



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

June 2013

IN THIS ISSUE

Grilled Appetizer	2
Grilled Fish & Seafood	3
 Facebook link	2
From the Vine	7
IFSEA Certification	1
Int'l Board	3
Mentor Center	8
Recipe Box	4-6
Wisely Spoken	1

IFSEA Certification

David Mitchell, MCFE
Certification Chairman



The objective of the new IFSEA Certification Program is to promote professional development through a dynamic, continuing process.

The new IFSEA Certification Program provides a defined process to ensure that food service disciplines meet the adopted standards and certification criteria that is now required by the Food Service/Hospitality Industry.

The new IFSEA Certification Program includes three levels of recognition: Certified Food Associate (CFA), Certified Food Manager (CFM) and Certified Food Executive (CFE). Each level is based on education, experience, additional requirements and written exam.

The CFA is our entry-level certification for those just starting out in the Food Service/Hospitality Industry. CFA applicants are evaluated only on education, additional requirements, and passing the written exam. This program is helping many of our members attain their foodservice employment goals.

The CFM certification is our mid-level program for those who have worked 2 years or more as a Food Service Manager or as an Assistant for at least 3 years. Meeting the criteria for CFM will require dedication and perseverance. CFM applicants are evaluated on education, job experience, additional requirements and passing the written exam.

Our highest certification level is the CFE in which the applicant has at least 7 years as a Food Service Manager or equivalent level of management in the food service/hospitality industry. This professional certification includes higher education levels, additional requirements and passing the exam.

Each certification level requires periodic recertification.

WISELY SPOKEN

Good barbecue comes from experience,
and experience, well, that comes from poor barbecue.

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Grilled Appetizer

GRILLED OYSTERS WITH FENNEL BUTTER
makes: 24



1 teaspoon fennel seed, ground
1 cup butter, softened
1 tablespoon shallots, minced
1 tablespoon chopped fennel greens
1 teaspoon ground black pepper
1/2 teaspoon salt
24 unopened, fresh, live medium oysters

1. Prepare and light a grill or preheat the oven to 500 degrees F (260 degrees C).
2. In a small bowl, blend together the butter, ground fennel seeds, shallots, fennel bulb, fennel greens, pepper and salt.
3. Arrange the oysters on the grill or oven rack, cover and cook for 3 to 5 minutes or until they start hissing and begin to open.
4. Using an oyster knife, pry each oyster open at the hinge, loosen the oyster and discard the flat shell. Top each oyster with 1/2 teaspoon of the fennel butter. Return to grill and cook until butter is melted and hot.

? Did ? You ? Know ?

Grilling Fish and Seafood

PROPERLY TREATING THE GRILL SURFACE:

With a bit of practice ANY type of fish can be cooked directly on the grill grate as long as you follow five important steps. In fact, they're so important that they're an absolute MUST for every type of fish you grill regardless of how dense or tender it is!

1. Grill on a clean grate. Crust or remnants on the cooking grate act like glue. They'll bond your fish to the grate and won't let go. Use a brass-bristle brush or Grillstone to thoroughly clean the grate.
2. Start with high heat. Caramelization (you know, the delicate, golden crust and deep brown rack marks) will help the fish separate from the grate. So, even if you'll be cooking with low or medium heat, start with a very hot grate.
3. Oil the fish but not the grate. Coat your fish on all sides with a thin layer of vegetable, canola, or olive oil but don't oil the grate.
4. Be patient! Once you've placed the fish on the grate leave it alone. Remember, you want it to caramelize and that will happen faster and more evenly if you don't disturb the fish. So keep the lid down and your hands off until it's time to flip.
5. Play favorites. Let the side of the fish that will be face up on your plate be the first side down the grate AND let it bask in the heat a little bit longer than second side. Again, it's all about caramelization.

SPOTTING THE IDEAL MOMENT TO PULL YOUR SEAFOOD OFF THE HEAT:

The ultimate sign of a novice fish griller is overcooked fish. Under cook it and you can throw it back on the grill to cook it a little longer. Overcook it though and you might as well chew on sawdust.

Now, the most foolproof method of checking food doneness is an instant-read thermometer – in the case of seafood the ideal internal temperature happens to be 125° to 130° F. Jabbing it though causes it to fall apart. Instead of internal temperature, your best indicator of seafood doneness is internal appearance.

