

ifsea infusion

INFUSION: To instill a principle or quality: To introduce: To inspire

INTERNATIONAL FOOD SERVICE EXECUTIVES ASSOCIATION



INTERNATIONAL NEWS

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We have a great year ahead of us! Let's get it started. With our International Foodservice Executives Association 2007 conference just completed, I look forward to the year ahead and the chance to work with all of our members. I know that we will all be working towards building a great year for our organization. Week one had us working on an immediate challenge, and the Executive Committee, Past Chairs, and Board Of Directors were all up to the task. While we were not able to have the results we had wished for, we saw what we could do together. From this experience we are now working on a better conference for years to come for our Military Partners, Membership Partners, and Student Partners.

Our goals for this year are lofty, and I am sure we will be able to meet them.

-First is our need to settle on a new location for our 2008 conference. New Orleans is not viable at this point as our host hotel (Hyatt Regency) will not be completed in it's remodel from the effects of the Hurricane they experienced two years ago. There are no other properties available in New Orleans at this late date to accommodate us. We had looked at other coast cities to move to, when a suggestion was made by one of our own branches, to have them host the conference in their city.

From that notion was born the concept of having our own branches look into hosting the 2008 conference, and put forward a proposal to do so. As of this date we have three branches moving forward in preparing a proposal: Charlotte, Colorado Centennial, and Northern Illinois. We look forward to the proposals, and our Board Of Directors will be making the decision within a month.

-We must grow our membership. This is no ,longer a catch phrase, or a buzz word. We must attract new members. We are willing to listen to every idea, and concept to do so. Northern Illinois itself has set goals of growth that are phenomenal, we all need to follow their lead. Membership will affect our finances, attendance at conference, and bring us new members with energy and ideas. Let's not keep IFSEA one of the best kept secrets in the industry. Many other organizations within our industry are stagnant and may not be around our local areas for too long. Let's extend a hand and welcome them in joining our meetings, dinners, functions. We may be just what some of them are looking for.

-Our students are our future. Not just our society, but specifically for IFSEA. They bring a welcome energy,

(continued on page 3)

NETWORKING - MENTORING - COMMUNITY SERVICE - HAVING FUN

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

Conference Highlights

2007-2008 EXECUTIVE COMMITTEE

Chairman of the Board	PETER PAO, MCFE, CHM, CPFM
Chairman -Elect	RICK DIAZ, MCFE, CBM
Treasurer	BILL LEONARD, DODG, CFE

2007-2008 WORTHY GOAL SCHOLARSHIP WINNERS

Worth Goal Scholarship Chairman Joseph Quagliano, CFE presented a total of \$24,000 in scholarships to the following students:

Oran Amornwattana	Comunity College of Southern Nevada
Harout Hadjian	Los ANgeles Mission College
Hitomi Morishita	Rochester Institute of Technology
Katrina Flint	Morrisville State College
Kayla Miller	Morrisville State College
Rachel Korob	Los Angeles Mission College
Laura Jean McLean	Maui Community College
Cahterine Pohorsky	Los Angeles Mission College
Stacey J. Flanagan	Morrisville State College
Chu Hoon Chang	Community College of Southern Nevada
Rita Persuitte	Community College of Southern Nevada
Timothy Dorak	Morrisville State College
Yu Shu Tseng	Glendale Community College
Aidanette DeGuzman	Johnson & Wales University/Denver
Rachel A. Neitzke	Jogkson & Wales University/ Providence
Sheng Yang	California State University of Long Beach
Teresa A. Moll	Culinary Institute/Hyde Park, New York
Jennifer M. Evans	Culinary Institute/Hyde Park, New York
Maurice B. Jones	State University New York
George Udovich	State University New York

South Carolina Palmetto Scholarship:

James Dorak Morrisville State College

Aloha Hawaii Branch Scholarship:

Bryn Marie Butler Morrisville State College

Guam Branch Scholarship:

Jeremy Newman Rochester Institute of Technology

Faulstich Family Scholarship:

Blair Cannon Johnson & Wales University/Charlotte NC

Dunsmoor Family Scholarship:

Chloe Thurston Maui Community College/Maui, HI

THANK YOU!



Thanks to the conference planning committee and conference co-chairs Rachal Korob and Ric Melvin.

