



IFSEA INFUSION

February 2017

"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

Happy New Year to everyone. 2017 will be the year of rebuilding and restructuring to make a new and improved IFSEA. Already this year we have received our 501c3 tax status and we have an IFSEA educational fund. This is great news as now we are tax exempt for donations and grants that we want to pursue. There are already grant ideas in the works. This will finally give us the opportunity to rebuild some much needed programming.

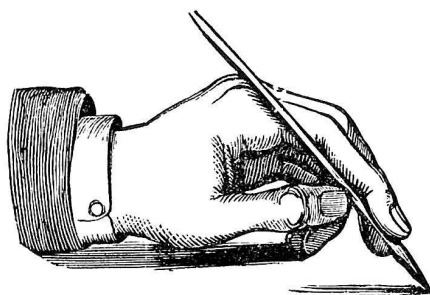
Nothing changes with our existing partners, in fact Worthy goal is giving IFSEA scholarship money again to dispense and thanks to DR. Joan Johnson we have a plan on how to meet and award these scholarships, without a conference this year.

The web page and communication is my next goal and I do hope to have that done and a new web page up by June of this year. Looking for volunteers to take existing content and make it new. Contact me if you want to help on that. Patrick Beach and his team has stepped up to create several pages for us.

Without a conference this year, we have been invited to bring as many folks as possible to Niagara Falls this year with our Canadian Friends the Canadian Association of Food Service Professionals (CAFP). Many have discussed attending and I do hope that many of you take the opportunity to go and see what they do it is a wonderful experience and they show great hospitality. I will be unable to attend this year due to scheduling conflicts with everything I have going on. But please if you can attend and enjoy with them it is a fantastic experience.

Look for more information next month on where we are going and how.

HOW TO WRITE GOOD!



See page 7

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 ?

T H Y M E

One of the many fresh herbs used in many Italian kitchens. The aromatic flavor of thyme complements Southern Italian sauces of hot peppers and eggplants, as well as being a primary herb in soups and stews.

If you're lucky enough to have plenty of thyme growing in your garden, you might want to do as the ancient Romans did... bathe in it! Greeks and Romans are believed to have added this herb directly to their baths; and oil extracts from the plant were used to make bath and massage oils. Not surprisingly, this aromatic herb was also used as incense. Thyme was associated with health and vigor, and believed to strengthen and purify the body. Today, its essential oil, thymol, still has many therapeutic applications – it is widely used as an antiseptic and disinfectant, and infusions of thyme are believed to be an excellent remedy for respiratory and throat ailments ... and even hangovers! Thyme is also said to help in the digestion of fatty foods.



But the culinary applications of this Mediterranean herb, which is now cultivated in many regions of the world, are what interests us most here. Thyme is widely used in Italian cooking – where it is known as “timo, pronounced “tee-mo” – and even more so in French cuisine. Though there are something like 300 varieties of this herb, the most common types used in cooking are *Thymus vulgaris* (common thyme), *Thymus citriodorus* (citrus thyme), *Thymus herba-barona* (caraway thyme) and *Thymus serpyllum* (wild thyme) – which is often found in United States. Common thyme, the variety most often found in Italy, is a perennial plant, six to twelve inches tall, with tiny oval leaves and a particular, pungent aroma.

When cooking with thyme be sure to add it early in the process so the oils and flavor have time to be released. This herb is great when used fresh, and goes well in many typical southern Italy pasta sauces which often feature peppers and eggplants. Thyme also is a great complement for many vegetables, including tomatoes and roasted potatoes. Many grilled and oven roasted fish recipes, such as spigola (sea bass) or triglie al forno (mullet), call for thyme. For roasted and grilled meats, thyme marries well with sage and rosemary. When you grill, you can get great results if you marinate the meat for a few hours before grilling with those three herbs (thyme, sage and rosemary), along with good quality Italian olive oil and pepper. Thyme is often used in stocks and stews – it is an essential component of the bouquet garni and herbes de Provence that are often used in Italian cooking – and in aromatic oils as well.

