



IFSEA INFUSION

November 2015

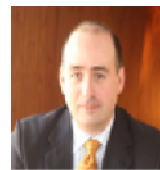
"We enhance the careers of our members through professional and personal growth"

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DAVE'S DoDADS



Thanksgiving is a time to be "Thankful" and as the leader of this great association I have so many things I'm grateful for but no more so than the dedication of our members. As a self-managed association, everything we accomplish is done solely by volunteers so, when people ask me what I'm thankful for this Thanksgiving, my answer is our association's members. From the individual committee chairs and their committee members to our board of directors, past chairman's council, executive committee, individual branch leadership teams right down to the individuals that help us move forward each and every day. So while most of us won't be together this upcoming Thanksgiving, know that I'll be saying a toast for the association and its awe inspiring members.

Happy Thanksgiving!

WISELY SPOKEN

Friendship is something to be truly thankful for!

I.F.S.E.A. INTERNATIONAL DIRECTORY

EXECUTIVE COMMITTEE

CHAIRMAN OF THE BOARD

David Orosz, CFM
dave@orosz.us

CHAIRELECT

Fred Wright, DODG, MCFE
wrightchef@gmail.com

TREASURER

Barbara Sadler, DODG, CFE
bsadler.ifsea@gmail.com

BOARD OF DIRECTORS

Tom Dailey, CFE
tom@simplyfinefood.com

Jack Kleckner, DODG, MCFE
jack.kleckner@ecolab.net

John DeJong, DODG, CFE
jocoenterprises1@msn.com

Rob Lawrence, CFM
robrlawrence@mac.com

Bev Demanovich
bdemanovich@sbcglobal.net

Enrique Robinson
robinse@morrisville.edu

Donna Foster, DODG, CFE
foodlady2@juno.com

Pete Starowicz, MCFE
pstarowi@mvnhealth.com

Richard Hynes
richard.hynes@hobartcorp.com

Kwesi Stephen
kwesi.stephen@gmail.com

Robin Keyes
mtmisery@prodigy.net

Todd Story
tstory@arvadacenter.org

INTERNATIONAL COMMITTEE CHAIRS

AWARDS

Matt Trupiano, DODG, CFE
matt@matserv.org

MILITARY

Rick Diaz, DODG, MCFE, CBM, CEC
rick-d@arvadacenter.org

BRANCH PRESIDENT'S COUNCIL

David Preston CFE
fosterd@ahca.myflorida.com

PAST CHAIRMAN'S COUNCIL

Richard Weil, DODG, CFE
richard@nationalrestaurantconsultants.org

CERTIFICATION/CREDENTIALING

Fred Wright, DODG, MCFE
wrightchef@gmail.com

SCHOLARSHIP

Joan Johnson, Ph.D., CFE
jonsojm@morrisville.edu

CONFERENCE

Barbara Sadler, DODG, CFE
bsadler.ifsea@gmail.com

YOPROS

Kwesi Stephen
kwesi.stephen@gmail.com

MENTORING

Kwesi Stephen
kwesi.stephen@gmail.com

Barbara Sadler, DODG, CFE
bsadler.ifsea@gmail.com

IFSEA HEADQUARTERS

4955 Miller St. Suite 107
Wheat Ridge, CO 80033

Phone: 800-893-5499 Fax (303) 420-9579
IFSEAhqoffice@gmail.com Web: www.IFSEA.com

Follow IFSEA on Facebook
at



www.Facebook.com/IFSEA.HQ

? Did ? You ? Know ?

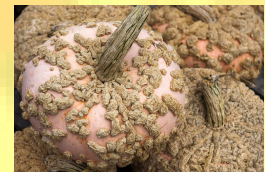
P u m p k i n

A pumpkin is really a squash. It is a member of the Cucurbita family which includes squash and cucumbers. Pumpkins are grown all over the world on six of the seven continents, with Antarctica being the sole exception. They are even grown in Alaska. The self proclaimed "Pumpkin Capital of the World" is Morton, Illinois where Libby has it's pumpkin industry and plant. Here are but a few of the over 40 varieties of pumpkins.

Jarrahdale: This blue pumpkin has a golden-orange flesh that is fine-textured and sweet. Good in pies, it is also versatile in soups and stews.



Peanut: This pink-skinned pumpkin, named for the peanut-shell exterior, is lighter in density than most other pumpkins and is mild and fluffy when baked. It is good for soups and stews and baked with a pot roast.



Lakota: It's a pear-shaped pumpkin with crimson-orange flesh that is delicious when raw — grated in salads or slaw — but also good in chili.



Cow: One of the creamiest pumpkins, with excellent flavor, this large variety works well in pies, pudding and soup.



Sugar: Sweetness, texture and flavor make this small pumpkin great for pies.



Caribbean: Its firm yellowish-orange flesh is mild and sweet. Heisler likes to saute it with scallops in a white wine sauce and serve over buttered noodles.



