

ifsea infusion

INFUSION: To instill a principle or quality: To introduce: To inspire
INTERNATIONAL FOOD SERVICE EXECUTIVES ASSOCIATION

PETER'S POINTS TO PONDER



Canadian Association of Foodservice Professionals

Aloha,
Recently I attended the Canadian Association of Foodservice Professionals conference in Vancouver B.C. held June 13, 2007 through June 17th, 2007. WOW! You should have been there. Our counterparts north of the border do a great job. Attendance was 160 (they do not have a trade show, and they have no military awards ceremony nor involvement). What they do have is tremendous enthusiasm. Lots of extracurricular activities were also on the agenda. As for Vancouver, great town! It was a great location as the hotel venue was close to everything. (I am looking forward to once again having our IFSEA conference in Denver April 3-6, 2008. There are many things to do, easy to walk to, lots of shops and restaurants to eat at, and fun right around the corner!) The CAFP members are a funloving boisterous group, while keeping seriously to the educational, mentoring, and networking principles we at IFSEA enjoy. Many CAFP members are operators, not vendors. These members are able to work with the students in their mentoring capacities, and do a great job of it. The students are a great group of young professionals. It seemed as though attendance at the CAFP conference was about 30% to 40% students, fantastic! They obviously see the value of being involved with their foodservice professionals. Each night the hospitality suite was hosted by another branch. Included were the current host location branch, next conference branch, etc., so they can feature their area and products. Every night had great food, good drink, and had something going on, like a host for the evening dressed in area costume. The welcome reception had a theme, I assume with

prizes for best dressed for theme. I did not arrive until Friday afternoon, much to my chagrin, as I had missed so much fun at the beginning of the conference. It teaches me/us to all get to conference early and not miss anything.

The speakers were not so educational as they were informative, and LIVELY! They knew the group, many of the members, and lured them into the subject. This made for an interactive situation in sessions, and a great way to learn.

On Friday night there was a dinner cruise. Everyone walked about a mile and a half to the dock. The cruise was 6:30 to 10, and we had a great buffet meal, not to mention everyone had a great time!

All of the lunches were light, one was a seafood on greens salad (with breads), with a heavy dessert. Another was a pasta bar, you chose pasta, you chose sauce, you chose with or without chicken marinara (lots of grilled veggies, marinated veggies, etc.) wow. Delicious.

I would love to be able to move to this city (I would have in a minute) based on venue, what was around, how everything was presented, etc. Then I *did* realize that I was there in summer, when everything is warm and sunny, and it may not be so much fun in Vancouver during the winter. Maybe half a year in Hawaii and the rest there? Nothing like having the best of both worlds! For those who can make it, plan on attending the next CAFP conference to be held in Nova Scotia next year.

Mahalo,
Peter Pao MCFE, CHM, CPFM
IFSEA International Chair



NETWORKING - MENTORING - COMMUNITY SERVICE - HAVING FUN

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

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Corporate or Military Command Memberships Now Available in addition to Individual Memberships

How does it work?

The Corporate Hq. or Military Command pays a flat fee which gives their eligible employees the opportunity to join IFSEA for just \$14 each. For example, Ecolab would pay \$1,000 and their employees could then join by paying \$14, all of which would go to the local branch. The \$1,000 goes to International. So corporate costs are capped, and the individual has to pay some of the cost, ensuring their sincere interest.

How do you sign up for a Corporate or Command Membership Organization?

Contact HQ at 502-583-3783 or hq@ifsea.com.

Once the company is signed up, individuals use the sign-up form after your company is added to the list of corporate or command members.

Membership Levels and Dues

Corporate Operator or Command - Regional (\$300)

Currently includes Nick-N-Willy's Pizza, Mel Marinas Caterers and the North Carolina School District. An individual base or ship.

Companies operating in 10 or less states. Military bases or ships with 50 or less food service employees on the ship or base.

