



IFSEA INFUSION

November 2016

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

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the Wright Stuff!

Fred Wright, DODG, MCFE, CEC, AAC, Chairman of the Board

The board of directors met recently to decide whether we are to try and have a 2017 conference.

I am humbled by the overwhelming support of the board to try and raise the funds necessary to make it happen. Now we wait as these hardworking people try to get some money so it can happen.

The board of directors will decide on a 2017 conference in November.

School Is now well underway, it is a great time to get out and introduce IFSEA to the next generation.

What we have to offer, what we do and our certifications. The students and young professionals always tell me what IFSEA and our annual conference do for them. I know I just want to continue that tradition.

With the holidays approaching fast, be safe! Spend some time with your loved ones and take time for yourselves.

Fred



See page

SOMETHING TO THINK ABOUT

Growth is never by mere chance;
it is the result of forces working together.

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? Did ? You ? Know ?

H O N E Y

continued

By Dr. Mercola

Honey has been valued as a natural sweetener long before sugar became widely available in the 16th century. Honey production flourished in ancient Greece and Sicily, for instance, while animals other than humans – bears, badgers, and more – have long raided honeybee hives, risking stings for the sweet reward.

Honey is truly a remarkable substance, made even more extraordinary by the process with which it is made. This blend of sugar, trace enzymes, minerals, vitamins, and amino acids is quite unlike any other sweetener on the planet.

And while honey is high in fructose, it has many health benefits when used in moderation (assuming you're healthy). Before I delve into those, here's a brief "lesson" on how honey is made...

How Honey Is Made (Fascinating!)

It takes about 60,000 bees, collectively traveling up to 55,000 miles and visiting more than 2 million flowers, to gather enough nectar to make one pound of honey.

Once the nectar is gathered, the bee stores it in its extra stomach where it mixes with enzymes, and then passes it (via regurgitation) to another bee's mouth. This process is repeated until the nectar becomes partially digested and is then deposited into a honeycomb.

Once there, the honeybees fan the liquid nectar with their wings, helping the water to evaporate and create the thick substance you know as "honey." This honeycomb is then sealed with a liquid secretion from the bee's abdomen, which hardens into beeswax. As Live Science reported:

"Away from air and water, honey can be stored indefinitely, providing bees with the perfect food source for cold winter months."

There are more than 300 kinds of honey in the US, each with a unique color and flavor that is dependent upon the nectar source. Lighter colored honeys, such as those made from orange blossoms, tend to be milder in flavor while darker-colored honeys, like those made from wildflowers, tend to have a more robust flavor.



? Did ? You ? Know ?



H O N E Y

continued



Honey, particularly in its raw form, offers unique health benefits that you might not be aware of. Among them...

1. Honey Makes Excellent Cough "Medicine."

The World Health Organization (WHO) lists honey as a demulcent, which is a substance that relieves irritation in your mouth or throat by forming a protective film. Research shows honey works as well as dextromethorphan, a common ingredient in over the counter cough medications, to soothe cough and related sleeping difficulties due to upper respiratory tract infections in children.

2. Honey Can Treat Wounds

Honey was a conventional therapy in fighting infection up until the early 20th century, at which time its use slowly vanished with the advent of penicillin. Now the use of honey in wound care is regaining popularity, as researchers are determining exactly how honey can help fight serious skin infections.

Honey has antibacterial, antifungal, and antioxidants activities that make it ideal for treating wounds. In the US, Derma Sciences uses Manuka honey for their Medihoney wound and burn dressings.

Manuka honey is made with pollen gathered from the flowers of the Manuka bush (a medicinal plant), and clinical trials have found this type of honey can effectively eradicate more than 250 clinical strains of bacteria, including resistant varieties such as:

- MRSA (methicillin-resistant *Staphylococcus aureus*)
- MSSA (methicillin-sensitive *Staphylococcus aureus*)
- VRE (vancomycin-resistant enterococci)

Compared to other types of honey, Manuka has an extra ingredient with antimicrobial qualities, called

the Unique Manuka Factor (UMF). It is so called because no one has yet been able to discover the unique substance involved that gives it its extraordinary antibacterial activity.

Honey releases hydrogen peroxide through an enzymatic process, which explains its general antiseptic qualities, but active Manuka honey contains "something else" that makes it far superior to other types of honey when it comes to killing off bacteria. That being said, research shows that any type of unprocessed honey helped wounds and ulcers heal. In one study, 58 of 59 wounds showed "remarkable improvement following topical application of honey."

3. Honey Improves Your Scalp

Honey diluted with a bit of warm water was shown to significantly improve seborrheic dermatitis, which is a scalp condition that causes dandruff and itching. After applying the solution every other day for four weeks, "all of the patients responded markedly." According to the researchers: "Itching was relieved and scaling was disappeared within one week. Skin lesions were healed and disappeared completely within 2 weeks. In addition, patients showed subjective improvement in hair loss."

