



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

September 2014

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DAVE'S DO DADS

David Orosz, CFM, International Chairman of the Board

Where has the time gone? Kids are back to school, leaves are starting to turn colors and before you know it the annual IFSEA conference will be upon us. With the summer over with the passing of the Labor Day holiday it's time to rededicate ourselves to the work that lies ahead and there's a few things I want to provide updates on with your association.

The first is it's time for our tireless conference committee chairperson Ms. Barbara Sadler to once again start holding her committee planning calls - you wouldn't believe the amount of work that goes into planning a conference such as our own; they always do a terrific job for us, my hats off to them.

Volunteers for the committee can give as much or as little time as they desire and I know the assistance would be greatly appreciated so if anyone would like to volunteer to be on the conference planning committee please contact Barb at bsadler.ifsea@gmail.com.

I would like to thank Joe Quagliano for his many years of dedication as the chairman of our scholarship committee where he's had the great pleasure of awarding the Worthy Goal Fund Scholarships at our annual conference.

Unfortunately for us Joe is retiring from the University of Las Vegas at the end of the current semester and relocating back to the Midwest and taking some well-deserved time off. Filling Joe's shoes won't be easy but I've asked Dr. Joan Johnson of SUNY-Morrisville and James Kanemaki of LA Trade Tech to be co-chairperson's of the committee effective immediately. I can't think of two better educators to help us provide scholarships going forward and know they'll do a terrific job.

I want to close by giving a big thank you to Joe. As the immediate predecessor to Joe as scholarship committee chairman I can attest to the amount of work and dedication it takes to effectively do the job. Joe, on behalf of the International Food Service Executives Association we thank you for your devotion and dedication, enjoy your retirement and we look forward to seeing you at future conferences.

WISELY SPOKEN

No matter what people tell you, words and ideas
can change the world.

Robin Williams (R.I.P.)

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Swiss Chard Facts



SELECTION AND STORAGE

Swiss chard is available at its best during summer months from June until October. Chard can be harvested while its leaves are young and tender or after maturity when the leaves are larger and attained slightly tougher stems. In the store, buy fresh chard leaves featuring crispy, crunchy, brilliant dark-green color.

Chard is an extremely perishable leafy vegetable, and for the same reason it should be used as early as possible once harvested. If at all to store inside the refrigerator, then, set its temperature below 35 degree F and high humidity level to retain vitality for 1-2 days.

PREPARATION AND SERVING METHODS

As in spinach, chard leaves should be washed thoroughly in clean running water and rinsed in saline water for about 30 minutes in order to remove soil, dirt and any insecticide/fungicide residues.

Fresh young chard leaves can be used raw in salads.

Mature chard leaves and stalks are typically cooked, braised or sautéed; the bitter flavor fades with cooking. However, antioxidant properties of chard are significantly decreased on steaming, frying and boiling.

? Did ? You ? Know ?

Swiss Chard

Chard is a leafy green vegetable often used in Mediterranean cooking. In some cultivars, the leaf stalks are large and are often prepared separately from the leaf blade. The leaf blade can be green or reddish in color; the leaf stalks also vary in color, usually white, yellow, or red. Chard has been bred to have highly nutritious leaves and is considered to be one of the most healthful vegetables available, making it a popular addition to healthful diets (like other green leafy vegetables). Chard has been around for centuries, but because of its similarity to beets and some other vegetables such as cardoon, the common names used by cooks over the centuries can be quite confusing.

Chard and the other beets are chenopods, a group which is either its own family Chenopodiaceae or a subfamily within the Amaranthaceae. Although the leaves of chard are eaten, it is in the same species as beetroot (garden beet), which is grown primarily for its edible roots. Both are cultivated descendants of the sea beet, *Beta vulgaris* subsp. *maritima*, but they were selected for different characteristics.

Chard is also known by its many common names such as Swiss chard, silverbeet, perpetual spinach, spinach beet, crab beet, bright lights, seakale beet, and mangold.

