



IFSEA INFUSION

May 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

Opportunities are available and some are even presenting themselves to us. I am in talks now with a military base for certification training. If that goes well, we will be able to duplicate the program in many more locations. We are also moving forward on getting our certifications accredited through a national agency. This will ensure that we have not only a quality product, but one endorsed by a recognized third party.

There are many small details being worked on and moved forward, for IFSEA to bounce back again and to become an even stronger organization. Like I said last month, it will not be an overnight change but we will be diligent in taking the small steps that are needed to make it happen. I want to thank those of you, that have stepped up and are helping. For the rest of you, there is still much to do! Jump in the water is fine.

With not having a conference in 2017, our annual meeting will be held in October. Date and location TBA. There will be a call in for the meeting as well. Remember to get any changes submitted by August 31.

Let's make IFSEA great again!!

SOMETHING TO THINK ABOUT

People become really quite remarkable
when they start thinking that they can do things.

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? Did ? You ? Know ?

M I N T

Mint isn't just a little sprig that garnishes your dessert plate. It is extremely versatile and can be used in both sweet and savory dishes. In the Mediterranean, mint is treasured as a companion to lamb, and is often used in fruit and vegetable salads. Though there are many varieties, spearmint is preferred for cooking. You can add it to a bevy of dishes and drinks—lamb, peas, carrots, ice cream, tea, mint juleps, and mojitos. Spearmint's bright green leaves are fuzzy, very different from the darker stemmed, rounded leaves of peppermint.

Fresh mint is great to have on hand and adds an extra dimension to dishes. Its clean, refreshing taste and cooling effect make it a welcome addition to a number of sweet and spicy dishes and drinks. The oft-overlooked herb, mint isn't a flavor solely reserved for gum. Fresh and sprightly, mint is bursting with fragrance and taste. It works well in sweet and savory dishes, and tastes great whether hot or cold. Be sure to pick your mint variety wisely when cooking. Spearmint is sweeter and more commonly used in recipes, but peppermint is also used, with a menthol-like flavor that is more pronounced. To keep fresh mint on hand year-round, you can easily grow it indoors.



Mint, the popular herb has several benefits which include proper digestion and weight loss, relief from nausea, depression, fatigue and headache, treatment of asthma, memory loss, and skin care problems. Mint, the well known mouth and breath freshener that is scientifically known as *Mentha*, has more than two dozen species and hundreds of varieties. It is an herb that has been used for hundreds of years for its remarkable medicinal properties.

The market is full of products like tooth paste, chewing gum, breath fresheners, candy and inhalers which have mint as their base element. Most of us are familiar with the refreshing application of mint, but it has far more to offer than that.

Recipe Box

Cantaloupe Margarita with a Hint of Mint

serves 2



- 3 cups cubed cantaloupe
- 1/4 cup fresh lime juice
- 2 1/2 ounces anejo tequila
- 1/2 ounce Grand Marnier
- 1 tablespoon light agave nectar
- 2 fresh mint sprigs

Combine cantaloupe and lime juice in a food processor; process until pureed. Strain mixture through a fine sieve over a bowl, stirring. Discard solids. Measure 6 ounces cantaloupe juice (reserve any extra juice for another use).

Place cantaloupe juice, tequila, Grand Marnier, and agave in a cocktail shaker filled with ice. Shake vigorously; strain into 2 ice-filled glasses. Clap each mint sprig between palms; garnish each drink with 1 sprig.

Curried Chicken Thighs with Pomegranate-Mint Sauce

serves 4



- 8 (3-oz.) skinless, boneless chicken thighs
- 1 teaspoon Madras curry powder
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1 1/2 teaspoons olive oil
- 1/3 cup water
- 3/4 cup pomegranate arils, divided
- 1/2 cup plain 2% reduced-fat Greek yogurt
- 2 tablespoons torn mint leaves

Sprinkle chicken with curry powder, salt, and pepper. Heat oil in a large skillet over medium-high. Add chicken to skillet; cook 5 minutes on each side or until done. Transfer chicken to a serving platter. Add 1/3 cup water to pan, scraping pan to loosen browned bits. Cook 1 to 2 minutes or until reduced to about 1 tablespoon. Remove pan from heat.

Place 1/2 cup arils in a food processor; process until finely ground. Pour through a fine sieve over a bowl; discard solids. Add Greek yogurt and 1 tablespoon reserved pan drippings to pomegranate liquid; stir with a whisk to combine. Sprinkle chicken with mint and remaining 1/4 cup arils; serve with sauce.

