

DECEMBER 2006

ifsea infusion

INFUSION: To instill a principle or quality: To introduce: To inspire

INTERNATIONAL FOOD SERVICE EXECUTIVES ASSOCIATION



INTERNATIONAL NEWS

Carrie Edwards has joined IFSEA as Director of Membership. You can contact her by calling headquarters, 502-583-3783 or by e-mail cedwards@hqtrs.com. Yolanda Jackson is your main contact for information concerning the association. You can contact her at the same phone number as above or by e-mail yjackson@hqtrs.com.

Look for conference registration material in your mailbox in January. Char Norton, who is vice president of Romano Gatland of Texas, foodservice consultants & planners worldwide, and who coauthored the book "HACCP, The Future Challenge—Practical Application for the Foodservice Administrator", will be one of the keynote presenters. She will be presenting on Emergency Preparedness. This session will be one that you do not want to miss. Char works with a variety of foodservice companies and spent her life in the Army working with their foodservice operations.

On March 29, 2007 Ed Manley will be instructing a class and give everyone the opportunity to obtain your MCFE, CFE or CFM. If you are interested be sure to sign up for this when you receive the conference registration material. So if are already planning to attend conference, take advantage of this excellent opportunity!

Greg Hobby

NETWORKING - MENTORING - COMMUNITY SERVICE - HAVING FUN

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

Recipe Box

FROZEN PEANUTTY DESSERT SERVINGS: 12



2/3 cup chocolate wafer cookie crumbs (apprx. 12 cookies)
 2 TBLSP sugar
 1&1/2 TBLSP reduced calorie stick margarin, melted
 Vegetable cooking spray
 1&1/2 quarts vanilla nonfat frozen yogurt, divided
 1/3 cup light colored corn syrup
 1/3 cup 25% less fat creamy peanut butter
 1/4 cup unsalted peanuts
 1 ounce semisweet chocolate, melted

Combine first 3 ingredients in a bowl, press crumb mixture over bottom of an 8 X 8 X 2 inch square pan coated with vegetable spray.
 Soften 3 cups yogurt and spread over crumbs, freeze until firm.
 Combine corn syrup and peanut butter in a small bowl., stirring well. Spread over yogurt layer in pan.
 Soften remaining 3 cups yogurt and spread over peanut butter layer. Sprinkle with peanuts and drizzle with chocolate. Cover and freeze until firm.
 To serve, let stand at room temperature for 5 minutes before cutting. Quickly dip base of pan in warm water to loosen crust from pan.

Calories: 224 Total Fat: 7.3 g Saturated Fat: 1.6 g
 Cholesterol: 5 mg Sodium: 139 mg Carbs: 35.6 g
 Protein: 7.5 g

*Frozen Peanutty Dessert Recipe from COOK HEALTHY
 COOK QUICK by Oxmoor House*

*Hazelnut Pumpkin Tart Recipe from LIGHT AND
 LUSCIOUS by Oxmoor House*



HAZELNUT PUMPKIN TART SERVINGS: 10

1 (15 ounce) pkg. refrigerated piecrusts, divided.
 1 cup hazelnuts, toasted, skinned and finely chopped.
 3 eggs
 1 (16 ounce) can pumpkin
 1/2 cup firmly packed brown sugar
 1/3 cup sugar
 1 cup half and half
 3/4 tsp ground ginger
 3/4 tsp ground cinnamon
 1/8 tsp salt
 Dash of ground nutmeg
 Dash of allspice
 dash of ground cloves
 1 cup whipping cream
 1/2 cup sifted powdered sugar
 1 TBLSP minced crystallized ginger
 30 whole hazelnuts, toasted and skinned

Roll 1 piecrust into a 12 inch circle on a floured surface. Fit into an 11 inch tart pan with removable bottom. Prick bottom and sides of pastry shell. Bake at 375 degrees for 5 minutes. Let cool in pan on wire rack. Sprinkle with chopped hazelnuts. Beat eggs at high speed with electric mixer. Add pumpkin and next 9 ingredients and beat well. Pour into pastry shell and bake at 375 degrees for 35 minutes. Cool in pan on wire rack. Cover and chill at least 2 hours.