Fresh young chard can be used raw in salads. Mature chard leaves and stalks are typically cooked (like in or sauteed; their bitterness fades with cooking, leaving a refined flavor which is more delicate than that of cooked spinach).

There are a number of Swiss chard varieties, some of which have white, yellow, or orange stalks while others have red, pink, or purple stalks.

Regardless of which chard variety you choose, your taste buds will be tickled with an intriguing flavor that's a lot like spinach, with a hint of beet. Due to its spinach-like flavor and texture, Swiss chard is often used as a substitute for spinach in recipes.

Swiss Chard Contains Almost As Much Vitamin K as Collard Greens. The gorgeous green leaves and the juicy stems of the Swiss chard are packed full of vitamin K. In fact, eating a handful of fresh Swiss chard provides your body with almost as much vitamin K as eating a handful of collard greens. As you may already know, collard greens are considered a superfood par excellence, and they are particularly



famous for their extremely high vitamin K content.

So how much vitamin K do these nutrient-packed greens provide then, and why do we need vitamin K, anyway? According to USDA's Nutrition Facts data, one ounce of cooked and drained Swiss chard contains a whopping 115% of the Daily Value for vitamin K, while an equal serving of collard greens provides 154%. Vitamin K is a versatile nutrient that can offer a whole range of health benefits, particularly for your heart and overall cardiovascular system. Chard leaves are an excellent source of antioxidant vitamin, vitamin-C. Its fresh leaves provide about 33% of recommended levels per 100 g. As a powerful water-soluble antioxidant, vitamin C helps to quench free radicals and reactive oxygen species (ROS) through its reduction potential properties.

Chard is rich source of omega-3 fatty acids; vitamin-A, and flavonoids anti-oxidants like β -carotene, a-carotene, lutein and zeaxanthin. Carotenes convert to vitamin A inside the body. Rich in B-complex group of vitamins such as folates, niacin, vitamin B-6 (pyridoxine), thiamin and pantothenic acid that are essential for optimum cellular metabolic functions.

Swiss Chard Packs a Carotenoid Punch (Good for Your Eyes!) Because Swiss chard is supercharged with pro-vitamin A (carotenoids), one ounce of boiled and drained Swiss chard supplies your body with a staggering 34% of the Daily Value for pro-vitamin A (according to USDA's nutrition facts data for Swiss chard). Carotenoids and vitamin A play several important roles in the human body, but their best-known health benefits relate to their eye health protecting properties.

Recipe Box

ROASTED SWISS CHARD WITH FETA

servings: 4



1 bunch rainbow chard - leaves and stems separated and chopped

1 large onion, chopped

1 tablespoon olive oil

salt and black pepper to taste

2 tablespoons olive oil

4 ounces feta cheese, broken into 1/2 inch pieces

1. Preheat an oven to 350 degrees F (175 degrees C). Grease a baking sheet with olive oil.

2. Toss the chard stems and onions in a bowl with 1 tablespoon olive oil. Season with salt and pepper to taste, and spread onto the prepared baking sheet.

3. Bake in the preheated oven until the chard stems have softened and the onion is starting to brown on the corners, about 15 minutes. Toss the chard leaves with 2 tablespoons of olive oil, salt, and black pepper. Sprinkle the leaves over the stem mixture, then scatter the feta cheese over top.

4. Return to the oven, and bake until the stems are tender, the leaves are beginning to crisp, and the feta is melted and golden, about 20 minutes.

SALMON AND SWISS CHARD QUICHE

makes 1 pie



2 tablespoons butter, divided

1/4 cup plain dried bread crumbs

2 cups 2% milk

8 ounces salmon fillets, skin removed

1/3 cup chopped onion

1/2 bunch Swiss chard, chopped

1/2 teaspoon salt

1/8 teaspoon ground black pepper

1/2 teaspoon dried marjoram

1/8 teaspoon ground nutmeg

3 eggs

1 hr 20 mins Directions 1. Preheat the oven to 350 degrees F (175 degrees C). Butter a 10 inch pie plate using about 1 tablespoon of butter. Sprinkle bread crumbs into the pie dish and shake to coat evenly, discarding excess.