Corporate Operator or Command- National (\$500)

Currently includes Aramark and Sodexo, COMNAVAIRLANT, COMSUBPAC, Enlisted Aides all services.

Companies operating in more than 10 states. Military bases or ships with 51 or more food service employees on the ship, base or logical grouping.

Corporate Supplier - Regional (\$500)

Currently includes Piedmont Natural Gas and Ben E. Keith.
Operating in 10 states or less.

Corporate Supplier - National (\$1,000)

Currently includes Ecolab and Sara Lee Coffee & Tea.
Operating in more than 10 states.



The Power of Partnership

For further information or to join, visit www.ifsea.com,

Call 702-430-9217

Or fax this form to 702-430-9223.

JULY 12 IS NATIONAL PECAN PIE DAY

PECAN PIE

The secret to this recipe is roasted pecans. You don't need go and buy a state-of-the-art new cooking gadget, all this step calls for is a microwave, paper plate, and a kitchen knife.

You will need a total of 2 cups of roasted pecans.

Put one cup of pecans in the microwave for one minute. Then take them out and turn them over a few times with your hand and put them back in for another minute. The second time you take them out if they don't look done put them in for another minute. **REPEAT** with second cup of pecans. Take a knife and chop the pecans so that each of them has been chopped in half. Set aside.

Pie Crust

2 cups all-purpose flour
1 teaspoon salt
1 tablespoon sugar
6 tablespoons butter (not unsalted)
6 tablespoons shortening
6 to 8 tablespoons ice water

Warm butter in microwave until soft, but not melted.

Mix in a large bowl:

2 cups all-purpose flour
1 teaspoon salt
1 tablespoon sugar

Then mix in:

6 tablespoons butter
6 tablespoons shortening
6 to 8 tablespoons ice water

Wrap your pie crust in plastic wrap then place in refrigerator for 20 or more minutes, while you make the pie filling.

You will need the following utensils:

2 Bowls
1 Pie Pan
Measuring cups and spoons
Spatula (or spoon), whisk
cooling rack
Pie Filling

1 cup White Corn Syrup
1 cup Brown Sugar
1/3 teaspoon Salt
1/3 cup melted Butter
1 teaspoon Vanilla
3 Eggs
2 cups **Roasted Pecans**

Put butter in microwave until completely melted.



During this step **preheat your regular oven to 350.**

Mix together in a mixing bowl:

1 cup White Corn Syrup
1 cup Brown Sugar
1/3 teaspoon Salt
1/3 cup melted Butter
1 teaspoon Vanilla

Mix (slightly beat) eggs until they are just blended. Do not over beat.

Add the eggs to the batter and stir until the batter looks as it did before you added the eggs.

Remove Pie Crust Dough from the refrigerator and roll it out to about 1/8 inch thickness. Then apply more flour to the rolling pin. Wrap the dough around the rolling pin and then unroll it into your pie pan. Cut the excess crust off around the edge of the pie pan so that the crust hangs 1 inch extra around the edge.

Pinch around the edge of the pie dough so that it folds in half. If you did not leave a one inch border you will not have enough dough to do this. If this happened to you, just take it out of the pan and roll it out again properly. Pinch around entire edge to create a pleasing wave shape. Pour Pecan Pie Filling into Pie Dough

Sprinkle your 2 cups of roasted pecans on top of Pecan Pie Filling. Some pecans will sink into the filling while others will float on top. Now put your pie in a preheated oven at **350 for 1 hour to an hour and 10 minutes.**

After the pie has been in the oven for about 30 minutes, take it out and put strips of foil around the edge to keep your pie crust from burning. Be careful not to spill you pie, as the filling is runny and quite hot. Return pie to oven for another 30 to 40 minutes. After about 30 minutes (a total of 1 hour in the oven) test the pie to see if it is done. Test the pie by sticking a knife in the middle. If the knife comes out clean the pie is done, if it comes out dirty it needs about 10 more minutes in the oven.

