



# IFSEA INFUSION

June 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

Well, I am happy to report we had a great board meeting the other day. Lots of great ideas and with new faces on the board, I am looking forward to a lot of energy to make things happen this year. We are working on a new web page as well as new and exciting marketing and promotional ideas. It is the goal of the new board to broaden communication and to seek opportunities for future conferences and partnerships to strengthen the IFSEA name. We are changing, but change can be wonderful. If you want to get involved in helping IFSEA make a come back please get in touch with me. We have many committees available. Dave Preston is trying to get the branch presidents up and running so if you are or know of a branch president. Please get in touch with Dave at [dpgotg@gmail.com](mailto:dpgotg@gmail.com).

Please look forward to future updates in this column and remember if you have an idea, complaint, concern or just a question feel free to reach out to me at [wrightchef@gmail.com](mailto:wrightchef@gmail.com).



Flower of the month  
ROSE

## SOMETHING TO THINK ABOUT

Nothing is impossible, the word itself says 'I'm possible'!

# 2016 I.F.S.E.A. DIRECTORY

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# ? Did ? You ? Know ?

## How a daily cup of tea may improve your health

Linda Carroll TODAY

No matter what the season, tea can be a tasty beverage since it can be served iced or hot. But its benefits go far beyond refreshment. There is plenty of research showing that drinking tea can actually improve your health.

### Green tea

At the very least, it's a flavorful way of getting enough fluid into your body each day. On top of that, studies have shown teas can help protect your teeth and your heart, as well as possibly even helping to stave off cancer.

Which type of tea you drink can make a difference. All non-herbal teas are made from the leaves of the *Camellia sinensis* plant. The amount of time the leaves are processed determines whether you end up with a green, black or oolong tea.

The green teas are the least processed and tend to have the highest amounts of polyphenols, and the only type that contain the polyphenol, catechin, which is why many studies have been done using only green teas. Certain herbal teas are known for their medicinal values, including soothing the digestive system.

### 1. Tea contains antioxidants

Antioxidants work to prevent the body's version of rust and thus help to keep us young and protect us from damage from pollution.

### 2. Tea has less caffeine than coffee

Herbal blends have no caffeine, while traditional teas have less than 50 percent of what typically is found in coffee. That means you can consume it without those pesky effects on your nervous system, says Leslie Bonci, nutritionist and owner of Active Eating Advice.

### 3. Tea may reduce your risk of heart attack and stroke

"There's a lot of literature out there on tea and heart health," says Anna Ardine, clinical nutrition manager at Magee-Womens Hospital of the University of Pittsburgh Medical Center. "This is a health effect for which there is the strongest evidence."

In fact, a study published earlier this year that combined data from a host of earlier reports found a nearly 20 percent reduction in the risk of heart attack and a 35 percent reduced risk of stroke among those who drank one to three cups of green tea a day. Those who drank four or more cups of green tea daily had a 32 percent reduction in the risk of having

a heart attack and lower levels of LDL cholesterol.

### 4. Tea may help with weight loss

Research on this isn't as strong, Ardine says, adding that studies that have shown an effect have depended on consumption of large amounts of tea, often in pill form.

### 5. Tea may help protect your bones

Data from recent animal studies has shown that green tea may prevent bone loss.

### 6. Tea may keep your smile bright

"Japanese researchers have found that tea can decrease tooth loss," Ardine says. "It changes the pH in your mouth when you drink it and that may be what prevents cavities." Beyond that, tea, unlike many other beverages does not appear to erode tooth enamel, Bonci says.

### 7. Tea may boost the immune system

Studies have shown tea can tune up immune cells so they reach their targets quicker.

### 8. Tea may help battle cancer

Studies on this are currently mixed, which means more research is needed, Bonci says. But, in the meantime, "if you've got a strong family history of cancer and you want to do anything you can, you might increase your tea consumption," she adds.

### 9. Herbal tea may soothe the digestive system

"Herbal teas, in particular chamomile, can be good for people with irritable bowel syndrome because it is an antispasmodic," Bonci says. "And ginger teas can calm nausea."

### 10. Tea — unadulterated, that is — is calorie free

"It's a great no-calorie alternative to water," Bonci says. "It provides so many options for flavor and versatility. You can have it hot or cold. And you don't have to put anything in it, though you might want to add a cinnamon stick or some ginger. That means you're able to hydrate with something other than water alone."