2. Pour the milk into a large saucepan and warm over medium heat. Add the salmon fillets and bring to a simmer. Cover and cook for about 10 minutes, or until salmon can be flaked with a fork.

3. Melt the remaining butter in a large skillet over medium heat. Add the onion and Swiss chard; cook and stir until tender and most of the liquid has evaporated. Season with salt, pepper, marjoram and nutmeg. Set aside to cool; you should have about one cup of chard and onion.

4. Spread the chard mixture and flake the salmon into the prepared pie plate. In a medium bowl, whisk together the eggs and one cup of cooled milk from poaching the salmon. Pour into the pie dish.

5. Bake for 35 minutes in the preheated oven, or until the center is set. Cool slightly before serving.

Recipe Box

SWISS CHARD TACOS

serves 4



- 1 1/2 tablespoons olive oil
- 1 large onion, cut into 1/4-inch slices
- 3 cloves garlic, minced
- 1 tablespoon red pepper flakes, or to taste
- 1/2 cup chicken broth
- 1 bunch Swiss chard, tough stems removed and leaves cut crosswise into 1 1/2-inch slices
- 1 pinch salt
- 12 corn tortillas
- 1 cup crumbled queso fresco cheese
- 3/4 cup salsa

1. Heat the olive oil in a skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned golden brown, about 10 minutes. Add the garlic and red pepper flakes, stirring until fragrant, about 1 minute. Stir in the chicken broth, Swiss chard, and salt. Cover and reduce heat to low. Simmer until chard is nearly tender, about 5 minutes. Remove lid and increase heat to medium, stirring until the liquid evaporates, about 5 minutes. Remove from heat and set aside.

2. Heat another skillet over medium-high heat. Warm the tortillas in the skillet for about 1 minute per side. Fill the warmed tortillas with the chard, and top with the queso fresco cheese and salsa.

CHARD STALKS AND GARLIC SCAPE PASTA

serves 4



- 1 cup Swiss chard stalks, cut into 1 1/2-inch pieces
 - 1 (5 ounce) package dry vermicelli pasta
 - 1 tablespoon butter
 - 1 tablespoon olive oil
 - 1/4 large onion, chopped
 - 2 garlic scapes, sliced
1. Bring a large pot of lightly salted water to a rolling boil. Cook the Swiss chard stems in boiling water until tender, 10 to 15 minutes; drain and rinse with cold water. Set aside.
 2. Bring a separate large pot of lightly salted water to a rolling boil. Cook the vermicelli pasta in boiling water until tender yet firm to the bite, 4 to 5 minutes; drain.
 3. Meanwhile, melt the butter with the olive oil in a large skillet over medium heat; stir in the onion and garlic scapes. Cook and stir until the onion is soft and translucent, about 5 minutes. Increase heat to medium-high, stir in the chard stalks, and cook until the onion has browned, about 5 minutes more. Season with salt and pepper; stir in the cooked pasta to serve.

Recipe Box

SAVORY SWISS CHARD WITH PORTOBELLOS

serves 8



- 2 tablespoons olive oil
- 1 teaspoon crushed red pepper
- 1 clove garlic, crushed and chopped
- 1 (8 ounce) package portobello mushrooms, stemmed and cut into 1/2-inch wide by 2-inch long pieces
- 1 leek, chopped
- 1 cup chicken broth
- 1 bunch Swiss chard, trimmed and chopped
- 2 cups grated Parmesan cheese

1. Heat the olive oil in a large pot over medium-high heat. Stir in the red pepper, garlic, and portobello mushrooms. Cook and stir until the mushroom has softened and begun to release its liquid, 3 to 5 minutes. Stir in the leek, and continue cooking until the leek has softened, about 5 minutes.

2. Stir in the chicken broth and Swiss chard. Bring to a boil, then reduce heat to medium-low. Cover, and simmer until the chard leaves have wilted, about 10 minutes. Remove the lid, and continue cooking until the chard is tender and most of the liquid has evaporated, about 5 minutes. Sprinkle with the Parmesan cheese; let stand until melted.