Place on rack to cool. Serve plain or with whipped cream.



SESAME SEEDS



Hulled Sesame seeds



Sesame Seed Plants in Bloom



Sesame Seed Pods

Visit almost any fast food burger joint and you'll likely notice sesame seed on your sandwich bun. What may surprise you; however, is just how many of those tiny seeds we consume each year. Last year alone, the United States imported more than 102 million pounds of sesame seed, the majority of which went right to those buns. Although breads, rolls and bagels are among the most familiar foods associated with sesame, its uses extend far beyond the realm of baking.

Sesame seed is a versatile seed that can be used in many of the same ways as nuts. The seed has a nutty, sweet aroma with a milk-like, buttery taste. When toasted, its flavor intensifies, yielding an almost almond- or peanut butter-like flavor. Rich in calcium, vitamins B and E, iron, and zinc, sesame is high in protein and contains no cholesterol. It is a key ingredient in a variety of world cuisines, especially Asian, Middle Eastern and Mediterranean.

Sesame is thought to be one of the oldest spices known to man and is likely the first crop grown for its edible oil. Babylonians used the oil to make sesame cakes, wine, brandy, and toiletries. From as early as 1500 B.C, Egyptians believed sesame to have medicinal powers. What's more, the famous phrase "*Open Sesame*" was the magical password that opened the entrance to the cave in

Ali Baba and the Forty Thieves. This reference is perhaps attributable to the fact that ripe sesame seeds burst from their pods with a sharp pop. In Africa, sesame seed was called benne and considered good luck. Today, in the southern United States, sesame seed is still widely known as benne.

In Mediterranean cooking, sesame seed is often used in sweet dishes and desserts. Its nuttiness makes it a natural accompaniment to ice cream, sugar cookies, cookie bars, cakes, muffins, breads, and especially chocolate. Chocolate lovers take note: once you try the sesame-chocolate combination, you'll wonder why you never thought of it before! Sesame seed is also a delicious addition to salads, noodle dishes, chicken, pork, and vegetables.

The sesame plant, *Sesamum indicum*, is cultivated in Central America, India, Sudan, China, and the United States. It is an annual that grows three to six feet high. Its stems have white, lilac or pink flowers and bear capsule-like fruit, which contains the seeds. The fruit is harvested by hand, and the capsules shatter when fully ripe, releasing the seeds. Hulled seeds are pearly white, tear-shaped and flat. Because of their oil content, sesame seeds have a shelf life of about two years if stored tightly capped in a cool, dry place or in the refrigerator.

IN THE NEWS

Smaller portions a hit at T.G.I. Friday's

T.G.I. Friday's reports that its "Right Portion, Right Price" menu has helped increase diner traffic. Customers numbers grew by 1.4% for the chain over the last 16 weeks, and the casual-dining industry saw guest counts drop by 2.8%. [The New York Times](#)

Restaurateur Bob Evans dies at 89

[Bob Evans](#), 89, founder of the Bob Evans Farms chain, died Thursday at the Cleveland Clinic after suffering complications from pneumonia. Evans was famous for his determination to find good sausage — even if he had to make it himself — for the Ohio restaurant he opened after World War II. [The Miami Herald/Associated Press](#)

Study: Alcohol mixed with meals equals less health risk

Australian researchers report that having an alcoholic drink with a meal could reduce the rise in blood-sugar levels, which could explain how moderate libation reduces heart disease and diabetes. Alcohol reduces sugar formation in the body while increasing sensitivity to insulin. [Scientific American](#)

Aloha spirit might be the secret to employee retention

Many restaurants struggle to keep employees motivated and happy, which helps to avoid high turnover rates. Hawaiian culture and language offer important lessons in how to achieve a happy workplace, from encouraging employees to believe they can make a difference to defining excellence and keeping communication lines open. [Food and Drink Magazine](#)

Bring on the "beer-sicle"

