quickserve competitors. Sonic Drive-In is rolling out a national carhop campaign, and Ruby's Diner recently opened its first location to sport the speeding waitresses.

USA TODAY

LUNCH COUNTER LINGO

Some of the colorful jargon of the classic lunch counter and diner:

"Adam and Eve on a raft" means two poached eggs on toast.

"zeppelins in a fog" is sausages and mashed potatoes.

"cowboy with spurs" is a western omelet with fries.

'Bark with belly busters and city juice', is hot dog with baked beans and a glass of water.

'Burn one, take it through the garden, and pin a rose on it' - Hamburger with lettuce, tomato and onion.

'A blond with sand' - Coffee with cream and sugar.

'Bloodhounds in the Hay' - Hot dogs with sauerkraut.

"stretch" is a Coke.

"full house" is a grilled cheese, bacon, and tomato sandwich.

"cremate a blue, bikini cut", is a well done, toasted blueberry muffin cut in 4 pieces.

"radio" is a tuna fish sandwich on toast. (Formerly "tuna down" which sounded like "turn it down," as if asking someone to turn down the volume on a radio).

"51" is hot chocolate.

"whiskey down" is rye toast.

"squeeze it" means make it fast.

"seaboard" means make it to go.

"cluck and grunt" is eggs and bacon.

From the Vine



Gewurztraminer (guh-VOORTS-truh-mee-nur)

Gewurztraminer is the most typical Alsatian wine. Gewûrz means "spicy" in German. It is the main characteristic of Gewurztraminer. Traminer means "coming from Tramin", a small city in south Tyrol of Austria where the grape is coming from. Gewurztraminer is the name of a grape but also the name of the wine made from the grape!

Gewurztraminer was first grown in Alsace around the 19th century. The grapes now cover roughly 20% of the vineyards in the region. It is obviously in Alsace where Gewurztraminer grapes give the best results. The wine is delicious, fruity and with strong grapefruit, rose, litchee and peach stone aromas. A very perfumed and flowery bouquet. Gewurztraminer is sweeter than Riesling, which is a dry wine.

Thick and rich wine, which can age, Gewurztraminer is great with sauerkraut, sausages and Munster, Roquefort, Langres and Maroilles cheeses, as well as curry seasoned dishes, Chinese and Mexican cooking and other spiced dishes. A Gewurztraminer can even be served as a dessert wine and is best when served at 10°C (50°F).

**A PICTURE
IS WORTH
A THOUSAND
WORDS.**



Bob Mathews returns the official IFSEA Dinner Gong to Dave Kinney immediately after the Celebration Dinner.

FOOD TRIVIA

1. This skim milk cheese dates back to at least the 13th century and may date even to the 11th century. It is made only from April 1 through November 11 each year with milk from cows that have been feeding on fresh pasture. Most of the cream is skimmed from the milk which is then cooked in copper containers, pressed in cheesecloth lined molds, salted in brine and then allowed to mature.

Name this cheese.

2. This member of the buckwheat family has roots and leaves that contain poisonous substances, and only one part of the plant is edible. It is native to the region around Turkey, and some species have been used medicinally in China and Tibet for at least 4000 years. It was not used in Western cooking until the 18th century. It is used in compotes, chutneys, jams, pies, and in an Italian aperitif. In 1947 it was legally classified as a fruit in the U.S., even though botanically it is a vegetable.

Name this plant.

3. This dish has many names and variations, including 'Norwegian omelete.' It has been so popular that many have claimed to have created it, including an American physician, but it may have originated with a chef at the Chinese mission in Paris. The American version was created to commemorate a famous American land acquisition.

What is the name of the American version of this 'omelette Norvegienne'?

4. This member of the grass family has been grown in India for about 4,000 years, and has been a major crop in Africa for many years before that. It was used as a staple food in China thousands of years before rice, and is still a major cereal crop in Africa. Today, the largest producers are the U.S., China and India. It is used as a feed grain, in porridges, unleavened bread and beverages.

What is this plant.

Answers:

1. *Parmigiano-Reggiano from Italy's Parma region, the highest quality and original Parmesan Cheese.*

2. *Rhubarb. The stalks are the only edible part, and the Italian aperitif is 'Rabarbaro'*

3. *The American version, Baked Alaska, was created at Delmonico's Restaurant in New York City in 1876, in honor of the newly acquired territory of Alaska. Early versions of omelette surprise, glace au four, or omelette a la norvegienne, date back to at least 1802, when it was served at a White House dinner.*

4. *Sorghum*

2010 Awards

presented at the 109th I.F.S.E.A. conference
in Reno, NV

D.O.D.G.

(Distinguished Order
of the Dinner Gong)

Jack Kleckner, MCFE
Barbara Sadler, MCFE

PETER GUST

ECONOMU

Margo King-Prine,
MCFE

LIFE

MEMBERSHIP

Patrick Beach, MCFE

FOOD SERVICE INDUSTRY AWARD OF EXCELLENCE

Jack Kleckner, MCFE

BRANCH EMPOWERMENT

Aloha Hawaii

C.F.E. RECERTIFICATION DIAMOND LEVEL

Donna Foster, DODG, CFE, L.D/N, LHRM

CERTIFICATE OF MERIT

Chef James Hockersmith, MCFE,
Syracuse Branch
Candice Reis, Syracuse Branch

NEWSLETTER

BEST ELECTRONIC	Syracuse
BEST PRINTED	Aloha Hawaii
BEST OVERALL	Aloha Hawaii

MEMBERSHIP RECRUITMENT

15+Members Recruited

Chef Carmine Russo
Dr. Eloise Cantrell
Leslie Jett
Margo King-Prine
Giovanni Delrosario
Toye Jessica Tong

10+ Members Recruited

Charles Glynn
Candice Reis

5+ Members Recruited

Bruce Lyda
Debbie Jackson
Frank Krause
Joyce Schultz
Patrick Beach