Recipe Box

Parmesan Thyme Crisps

Serves: 16



8 ounces freshly grated Parmesan cheese
4 teaspoons fresh thyme leaves
1 TBLSP. flour

Preheat oven to 400 degrees F

. Line 2 baking sheets with parchment paper.

Combine Parmesan cheese, thyme leaves and flour in a bowl. Drop heaping teaspoonfuls of the mixture onto the lined baking sheets, spacing them 2 inches apart. Spread as thin as you can and lightly press with your fingers to flatten them into circles 2 inches in diameter.

Bake in the preheated oven until slightly browned and crisp, about 2 minutes. Switch to BROIL for about 1 to 1-1/2 minutes. **Watch like a hawk cause they'll burn fast!** Cool slightly on the baking sheets, about 2 minutes. Loosen edges with a spatula and lift off the parchment paper. Transfer to wire racks and let cool completely until firm, about 10 minutes.

Use a new sheet of parchment paper for each batch, otherwise you'll smoke up your kitchen! And don't use cooking spray, there's no need for it .

Italian Bread Salad

Serves: 4



1 clove garlic

1 (1 pound) loaf Italian bread

1 cup chopped tomatoes

1 cup cucumber - peeled, seeded and chopped

1 cup chopped red onion

1 clove garlic, minced

2 cups chopped fresh basil

1/8 cup chopped fresh thyme

1/4 cup olive oil

2 tablespoons balsamic vinegar

Rub a peeled clove of garlic around a wooden salad bowl.

Pull apart or chop the bread into bite-size pieces.

In the prepared salad bowl, combine the bread, tomatoes, cucumbers, red onions, garlic, basil and thyme. Add enough olive oil and vinegar to lightly coat, toss and serve.

Recipe Box

Pork Roast with Thyme

serves: 12



- 5 pounds pork roast, trimmed
- 3 cloves garlic, sliced
- 1 teaspoon salt
- 1/2 tablespoon ground black pepper
- 3 bay leaves
- 1/2 cup cider vinegar
- 1 teaspoon dried thyme

Preheat oven to 325 degrees F.

With a small knife, pierce top of roast. Force garlic slices into the cuts. Sprinkle the roast with salt and pepper. Place bay leaves in the bottom of the roasting pan, and set roast on top of bay leaves, fat side up. Mix vinegar and thyme in a small bowl, and pour over the top of the roast.

Bake in the preheated oven 3 hours, or until an internal temperature of 145 degrees F (63 degrees C) is reached. Using a baster or spoon, baste the drippings over the roast frequently while it is cooking. Let the roast rest for 10 minutes when done before slicing.

Honey Crunch Pecan Pie

serves: 8



- 2 cups graham crackers, blended
- 1/4 cup butter, melted
- Sweetened Condensed Milk:
- 2 (11 ounce) bottles Culinary Coconut Milk
- 2 cups powdered sugar
- 1 pinch salt
- 1/4 teaspoon vanilla extract
- 2 tablespoons cane sugar
- 3/4 cup key lime juice, or to taste
- 1 lime, zested
- 1 (9 ounce) tub Cool Whip

For the crust, blend an 8 oz. box of graham crackers to make 2 cups of crumbs. Stir in the melted butter until combined. Pat the mixture into the bottom of a standard pie dish or a spring form, oiled and sides lined with parchment paper. Use the bottom of a drinking glass to help press the mixture flat to the bottom. Bake at 350 degrees for 8-10 minutes.