Now pay close attention here all you grill junkies 'cause this is the critical point where most amateurs go wrong: Most people believe that fish is done when the meat starts to flake apart. HOWEVER, foods keep cooking for a few moments after you take it off the grill. So forget about flakiness. Seafood should be removed from the grill the moment its center goes from lustrous and translucent to juicy and opaque.

For thin pieces simply watch the outside of the fish. Once its becomes opaque and firm to the touch give it another moment or two then remove from the grill. The touch of extra time plus the carry-over heat will finish bringing the fish to doneness while it rests.

For thick fillets or steaks offer up a sacrifice to the almighty grilling gods. In other words, throw an extra piece on the grill. When the outside becomes opaque and firm to the touch cut a piece off and check the inside. If it's opaque all the way to the center your fish is done. If not, wait a moment then cut another test piece. When all is said and done, add the sacrificial pieces to your own plate – an extra helping in reward for your extra grilling effort. Or, use them to make a some fish salad, chowder, cakes, or quiche for lunch the next day.

The same holds true for shrimp and scallops. Once their middle goes from translucent to an opaque, pearly white with just the slightest hint of translucence left they're done. Keep a close eye on them though – if their middle is completely opaque without that last, little hint of pearly translucence then it's too late, you've missed the mark.

Recipe Box

HALIBUT SANDWICHES WITH GRILLED PUTTANESCA SALSA serves 4



4 (6-ounce) halibut fillets, rinsed and patted dry
Extra-virgin olive oil
Kosher salt
Freshly ground black pepper
8 slices Italian bread
2 garlic cloves, halved
1/4 cup mayonnaise
1 tablespoon Dijon mustard
2 cups loosely packed arugula leaves, cleaned and dried

GRILLED PUTTANESCA SALSA PREPARATION

Heat grill to medium-high. Lightly brush fish with olive oil, and season to taste with kosher salt and black pepper. Grill fish over direct heat until firm and opaque throughout, about 4 to 6 minutes per side. Fish should flake easily but remain moist. Brush bread lightly with olive oil, and grill until slightly toasted. Rub the cut side of garlic cloves over the bread.

Combine mayonnaise and mustard. Spread mayonnaise mixture on 4 slices of bread. Top with arugula, fish fillets, Grilled Puttanesca Salsa, and remaining bread slices. Serve immediately.

Puttanesca Salsa

12 pitted kalamata olives
3 heirloom tomatoes, quartered and seeded
1/2 medium red onion, sliced 1/4 inch thick
1/2 cup extra-virgin olive oil, divided
1 tablespoon minced garlic
1/2 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
4 teaspoons red wine vinegar
1 teaspoon anchovy paste >>>>>>>>

LIME & BASIL TILAPIA serves 4



4 tilapia fillets (about 1 pound)
1/4 cup olive oil
2 tablespoons lime juice
zest of 2 limes
1 tablespoon fresh basil, minced
2 teaspoons bourbon
1 teaspoon salt
pepper to taste

Combine all ingredients except for the tilapia fillets in a resealable plastic bag. Turn to mix and add tilapia fillets. Seal and refrigerate for 30 minutes. Preheat grill. Pour marinade into a saucepan. Bring marinade to a low boil and remove from heat. Grill tilapia fillets for about 3 minutes per side over a high heat. When fish turns opaque remove from grill and serve with a few spoonfuls of marinade drizzled over top.

1 tablespoon capers, chopped
2 teaspoons minced fresh oregano

Preparation

Cover olives with cool water and let stand 30 minutes. Heat grill to medium-high. Brush tomatoes and red onions with 1/4 cup olive oil. Grill until slightly charred and softened. Immediately chop tomatoes and onion, and toss with garlic while still hot. Season with salt and pepper, cool to room temperature. Mix together vinegar and anchovy paste. Slowly drizzle in remaining 1/4 cup olive oil, whisking constantly until slightly thickened. Drain and chop olives. Combine chopped tomatoes and onion with olives, capers and oregano. Drizzle vinaigrette over vegetables and toss gently to coat.