Thanks to Robin Keys, Jack Kleckner, Dr. Joan Johnson and Rachal Korob for their service and contribution on the Board of Directors during their terms.

Thanks to all the volunteers that helped during conference and make it run so smoothly for the attendees, volunteers, and the members of military.

Northern Illinois Branch Members in the News

Art Ritt, CFE, President, A Ritt Corporation, was recently awarded the ACF President's Medallion at the ACF Central Region Conference in Milwaukee in March.

Jennifer Contraveos, CBM, Graze Assistant Manager, won the "Shake It Up Competition" at the Las Vegas Nightclub & Bar Show, beating 23 other bartenders from across the country to win \$5000. She was also named "Aspiring Bar Chef" for March on www.ultimatebarchef.com. Articles in *Timeout Chicago*, *Red Eye*, and *Chicagoist.com* all spotlighted Jennifer's victory.

Join us on Friday May 18th (the day before the start of the NRA show) as the **Northern Illinois Branch** hosts a **Certification Seminar** at **Robert Morris College's** Chicago Campus .

This one day event will consist of a prep session for the exam by **Ed Manley, MCFE**, former President of IFSEA, followed by the MCFE, CFE, and CFM exams.

Cost is \$175 for class, exam, and Certification!

To register, contact Emlyn Thomas at 312.206.1533 or emlynthomas@sbcglobal.net.

Please submit branch news to Yolanda Jackson - yjackson@hqtrs.com

(INTERNATIONAL NEW continued from page 1)

passion, and of course new ideas. We are working with many students from a multiple of Culinary Schools to see what it is IFSEA has done and can do for them. Please help the students as a mentor, you will not believe the passion you will see from them.

-The military is a very important part of our organization. We are working on our programs for them, to improve what we are offering them to be a part of IFSEA. I want to leave you with a sight I had at conference, it brought a tear to my eye...

At the 2007 conference in Kansas City, on Saturday, many of our Military friends, and IFSEA members were milling about the hotel lobby. There was a huge contingent of "Mary Kay" salespeople waiting in line to get on the elevators to their rooms (some say the line took hours to dissipate).

Several of the Red Jacketed ladies left their places in line, and walked up to several Military personnel in uniform (prior to the Military Awards Dinner). The women asked if these people were active duty military. Of course, all of the military people stated the affirmative. The "Mary Kay" people all thanked the military personnel for the great job they were doing, and for being part of why we all could be safe here in the heartland of AMERICA.

That was tremendous. It made me realize we are more than just a food service organization. We are recognizing our military partners for their part of what they do for our country. This is why we love our military, IFSEA particularly.

Peter Pao, MCFE, CFM, CPFM
Chairman of the Board

Recipe Box

Fennel Stuffed Cod

Servings: 4



- 1 cup plain yogurt
- 2-1/4 cups finely chopped fresh fennel, divided
- 1 tsp. lemon juice
- 1 tsp. snipped chives
- 1/8 tsp. salt
- 1/8 tsp. black pepper
- 2 celery ribs, chopped
- 1/4 cup chopped onion
- 2 to 4 TBLSP. vegetable oil
- 4 cups stuffing croutons
- 1 cup chicken broth
- 2 eggs, beaten
- 4 cod fillets (1-1/2 LBS.)
- 1 medium lemon, sliced

For sauce, combine the yogurt, 1/4 cup of fennel, lemon juice, chives, salt and pepper in bowl. Cover and refrigerate for 2 hours or overnight.

For stuffing:

In a small skillet, saute celery and onion in oil until tender. Remove from heat. Stir in croutons, broth, eggs and remaining fennel. Spoon about 1 cup stuffing mixture onto each fillet; roll fish around stuffing. Transfer to a greased 2 QT. baking dish. Top each fillet with lemon slices. Bake, uncovered, at 250 degrees for 30 to 35 minutes or until fish flakes easily with a fork and a thermometer inserted into stuffing reads 160 degrees. Serve with fennel sauce.