Frank Morales, executive chef at Rustico Restaurant and Bar in Alexandria, Va., says his new "beer-sicles," which come in flavors ranging from fudgesicle to raspbeer-y, taste "like beer on a stick." The chef notes that men tend to be more interested in trying the beer-sicles, which he says are made of nearly 99% beer. [The Washington Times](#)

Cinnamon helps keep blood sugar level down, study finds

Swedish researchers report cinnamon can help keep post-meal blood sugar levels down, a finding with potential implications for diabetes treatment. About one teaspoon of cinnamon added to a bowl of rice pudding lowered the blood sugar increase in a group of healthy volunteers, the study found. The researchers noted that further studies were needed on people with diabetes. [Reuters](#)

Guava offers more than citrus

The edible rind of guavas packs more vitamin C than oranges, proving that these southern Mexican and Central American fruit trees have a lot to offer. Guavas, which can be eaten fresh or canned, can be made into jellies, jams, pastes, juices, sauces and ice creams, and are in season year-round for those who want a sweet, avocadolike treat. [The Arizona Republic \(Phoenix\)/Chicago Tribune](#)

More Americans order food to go

A growing trend toward more takeout meals is revamping the restaurant industry as Americans adapt to busier, changing lifestyles. More than nine of 10 family-dining and casual-dining eateries provide takeout food, along with 75% of fine-dining restaurants, the National Restaurant Association reports, and 47% of casual-dining operators predict their takeout operations will expand this year. [USA TODAY](#)

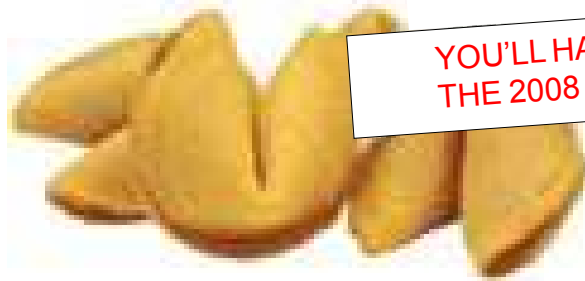
Trans-fats replacements might be just as bad

Many restaurant companies, including [McDonald's](#) and Kentucky Fried Chicken, are transitioning away from trans fats. However, several have had trouble replacing trans fats with an appropriately healthy alternative, instead turning to saturated palm oil and palm kernel oil. "People know trans fats are not good for them," said Robert Eckel, immediate past president of the American Heart Association. "But they do not understand that replacing them with saturated fat is not a good option." [U.S. News & World Report](#)

JULY 20 IS FORTUNE COOKIE DAY

The History of the Fortune Cookie

Born in California, of Chinese American—or maybe Japanese American—origin
by Borgna Brunner



**YOU'LL HAVE FUN IN DENVER AT
THE 2008 IFSEA CONFERENCE!**

Like chop suey, fortune cookies are an American invention. They originated in California, but who the actual inventor was, and which city in California is the true home of the fortune cookie, has continued to be a matter of debate. Unequivocally not Chinese, the fortune cookie may in fact not even be Chinese American.

Chinese or Japanese, Angelino or San Franciscan?

One history of the fortune cookie claims that David Jung, a Chinese immigrant living in Los Angeles and founder of the Hong Kong Noodle Company, invented the cookie in 1918. Concerned about the poor he saw wandering near his shop, he created the cookie and passed them out free on the streets. Each cookie contained a strip of paper with an inspirational Bible scripture on it, written for Jung by a Presbyterian minister.

Another history claims that the fortune cookie was invented in San Francisco by a Japanese immigrant named Makoto Hagiwara. Hagiwara was a gardener who designed the famous Japanese Tea Garden in Golden Gate Park. An anti-Japanese mayor fired him from his job around the turn of the century, but later a new mayor reinstated him. Grateful to those who had stood by him during his period of hardship, Hagiwara created a cookie in 1914 that included a thank you note inside. He passed them out at the Japanese Tea Garden, and began serving them there regularly. In 1915, they were displayed at the Panama-Pacific Exhibition, San Francisco's world fair.

