



IFSEA INFUSION

December 2015

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

DAVE'S DoDads



Dear IFSEA members,

Last year was a challenging year; thank you for your continued effort, energy, resilience and commitment.

As we look to the new year with greater clarity, a greater determination to succeed, and a renewed commitment to build on our past successes, we ask just one thing from each of you – be better.

- Grow in your work – think creatively, efficiently and get the details right.
- Grow with our newest members – in how you prepare, how you communicate and how you add value.
- Grow with your teammates – in how you support each other, how you communicate and how you care about them as people.
- Grow in your community – in how you give of your time and effort to make your town, city or neighborhood a great place to live.
- Grow with our planet – in how you recycle, minimize your footprint, and how you appreciate the natural beauty around us.
- Grow in how you communicate, encourage and support.
- Grow to better yourself – in your self-talk, in your personal expectations and in your commitment to being all that you can be.

You control how you approach each and every day at work and at home. Commit to being better every day. Learn more. Be more responsive. Be more connected. Be more aware. Be tougher. Be more resilient. Be more creative. Be more present. Just be better.

Thank you for your loyalty and effort; we look forward to a great, productive and successful new year.

Warm regards,

Dave

WISELY SPOKEN

Gifts of time and love are surely the basic ingredients of a truly merry Christmas.

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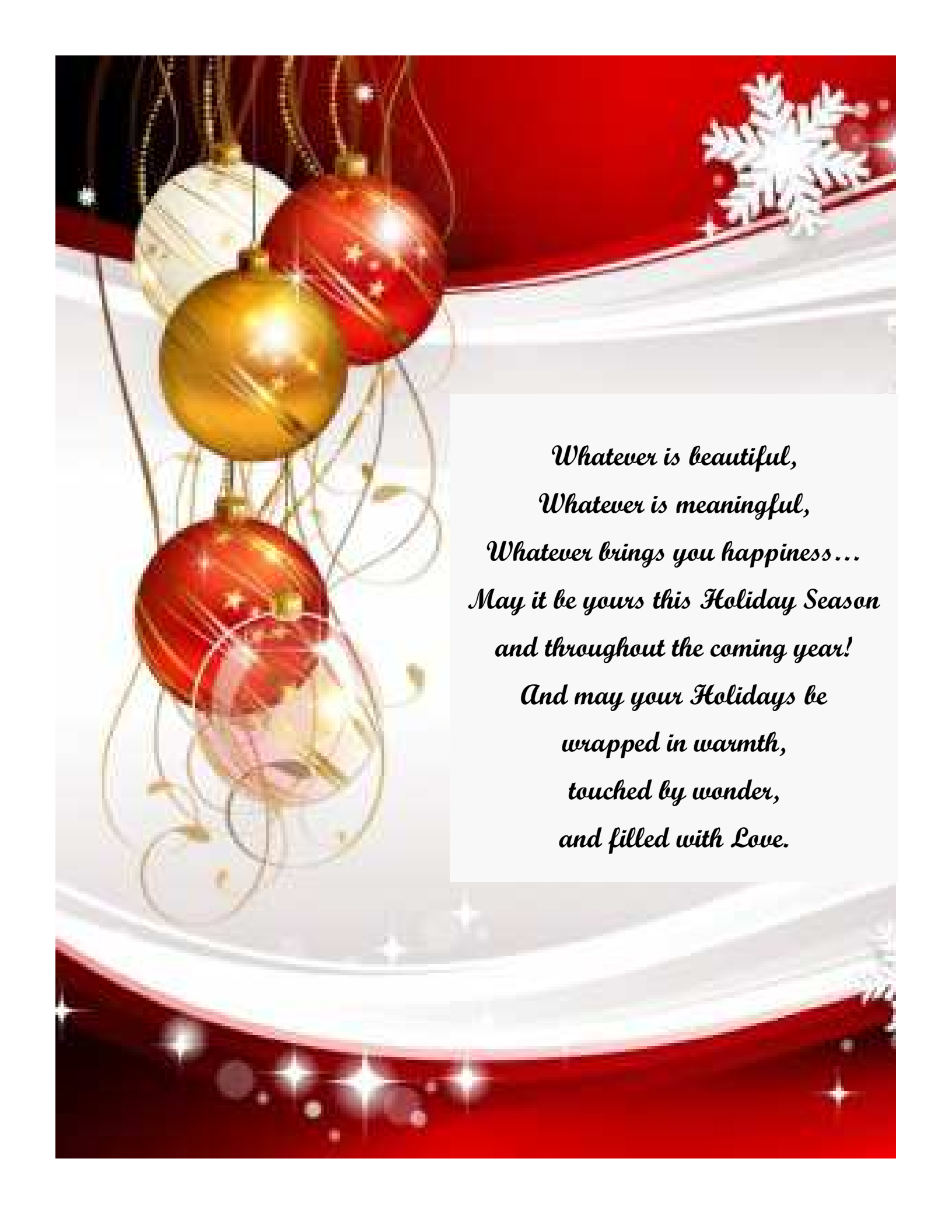
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*Whatever is beautiful,
Whatever is meaningful,
Whatever brings you happiness...
May it be yours this Holiday Season
and throughout the coming year!
And may your Holidays be
wrapped in warmth,
touched by wonder,
and filled with Love.*

Recipe Box

Holiday Italian Herb crescent Christmas Trees servings: 32 Yields 2 Trees



- 2 (8 ounce) cans refrigerated crescent dinner rolls
- 1/4 cup grated parmesan cheese
- 1 teaspoon dried Italian seasoning
- 1/2 cup prepared sour cream and chive dip
- 10 medium cherry tomatoes, sliced into 30 slices
- 1 medium yellow bell pepper
- 2 tablespoons chopped fresh parsley

Heat oven to 375°F. Unroll cans of dough and separate into 4 long rectangles; firmly press perforations together. Sprinkle each rectangle with 1 tablespoon cheese and 1/4 teaspoon Italian seasoning. Starting with one short side, roll up each rectangle, forming 4 rolls (like a jelly roll). With serrated knife, cut each roll into 8 slices (now they look like pinwheels). To form 1 tree, on cookie sheet, (I line mine with parchment paper it's easier to move trees to cool and to final decorating plate), Place 1 slice, cut side down, for top of tree. Arrange 2 slices below, sides touching. Continue arranging rows of 3, 4, and 5 slices. Use remaining slice for trunk. Bake first tree 12 to 14 minutes or until golden brown. Cool 5 minutes on wire rack. Repeat for 2nd tree on another cool cookie sheet. Place trees on serving platter.

