



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

August 2014

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DAVE'S DoDADS

David Orosz, CFM, International Chairman of the Board

Wow where has the summer gone? Schools are once again starting and everyone is settling back into their routines once again both in their personal lives as well as in their professional lives. For many of us a core part of our professional lives involves staying current in our fields and what better way to do so than through IFSEA's certification programs. With thousands of food service managers competing in the job market, it is essential to prove your management competency. Certification through IFSEA demonstrates knowledge, leadership and professionalism to the food service industry. Certification is not only a benchmark for personal and professional achievement, but it has also become recognized as a standard of excellence in the food service industry.

As with its professional development programs, IFSEA's certification program is a dynamic, continuing process. The IFSEA certification program includes three levels of recognition: Certified Food Associate (CFA), Certified Food Manager (CFM) and Certified Food Executive (CFE). Achieving certification is a mark of distinction and achievement. Those who have earned the CFA, CFM and CFE designation are recognized as achieving the highest levels of job knowledge and leadership in the food service industry.

IFSEA certification makes sure that employers understand the level you have reached in the specified area of certification. IFSEA certification means that employers have a measure, verified by a respected outside body, with which to measure your abilities. This is beneficial not only to your employer, but also to you, as your level of expertise is immediately understood and recognized.

IFSEA certification can give you a progression path in your career. If you continuously study, acquire different management skill sets and gain higher certification, you are more likely to be given a promotion, or to be able to find a new job at a higher level. Your IFSEA certification becomes a recognized part of your professional resume, making sure that everyone who affects your career progress understands your skills and knowledge.

Your fellow workers will also be able to understand your abilities. This peer recognition is really

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WISELY SPOKEN

“One of the most sincere forms of respect is actually listening to what another has to say.”

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Nutritional value of Cabbage

One cup of chopped, raw cabbage contains just 22 calories, making this food useful if you follow a low-calorie diet. The serving also has 1.1 gram of protein, 5.2 grams of carbs, 2.9 grams of sugar, 2.2 grams of fiber and virtually no fat. The fiber content is especially notable, as it provides about 6 percent of the recommended daily amount of fiber for men and about 9 percent of the recommended daily amount for women. Fiber promotes regular bowel movements and can make you feel more full after eating.

Vitamin K and Folate

Cabbage contains several vitamins, but it is richest in vitamin K. One cup of chopped cabbage has 67.6 micrograms of this vitamin, which accounts for about 75 percent of the recommended dietary allowance for men and women. Vitamin K is valuable for its contribution to blood clotting. The 38 micrograms of folate in 1 cup of chopped cabbage provide nearly 10 percent of the recommended daily amount for adults. Folate contributes to cell growth and is especially valuable for women who may become pregnant.

Cabbage is a valuable source of vitamin C. One cup of chopped cabbage has 32.6 milligrams of this vitamin, which has benefits such as strengthening your immune system. Per cup, women get 43 percent of the recommended dietary allowance of vitamin C and men get 36 percent. Women who are pregnant or breastfeeding require an increased amount of this vitamin, but 1 cup of cabbage still provides 38 percent of the recommended dietary allowance for pregnant women and 27 percent for breastfeeding women.

? Did ? You ? Know ?

Cabbage



Green Cabbage



Red Cabbage



Savoy Cabbage

The Greeks have a proverb: “cabbage served twice is death,” suggesting that serving leftover cabbage isn’t worth the terrible smell, texture, and taste. You can solve this problem by cooking your cabbage as irresistible as possible, leaving nothing to spoil. Nowadays, cabbage deserves a place at the next dinner table because of its delicious varieties and colors now found in different regions of the world. There are many different and tasty recipes that feature cabbage as the star of the dish, or just as a great side dish.