Judicial Activism

In 1983, San Francisco's pseudo-legal Court of Historical Review held a mock trial to determine the origins of the fortune cookie. (In the past, the Court had ruled on such pressing topics as the veracity of Mark Twain's quote, "The coldest winter I ever spent was a summer in San Francisco" and the origins of the Martini.) To no one's surprise, the judge (a real-life federal judge from San Francisco) ruled in favor of San Francisco. Included among the evidence was a fortune cookie whose message read: "S.F. Judge who rules for L.A. Not Very Smart Cookie." Equally unsurprising, Los Angeles has denounced the ruling.

From Confucius to Smiley Faces

Fortune cookies became common in Chinese restaurants after World War II. Desserts were not traditionally part of Chinese cuisine, and the cookies thus offered Americans something familiar with an exotic flair.

Although there have been a few cases reported of individuals actually *liking* the texture and flavor of fortune cookies, most consider the fortune to be the essence of the cookie. Early fortunes featured Biblical sayings, or aphorisms from Confucius, Aesop, or Ben Franklin. Later, fortunes included recommended lottery numbers, smiley faces, jokes, and sage, if hackneyed, advice. Politicians have used them in campaigns, and fortunes have been customized for weddings and birthday parties. Today messages are variously cryptic, nonsensical, feel-good, hectoring, bland, or mystifying.

From Chopsticks to High Tech

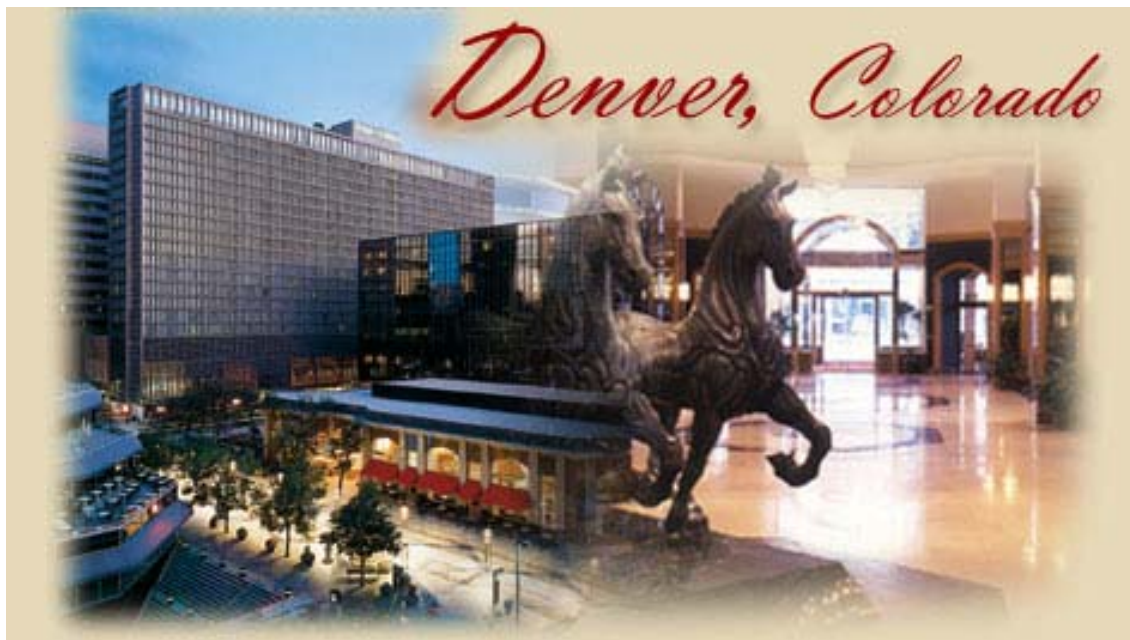
Fortune cookies were originally made by hand using chopsticks. In 1964, Edward Louie of San Francisco's Lotus Fortune Cookie Company, automated the process by creating a machine that folds the dough and slips in the fortune. Today, the world's largest fortune cookie manufacturer, Wonton Food Inc. of Long Island City, Queens ships out 60 million cookies a month.