4. Help Boost Your Energy

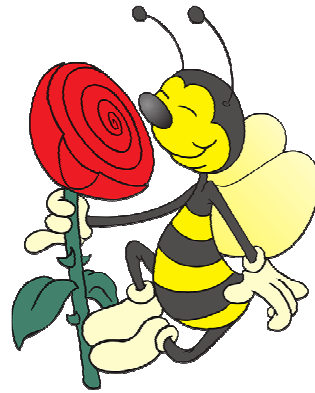
A healthy, whole-food diet and proper sleep is the best recipe for boundless energy, but if you're looking for a quick energy boost, such as before or after a workout, honey can suffice. This is particularly true for athletes looking for a "time-released fuel" to provide energy over a longer duration.

? Did ? You ? Know ?



H O N E Y

continued



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Recipe Box

Honey Bun Cake Serves: 16

1 (18.25 ounce) package yellow cake mix
3/4 cup vegetable oil
4 eggs
1 (8 ounce) container sour cream
1 cup brown sugar
1 tablespoon ground cinnamon
2 cups confectioners' sugar
4 tablespoons milk
1 tablespoon vanilla extract



Preheat oven to 325 degrees F (165 degrees C). In a large mixing bowl, combine cake mix, oil, eggs and sour cream. Stir by hand approximately 50 strokes, or until most large lumps are gone. Pour half of the batter into an ungreased 9x13 inch glass baking dish. Combine the brown sugar and cinnamon, and sprinkle over the batter in the cake pan. Spoon the other half of the batter into the cake pan, covering the brown sugar and cinnamon. Twirl the cake with a butter knife or icing knife until it looks like a honey bun (or whatever design you want to make).

Bake in preheated oven for 40 minutes, or until a toothpick inserted into the center of the cake comes out clean. Frost cake while it is still fairly hot. Serve warm.

To Make the frosting: In a small bowl, whisk together the confectioner's sugar, milk and vanilla until smooth.

Recipe Box

Honey Crunch Pecan Pie

serves: 8

2 cups all-purpose flour
1 teaspoon salt
3/4 cup shortening
6 tablespoons cold water
1 teaspoon distilled white vinegar
4 eggs, lightly beaten
1/4 cup packed brown sugar
1/4 cup white sugar
1/2 teaspoon salt
1 cup light corn syrup
2 tablespoons butter, melted
1 teaspoon vanilla extract
1 cup chopped pecans
1 tablespoon bourbon (optional)
1/3 cup packed brown sugar
3 tablespoons butter
3 tablespoons honey
1 1/2 cups pecan halves



Preheat oven to 350 degrees F (175 degrees C). To Make Crust: In a medium bowl, mix together flour and 1 teaspoon salt. Cut in shortening until mixture is crumbly. Gradually add water and vinegar. Cut together until mixture will hold together. Press dough into a ball and flour each side lightly. Wrap in plastic and chill for 20 minutes. Roll out between wax paper into a circle 1/8 inch thick and press into 9 inch pie pan. To Make Filling: In a large bowl, combine eggs, 1/4 cup brown sugar, white sugar, 1/2 teaspoon salt, corn syrup, melted butter, vanilla extract, and chopped pecans. Add bourbon if desired. Mix well. Spoon mixture into unbaked pie shell. Bake in preheated oven for 15 minutes. Remove and cover edges of pastry with aluminum foil. Return to oven for 20 minutes.

To Make Topping: Combine 1/3 cup brown sugar, butter or margarine, and honey in a medium saucepan. Cook over low heat, stirring occasionally, until sugar dissolves - about 2 minutes. Add pecans. Stir just until coated. Spoon topping evenly over pie. Keep foil on edges of pastry and return pie to oven for an additional 10 to 20 minutes, until topping is bubbly and golden brown. Cool to room temperature before serving.



Moscato d'Asti

Moscato d'Asti is a semi-sweet, lightly sparkling, low-alcohol wine from Piedmont, northwestern Italy. It could hardly be more different from Piedmont's other iconic wine style – robust, red, Barolo. As implied by its name, the wine is made from Moscato grapes grown in vineyards near the town of Asti. The classic Moscato d'Asti wine is characterized by elegant floral aromas and notes of peach, apricot and fresh grape juice (© Wine-Searcher). It is one of Italy's most famous and most popular wines. The wine's best-known producers include Castello del Poggio, Michele Chiarlo, Villa Rinaldi and Paolo Saracco. Even California-based Cupcake Vineyards now produces a Moscato d'Asti.

The Moscato Bianco grape variety has been at home in Piedmont for centuries. The variety was officially recorded as far back as the 13th Century, in the statues of the town of Canelli. Canelli remains important to Moscato today; it is located at the very heart of the Moscato d'Asti production area and is home to several wineries of note. The Moscato Bianco variety is even sometimes known by the synonym Moscato di Canelli.