# Tea History Time Line

2737 B.C. According to legend, the second emperor of China, Shen Nung, discovers tea when tea leaves blow into his boiling water.

A.D. 350 A Chinese dictionary cites tea for the first time as Erh Ya.

400 Demand for tea as a medicinal drink rises in China. It is cultivated and processed.

479 Turkish traders begin to trade for tea from Mongolia.

593 Japanese priests studying in China carry tea seeds and leaves back to Japan. It is rare and expensive and is consumed mostly by high priests and the aristocracy.

725 The Chinese give tea its own character, ch'a.

780 The first book of tea, titled Ch'a Ching (The Classic of Tea), is written. It discusses ancient tea cultivation and preparation techniques.

1280 After the Mongols take over China, tea loses its aristocratic status in the courts and becomes more popular among the masses.

1368-1644 After the fall of the Ming Dynasty with the Mongol takeover, all teas (black, green, and oolong) are easily accessible in China. Steeping whole tea leaves in cups or teapots becomes more popular.

1422-1502 Zen priest Murata Shuko creates the Japanese tea ceremony and calls it cha-no-yu (hot water tea). It celebrates the mundane aspects of everyday life. Tea becomes more than just an art form and almost a religion.

1589 Europeans are exposed to tea when a Venetian author says that Asians live so long because they drink tea.

1597 Tea appears for the first time in an English translation of Dutch explorer Jan Hugo van Linschoten's papers. He refers to tea as chaa.

1610 The Dutch bring back green tea from Japan (though some scholars say it was actually from China). The Dutch East India Company markets tea as a medicinal drink, though only the very rich can afford it.

1618 Chinese ambassadors present the Russian Czar Alexis with chests of tea. He refuses it as being useless.

1657 The first tea is sold in London, England, at Garraway's Coffee House as a health beverage.

1662 England's King Charles II's new bride, Catherine Braganza of Portugal, is an avid tea drinker and helps make tea more popular and accessible.

1690 The first tea is sold publicly in Massachusetts.

1717 Tom's Coffee House creates the first teashop called the Golden Lyon. Both women and men attend the shop.

1773 In what is known as the "Boston Tea Party," a group of Massachusetts colonists dumped several hundred chests of tea into Boston Harbor to protest taxes on tea.

1840 Anna the Duchess of Bedford introduces afternoon tea.

1856 Tea is planted in and around Darjeeling, India.

1876 Thomas Johnstone Lipton opens his first shop in Glasgow, Scotland.

1904 Englishman Richard Blechynden invents iced tea during a heat wave at the St. Louis World's Fair.

1908 New Yorker Thomas Sullivan invents tea bags when he sends tea to clients in small silk bags and they mistakenly steep the whole bag.



# Recipe Box

## Mint Tea Punch

Serves 10



- 3 cups boiling water
- 12 sprigs fresh mint
- 4 tea bags
- 1 cup white sugar
- 1 cup orange juice
- 1/4 cup lemon juice
- 5 cups cold water
- 3 orange slices for garnish (optional)
- 3 lemon slices for garnish (optional)

Place the tea bags and mint sprigs into a large pitcher. Pour boiling water over them, and allow to steep for about 8 minutes. Remove and discard the tea bags and mint leaves, squeezing out excess liquid. Stir in sugar until dissolved, then stir in the orange juice and lemon juice. Pour in the cold water. Serve over ice cubes, garnished with orange or lemon slices.

## Lemon Sugar Tea Cookies

Serves 48



- 3/4 cup butter
- 1 cup white sugar
- 1 egg
- 2 tablespoons corn syrup
- 1 teaspoon lemon extract
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 cup white sugar

In a medium bowl, cream together butter and 1 cup sugar until light and fluffy. Beat in egg, corn syrup, and lemon extract. Stir in flour, baking soda, and baking powder. Cover dough, and chill in the refrigerator at least 1 hour.

Preheat oven to 325 degrees F. Line a cookie sheet with parchment paper. Roll chilled dough into walnut sized balls. Roll balls in remaining sugar, and place on the prepared cookie sheet.

Bake 12 minutes in the preheated oven, or until lightly browned.