When buying cabbage, they should feel heavy for their size, and the leaves should be tightly closed and attached to the stem. Avoid wilted or faded leaves, which mean a loss of moisture and vitamins. Store cabbage in your refrigerator’s crisper, away from the light. There are many different ways to cook cabbage, but it is perhaps most loved when fermenting, like in Germany’s sauerkraut, or in Korea’s kim chee

.Cabbage is a leafy green or purple biennial plant, grown as an annual vegetable crop for its dense-leaved heads. Closely related to other cole crops, such as broccoli, cauliflower, and brussels sprouts, it descends from *B. oleracea* var. *oleracea*, a wild field cabbage. Cabbage heads generally range from 1 to 8 pounds, and can be green, purple and white. Smooth-leaved firm-headed green cabbages are the most common, with smooth-leaved red and crinkle-leaved savoy cabbages of both colors seen more rarely. It is a multi-layered vegetable. Under conditions of long sunlit days such as are found at high northern latitudes in summer, cabbages can grow much larger. Some records are discussed at the end of the history section.

The word "brassica" translates in Latin as "cabbage," and this word is being used more and more by researchers to refer to the entire group of cruciferous vegetables. You'll find many plant scientists now using the Latin word Brassicaceae and the phrase "brassica vegetables" instead of Latin word Cruciferae and the traditional phrase "cruciferous vegetables" when referring to cabbage, kale, broccoli, collards and other foods in this vegetable subgroup.

Because cabbage's inner leaves are protected from the sunlight by the surrounding leaves, they are oftentimes lighter in color. There are three major types of cabbage: green, red, and Savoy. The color of green cabbage ranges from pale to dark green. Both green and red cabbage have smooth-textured leaves. Red cabbage has leaves that are either crimson or purple with white veins running through it. The leaves of Savoy cabbage are more ruffled and yellowish-green in color. Red and green cabbage have a more defined taste and crunchy texture as compared to Savoy cabbage's more delicate nature.

Recipe Box

RED CABBAGE - ASPARAGUS SALAD

servings: 4



- 1 bunch asparagus, ends trimmed
- 2 tablespoons tahini
- 1 tablespoon water
- 2 tablespoons lemon juice
- 1 clove minced garlic
- white sugar to taste
- 3/4 pound thinly sliced red cabbage
- 2 radishes, thinly sliced
- 2 green onions, sliced
- 2 tablespoons crumbled feta
- 1/4 cup toasted pine nuts
- 2 sprigs dill, chopped

Directions

1. Bring a large pot of salted water to a boil over high heat. Blanch asparagus until just tender, drain, and immediately plunge into ice water to stop the cooking process. When the asparagus is cold, drain and slice on the diagonal into 1-inch pieces.
2. In a small bowl, stir together tahini, water, lemon juice, and garlic. Stir in sugar to taste.
3. Toss together asparagus, red cabbage, radishes, green onions, feta, pine nuts, and dill in a large bowl. Pour in tahini dressing and mix to combine.

RED CABBAGE BORSHT

servings: 8



- 1 1/2 cups thinly sliced potatoes
- 1 cup thinly sliced beets
- 4 cups vegetable stock or water
- 2 tablespoons butter
- 1 1/2 cups chopped onions
- 1 teaspoon caraway seed (optional)
- 2 teaspoons salt
- 1 celery stalk, chopped
- 1 large carrot, sliced
- 3 cups coarsely chopped red cabbage
- black pepper to taste
- 1/4 teaspoon fresh dill weed
- 1 tablespoon cider vinegar
- 1 tablespoon honey
- 1 cup tomato puree
- sour cream, for topping
- chopped tomatoes, for garnish

Directions

1. Place sliced potatoes and beets in a medium saucepan over high heat; cover with stock, and boil until vegetables are tender. Remove potatoes and beets with a slotted spoon, and reserve stock.
2. Melt butter in a large skillet over medium heat. Stir in onions, caraway seeds, and salt; cook until onions become soft and translucent. Then stir in celery, carrots, and cabbage. Mix in reserved stock; cook, covered, until all vegetables are tender, about 10 minutes.
3. Add potatoes and beets to the skillet. Season with black pepper and dill weed. Stir in cider vinegar, honey, and tomato puree. Cover, reduce heat to medium low, and simmer at least 30 minutes. Serve topped with sour cream, extra dill weed, and chopped fresh tomatoes.