Recipe Box

Spaghetti with Pistachio-Mint Pesto and Spinach

Serves 6

1/3 cup packed fresh mint
1/3 cup packed fresh basil
1/3 cup packed fresh parsley
2 teaspoons finely grated lemon rind
2 tablespoons fresh lemon juice
2 ounces Parmigiano-Reggiano cheese, grated
(about 1/2 cup)
2 small garlic cloves, coarsely chopped
1/4 cup shelled dry-roasted, unsalted pistachios
3/4 teaspoon salt, divided
5 tablespoons extra-virgin olive oil, divided
1/3 cup finely chopped shallots
4 cups unsalted vegetable stock
12 ounces whole-wheat spaghetti or linguine
1 (5-ounce) package fresh baby spinach, cut into 1/2-inch-thick strips
3 ounces Burrata cheese
1 1/2 tablespoons chopped shelled dry-roasted, unsalted pistachios
1/4 to 1/2 teaspoon crushed red pepper (optional)



Combine first 7 ingredients in a mini chopper; add 1/4 cup pistachios, and process until finely chopped. Add 1/2 teaspoon salt; pulse to combine. Add 3 tablespoons oil; process until blended.

Heat a Dutch oven over medium-high heat. Add 1 tablespoon oil to pan; swirl to coat. Stir in shallots; sauté 2 minutes, stirring constantly. Stir in stock, remaining 1/4 teaspoon salt, and pasta; bring to a boil. Cook 10 minutes or until pasta is done, stirring occasionally. Remove pan from heat. Stir in pesto and spinach. Divide pasta mixture among 6 shallow bowls; top evenly with Burrata, and drizzle with remaining 1 tablespoon oil. Sprinkle with chopped pistachios and crushed red pepper, if desired

Recipe Box

Minty Pea Soup with Parmesan Croutons

serves 10

2 1/2 ounces whole-wheat baguette, cubed

Cooking spray

2 tablespoons grated Parmesan cheese

1 tablespoon olive oil

2 cups chopped onion

4 garlic cloves, minced

5 cups unsalted chicken stock (such as Swanson)

4 cups fresh green peas

1/4 cup mint leaves, divided

2 teaspoons sugar

1/2 cup fat-free Greek yogurt

2 teaspoons grated lemon rind

3/4 teaspoon black pepper

1/2 teaspoon kosher salt

Preheat oven to 425°.

Arrange bread on a baking sheet; coat with cooking spray. Bake at 425° for 6 minutes. Place in a bowl. Add cheese; toss well.

Heat a Dutch oven over medium heat. Add oil, onion, and garlic; cook 11 minutes. Stir in stock, peas, 3 tablespoons mint, and sugar. Bring to a boil. Reduce heat; simmer 20 minutes.

Place half of pea mixture and remaining mint in a blender. Remove center piece of lid; secure lid on blender. Place a towel over lid. Blend until smooth; pour into a bowl. Repeat with remaining mixture. Return soup to pan. Add yogurt, rind, pepper, and salt. Ladle into bowls and top with croutons.



Recipe Box

Chocolate-Mint Bars

serves 20

BOTTOM LAYER:

4 1/2 ounces all-purpose flour (about 1 cup)
1/2 teaspoon salt
1 cup granulated sugar
1/2 cup egg substitute
1/4 cup butter, melted
2 tablespoons water
1 teaspoon vanilla extract
2 large eggs, beaten
1 (16-ounce) can chocolate syrup
Cooking spray

MINT LAYER:

2 cups powdered sugar
1/4 cup butter, melted
2 tablespoons fat-free milk
1/2 teaspoon peppermint extract
2 drops green food coloring

GLAZE:

3/4 cup semisweet chocolate chips
3 tablespoons butter



Preheat oven to 350°. To prepare bottom layer, weigh or lightly spoon flour into a measuring cup; level with a knife. Combine flour and salt; stir with a whisk. Combine granulated sugar, egg substitute, 1/4 cup melted butter, 2 tablespoons water, vanilla, eggs, and chocolate syrup in a medium bowl; stir until smooth. Add flour mixture to chocolate mixture, stirring until blended. Pour batter into a 13 x 9 inch metal baking pan coated with cooking spray. Bake at 350° for 23 minutes or until a wooden pick inserted in center comes out almost clean. Cool completely in pan on a wire rack.

To prepare mint layer, combine powdered sugar, 1/4 cup melted butter, and next 3 ingredients (through food coloring) in a medium bowl; beat with a mixer until smooth. Spread mint mixture over cooled cake.

To prepare glaze, combine chocolate chips and 3 tablespoons butter in a medium microwave-safe bowl. Microwave at HIGH 1 minute or until melted, stirring after 30 seconds. Let stand 2 minutes. Spread chocolate mixture evenly over top. Cover and refrigerate until ready to serve. Cut into 20 pieces.