# Recipe Box

## Green Tea Cupcakes

Serves 12

1/4 cup butter

1/4 cup vegetable oil  
butter spread (such as  
Smart Balance®)

1/2 cup granular no-  
calorie sucralose sweet-  
ener (such as  
Splenda®)

1/2 cup white sugar

3 egg whites

1 teaspoon vanilla extract

1 teaspoon almond extract

1 1/2 cups cake flour

2 teaspoons baking powder

2 tablespoons green tea powder (matcha)

Preheat an oven to 350 degrees F (175 degrees C). Grease 12 muffin cups, or line with paper muffin liners.

Beat the butter, vegetable oil butter spread, sweetener, and sugar with an electric mixer in a large bowl until light and fluffy. The mixture should be noticeably lighter in color. Add the room-temperature egg whites one at a time, allowing each egg to blend into the butter mixture before adding the next. Beat in the vanilla and almond extracts with the last egg. Combine cake flour, baking powder, and green tea powder in a small bowl. Pour in the flour mixture alternately with the milk, mixing until just incorporated. Pour the batter into prepared pan.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 20 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Frost with your favorite frosting and jam. (Or not!)



## Green Tea Zest

Serves 4



1 fresh pineapple - peeled, cored and cut into chunks

2 large green apples, washed and sliced

1 1/4 teaspoons chopped fresh ginger

1 cup brewed green tea, chilled

1 cup mango sorbet or crushed ice

Juice the pineapple, apples, and ginger in a juice machine.

Mix the juice with the tea, and stir in the mango sorbet.

# Beginner's Guide to Pairing Tea with Food

Andreea Macoveiciuc

Mastering the art of pairing tea with food is just as important as knowing how to pick the wine for a delicious meal, or which seasonings work well with which dishes. Picking the right tea can turn a regular dinner into a unique culinary experience and you don't have to be a connoisseur to tell the difference – your taste buds will feel it for sure.

However, if you're just starting to discover the fascinating world of tea, it's not uncommon to feel a bit overwhelmed by the numerous aromas and flavors that offer countless culinary options. And I remember this friend of mine who was so passionate about tea, and used to tell me that picking the wrong type of tea for a certain food is like adding spicy ketchup to your fish recipe, instead of serving it with lemon and wine.

I surely agree with her and this is why I've put together this basic guide to pairing tea with food. Still, note that your personal taste should be the decisive factor and these recommendations should only serve as general guidelines.

The purpose of pairing tea with food is to enhance the taste of both the dish and the beverage, so you know you found the best combination when the flavor and strength of the chosen recipe is nicely complemented and accentuated by the aroma of the picked tea, and vice versa. If you go for a strongly flavored recipe, you should opt for a more robust tea flavor, as otherwise the beverage's taste will be harder to distinguish.

Fortunately, tea is a versatile beverage, and you can pair it with a wide variety of foods, from the classical Mexican dishes to the sweet chocolate desserts. So whenever you're preparing a recipe, think of its main ingredients and choose your tea based on them. A quick look at the cuisine from the traditional tea producing regions can also give you some insight into food and tea pairing. Japanese green teas for example go really nicely with most fish and seafood dishes, as well as with rice-based recipes.

Curious to learn more about this? Let's take a look at the main types of tea and see which foods best complement them.

## 1. White tea

White tea has a very subtle, silky flavor, so if you pair it with strong foods, you'll miss the natural sweetness of this beverage, as it will be overwhelmed by the food's aroma. This category of tea is the most delicate one, so it should be paired only with lightly flavored foods, such as plain vegetable salads with no dressing.

If you choose to pair white tea with sweet fruit dishes or even with meat, you'll most likely get the impression that you're drinking plain water, as you won't be able to feel the flavor profile of this tea. So a cucumber salad or a lightly flavored seafood or fish recipe are the best choices for this beverage, although drinking it alone, between meals, is also a good option. To accentuate the subtle notes of white tea, you can add some fireweed honey or wildflower honey, both delicately flavored.

## 2. Green tea

Green tea has a subtle vegetative flavor, so it goes better with mild flavored foods, like seafood, fish or chicken. Salads are also a good fit for this type of tea, and if you're into fruits, melon is a good option. Rice tastes better when served with a cup of green tea alongside. However, keep in mind that green tea has three main flavor profiles – vegetal, smoky and fruity, and each of these accentuate the taste of certain foods in a more pleasant way.