Recipe Box

UNSTUFFED SWEET AND SOUR CABBAGE

serves 10

- 1 tablespoon vegetable oil
- 3 onions, sliced
- 1 (28 ounce) can whole peeled tomatoes
- 1 (15 ounce) can tomato sauce
- 1 1/2 teaspoons salt
- 1/4 teaspoon ground black pepper
- 2 pounds green cabbage, cored, and cut into 3 inch chunks
- 2 pounds lean ground beef
- 2 eggs
- 1 onion, finely chopped
- 2 tablespoons instant white rice
- 3 tablespoons water
- 1 1/2 teaspoons salt
- 1/4 teaspoon ground black pepper
- 3 tablespoons fresh lemon juice
- 1/3 cup golden raisins
- 1 tablespoon honey
- 1/2 cup packed brown sugar, or to taste



Directions

1. Place the vegetable oil into a large pot over medium heat. Stir in the sliced onions, and cook until transparent, about 5 minutes. Add the tomatoes and tomato sauce, using a spoon to slightly chop the whole tomatoes. Season with 1 1/2 teaspoons salt and 1/4 teaspoon pepper. Cover, and simmer for 20 minutes, stirring occasionally. Stir the cabbage into the tomatoes. Cover, and simmer 1 hour until the cabbage is tender and mixes easily with the tomatoes.
2. Place the ground beef, eggs, finely chopped onion, rice, water, additional 1 1/2 teaspoons salt, and 1/4 teaspoon pepper in a mixing bowl. Mix together with hands until thoroughly blended. Add additional rice if mixture is too moist. Form into golf ball-sized meatballs. Place meatballs on a plate, and refrigerate 20 minutes to firm.
3. Place meatballs on the surface of the tomato mixture. Cover and simmer over medium heat until the meatballs are firm and cooked through, about 15 minutes. Gently stir the meatballs into the tomato mixture. Cover the pot and continue to simmer 45 minutes more. Stir in the lemon juice, and taste for seasoning, adding additional lemon juice if required. Stir in the raisins, and honey. Add the brown sugar, a little at a time, tasting after each addition. Cook mixture over medium heat 15 minutes more.

FISH TACO CABBAGE WRAPS

smakes 8 wraps



- 1 pound cod fillets, cut into 1-inch cubes
- 1 tablespoon canola oil
- 3 dried red chile peppers
- salt and ground black pepper to taste
- 1/4 cup mayonnaise
- 1 tablespoon wasabi paste
- 2 tablespoons chopped fresh cilantro
- 8 large green cabbage leaves
- 1 tablespoon chopped fresh cilantro

Directions

1. Pat fish dry with paper towels.
2. Heat canola oil with dried red chiles in a large, nonstick skillet over medium heat. Cook fish in the hot oil until flesh is opaque and the edges of the fish are slightly browned, about 3 minutes per side. Sprinkle fish with salt and black pepper. Remove from heat, drain, and discard peppers.
3. Stir mayonnaise, wasabi paste, and 2 tablespoons cilantro together in a bowl. Spoon several tablespoons of fish into a cabbage leaf and wrap leaf around fish; repeat with remaining leaves and fish. Garnish each roll with a sprinkling of cilantro. Serve with wasabi mayonnaise.

Recipe Box

ITALIAN VEGETABLE AND BREAD SOUP

serves 8



- 1 tablespoon olive oil
- 1 large red onion, diced
- 2 carrots, diced
- 1 stalk celery, diced
- 4 potatoes, diced
- 10 (5 inch) zucchini, diced
- 1 leek, sliced
- 1 quart hot water
- 1 bunch Swiss chard, chopped
- 1 head Savoy cabbage, quartered, cored and shredded
- 1 bunch kale, shredded
- 2 (15.5 ounce) cans cannellini beans, drained and rinsed
- salt and ground black pepper to taste
- 3 tablespoons tomato puree
- 8 slices day-old bread

Directions

1. Place the olive oil in a deep pan and heat over medium-high heat. Stir in the onion, and cook until transparent, about 5 minutes. Mix in the carrots, celery, potatoes, zucchini, and leek. Stir and cook 5 minutes more. Pour in the hot water to cover the vegetables. Stir in the Swiss chard, Savoy cabbage, and kale. Cover, reduce heat to medium, and simmer for 1 hour.
2. Place 1 can of beans in a blender or food processor bowl. Blend until smooth. Stir pureed beans into the vegetable mixture along with the second can of beans. Season to taste with salt and pepper. Reduce heat to low, and simmer for 20 minutes, stirring occasionally. Stir in the tomato puree.
3. Prepare the soup by layering slices of bread with the vegetable mixture in a casserole or soup dish. Cover, and refrigerate for at least 8 hours, or overnight.
4. To serve the soup, place in a pot, and reheat over medium heat. Serve hot.