In a small/medium size saucepan pour in the bottles of coconut culinary milk and bring to a low boil. Allow to boil for 5 minutes while whisking continuously. Lower the heat bringing the milk to a simmer. Add in the powdered sugar and continue to whisk until the sugar has fully dissolved. Add thyme sprigs, salt and vanilla and allow to simmer until the mixture has reduced by half - about 30-40 minutes. Remove sprigs from milk. Add the key lime juice to the Sweetened Condensed Milk with thyme, to taste. Fold the CoolWhip in to the mixture and add lime zest to taste. Add the filling to the crust, lightly cover and freeze for at least 2 hours or overnight. Garnish with key lime slices.



Cabernet Franc

History: Cabernet Franc is a parent to Cabernet Sauvignon (the other is Sauvignon Blanc). The crossing occurred sometime during the middle 1600's around southwestern France (Bordeaux).

Decant: Decanting Cabernet Franc will help simmer down Cabernet Franc's natural spiciness. The wine will taste softer and more rich with 30 minutes of decanting (or pouring through an aerator).

Aging: Interested in aging this wine? While most are recommended to be enjoyed within 5 years, there are many high quality Cabernet Franc wines coming from the Loire Valley in France that have been known to age wonderfully for about 10–15 years. An age-worthy Cabernet Franc will have high acidity and crunchy tannins that you can sense towards the front of your mouth.

Value: Looking for a good value? Look into Cabernet Franc from Chile, Argentina, California's Central Valley and Sierra Foothills Appellations as well as New York State.

Prestige: One of the most treasured Cabernet Franc wines comes from the St-Emilion Appellation in Bordeaux and is called Chateau Cheval Blanc. This wine is usually a blend of Cabernet Franc with Merlot.

Alternatives: If you love the savory herbaceous character of Cabernet Franc, seek out the rare Basque red: Hondarribi Beltza, and Chile's red: Carménère

Food Pairing with Cabernet Franc

Medium-bodied wines like Cabernet Franc can pair with a wide variety of foods due to their natural high

acidity and slightly reduced tannin (the astringent quality in red wine). Higher acidity makes it possible to pair with tomato-based dishes, vinegar-based sauces (smoky BBQ anyone?) or rich veggies like black beluga lentils. If you learn only one tip about pairing Cabernet Franc, it is to match it with real herbs in your dish.

Examples

Meat

Roasted Pork, Beef Burgers or Stew, Meatballs in Tomato Sauce, Chicken Tomato Curry, Turkey with Cranberry, Wild Game Hens, Lamb Gyros, Crispy Skin Trout with Pork Belly, Pâté

Cheese

Goat Cheese (a regional French favorite), Ravioli, Camembert, Feta, Fontina, Cheese and Spinach Quiche

Herb/Spice

Oregano, Thyme, Rosemary, Sage, Savory, Chervil, Jalapeño Pepper, Coriander, Aleppo Pepper, Red Pepper Flakes, Black Pepper

Vegetable

Black Lentil, Red Bean, Pinto Bean, Roasted Red Pepper, Mushroom, Tomato, Eggplant, Leeks, Spinach, Sunchokes, Arugula.

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A decorative border made of several yellow pencils with pink erasers, arranged in a rectangular frame around the text. Some pencils are horizontal at the top and bottom, while others are vertical on the sides, with some crossing each other.

HOW TO WRITE GOOD!

Prepositions are not words to end sentences with.

Avoid clichés like the plague. (They're old hat.)

Foreign words and phrases are not apropos.

One should never generalize.

Don't repeat yourself, or say again what you have said before.

Don't use commas, that, are not, necessary.

Never use a big word when a diminutive alternative would suffice.

Subject and verb always has to agree.

Placing a comma between subject and predicate, is not correct.

Don't never use no double negatives.

Proof read carefully to see if you any words out.

Hopefully, you will use words correctly, irregardless of how others use them.

Don't overuse exclamation marks!!

Take the bull by the hand and avoid mixing metaphors.

Use your spell checker to avoid misspelling and to catch typographical errors

Be more or less specific.

Exaggeration is a billion times worse than understatement.

Analogies in writing are like feathers on a snake.