1 serving = 476 calories, 15 g fat (3 g saturated fat)
193 mg cholesterol, 869 mg sodium, 47 g carbs,
4 g fiber, 42 g protien

Classic Crab Cakes

Servings: 8



- 1 LB. canned crabmeat, drained, flaked and cartilage removed.
- 2 to 2-1/2 cups soft bread crumbs
- 1 egg, beaten
- 3/4 cup mayonnaise
- 1/3 cup EACH chopped celery, green pepper and onion
- 1 TBLSP. seafood seasoning
- 1 TBLSP. minced fresh parsley
- 2 tsp. lemon juice
- 1 tsp. Worcestershire sauce
- 1 tsp. prepared mustard
- 1/4 tsp. black pepper
- 1/8 tsp. hot pepper sauce
- 2 to 4 TBLSP. vegetable oil, optional
- Lemon slices

In a large bowl, combine the crab, bread crumbs, egg, mayonnaise, vegetables and seasonings. Shape into eight patties. Broil patties if desired or cook in a skillet in oil for 4 minutes on each side or until golden brown. Serve with lemon.

1 crab cake = 282 calories, 22 g fat (3 g saturated fat),
85 mg cholesterol, 638 mg sodium, 7 g carbs, 1 g fiber,
14 g protien

Conference Highlights

IFSEA AWARDS

DODG

JUDY MANLEY, DODG, CFE

PETER GUST ECONOMOU

ROBERT BALLANCE, JR., CFE

RICK DIAZ, MCFE, CBM

LIFE MEMBERSHIP

ROBIN KEYS, MCFE, CPFM, CHM

MATT TRUPIANO, DODG, CFE

MERIT AWARD

BRUCE LYDA, South Carolina Palmetto

JANET POOLE, South Carolina Palmetto

HELMUT FLINTE, South Carolina Palmetto

KEN KANIA, Colorado Centennial

ROD FOUTS, Colorado Centennial

NEWSLETTER AWARDS

PRINTED NEWSLETTER WINNERS

Copies printed and mailed to members

SOUTH CAROLINA PALMETTO

ALOHA HAWAII

ELECTRONIC NEWSLETTER WINNERS

Transmitted to members via E-mail

GREATER CHARLOTTE

COLORADO CENTENNIAL

BEST OVERALL NEWSLETTER

ALOHA HAWAII

DID YOU KNOW?

LETTUCE



The ancient Greeks believed that lettuce induced sleep, so they served it at the end of the meal. The Romans continued the custom. However, the dictatorial Emperor Domitian (81-96 AD) served it at the beginning of his feasts, so he could torture his guests by forcing them to stay awake in the presence of the Emperor.

The lettuce that we see today, actually started out as a weed around the Mediterranean basin. Served in dishes for more than 4500 years, lettuce has certainly made its mark in history with tomb painting in Egypt and identification of different types of lettuces by various Greek scholars. Christopher Columbus introduced lettuce to the new world and from there, lettuce in the United States began cultivating. Lettuce was introduced to the New World from Europe, as early as 1494. Thomas Jefferson had 19 varieties of lettuce growing in his garden at Monticello.

Iceberg lettuce got its name from the fact that California growers started shipping it covered with heaps of crushed ice in the 1920s. It had previously been called Crisphead lettuce. Lettuce (of all types) is the second most popular fresh vegetable in the United States behind #1 potatoes. The average American eats approximately 30 pounds of lettuce each year, which is five times what was eaten in 1900. Lettuce is a vegetable that is pretty much immune to any form of preservation. You can't freeze it, can it, dry it, or pickle it. While accumulating a worldwide gene pool of lettuces, the USDA found red, yellow varieties, and blue-green varieties of lettuce.

There are 4 main types of lettuce:

BUTTERHEAD (includes Boston and Bibb) - Loose heads, grassy green leaves, butter texture, mild flavor. Good examples are Boston lettuce, which looks like a blooming rose, and Bibb lettuce that has a small cup-shaped appearance.

CRISPHEAD - The least nutritious of the salad greens, this pale green lettuce takes on the cabbage appearance with its leaves more tightly packed together. An example is the Iceberg lettuce. It's known for the crispy texture and very mild flavor.

LOOSELEAF - This variety doesn't grow to form lettuce heads, but instead the leaves are joined at the stem. Good examples of this variety include: oak leaf, red leaf, and green leaf.

ROMAINE OR COS - This lettuce has gained tremendous popularity in the past decade as the key ingredient in Caesar salads. It has a loaf-like shape with darker outer leaves. Its strong taste and crispy texture has been favored by those who like Iceberg lettuce.