PUMPKIN NUTRITION FACTS

(1 cup cooked, boiled, drained, without salt)

Calories 49, Protein 2 grams, Carbohydrate 12 grams, Dietary Fiber 3 grams,
Calcium 37 mg, Iron 1.4 mg, Magnesium 22 mg, Potassium 564 mg, Zinc 1 mg,
Selenium .50 mg, Vitamin C 12 mg, Niacin 1 mg, Folate 21 mcg, Vitamin A 2650 IU,
Vitamin E 3 mg

HAPPY THANKSGIVING!

Giving Thanks

For the hay and the corn and the wheat that is reaped,
For the labor well done, and the barns that are heaped,
For the sun and the dew and the sweet honeycomb,
For the rose and the song and the harvest brought
home --

Thanksgiving! Thanksgiving!

For the trade and the skill and the wealth in our land,
For the cunning and strength of the workingman's
hand,
For the good that our artists and poets have taught,
For the friendship that hope and affection have
brought --

Thanksgiving! Thanksgiving!

For the homes that with purest affection are blest,
For the season of plenty and well-deserved rest,
For our country extending from sea unto sea;
The land that is known as the "Land of the Free" --

Thanksgiving! Thanksgiving!



Recipe Box

Feta Cheese Foldovers

Servings: 12



8 ounces feta cheese, crumbled
3 tablespoons finely chopped green onions
1 egg, beaten
1 (17.5 ounce) package frozen puff pastry, thawed
1 egg yolk, beaten with 1 teaspoon water

Preheat oven to 375 degrees F.

In a small bowl, blend feta cheese, green onions, and egg. Cut pastry into 12 (3 inch) squares. Place a mounded tablespoon of feta mixture in the center of each square. Moisten edges with water, and fold pastry over filling to form a triangle. Press edges together firmly with a fork to seal. Lightly brush pastries with the egg yolk mixture.

Bake for 20 minutes in the preheated oven, or until golden brown. Serve warm or at room temperature.

Hot Spinach Red Pepper Dip

Servings: 8



1 cup water
1 cup diced red bell pepper
1/2 cup thawed frozen chopped spinach
1 (8 ounce) package cream cheese
2 tablespoons milk
1/2 cup grated Parmesan cheese
1/2 teaspoon crushed red pepper flakes
1/4 teaspoon salt
1 pinch freshly ground black pepper
1 tablespoon finely diced red bell pepper
1 loaf rustic bread, scooped out

Bring the cup of water to a boil in a small saucepan over high heat and add the 1 cup of diced red pepper and the chopped spinach. Bring the water back to a boil, turn the heat down to medium and simmer until the pepper is very soft, about 10 minutes. Drain the spinach and red pepper in a colander, pressing out as much liquid as possible.

Combine the cream cheese and milk in the saucepan and cook over medium heat until hot and softened. Stir in the cooked spinach and red peppers, Parmesan cheese, crushed red pepper flakes, salt, and ground black pepper. Continue to stir until well combined and heated through.

Spoon hot dip into bread and serve with the tablespoon of finely diced red bell pepper sprinkled on top for garnish. Serve scooped out bread on the side.

Recipe Box

Sweet Potato Casserole

Servings: 12



4 cups sweet potato, cubed
1/2 cup white sugar
2 eggs, beaten
1/2 teaspoon salt
4 tablespoons butter, softened
1/2 cup milk
1/2 teaspoon vanilla extract
1/2 cup packed brown sugar
1/3 cup all-purpose flour
3 tablespoons butter, softened
1/2 cup chopped pecans

Preheat oven to 325 degrees F. Put sweet potatoes in a medium saucepan with water to cover. Cook over medium high heat until tender; drain and mash.

In a large bowl, mix together the sweet potatoes, white sugar, eggs, salt, butter, milk and vanilla extract. Mix until smooth. Transfer to a 9x13 inch baking dish.

In medium bowl, mix the brown sugar and flour. Cut in the butter until the mixture is coarse. Stir in the pecans. Sprinkle the mixture over the sweet potato mixture.

Bake in the preheated oven 30 minutes, or until the topping is lightly brown.

Carmelized Brussels Sprouts with Pistachios

Servings: 8



4 pounds Brussels sprouts
1/2 cup unsalted butter
4 small red onions, cut into strips
1/4 cup red wine vinegar
2 tablespoons white sugar
salt and pepper to taste
1/2 cup coarsely chopped pistachios

Place Brussels sprouts in a steamer basket over boiling water.

Cover saucepan and steam 8-10 minutes or until Brussels sprouts are tender yet crisp.

Melt the butter in a deep skillet, add the onions and 3 tablespoons vinegar; cook until onions brown.

Add the Brussels sprouts, sugar and remaining vinegar.

Saute over medium heat until the Brussels sprouts are lightly caramelized.

Season with salt and pepper to taste and garnish with pistachios.