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# Beginner's Guide to Pairing Tea with Food

Andreea Macoveiciuc

(continued from page 7)

Vegetal green teas have a fresh, grassy flavor and go nicely with seafood. These are representative of Japanese green tea in general. Smoky teas are stronger and pair well with pan-fried turkey or chicken, as they cut the greasy mouth-feel of fried meat. Also, they can accentuate the taste and flavor of potatoes, light stir-frys and even of pizza made with root veggies, but don't make a good team with sweet foods. In this category are included most Chinese green teas.

Last, fruity green teas taste really well when served with chicken, sandwiches, fruit salads and unsweetened pastries, and they're also a great choice for a refreshing glass of iced tea. Representative of Ceylon and Indian green teas, these beverages have a light sweetness, which recommends them for baked meat-based dishes and whole wheat breads. Still, these aren't the best option for deep-fried or greasy meat recipes.

### 3. Oolong tea

Oolong teas have a more complex aroma, ranging between green and black teas, so they can be paired with a wider range of foods, from lighter fish dishes to grilled meats. In general, oolongs are divided into two main categories – light and dark teas, so when pairing this beverage with foods, it's good to keep in mind the following:

Light oolong teas go best with scallops, sweet rich seafood and lobster. Fragrant, aromatic and usually floral, they should be combined with foods that can bring out the floral notes from these beverages. Yes, combinations of sweet and salty flavors can also lead to interesting culinary experiences, so you can also try pairing light oolongs with crackers or light salted snacks.

Dark oolongs have a more prominent flavor, so they work better with stronger foods, like grilled ones. Duck meat, salmon, trout and bass dishes are good choices for this beverage, and smoked meat or meat-based appetizer plates can also bring out the flavor of dark oolongs. As for sweets, pastries and pancakes made with maple syrup are usually good pairs for this type of tea.

### 4. Black tea

Black tea has the most robust flavor, and the most pronounced tannins, so it's indicated to pair it with full-flavored foods, like spicy dishes and meat. Pastries also taste excellent when served with a cup of black tea alongside. As general guidelines:

Fruity black teas – usually made in India and Sri Lanka – work well with sweet desserts, as the high concentration of tannins in these beverages cleanse the residual mouth-feel and enhance the sweetness of foods.

Smoky black teas – usually from China – are very strong and should be combined with intensely flavored food, like dark meat, blackened meat or even sweet chocolate. However, heavily sweetened deserts aren't the best pair for this type of teas.

Earthy black teas, such as those from Yunnan and Africa, are good accompaniments for blackened meat, jerk chicken, mashed potatoes and other vegetable gravy recipes. Because to their earthy taste, they aren't the best match for sweet foods, so avoid choosing such teas for creamy desserts.

### 5. Pu-erh tea

Pu-erh teas have a strong, earthy and distinctive flavor, and they make great choices alongside a chicken or stir-fry recipe, as they can neutralize the oily and greasy tastes. Thanks to their digestive benefits, these beverages are often preferred after large meals.

Whether you opt for a cup of delicate white tea or you choose a rich and aromatic black tea, finding the foods that best complement these tastes takes more than knowing the theory. So go ahead and experiment with your favorite teas and recipes until you find those marvelous combinations that can turn dining into a blissful moment.



## The Next Kale?

### The Foods You're Going To Be Hearing About Constantly In 2016

Since the new year marks the time to get all “out with the old, in with the new” about everything, it’s time to figure out what the next quinoa will be. By Alexandra Duron at The Thrillist (Posted January 4, 2016)

**Poke** — This Hawaiian dish is already pretty popular on the food scene, and it’s not going anywhere anytime soon, according to Baum + Whiteman, a food and restaurant consulting company. Who wouldn’t want chunks of tuna soaked in a soy & sesame oil marinade and served atop seaweed-seasoned rice?

**Waste-based cooking** — ...70 billion pounds of food go to waste each year. Earlier this year, it was impossible to ignore the buzz about wasted, a community of chefs, farmers, and other members of the foods world who work to cook up something delicious out of unused or “uncoveted” food.

**Savory yogurt** — ...savory versions are starting to pop up all over the place. Blue Hill, for example, produces and packages yogurt flavors like beet and butternut squash, and at the Chobani store in New York City, you’ve got five savory “yogurt creations” to choose from.

**Algae** — Algae’s been lurking around in the background for the past couple of years, poised to hit full-blown superfood status.