Recipe Box

GRILLED MIXED VEGETABLE SALAD

servings: 6



Ingredients

* If fresh tarragon is unavailable substitute 2 teaspoons of dried tarragon

- 1/4 cup of your favorite hard cheese, grated (e.g. Asiago or Parmigiano-Reggiano) (optional)
 - 2 bunches of asparagus, bottoms trimmed off
 - 2 red bell peppers, cut into strips
 - 2 yellow bell peppers, cut into strips
 - 2 yellow squash, sliced
 - 2 zucchinis, sliced
 - 20 small fingerling potatoes, halved
 - 3 large sweet onions, peeled and sliced
 - 4 medium or large portabella mushroom caps, stems removed and cleaned
- marinade
- 1 cup olive oil
 - 1/2 cup rice wine vinegar
 - 2 tablespoons freshly chopped tarragon*
 - Kosher salt and fresh ground pepper to taste

Instructions

1. Preheat the grill using Kingsford® charcoal, until briquets are consistently ashed over.
2. In a large bowl combine marinade ingredients. Add vegetables and toss until well coated.
3. Arrange the vegetables in a single layer on the grill and cook for 5-7 minutes on each side or until the vegetables have softened and grill marks are present. Remove from heat.
4. Serve grilled vegetables on a platter. Top with grated cheese, if desired.

Recipe created by Chef David Rook of Copia Restaurant and Wine Bar in St. Louis

CALIFORNIA GRILLED VEGGIE SANDWICH

servings: 4



- 1/4 cup mayonnaise
- 3 cloves garlic, minced
- 1 tablespoon lemon juice
- 1/8 cup olive oil
- 1 cup sliced red bell peppers
- 1 small zucchini, sliced
- 1 red onion, sliced
- 1 small yellow squash, sliced
- 2 (4-x6-inch) focaccia bread pieces, split horizontally
- 1/2 cup crumbled feta cheese

1. In a bowl, mix the mayonnaise, minced garlic, and lemon juice. Set aside in the refrigerator.
2. Preheat the grill for high heat.
3. Brush vegetables with olive oil on each side. Brush grate with oil. Place bell peppers and zucchini closest to the middle of the grill, and set onion and squash pieces around them. Cook for about 3 minutes, turn, and cook for another 3 minutes. The peppers may take a bit longer. Remove from grill, and set aside.
4. Spread some of the mayonnaise mixture on the cut sides of the bread, and sprinkle each one with feta cheese. Place on the grill cheese side up, and cover with lid for 2 to 3 minutes. This will warm the bread, and slightly melt the cheese. Watch carefully so the bottoms don't burn. Remove from grill, and layer with the vegetables. Enjoy as open faced grilled sandwiches.

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Recipe Box

GRILLED FISH TACOS WITH TOMATO-GREEN ONION RELISH

serves 4



- 1 tablespoon fresh lime juice
- 2 teaspoons canola oil
- 2 garlic cloves, minced
- 2 teaspoons chili powder
- 3/4 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon ground cayenne pepper
- 1 pound firm white fish fillets
- 8 (6-inch) fat-free whole-wheat tortillas
- 2 fresh limes, quartered

Onion Relish Lime wedges
Preparation
Combine first 8 ingredients in a bowl. Add fish; toss to coat. Cover and refrigerate 15 minutes.
Wrap tortillas in foil. Place fish and tortillas on a grill rack coated with cooking spray. Grill fish, covered with grill lid, over medium-high heat (350° to 400°) 3 minutes on each side or until fish flakes easily with a fork.
Divide fish among tortillas; top with relish. Serve with lime wedges.

TOMATO-GREEN ONION RELISH

- 2 cups chopped tomatoes
 - 1/4 cup sliced green onions
 - 1 jalapeno chile, seeded and minced
 - 1/4 cup chopped fresh cilantro
 - 1 tablespoon fresh lime juice
 - 1/4 teaspoon salt
- Preparation
Combine ingredients in a medium bowl; stir well.