SPANISH STUFFED SWISS CHARD STEMS

serves 2-3



- 6-8 Swiss chard stalks with leaves
- 3-4 thin slices Serrano ham
- 3-4 thin slices Spanish cheese
- 4-8 oz unbleached white flour for breading
- 1 egg
- 1 tsp water
- 2 cups (1/2 liter) olive oil for frying

Preparation:

This Stuffed Swiss Chard Stems recipe makes 2-3 servings as a first course or tapa.

Clean the Swiss chard, rinsing each one thoroughly under running water to remove all dirt and debris. Remove the leafy green part of Swiss chard, leaving the stem. Reserve the leaves for use later. Trim the stems into rectangles, no longer than 3 inches. Scrape chard stocks with a knife and remove any larger fibrous strings.

Pour 2-3 cups water into a saucepan and bring to a boil. Place stacks in pot and simmer for approximately 15-20 minutes, or until stalks are softened. Remove stalks from water and allow to drain and cool on a plate.

Prepare a "sandwich" made of the stems. First, lay a slice of ham and a slice of cheese on top of a stem, then lay another stem on top to form a sandwich. Ham and cheese slices should be trimmed so that they do not hang over the sides. Use a toothpick to secure the sandwiches if necessary.

Beat the eggs and water in a small mixing bowl. Spread flour onto a dinner plate. Dip the stuffed stems into the beaten egg, then roll in the flour. Fry the stems until golden brown on both sides.

Remove the stems and allow them to drain on a paper towel. Serve hot as a first course.



Sauvignon Blanc

Sauvignon Blanc is a white-wine grape from western France, now successfully grown in emerging and established wine regions all over the world. While the grape may be more readily associated with the Loire Valley (for its pivotal role in Sancerre and Pouilly-Fume), it is more likely to have originated from Bordeaux, where it is typically blended with Semillon.

In the late 20th Century, a new region began to gain a reputation as one of the great Sauvignon Blanc regions of the world: Marlborough, at the northern tip of New Zealand's South Island. The rapid development of the Marlborough Sauvignon Blanc is one of the most dramatic events in the world of wine. The intense and readily accessible flavor of a classic Marlborough "Savvy" (as it is colloquially known in that part of the world) has captured a vast market around the globe, from the United States and Canada to the U.K. and northern Europe, Australia and Japan. In 2011, Marlborough produced roughly 65 percent of New Zealand's total wine output, 75 percent of which was Sauvignon Blanc.



Sauvignon Blanc Grapes Outside France and New Zealand, the variety has been relatively successful in New World regions such as California, Chile (particularly the Casablanca and San Antonio valleys) and South Africa. Even in Australia the variety can thrive in the cooler coastal areas of the south. In Europe, the cool, sunny sub-alpine slopes of Alto Adige and Friuli in northern Italy have proved suitable for producing Sauvignon Blanc of high quality.

Classic Sauvignon Blanc aromas range from grass, nettles, blackcurrant leaf and asparagus to green apples and gooseberries

Typically a light to medium-bodied, crisp and refreshing white wine with notable acidity, Sauvignon Blanc offers a fairly wide range of flavors. From herbal taste sensations to veggie, and from flavors of grass, hay and mineral tones to a citrus and tropical flavor mix, Sauvignon Blanc displays a very unique wine tasting adventure.

FOOD PAIRING:

Sauvignon Blanc is a very food-friendly wine and terrific for appetizers such as artichoke dip, veggie dishes or dips, garlic or Italian seasonings in creamy sauces, fragrant salads - like Greek, Caesar or Garden, Thai food, fish (sushi), poultry and the list goes on.

