



Erin go Bragh

IFSEA INFUSION




International
FOOD SERVICE
EXECUTIVES
Association

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

March 2013

Wrighting's on the Wall

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Fred Wright, MCFE, CEC, Chairman of the Board

We have had a busy month, and many want to know where we are now. We had to scramble when we were told our military partners were not able to attend conference this year. One of the first things we needed to do was change around our venue. The hotel was nice enough to let us out of our contractual agreement in order to use the space for other groups.

But what about our 2013 conference, what does IFSEA do? Well the first thing we needed to do was to locate a suitable venue that would be interested in hosting our much smaller conference, at a price we could afford so that we could still offer our members suitable programming. The other issue was pulling it together in the time period required for our students, as they will be going into finals and other events immediately following the conference.

Many of you were not only unsure but told that a conference was not likely this year. Well, we have Barbara Sadler and Rick Diaz, and they wouldn't stop contacting venues until something opened up. We are still having a conference April 11-14 in Dallas but the hotel has changed to the Crown Plaza.

Registration is back open and I do hope to see you in Dallas this year, we are putting together a great conference experience. Including the student Culinary Challenge and a look at IFSEA's new certifications. More will be released on that next month. Go to the IFSEA conference site and register for the conference if you haven't already done so, and get to Dallas, you will not want to miss this conference.



WISELY SPOKEN



A best friend is like a four leaf clover: hard to find and lucky to have.

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pstarowi@mvnhealth.com

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dave.mitchell@navy.mil

MILITARY CHAIR
Rick Diaz
rdiaz.ifsea@gmail.com

CONFERENCE CHAIR
Dave Orosz
dave@orosz.us

IFSEA HEADQUARTERS

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

Follow IFSEA on Facebook
at



www.Facebook.com/IFSEA.HQ



THE IRISH SHAMROCK

The origins of the shamrock are lost in antiquity, but legend suggests that it was used by St. Patrick in the fifth century to demonstrate the meaning of the Trinity. The shamrock is found on Irish medieval tombs and on old copper coins, known as St. Patrick's money. The plant was reputed to have mystic powers... the leaves standing upright to warn of an approaching storm.

It is said that Patrick had a time of it trying to convince the people he met in Ireland to believe in the Holy Trinity. Reflecting for a moment, Patrick plucked a shamrock from the earth, and pointed to the three leaves on the shamrock, living proof of the Holy Trinity. Since then, the Shamrock has become the symbol of the land of Ireland.

Only one thing is certain about the shamrock, worn by millions on St. Patrick's Day. The word is derived from the Irish 'seamrog', meaning 'summer plant', and it remains Ireland's most famous symbol.



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MARCH IS FROZEN FOOD MONTH

2013 IS THE 30TH ANNUAL NATIONAL MARCH FROZEN FOOD MONTH

Who invented frozen food?

Several individuals, but most credit Clarence Birdseye.

Of course, frozen food has always existed in climates that were cold enough for the food to freeze. Many people developed innovative food-freezing techniques, including Enoch Piper, William Davis, and Daniel E. Somes. However, Clarence Birdseye is credited with inventing in 1924 the quick freezing method, which produces the type of frozen foods that we know today.

While working as a fur trader in Labrador, NF, Canada, Birdseye discovered that the fish that he and the local Inuit caught froze almost immediately after being pulled from the water. He was delighted to discover that the fish was just as delicious when thawed out months later. From this experience, he theorized that food must be frozen very quickly in order for it to retain its taste and texture.

Birdseye was right. Before quick-freezing came along, foods were frozen at a fairly slow rate. This caused large ice crystals to form, which ruptured the cell membranes of the food. When the food was defrosted, the ice crystals melted and water would leak out, taking with it the food's flavor and texture.

Birdseye developed two methods for quick freezing foods, both of which employed the innovation of packaging the food beforehand. In the first technique, the package was held between two metal belts that were chilled to -40°F to -45°F using a calcium chloride solution.

In the second and more popular technique, the packaged food was held under pressure between two hollow metal plates that were chilled to -25°F by the evaporation of ammonia. Using this method, a two-inch-thick package of meat could be frozen to 0°F in about 90 minutes, while fruits and vegetables took about 30 minutes.

Birdseye's quick-freezing process actually ended up creating 168 patents! These covered not only the freezing technique but also the packaging, type of paper used, and related innovations.

FREEZING 101: EVERYTHING YOU NEED TO KNOW

These simple dos and don'ts will help you keep your freezer full of dinner options.

Freezing DOS

- DO label items before adding them to your freezer. Include a description, the serving size and the date.
- DO keep a list of what is in your freezer and the dates things were added. Cross things off as you remove them.
- DO store similar foods together – staples on one shelf, casseroles and prepared food on another.
- DO freeze foods in individual portions. You can thaw only what you need and your thawing time is shortened.

Freezing DON'TS

- DON'T choose containers that are too large for the food. Squeeze excess air from freezer bags before sealing.
- DON'T fill your freezer with baking dishes. Line dishes with foil before assembling a casserole, wrap and freeze the finished casserole and then lift from dish and store in a resealable freezer-weight plastic bag.
- DON'T fill containers of soups, stews and sauces to the very brim. Leave 1 inch of space to allow for expansion during freezing.