Cut 30 shapes from remaining piecrust using a small leaf cookie cutter. Place on ungreased baking sheet and bake at 450 degrees for 6 minutes. Remove to wire rack and cool.

Beat whipped cream until foamy; gradually add powdered sugar, beating until soft peaks form. Fold in crystallized ginger, cover and chill 1 hour. Arrange whole hazelnuts and pastry leaves on tart. Serve with whipped cream mixture.

Per muffin: Calories: 480 Total Fat: 31.5 g
 Saturated Fat: 10.3 g Cholesterol: 108 mg
 Sodium: 190 mg Carbs: 45.2 g Protein: 7.8 g

DID YOU KNOW?

POINSETTIAS



The Aztecs called poinsettias “Cuetlaxochitl.” During the 14th - 16th century the sap was used to control fevers and the bracts (modified leaves) were used to make a reddish dye.

Montezuma, the last of the Aztec kings, would have poinsettias brought into what now is Mexico City by caravans because poinsettias could not be grown in the high altitude.

William Prescott, a historian and horticulturist, was asked to give *Euphorbia pulcherrima* a new name as it became more popular. At that time Mr. Prescott had just published a book called the Conquest of Mexico in which he detailed Joel Poinsett’s discovery of the plant. So, Prescott named the plant the poinsettia in honor of Joel Poinsett’s discovery.

The botanical name, *Euphorbia pulcherrima*, was assigned to the poinsettia by the German botanist, Wilenow. The plant grew through a crack in his greenhouse. Dazzled by its color, he gave it the botanical name, *Euphorbia pulcherrima* meaning “very beautiful.”

Joel Roberts Poinsett was the first United States Ambassador to Mexico being appointed by President Andrew Jackson in the 1820’s. At the time of his appointment, Mexico was involved in a civil war. Because of his interest in botany he introduced the American Elm into Mexico. During his stay in Mexico he wandered the countryside looking for new plant species. In 1828 he found a beautiful shrub with large red flowers growing next to a road. He took cuttings from the plant and brought them back to his greenhouse in South Carolina. Even though Poinsett had an outstanding career as a United States Congressman and as an ambassador he will always be remembered for introducing the poinsettia into the United States.

A nursery from Pennsylvania, John Bartram is credited as being the first person to sell poinsettias under its botanical name, *Euphorbia pulcherrima*.

In the early 1900’s the Ecke family of southern California grew poinsettias outdoors for use as landscape plants and as a cut flower. Eventually the family grew poinsettias in greenhouses and today are recognized as the leading producer of poinsettias in the United States.

IN THE NEWS

Big grocers ask growers to act on safety standards

A group of large supermarket chains, concerned about recurring E. coli outbreaks, have decided it's time to establish better quality controls. The consortium — which includes owners of Vons, [Albertsons](#), [Ralphs](#) and [Costco Wholesale](#) — have asked their produce suppliers to put processes in place within six weeks to standardize and update their food quality requirements. [Los Angeles Times](#)

Study: Diabetics may benefit from soy yogurt with fruit

People with diabetes are usually discouraged from eating sweet foods, but new research indicates they could in fact benefit from eating soy yogurt, especially yogurt containing fruit. The yogurt appears to help regulate enzymes that affect blood sugar levels, and it may also help people with high blood pressure, the researchers said. [Reuters](#)

USDA: No turkey crisis this year

Thanksgiving turkeys, after being in relatively short supply the past couple of years, will be readily available but slightly more expensive this year, according to the USDA. The announcement was made partially in response to a spate of rumors on the Internet and elsewhere that holiday birds would be scarce. [The Oregonian \(Portland\)](#)

Study: Some low-carb diets may be OK for heart

Many dieters hoping to lose weight with low-carb, high-fat diets have been warned over the years that such a nutritional regimen — often high in meat with saturated fat — might be bad for their hearts. Now a study published in the *New England Journal of Medicine* contradicts that warning, arguing that the diets don't add any more heart risk than high-carb, low-fat diets do. [The Miami Herald](#)

Orange juice prices to see overall jump of 20%
ORLANDO, Fla. — PepsiCo Inc. said it will increase prices on Tropicana and Dole orange juice by 4% to 8% at the start of 2007, further fallout from what is forecast to be the worst Florida citrus crop in more than 15 years.