PEACH SLAW

serves 8



- 1 cup pecan pieces
- 1 head savory cabbage, sliced
- 8 fresh peaches, pitted and sliced
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1/2 cup chopped green onions
- 2 TBLSPS celery seed
- 1/2 cup fresh peaches, pitted and chopped
- 1/2 cup vegetable oil
- 1/4 cup honey
- 1/4 cup lemon juice
- salt and pepper to taste
- 1 bunch fresh mint sprigs

Place pecan pieces in a skillet over medium heat and cook, stirring constantly, until lightly toasted.

In a large bowl, mix pecans, cabbage, 8 fresh peaches, red pepper, yellow pepper, green onions and celery seed. Cover and chill 45 minutes in refrigerator.

In a blender or food processor, blend the 1/2 cup chopped peaches until smooth. Transfer to a bowl and mix with the oil, honey, lemon juice, salt and pepper. Chill until slaw is ready to be served, then toss with slaw to coat. Garnish with mint sprigs.



White Zinfandel

Rediscovery after Prohibition (1933–present)

By 1930, the wine industry had weakened due to the Great Depression and Prohibition. Many vineyards that survived by supplying the home market were located in California's Central Valley, a non-optimal environment for growing quality Zinfandel. Thus, the end of Prohibition left a shortage of quality wine grapes, and Zinfandel sank into obscurity as most was blended into undistinguished fortified wines. However, some producers remained interested in making single varietal red wines.

By the middle of the 20th century the origins of California Zinfandel had been forgotten. In 1972, one British wine writer wrote, "there is a fascinating Californian grape, the zinfandel, said to have come from Hungary, but apparently a cépage now unknown there." In 1974 and 1981, American wine writers described it as "a California original, grown nowhere else" and "California's own red grape".

In 1972, Bob Trinchero of the Sutter Home Winery decided to try draining some juice from the vats in order to impart more tannins and color to his Deaver Vineyard Zinfandel. He vinified this juice as a dry wine, and tried to sell it under the name of Oeil de Perdrix, a Swiss wine made by this saignée method. The Bureau of Alcohol, Tobacco and Firearms insisted on an English translation, so he added "White Zinfandel" to the name, and sold 220 cases. At the time, demand for white wine exceeded the availability of white wine grapes, encouraging other California producers to make "white" wine from red grapes, with minimal skin contact. However, in 1975, Trinchero's wine experienced a stuck fermentation, a problem in which the yeast dies off before all the sugar is converted to alcohol. He put the wine aside for two weeks, then tasted it and decided to sell this pinker, sugary wine. Just as Mateus Rosé had become a huge success in Europe after World War II, this medium sweet White Zinfandel became immensely popular. White Zinfandel still accounts for 9.9% of U.S. wine sales by volume (6.3% by value), six times the sales of red Zinfandel. Most white Zinfandel is made from grapes grown for that purpose in California's Central Valley.

Wine critics considered white Zinfandel to be insipid and uninteresting in the 1970s and 1980s, although modern white Zinfandels have more fruit and less cloying sweetness. Nevertheless, the success of this blush wine saved many old vines in premium areas, which came into their own at the end of the 20th century as red Zinfandel wines came back into fashion. Although the two wines taste dramatically different, both are made from the same (red) grapes, processed in a different way.

White Zinfandel pairs well with:

- Pasta Dishes (especially with cream sauces)
- Cooked cabbage
- Fish
- Pork
- Bacon & Pancetta
- Mild Cheeses
- Egg Dishes
- Lamb
- Anti-Pasto
- Desserts (especially with fresh berries)
- Indian Cuisine & Tandorri spices Asian Cuisine
- Couscous
- Crab Cakes
- Creole
- Crudités



David Orosz, CFM, International Chairman of the
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important, especially if you need to work as a member of a team, and you will be rewarded with their professional respect. IFSEA certification makes a major impact on your career, so whatever area you work in the food service industry; take a look at the IFSEA certification opportunities available.