**Black raspberries** — Antioxidants! That’s all you need to know, move along. Berries in general are chock-full of ‘em — probably why they tend to reach superfood status. ... Science says they contain three times the amount of antioxidants than red raspberries or their doppelgangers, blackberries (good luck trying to tell those two apart).

**Better sports drinks** — For a long time, people have been worried about the calories, sugar, and artificial flavors lurking in sodas, but sports drinks curiously got a pass, in spite of the fact that they’re really not much better.

**Baobab** — Fruit from the baobab tree — eight of the nine species are native to Madagascar and mainland Africa, so you can just get ahead of the economic backlash that accompanied quinoa’s sudden rise in demand — is rich in vitamin C.

**Coconut water** kicked things off, then maple water and birch water came onto the scene. What’s next? Pine water? Peach tree water?

**Moringa** — Native to Africa and Asia, it’s pretty versatile, and perhaps most important in an ever-warming world, it’s drought resistant and can actually purify water (along with an absolute treasure trove of other benefits).

# Technomic's Take: 2016 Food Trends

From a Technomic Press Release

Technomic's consultants and experts base their annual predictions on site visits in trendsetting cities plus interviews and surveys of operators and consumers, backed up by qualitative data from Technomic's vast Digital Resource Library and quantitative menu data from its searchable MenuMonitor online database.

1. **The Sriracha effect.** Having learned that Sriracha sauce can add instant ethnic cachet to something as straightforward as a sandwich, chefs are scouting the world for other assertive flavorings to employ in similar ways. Likely bets: ghost pepper from India; sambal from Southeast Asia; gochujang from Korea; harissa, sumac and dukka from North Africa.

2. **Elevating peasant fare.** Meatballs and sausages are proliferating—traditional, ethnic or nouveau, shaped from many types and combinations of meats. Likewise on the rise are multi-ethnic dumplings, from pierogis to bao buns. Even the staff of life gets the royal treatment, from haute toast to signature cheesy bread.

3. **Trash to treasure.** Rising prices for proteins raise the profiles of under-utilized stewing cuts, organ meats and “trash” species of fish—but the “use it all” mindset has also moved beyond the center of the plate. How about a veggie burger made with carrot pulp from the juicer?

4. **Burned.** Smoke and fire are showing up everywhere on the menu: in charred or roasted vegetable sides; in desserts with charred fruits or burnt-sugar toppings; in cocktails featuring smoked salt, smoked ice or smoky syrups.

5. **Bubbly.** Effervescence makes light work of the trendiest beverages: Champagnes and Proseccos, Campari-and-soda aperitifs, adults-only “hard” soft drinks including ginger ales and root beers, fruit-based artisanal sodas, sparkling teas.

6. **Negative on GMOs.** Whatever the science says, many consumers have made up their minds: no genetic tinkering with their food. Some diners

will gravitate to restaurants touting GMO-free fare; others will demand GMO labeling on menus. That's a big issue for the supply chain, since many crops (such as soy fed to livestock) have been modified to boost productivity.

7. **Modernizing the supply chain.** Climate destabilization, mutating pathogens and rising transportation costs, among other challenges, will lead to increasingly frequent stresses on the food supply chain, such as 2015's Florida orange freeze or avian flu-related egg shortage. Consumer demand for “fresh” and “local” fare also challenges a distribution system based on consolidation, centralization, large drop sizes and long shelf life.

8. **Fast food refresh.** Consumers gravitate to “better” fast food, transforming and diversifying the industry. “QSR plus” concepts with fresher menus and spanking-bright units exploit a price niche between fast food and fast casual (think Culver's or Chick-fil-A). “Build your own” formats are springing up in more menu categories. Many quick-service eateries are adding amenities like alcohol. Others are giving up on upscaling and returning to their roots, serving simple, traditional menus at low prices.

9. **Year of the worker.** In today's tighter labor market, mandates to boost minimum wages will reverberate up and down the workforce, with experienced staffers demanding proportional raises and skilled workers (already in short supply) even harder to hire. That's tough news for operators trying to hold down menu prices. Front-of-house technology and back-of-house automation will help restaurants do more with fewer or lower-level workers, and companies will devote more resources to training and retention.

10. **The delivery revolution.** Proliferating order-and-pay apps and third-party online ordering and delivery services make “dining in” easier than ever and, in some cases, “dining out” a thing of the past. Transformational companies like Uber and Amazon are muscling into the market. App-only services like Munchery deliver food from commissaries, bypassing the brick-and-mortar