POT O' GOLD CORNED BEEF AND CABBAGE

Serves: 5

3 pounds corned beef brisket with spice packet

10 small red potatoes

5 carrots, peeled and cut into 3-inch pieces

1 large head cabbage, cut into small wedges

1. Place corned beef in large pot or Dutch oven and cover with water. Add the spice packet that came with the corned beef. Cover pot and bring to a boil, then reduce to a simmer. Simmer approximately 50 minutes per pound or until tender.

2. Add whole potatoes and carrots, and cook until the vegetables are almost tender. Add cabbage and cook for 15 more minutes. Remove meat and let rest 15 minutes.

3. Place vegetables in a bowl and cover. Add as much broth (cooking liquid reserved in the Dutch oven or large pot) as you want. Slice meat across the grain.



*May you get all
your wishes
but one,
So you always
have something
to strive for.*



Recipe Box

IRISH POUND CAKE

Serves: 14



- 1 cup butter
- 1 (8 ounce) package cream cheese, softened
- 6 large eggs, at room temperature
- 2 cups white sugar
- 2 tablespoons all-purpose flour
- 2 cups self-rising flour
- 1/8 teaspoon ground mace
- 1 teaspoon vanilla extract
- 1 (1.5 fluid ounce) jigger Irish whiskey

1. Preheat an oven to 350 degrees F (175 degrees C). Grease and flour a tube pan.
2. Beat the butter and cream cheese with an electric mixer in a large bowl until light and fluffy. Beat in the sugar until well blended. The mixture should be noticeably lighter in color. Add the room-temperature eggs one at a time, allowing each egg to blend into the butter mixture before adding the next. Beat in the 2 tablespoons flour with the last egg. Stir in the remaining 2 cups flour until just combined; stir in the mac, vanilla, and whiskey. Pour into the prepared tube pan.
3. Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 1 hour. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

FUDGE OF THE IRISH

servings: 32



- 1/2 cup evaporated milk
- 1 cup light brown sugar, packed
- 1 cup white sugar
- 3/4 cup unsalted butter, room temperature
- 1/4 teaspoon salt
- 1/4 cup Irish cream liqueur
- 1 teaspoon vanilla extract
- 2 1/4 cups confectioners' sugar, sifted

1. Grease an 8-inch square baking pan and line with 2 pieces of parchment paper about 14 inches long; allow the ends of the paper to hang over the sides of the pan by several inches.
2. Stir evaporated milk, light brown sugar, white sugar, unsalted butter, and salt in a heavy saucepan over medium heat until the mixture forms a thick, smooth syrup.
3. Bring to a boil, reduce heat to medium-low, and cook until a candy thermometer inserted into the center of the boiling syrup without touching the bottom of the pan reads 238 degrees F (112 degrees C), 20 to 30 minutes. Stir often. Candy temperature will rise slowly at first, then more quickly as temperature increases; watch carefully.
4. Remove saucepan from heat and stir in the Irish cream liqueur and vanilla extract until thoroughly combined.
5. Scrape the mixture into the work bowl of a large stand mixer fitted with beaters; set the machine on low speed and mix in confectioners' sugar in 3 additions, allowing the sugar to blend in completely before adding the next addition. Scrape down the bowl frequently and mix fudge until completely smooth, about 2 minutes.
6. Scrape fudge into the prepared baking pan and place on a level surface to cool and set up, 3 to 5 hours.
7. Use the parchment paper ends as handles to lift the fudge out of the baking pan before slicing into cubes for serving.

Recipe Box

CHOCOLATE BEER CUPCAKES WITH WHISKEY FILLING AND IRISH CREAM ICING

Makes 24



- 1 cup Irish stout beer (such as Guinness®)
 - 1 cup butter
 - 3/4 cup unsweetened cocoa powder
 - 2 cups all-purpose flour
 - 2 cups white sugar
 - 1 1/2 teaspoons baking soda
 - 3/4 teaspoon salt
 - 2 large eggs
 - 2/3 cup sour cream
 - 2/3 cup heavy whipping cream
 - 8 ounces bittersweet chocolate, chopped
 - 2 tablespoons butter
 - 1 teaspoon Irish whiskey, or more to taste
 - 1/2 cup butter, softened
 - 3 cups confectioners' sugar, or more as needed
 - 3 tablespoons Irish cream liqueur (such as Baileys®), or more to taste
1. Preheat oven to 350 degrees F (175 degrees C).
 2. Line 24 muffin cups with paper liners.
 3. Bring Irish stout beer and 1 cup butter to a boil in a saucepan and set aside until butter has melted, stirring occasionally. Mix in cocoa powder until smooth.
 4. Whisk together flour, sugar, baking soda, and salt in a bowl until thoroughly combined.
 5. Beat eggs with sour cream in a large bowl with an electric mixer on low until well combined. Slowly beat in the beer mixture, then the flour mixture; beat until the batter is smooth.
 6. Divide batter between the prepared cupcake cups, filling each cup about 2/3 full.
- >>>>>

IRISH GINGER SNAPS

Makes 3 Doz.