The company also said it would trim the size and frequency of discounts for consumers. Combined with price increases announced in September, the changes effective Jan. 1 amount to a 20% lift for Tropicana and Dole over orange juice prices that had already been on the rise.

Tropicana is the largest buyer of oranges from Florida, which is by far the largest domestic producer. The state is second only to the country of Brazil in world orange production. However, after two nasty hurricane seasons compounded by drought and crop disease, Florida's harvest has dropped significantly. Last month, the U.S. Department of Agriculture predicted 135 million boxes of oranges would be picked in the 2006-07 season, down from an already low 148 million boxes last year.

Last week, Coca-Cola Co. raised prices 9% to 11% for its Minute Maid and Simply Orange juice products. [The Wall Street Journal](#)

Tempting foods can offer health benefits

A daily square of chocolate can offer cancer-fighting capabilities, while plain Russet potatoes feature antioxidants. Conflicting advice from studies can frustrate people, who would rather get information about what to eat in more practical terms, according to a spokeswoman for the American Dietetic Association. [Forbes](#)

The tip quandary

Consumers have been increasingly stumped by tipping rules, and gray areas in some situations have made tipping even more confusing. As a general rule, customers should always leave a tip unless they encounter the intimidation of tip jars, said Dianne Marsch, director of The Etiquette School of the Carolinas. [The Sun News \(Myrtle Beach, S.C.\)](#)

Study: Diet may alleviate depression

Omega-3 fatty acids found in fish, and tryptophan, found in turkey, can help safeguard against depression by increasing the absorption of certain chemicals by the brain, scientists say. [Reuters](#)



LOOKING FORWARD:
ENVISIONING THE FUTURE

2007 IFSEA International Conference and Seminar
March 29 - April 1 - Kansas City, Missouri

MARK YOUR CALENDAR!

106th IFSEA Annual International Conference and Seminar

Downtown Marriott Hotel¹ Kansas City, Missouri

March 29 - April 1, 2007

The 2007 IFSEA Conference Planning Committee is hard at work developing the program for this exciting annual event. **IFSEA conferences provide an unparalleled opportunity to network** with professionals from all segments of the food service industry, including over 500 military representatives. **Students** from culinary and HRI programs will also be in attendance. In addition, you will enjoy educational sessions **on a broad spectrum** of management, food service, leadership and motivational topics. Watch your mailbox in January for your 2007 conference registration materials and join your IFSEA colleagues in Kansas City!

KANSAS CITY DOWNTOWN MARRIOTT



200 West 12th Street Kansas City , MO 64105

CERTIFICATION

It's GOOD for you!

Why Should You Obtain Certification?

- Highlights Your Experience
- Denotes Professionalism
- Shows Career Commitment
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- Personal Self-Fulfillment
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Some of the Benefits You Will Receive

- Handsome Wall Plaque/Certificate
- Employer Notification Letter
- Prestigious Lapel Pin
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- Industry Wide Recognition
- Certification from America's 1st (1901) and finest Food Service Assn.

You may already be qualified for IFSEA's prestigious certification: "Master Certified Food Executive" (MCFE), "Certified Food Executive" (CFE) or "Certified Food Manager" (CFM) You do need to apply and in as little as two weeks you could be certified with the distinguished initials, MCFE, CFE or CFM, to put after your name. Your career accomplishments deserve recognition. There is no testing or bureaucracy, but you do need to complete the certification order form and application process. Certification is a pinnacle of food service success. Dare yourself to reward yourself!

IFSEA Certification

Reflects the highest level of professionalism in your work experience and educational background...and recognizes any association membership and community service activities. It says you have achieved all the necessary job skills. *and...*

..gives you that critical extra special edge to stand out in today's highly competitive work place. College isn't enough. Professionals who highlight their differences land the best jobs. Let certification make a crucial difference in YOUR career!

Cost for Members:

- MCFE - \$99
- CFE - \$99
- CFM - \$99
- Recertification (CFE Only) - \$50