If you do not have a decorators bag and tip, spoon the dip into a zip lock bag. Cut 1/4 inch hole in bottom corner of bag; and pipe over tree like garland, and a dollop of dip in on each pinwheel except trunk.

Place tomato slice on each pinwheel except top and bottom ones.

With 1 1/4 to 1 1/2 inch star shaped cutter, cut 2 stars from yellow bell pepper; place one on top of each tree. Chop remaining bell pepper; sprinkle over trees. Sprinkle with parsley. Serve immediately, or refrigerate until serving time.

Recipe Box

Prosciutto Bites

Servings: 12



12 slices prosciutto (thin slices)
1 medium pear, cut up into thin wedges
4-6 ounces havarti cheese
black pepper
1 medium red pepper, cut into 24 thin sticks

Directions

You want all the ingredients (other than the prosciutto and black pepper) to be around the same size.

I buy the slices of havarti from the deli and cut them into four long slices. Then cut those strips in half widthwise. I then put two pieces into a roll.

Cut the pear into quarters and core it. Then cut each quarter in four long thin slices. I end up with a few slices leftover but I consider those treats for the cook!

At one end of a slice of prosciutto, place a cheese slice, a pear wedge and a pepper stick.

Sprinkle with pepper.

Roll up slices and secure with toothpick if necessary. I find that the meat sticks to itself usually well enough to not need toothpicks.

After they are rolled up, you can cut them in half if you would like a smaller bite.

Refrigerate prior to serving and keep cool during serving.

Herb Crusted Chicken Bites

Servings: 8



1/4 tsp each of dried basil, crushed rosemary, garlic, paprika. Mix well.
4 cups fresh whole wheat breadcrumbs
salt and black pepper to taste
1 cup flour, for dusting
4 eggs, lightly beaten
6 chicken breasts, trimmed and cut into 1-1/2 cubes
lemon wedges, to serve

Directions

Preheat oven to 400 degrees. Place the mixed herbs, breadcrumbs, salt and pepper in a large bowl and mix until combined, then set aside. Place the flour in another bowl and the eggs in a third bowl. Toss the chicken cubes in the flour, dusting off any excess. Working in batches, dip the chicken pieces into the egg, then the breadcrumbs, pressing to coat well.

Once all the chicken is crumbed, heat a little oil in a large non-stick frying pan. Cook the chicken in batches until golden. Remove and transfer to a baking tray lined with baking paper. Place in oven for 4-5 minutes or until chicken is cooked through. Serve chicken with lemon wedges and a little whole egg mayonnaise for dipping, if desired.

Recipe Box

Chopped Salad Shells

Servings: 12



Onion Brie Appetizers

Makes 18



8 ounces jumbo pasta shells (about 24)
4 cups chopped romaine lettuce
1/2 cup chopped fresh basil
1 cup chopped fresh tomato
3/4 cup chopped peeled cucumber
3 ounces Italian salami, chopped
4 ounces crumbled feta cheese
Italian dressing of your choice

Directions

Cook shells in plenty of boiling water according to package directions, being careful not to overcook them. Rinse in cold water; set aside. (For advance prep tip, see note at end). Chop all salad ingredients, making sure you have all the pieces quite small so that you can easily stuff the salad into the shells. Pour dressing over salad and toss lightly. Add salt and pepper if desired.

Stuff salad into cooled shells (now you will understand why you chopped the ingredients into small pieces!). Refrigerate up to 4 hours before serving.

Advance preparation tip :The day before, cook the shells to al-dente, rinsed them in cool water, separated them and let them cool. Then, put them in a zip lock bag. Chop everything for the salad part and put it in a zip lock bag, without the dressing!. The next day, mix the dressing into the salad and stuff the shells. Arrange on plate and serve.

2 medium onions, thinly sliced
3 tablespoons butter or 3 tablespoons margarine
2 tablespoons brown sugar
1/2 teaspoon white wine vinegar or 1/2 teaspoon cider vinegar
1 sheet frozen puff pastry, thawed
4 ounces brie cheese or 4 ounces camembert cheese, rind removed, softened
2 teaspoon caraway seed
1 egg
2 teaspoons water

Directions

In a large skillet, cook the onions, butter, brown sugar and vinegar over medium-low heat until onions are golden brown, stirring frequently. Remove with a slotted spoon and cool to room temperature.

On a lightly floured surface, roll puff pastry into an 11x8 inch rectangle. Spread Brie over pastry. Cover with the onions; sprinkle with caraway seeds.

Roll up one long side to the middle of the dough; roll up the other side so the two rolls meet in the center. Using a serrated knife, cut into 1/2 inch slices. Place on parchment paper-lined baking sheets; flatten to 1/4 inch thickness.

Refrigerate for 15 minutes.

In a small bowl, beat egg and water; brush over slices. Bake at 375°F for 12-14 minutes, or until puffed and golden brown. Serve hot.