IN THE NEWS

Expert: Bottled water might be no different than tap
Bottled water might contain all of the same contaminants as tap water, says a nutritionist, who notes 25% of bottled water is repackaged tap water. Though bottled water is regulated by the FDA, if it is bottled and sold in the same state, it is exempt from regulation. [Yahoo!/Reuters](#)

Tapas about more than taste
Dining tapas style is an experience unlike any other. The style of dining is about company and companionship, fun and food. Each item comes to the table as soon as it's ready, with no formal courses to dictate eating pleasures. Tapas eating is growing more popular around the U.S. [Tucson Citizen \(Ariz.\)](#)

Research: Dish washers don't need hot water
For years, many people have assumed if they wanted clean dishes, they had to wash them in hot water. But new research from Ohio State University says stains and bacteria can be removed by using soapy water at room temperatures, rinsing and adding a dash of dish sanitizer. Some wary restaurateurs said they will continue to follow recommendations for high-temperature water. [Houston Chronicle](#)

FDA proposes new rules for irradiation labels
The FDA proposed a change to the irradiated foods label, which would require companies to label foods as irradiated if the process causes a major change in the product. The new rules also would allow companies to use "pasteurized" and other alternative labels for irradiated foods. "We have long argued that the use of the term irradiation or radiation has such a negative impact on the consumer that it basically acts as a warning label," said Jeff Barach, vice president of GMA/FPA. "Fixing this problem will help in food industry efforts to provide consumers with safe and wholesome foods with reduced risk of foodborne pathogens." [Forbes/Associated Press](#)

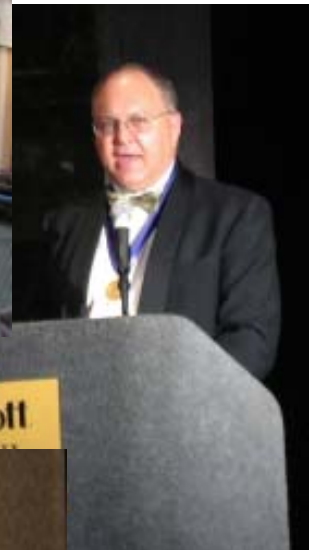
CDC: Eggs less of a risk for major salmonella outbreak
Eggs accounted for 80% of salmonella cases in the U.S. in 2001, but today, salmonella outbreaks are more likely to come from juices, salsa, meat, sprouts, fruits and salads, the Centers for Disease Control and Prevention said. The improvement likely has been helped because egg producers have increased safety procedures and the creation in 2004 of the Egg Safety and Quality Research Unit in the Agricultural Research Service by the U.S. Department of Agriculture. [The Washington Post](#)

More upscale restaurants saying no to bottled water
There is a bottled water backlash in the high-end restaurant industry as restaurateurs respond to high prices and concerns that using the product — which involves transportation and a high numbers of bottles — negatively impacts the environment. "It's not like we've got bad water here. Our water's terrific," said Larry Mindel of Poggio in Sausalito, Calif. "I don't think we've had one single person that's said, 'Oh, can't you bring me Perrier?'" [The Sacramento Bee \(Calif.\)/Associated Press](#)

Study: New baking technique makes pizza more nutritious
University of Maryland food chemists believe they have discovered a way to make pizza more nutritious. Increasing the baking temperature from 392 degrees to 554 degrees boosted antioxidants by as much as 82%, and doubling the baking time caused another 60% increase. [The Guardian \(London\)](#)

Watching what you drink
Water is the best, most functional drink that you can consume, said a panel of nutritionists, followed by coffee and tea and then low-fat or skim milk. Twenty-one percent of calories consumed by Americans over the age of 2 come from beverages, the panel said. [The New York Times](#)

Conference Highlights



Clockwise, Chairman of the Board Robin Keys, MCFE, CPFM, CHM presents Life membership award to Matt Trupiano, DODG, CFE. Military Chairman Don McIntosh, DODG, CFE. Chairman's dinner MC Richard Weil, DODG, CFE. Chairman Robin KEys, MCFE, CPFM, CHM presents Bob Mathews, DODG, CFE with Special Appreciation Award. Robert Ballance Jr. CFE received Peter Gust Economou Award from Rochard Weil, DODG, CFE and Commander Edgar DeGasper, DODG, CFE. Marriott Hotel Lobby.