IN THE NEWS

EXPERTS WEIGH IN ON HOW AMERICA'S EATING HABITS ARE CHANGING FOR THE BETTER

Food experts say eating habits in the U.S. are improving, with movements toward healthier food options that taste good and farm-to-table restaurants gaining traction. Some experts predict the dawn of advertising in produce as Americans continue to move away from packaged foods. USA Today

FOODSERVICE OPERATORS ARE OPTIMISTIC ABOUT NEXT 3 YEARS, SURVEY SHOWS

A recent survey by L.E.K. Consulting of 250 foodservice operators and decision makers shows that 75% of foodservice leaders are optimistic that the next three years will show better growth than the previous three years. Other expected trends include menu shifts toward cleaner ingredients, sustainable food sources and gluten-free or vegan items. SmartBrief/SmartBlog on Food & Beverage

NRA: WHY MENU LABELING RULES SHOULD APPLY TO FOOD STORES

Prepared food sales at grocery and convenience stores grew 25% between 2007 and 2012, double the rate of growth at restaurants during the same period, fueling the position that soon-to-be-enacted federal menu labeling laws should apply to those retail outlets as well as restaurant chains, writes NRA's Scott DeFife. "Restaurant and retail food establishments have a great opportunity to be role models and come together and collectively embrace this important new market evolution to better serve our customers," he writes.

RESTAURANT CHAINS WORK TO WIN OVER ALL AGE GROUPS

Quick-service and fast-casual chains may talk most about winning millennials, but the most successful are actually figuring out ways to win over patrons from all generations. At Papa Murphy's, that means marketing to tech-savvy moms, who influence the rest of the family, while Firehouse Subs says its community-focused marketing wins over Gen X and Gen Y in equal numbers. QSR Magazine

SURVEY: WHAT DO CONSUMERS WANT MOST IN A SANDWICH?

Some 42% of consumers say making a great sandwich starts with the bread, according to MenuTrends, and it's a trend restaurants have capitalized on with new products such as pretzel rolls and artisan breads. Consumers also want a variety of sandwich fillings, from traditional turkey and ham to pulled pork and shredded chicken. SmartBrief/SmartBlog on Food & Beverage

Australian truffles pop up on summer menus in the U.S.

Australian growers took seven years to cultivate their first black truffles and more than a decade to grow the delicacies for commercial sale. Truffles are traditionally a winter treat, but Australia's opposite seasons allow U.S. chefs to put them on summer menus at a growing number of upscale eateries, including Babbo in New York City and La Toque in California. Reuters

Detroit sees a resurgence in kosher restaurants

A new generation of kosher eateries is on the rise in metro Detroit, with restaurants such as Kravings that are certified kosher but offer items far beyond the typical deli staples. "The community is so flooded with people, like myself, who come back from New York or someplace else. All these people are used to kosher dining options that are not selling old-school items, like chicken soup," said owner Daniel Kohn.

THE RISE OF KOREAN CUISINE ON AMERICAN MENUS

Nearly every major U.S. city now boasts Korean cuisine, from traditional barbecue to the arrival of kimchi and bulgogi on myriad menus. While immigration influenced the rise of Chinese and Japanese fare in the U.S., Korean food has only recently played catch up, partially because of a lack of Korean chef-run eateries. "We didn't have many Korean chef-run restaurants until five years ago," said chef Hooni Kim of New York's Danji and Hanjan. "Chef-owned restaurants are the key to growing a cuisine. [Japanese chefs] taught Americans what real sushi was." Serious Eats

NPD: AMERICANS EAT ALONE MORE THAN HALF THE TIME

U.S. consumers eat breakfast alone 60% of the time and dine on a solitary lunch 55% of the time, according to new research from NPD Group. Busy schedules and the highest level of single-person households in U.S. history are fueling the growing trend of solitary meals, a challenge for food marketers and restaurants geared toward serving groups. BurgerBusiness.com

REPORT: RETIREES DINE OUT MORE OFTEN, FIND WAYS TO SAVE

Retirees over the age of 65 dined out an average of 193 times last year, up from 171 times five years earlier, according to new research from NPD Group that also showed the group spent more per person than adults of other ages. Older consumers find ways to economize as they dine out more often, from seeking out Groupons and other deals to opting for less-pricey half portions. USA Today