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GRILLED HALIBUT WITH FENNEL AND ORANGE

Serves: 4



- 2 blood oranges or Valencia or Cara Cara oranges
 - 3 tablespoons CARAPPELLI® Extra Virgin Olive Oil
 - 4 (4 ounce) skinless halibut or haddock fillets
 - 1/2 teaspoon smoked paprika
 - 1/2 teaspoon coarse sea salt or kosher salt
 - 1/2 cup very thinly sliced small fennel bulb
 - 2 tablespoons chopped fresh tarragon (optional)
1. Heat a grill to medium-high heat or have a ridged grill pan ready. Cut 1 of the oranges in half and squeeze 2 tablespoons juice. In a medium bowl, combine olive oil and juice. Spoon 2 tablespoons of the mixture over fish. Sprinkle paprika over fish; let stand 10 minutes.
 2. Peel remaining orange and separate into sections. Add the orange sections and fennel to the bowl; toss with olive oil mixture.
 3. Grill fish (or cook in a heated ridged grill pan over medium heat) 4 minutes per side or until fish is opaque in center. Transfer to serving plates and top with fennel and orange mixture and sea salt. Garnish with tarragon if desired.

allrecipes.com

From the Vine



Vermentino

In the Old World Vermentino is commonly thought to be Spanish in origin. Although it is currently grown in several countries around the Mediterranean, its best known examples come from northern Italy (particularly in the region of Liguria) and the island of Sardinia, where the wines are crisp, citrusy and generally unoaked. It is also the most widely planted white grape on the island of Corsica, where high altitude and hot climate vineyards produce more full-bodied wines with heady floral aromas. Although it makes excellent wine, for many years Vermentino was best known for producing table grapes. The grapes are large with a good sugar/acid balance, making them a perfect choice for sweet snacking.



Vermentino is a late-ripening white grape variety, primarily found in Italian wine. It is widely planted in Sardinia, in Liguria primarily under the name Pigato, to some extent in Corsica, in Piedmont under the name Favorita, and on the French mainland (where the grape is known as Rolle), it is found in C tes de Provence and, increasingly, in Languedoc. The leaves are dark green and pentagonal. The grapes are amber-yellow and hang in pyramidal bunches. The vines are often grown on slopes facing the sea where they can benefit from the additional reflected light. The Vitis International Variety Catalogue now gives Italy as its origin.

The most famous wine made from Vermentino is probably the DOCG Vermentino di Gallura (and Vermentino di Gallura Superiore) which is produced in the province of Olbia-Tempio, in the north of Sardinia. The grape is said to have been cultivated in this part of Gallura, often under the name Arratellau, since the fourteenth century. Elsewhere on the island the grape is used for a variety of white wines, including sweet and sparkling variants. Vermentino wines are a pale straw color and relatively low in alcohol, with crisp acids, citrus-leaf aromatics, and pronounced minerality. In the mouth, Vermentino shows flavors of green apple and lime, heightened by refreshing acidity, good richness and medium body. The wine's crispness makes it a delicious accompaniment to fresh seafood, oysters on the half shell, or grilled Mediterranean vegetables.

MENTOR CENTER

KWESI STEPHEN
*Jr. Executive Advisor and
Mentoring Committee Chairman*



Early as a student, I realized the importance of building rapport with people and doing the very best you can do in every situation; How to work as hard as you can and, no matter the outcome, still be able to say that you did your very best. Now as a young professional in the industry I find myself using those same techniques at my job, with my staff and fellow cohorts. It is this mentality that lead to such a strong bond between my mentor and I. It's not only that she is a great person, but it is the connection and comfortability level that we have established through constant communication and discussions both professional and personal. And each time we communicate we both grow both personally and professionally. She pushes me to be better and more affluent in the industry as well as enlightens me about things that I didn't even see in myself. After a while, I began to see Barbara Sadler as more than just a Mentor, she's my friend.



Mentor and Mentee

It is this kind of a bond that I hope that each student will strive to attain as you set out to build bonds. Bonds that are not only for the conference or for the weeks following, but for a lifetime. The professionals at the conference can do more than just help you progress your career, but enrich and enlighten you in other aspects of your life as well. Take it from me, the one who has experienced the benefit of meeting one person at the first conference I had ever been to, to them now being both a friend and a mentor to me.

Mentoring in its purest form is helping others learn something new. The word mentor is derived from the oldest of languages, rooted in both the Sanskrit word mantar, or "one who thinks," and the Latin word monitor, or "one who admonishes." According to scholars of the Greek language, it may be older even still. In Homer's classic poem "The Odyssey," written sometime around 700 B.C., it is reported that Odysseus leaves the care and training of his son, Telemachus, to his good friend Mentor when Odysseus is called to fight in the Trojan War.

As you can see, both the desire and need to be a mentor have been around for thousands of years.