CELEBRATING HISTORY - BUILDING BRIDGES

2008 IFSEA International Conference and Seminar

April 3-6, 2008

adam's mark hotel



From Ludocico DeLuigi's stunning horses, to the bustle of the nearby 16th Street Pedestrian Mall, Adam's Mark-The Hotel of Denver, welcomes you with reMarkable style and luxury. The largest hotel in

Colorado with 1,225 rooms has multiple amenities including an outdoor all-season heated swimming pool, sauna, and state of the art fitness center.

And how better to enjoy an afternoon or evening than by visiting your choice of four restaurants, three lounges, and one exciting nightclub without ever leaving the grounds. Experience exciting Broadway show tunes sung by our professional singing servers in Bravo! Ristorante. And for the luxury minded traveler, try our exclusive concierge level and Concorde Club. Located in the heart of Downtown Denver, The Adam's Mark is 3 1/2 blocks from the Convention Center, within walking distance of exciting visitor locations such as the Denver Art Museum and the State Capitol, and just minutes away from the Pepsi Center and Coors Field.

IFSEA 107th CONFERENCE REGISTRATION FORM

April 3-6, 2008 - Denver, Colorado

Nickname for Badge (JIM, BOB, SUE, BUDDY, ETC): _____

First Name: _____ Last Name: _____

Address: _____ Suite: _____

City: _____ State: _____ Zip: _____

Phone #: Home: _____ Work: _____ Ext: _____

Circle: IFSEA Member Family Member Guest Student Military Press

1st IFSEA Conference Attended? _____

REGISTRATION FEE:

Early-Bird Registration \$379

Full Registration (Posted after 3/1) \$429

Students, Family, Retired, Military \$319

Students, Family, Retired, Military after 3/1) \$349

**Students, Family Members, Retired, Military
ONLY May Purchase Individual Meals**

(Each: Bkfst or Lunch \$49, Dinner \$20/\$110)

Dinners Only (3) Package \$221.

**Non-Members Add \$40 for full conference please
(military excluded)**

Registration Fee Includes: Education, Meals, Entertainment, Registration supplies, etc.

SEND TO: IFSEA, 2609 Surfwood Dr., Las Vegas, NV 89128 - Phone (702-430-9217)

CHARGE TO VISA/MASTER CARD/AMEX. ONLY: Please Print Total \$ _____

Name On Account: _____

Account Number: _____ Expiration Date: _____

Fax Form To: 702-430-9223 Signature: _____

MAIL/FAX THIS SECTION DIRECTLY TO THE HOTEL - DO NOT MAIL TO IFSEA HQ

RESERVATION REQUESTED:

_____ \$139 single/double* - Adam's Mark Hotel, 1550 Court Place, Denver, CO 80202

For Reservations Phone: 800-444-2326

Check in Time 3 PM/Check Out 12 PM

* Civillian rate. Military pays the 2008 Denver per diem rate. Plus tax of 14.85%.

Date of Arrival: _____ Date of Departure: _____

Name: _____

Address: _____

Telephone #: _____

Sharing Room With: _____ # of Beds: _____

Cancellation Policy - must cancel by 6 pm day of arrival!

Guaranteed by: American Express _____ Visa/Mastercard _____ Check Enclosed: _____

Card #: _____ Expires: _____ Signature: _____

Check or Money Order Enclosed in Amount Of: _____

Of Rooms Needed: _____ Persons Per Room (max 4): _____

Non-Smoking Room? _____ Est. Time of Arrival? _____ **This form must reach Hotel by 3-12-08!**