Moscato (often known by its French title, Muscat Blanc à Petits Grains) is used all around the Mediterranean. It makes both dry and sweet wines, typically characterized by fresh, floral, grapey aromas. It rarely makes "serious" wines, but is very well suited to lighter-hearted, indulgent styles, of which Moscato d'Asti is a prime example. Moscato d'Asti wines can be consumed as a refreshing aperitif, but are well matched with desserts, particularly with the classic panettone, fruit tarts, or with dry pastries made with hazelnuts or almonds.

There are several subtle differences between Moscato d'Asti and Asti Spumante. Moscato d'Asti is semi-

sweet, very gently sparkling and has an alcohol content by volume of around 5-6 percent. Asti Spumante is slightly drier, fully sparkling and has an alcohol content closer to 9 percent by volume. Strength of sparkle is key here, and is perhaps the easiest way to distinguish between the two wines. In Italian sparkling wine parlance, Moscato d'Asti is frizzante (min. 1 atmosphere of pressure), whereas Asti Spumante is spumante (min. 4 atmospheres of pressure).

The Moscato style that we know today is said to have been created in the 16th Century by Giovan Battista Croce, who made his fortune making jewelry for the nobility of Savoy. Croce owned a vineyard in the hills above Turin, and experimented with ways of producing sweet wines. The style he eventually created has proved enduringly popular. The production process for Moscato d'Asti is quite distinct from that of Champagne, or any of the world's more serious sparkling wines. It is not made in the *méthode traditionnelle* and is not bottle-fermented at any point; its sparkle comes entirely from being fermented in pressurized tanks.

The technique used to make Moscato d'Asti has become known as the "Asti Method". As soon as the Muscat grapes are harvested, they are de-stemmed and pressed – as quickly and gently as possible to retain the delicate floral aromas. The resulting must is filtered and kept chilled until required. The wine is created by fermenting a batch of this must in a pressurized tank. As yeasts convert the grape sugars to alcohol, carbon dioxide gas is released as a byproduct. A certain quantity of this gas is deliberately kept trapped in the wine, creating the all-important sparkle. When the alcohol level reaches around 5 percent, the wine is chilled, killing the yeasts and stopping the fermentation. The resulting product is sweet, sparkling, perfumed Moscato d'Asti.



Who Are We?

IFSEA YoPro's is the newest segment of IFSEA geared directly towards the post graduate. We are gearing up towards making the YoPro's the future of IFSEA; having them take over the continuous on-running of IFSEA; Including conference planning, IFSEA HQ operations and certifications, social media, web presence, etc; YoPro's are all about securing the future of IFSEA.

What Do We Do?

IFSEA YoPro's work in tandem with IFSEA HQ to mentor current students, aide in member proliferation and retention, aide in conference planning, development & operation. IFSEA YoPro's would also like to reach out to the communities that surround us; an aspect that has yet taken fruition.

What We Need!

Dedicated young professionals that are ready and willing to build their professional portfolio by diversifying it! As a YoPro, you'll have your hand in various operations of IFSEA; which will not only assist in defining you as a leader, but allowing you to attain skills that will last throughout your career!

So tell us!

What are you interested in; web design, conference planning, community outreach, social media, even just an idea? We have all of these opportunities and much more!

Email us at ifseayopro@gmail.com. Thank you and we look forward to hearing from you soon!

IFSEA Certification

Introduction

Welcome to the International Food Service Executives Association (IFSEA) Certification program. These certifications are a must for those in the Food Service/Hospitality Industry.

What Is Certification?

Certification is a system that grants recognition to professionals who have met a stated level of training and work experience. Once this level has been achieved, the professional goes through testing in order to prove that the knowledge and experience has been obtained.

Certified individuals are issued a certificate attesting they have met the standards of the credentialing organization and therefore are entitled to use credentialed status, (e.g., CFA, CFM or CFE) after their names. By use of these credentials as well as the certificate indicates the individual has the knowledge and experience to offer the industry.

What is the difference between certification and certificate programs?

Certifications include a work experience component. Certificate programs only require the course of study to be completed and does not require previous work experience.

Why Is Certification Desirable?

The individual who achieves certification sets him/herself apart from those without it. The advantages of seeking certification are:

A public recognition of professional achievement – both within and outside of the profession.

- An aid to career advancement.
- Achieving one's personal best or goal.

Purpose and Use of Certification.

IFSEA Certified Food Associate (CFA), Certified Food Manager (CFM) and Certified Food Executive (CFE) certifications shows that the individual has demonstrated mastery of the Food Service/Hospitality field of knowledge and, through recertification, has accepted the challenge to stay informed of new developments and laws affecting the Food Service/Hospitality industry. The CFA, CFM and CFE designations are visible reminder to peers and coworkers of the individual's significant professional achievement.

Don't wait! certify today! Contact ifsea.certification@gmail.com for more information.