For more information on our certification programs please go to http://www.ifsea.com/professional_inside.cfm?catid=9285

IN THE NEWS

STUDY: FOOD PLAYS A KEY ROLE IN FOSTERING VIBRANT CITIES

Some 82% of residents in six major U.S. cities cite restaurants as one of the top things they appreciate about their own cities, and a majority say food is a key attraction in the cities they love to visit, according to a study from Sasaki Associates. Eateries often come first in urban and waterfront redevelopments, and parts of a city sometimes become popular only after they have attracted several new restaurants. CityLab

DELTA HOT TAMALES ARE CURRENT STREET FOOD SWEETHEART

Mississippi's signature Delta hot tamales, which are made with cornmeal and simmered in a spicy broth rather than steamed like traditional Mexican tamales, are enjoying their time in the spotlight as the latest gourmet street food to show up on fine-dining menus. The Delta Hot Tamale festival has introduced the spicy fair food to chefs throughout the country who are using local ingredients to put their own spin on the regional item. The Wall Street Journal

ICE CREAM MAKES A COMEBACK WITH UNUSUAL NEW FLAVORS

Ice cream shops saw their sales dip 4% from 2008 through 2013, as health-conscious consumers switched to frozen yogurt, but now sales of the more indulgent sweet treat are on the rise again, according to IBISWorld. Single shops and small chains are seeing the biggest revival, with premium local ingredients and exotic flavors such as beet, goat cheese and foie gras. CNBC

ONTARIO'S CULINARY TOURISM EFFORTS FOCUS ON LOCAL

A new program from the Ontario Culinary Tourism Alliance showcases restaurants serving locally grown and produced food. The partnership between the province's agricultural and hospitality industries is designed to help visitors plan authentic culinary vacations, said Executive Director Rebecca LeHeup. National Post (Canada)

TIPS FOR REDUCING SODIUM LEVELS WITHOUT CUTTING FLAVOR

Taste tests at four major restaurant chains of dishes made with reduced amounts of high-sodium ingredients revealed that customers liked the lower-salt dishes as much as or more than the original 82% of the time, said Healthy Dining's Anita Jones-Mueller. She shares sodium-trimming tips for restaurants, including using fresh ingredients, cutting

the amount of high-salt sauces and adding garlic, onions or other vegetables instead of salt to bump up flavor. SmartBrief/SmartBlog on Food & Beverage

CONFECTIONERS CREATE MORE COMPLEX DARK CHOCOLATE TREATS

Health concerns have spurred more consumers to choose dark chocolate, according to Mintel. Now that more people are used to the less-sweet taste, chocolate-makers are innovating with new dark chocolate products including a bar from Barkeater Chocolates made with raspberries and black pepper and a Super Dark Bacon Bar from Vosges Haut-Chocolat. SmartBrief/SmartBlog on Food & Beverage

JALAPENOS AND HOT SAUCES SHINE ON MENUS

Hot jalapenos and flaming sauces are rising on restaurant menus, appearing in burgers, sandwiches and even hot dogs as consumers crave spicier fare. "[The spice trend is] being fueled by the alignment of two larger themes -- growth in ethnic flavors in more diverse segments, and the need for operators to market to Millennials that crave more adventurous flavors," said Food Genius CEO and founder Justin Massa. FastCasual.com

QUINOA RIDES FOOD TRENDS TO THE TOP OF THE MARKET

U.S. quinoa imports grew to 14.2 million pounds in 2013, compared with 1.6 million pounds in 2007, and the price of the grain has increased to \$7.56 per pound from \$3.50 during the same period. Quinoa's popularity has risen in large part due to food trends such as superfoods and gluten-free diets, experts say. "Quinoa is a perfect collision of trends," said Jennifer Baum, president of marketing firm Bullfrog + Baum. The Wall Street Journal

SPRINKLE SEAWEED SEASONING ON YOUR NEXT DISH

Seaweed can be used in much more than sushi rolls, according to Shuli and Ronit Madmone, owners of Whole Spice in Napa, Calif. Seaweed seasoning, which is a combination of seaweed, salt, sesame seeds and sugar, can be added to just about any dish from livening up rices and noodles to adding a burst of flavor to soups, salads and fish dishes. Napa Valley Register (Calif.)/The Spice People blog