- 1 cup white sugar
 - 1 egg
 - 1/4 teaspoon salt
 - 3/4 cup shortening
 - 2 cups all-purpose flour
 - 1/2 teaspoon baking soda
 - 1 teaspoon ground cloves
 - 1 teaspoon ground ginger
 - 1 teaspoon ground cinnamon
1. Preheat oven to 350 degrees F (175 degrees C).
 2. Cream sugar, egg, salt and shortening together. Add flour, baking soda and spices. Mix well. Roll teaspoonfuls of dough into balls and roll the balls in sugar.
 3. Bake at 350 degrees F (175 degrees C) for 5 to 6 minutes.
 7. Bake in the preheated oven until a toothpick inserted into the center of a cupcake comes out clean, about 17 minutes.
 8. Cool the cupcakes completely. Cut cores out of the center of each cupcake with a sharp paring knife. Discard cores.
 9. Bring cream to a simmer in a saucepan over low heat; stir in bittersweet chocolate until melted.
 10. Mix in 2 tablespoons butter and Irish whiskey until butter is melted; let mixture cool to room temperature. Filling will thicken as it cools.
 11. Spoon the filling into the cored cupcakes.
 12. For frosting, whip 1/2 cup butter in a bowl with an electric mixer until fluffy, 2 to 3 minutes.
 13. Set mixer to low speed and slowly beat in confectioners' sugar, 1 cup at a time, until frosting is smooth and spreadable. Beat in the Irish cream liqueur; adjust thickness of frosting with more confectioners' sugar if needed.
 14. Spread frosting on filled cupcakes.

Recipe Box

LEPRECHAUN LIME

Servings: 7



Ingredients

- 1 quart lime sherbet, softened
- 1/2 cup thawed limeade concentrate
- 2 tablespoons sugar
- 2 cans (12 ounces each) lemon-lime soda, chilled
- 1 to 2 cups crushed iced
- Lemon slices and lime spirals, optional

Directions

•In a large bowl, beat the sherbet, limeade and sugar until blended. Stir in soda and ice. Pour into chilled glasses. Garnish with lemon slices and lime spirals if desired. Yield: 7 cups.

LEPRECHAUN LEAP

servings: 1



Ingredients:

- 1 oz Ketel One Vodka
- 1 oz Domaine de Canton
- 1 whole Kiwi, peeled
- 1 small Egg White
- .5 oz fresh Lemon Juice
- .25 -.5 oz Simple Syrup

Preparation:

1. In a mixing glass muddle Kiwi until pulpy.
2. Add remaining ingredients (use less simple if your Kiwi is sweet and slightly more if tart) and give a vigorous dry shake.
3. Add Ice and shake again for 30 seconds.
4. Strain into a V-glass and garnish with a slice of Kiwi.

SHAMORCKER

servings: 1



Ingredients:

- 1 part Hornitos™ Plata Tequila
- 1 part DeKuyper® Melon Liqueur
 - 1/2 part triple sec
- Splash of Orange Juice

Preparation:

1. Pour the ingredients into a cocktail shaker filled with ice.
2. Shake well.
3. Strain into a chilled cocktail glass.
4. Garnish with an orange slice.





From the Vine

Retsina

Retsina is a unique wine product made almost exclusively in Greece. It is made with a base of white or rosé wine that is flavored with pine resin. The wine is quite pungent, and not to everyone's taste. However, the Greeks have been making and drinking it for over three thousand years, and people often find it more enjoyable when it is paired with Greek foods. Retsina also varies widely in quality, and an inferior product can taste suspiciously like turpentine. Consulting the staff at a Greek wine store may be the best way to find a good wine.

The name for retsina is derived from a Latin word, resina. The official explanation for the drink has its roots in early wine making practices. Lacking airtight containers for fermentation, many early white wines soured as a result of exposure to oxygen. To stave off this problem, wine makers covered their wine jugs in pine pitch, the same material used to waterproof boats. The pitch effectively sealed the containers so that the wine did not spoil, and consumers developed a taste for the resulting resinous wine.

Only whites and rosés are used to make retsina, as red wines have a pungent flavor and mouthfeel all their own. The wine should be served extremely cold, and in wide, open glasses. Lipped glasses will tend to trap the resinous aroma, rather than dissipating it like a wide mouthed glass will. This is an undesirable result, even for diehard Greeks, because the concentrated flavor can be rather intense.

Retsina pairs best with strong, spicy, savory foods like those served as appetizers, or meze, in Greece. Many meze integrate pickled, salty, or garlicky ingredients, which counter the strong flavor of the retsina very favorably. The wine could also be paired with spicy cuisines, such as Indian or Chinese food, but should not be consumed with subtle foods, like many Japanese and French dishes.

To find retsina outside of Greece, consumers will probably have to go to a specialty import store. It is an unusual item, and many stores do not carry it. Consumers may also consider ordering it from an online retailer, if they live in an area where they can accept shipments of alcohol. It's important to remember that retsina is a highly acquired taste, and not all drinkers will find it to their liking.

From: WiseGEEK
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