Sauvignon blanc

Sauvignon blanc is a green-skinned grape variety that originates from the Bordeaux region of France. The grape most likely gets its name from the French words *sauvage* ("wild") and *blanc* ("white") due to its early origins as an indigenous grape in South West France. It is possibly a descendant of Savagnin. Sauvignon blanc is planted in many of the world's wine regions, producing a crisp, dry, and refreshing white varietal wine. The grape is also a component of the famous dessert wines from Sauternes and Barsac. Sauvignon blanc is widely cultivated in France, Chile, Canada, Australia, New Zealand, South Africa, Washington and California. Some New World Sauvignon blancs, particularly from California, may also be called "Fume Blanc".



Depending on the climate, the flavor can range from aggressively grassy to sweetly tropical. In cooler climates, the grape has a tendency to produce wines with noticeable acidity and "green flavors" of grass, green bell peppers and nettles with some tropical fruit (such as passion fruit) and floral (such as elderflower) notes. In warmer climates, it can develop more tropical fruit notes but risk losing a lot of aromatics from over-ripeness, leaving only slight grapefruit and tree fruit (such as peach) notes.

Wine experts have used the phrase "crisp, elegant, and fresh" as a favorable description of Sauvignon blanc from the Loire Valley and New Zealand. Sauvignon blanc, when slightly chilled, pairs well with fish or cheese, particularly *chèvre*. It is also known as one of the few wines that can pair well with sushi.

Along with Riesling, Sauvignon blanc was one of the first fine wines to be bottled with a screwcap in commercial quantities, especially by New Zealand producers. The wine is usually consumed young, as it does not particularly benefit from aging, as varietal Sauvignon blancs tend to develop vegetal aromas reminiscent of peas and asparagus with extended aging. Dry and sweet white Bordeaux, including oak-aged examples from Pessac-Léognan and Graves, as well as some Loire wines from Pouilly-Fumé and Sancerre are some of the few examples of Sauvignon blancs with aging potential.

The first Friday in May is International Sauvignon Blanc Day.



**TOILET OUT OF ORDER. PLEASE USE
FLOOR BELOW.**

**In a Laundromat:
AUTOMATIC WASHING MACHINES:
PLEASE REMOVE ALL YOUR CLOTHES
WHEN THE LIGHT GOES OUT.**

**In a London department store:
BARGAIN BASEMENT UPSTAIRS...**

**In an office:
WOULD THE PERSON WHO TOOK THE
STEP LADDER YESTERDAY PLEASE
BRING IT BACK OR FURTHER STEPS
WILL BE TAKEN.**

**In an office:
AFTER TEA BREAK, STAFF SHOULD
EMPTY THE TEAPOT AND STAND UPSIDE
DOWN ON THE DRAINING BOARD.**

**Outside a second-hand shop:
WE EXCHANGE ANYTHING - BICYCLES,
WASHING MACHINES, ETC. WHY NOT
BRING YOUR WIFE ALONG AND GET A
WONDERFUL BARGAIN?**

**Notice in health food shop window:
CLOSED DUE TO ILLNESS...**

**Spotted in a safari park:
ELEPHANTS, PLEASE STAY IN YOUR CAR.**

**Seen during a conference:
FOR ANYONE WHO HAS CHILDREN AND
DOESN'T KNOW IT, THERE IS A DAY
CARE ON THE 1ST FLOOR.**

**Notice in a farmer's field:
THE FARMER ALLOWS WALKERS TO
CROSS THE FIELD FOR FREE, BUT THE
BULL CHARGES.**

**On a repair shop door:
WE CAN REPAIR ANYTHING. (PLEASE
KNOCK HARD ON THE DOOR - THE BELL
DOESN'T WORK.)**

**POLICE BEGIN CAMPAIGN TO RUN DOWN
JAYWALKERS**

**MINERS REFUSE TO WORK AFTER
DEATH**

**JUVENILE COURT TO TRY SHOOTING
DEFENDANT.**

**IF STRIKE ISN'T SETTLED QUICKLY, IT
MAY LAST AWHILE**

COLD WAVE LINKED TO TEMPERATURES

**RED TAPE HOLDS UP NEW BRIDGES
(You mean there's something stronger than duct
tape?)**

**KIDS MAKE NUTRITIOUS SNACKS
(Do they taste like chicken?)**

**HOSPITALS ARE SUED BY 7 FOOT
DOCTORS
(Boy, are they tall!)**

**TYPHOON RIPS THROUGH CEMETERY;
HUNDREDS DEAD
(Did I read that right?)**

Obituary

Hugh L. Gedrich



Cherished father of Denise (the late Stephen) Smith, Dan Gedrich, Denise (Roy) Glicklin, and Paul (Melissa) Gedrich. Loving grandfather of Donna (Geoff) Watson, Diana Smith, Michael Gedrich, Daniel (Danica) Gedrich, Brian, Ben and Max Glicklin, and Blake, Adyson, Dylan and Reese Gedrich.

Proud great-grandfather of Avrie, Braden and Kearin Watson, Kimberly and Andrew Gedrich, and Cameron and Ezra Gedrich.

IFSEA LIFE member,
Joined the Detroit
Branch in 1958