



IFSEA INFUSION

June 2017

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

IN THIS ISSUE

2017 Board of Dir.	2
Did You Know	7
From the Vine	10
Little Known Facts	11
Recipe Box	8-9
Something to Think About	1
The Wright Stuff	1
Worthy Goal	3-6



See page 7

the Wright Stuff!

Fred Wright, DODG, MCFE, CEC, AAC, Chairman of the Board

Well June is here most of our college students have re-turned home or started their summer jobs. Many High school students will be released onto the world very soon for the summer. This means that summer is upon us. For many of us this becomes a busy time of year. For others it's a time for a vacation and to reflect on the past year. I know that is where I will be. I look back and think what went well and should be repeated? What didn't go so well and should be modified. That is where we are with IFSEA. What are our strengths and what are our weaknesses? How do we build on our strengths and modify our weaknesses? Well in order to effectively do this we need you the members to step up and have a voice in where we go and how we get there. It will be a long road and hopefully it will be paved with opportunities and ideas to build us back up again.

IFSEA is not dead, it is ready to stage a comeback!
Bringing it into the future even stronger than it was before.

Enjoy your summer and I hope you have the opportunity to reflect on where you have been and where you are going!

SOMETHING TO THINK ABOUT

Growth is never by mere chance;
It is the result of forces working together.

2017 I.F.S.E.A. DIRECTORY

EXECUTIVE COMMITTEE

CHAIRMAN OF THE BOARD

Fred Wright, DODG, MCFE
wrightchef@gmail.com

CHAIR ELECT

TREASURER

Barbara Sadler, DODG, CFE
bsadler.ifsea@gmail.com

BOARD OF DIRECTORS

David Orosz, CFE
dave@orosz.us

Richard Hynes, DODG
richard.hynes@hobartcorp.com

Beth O'Connell
bmossococonnell@yahoo.com

Jamel Smith
jamelsmith34@gmail.com

Johan DeJong
jocoenterprises1@msn.com

Pete Starowicz, MCFE
pstarowi@mvnhealth.com

Kwesi Stephen
kwesi.stephen@gmail.com

Jack Kleckner, DODG, MCFE
jack.kleckner@ecolab.net

Stan Gibson, CFE
sceibson32@gmail.com

Bruce Caudy
bruce.caudy@gmail.com

Todd Story
tstory@arvadacenter.org

Richard Weil, DODG, CFE
richard@nationalrestaurantconsultants.com

INTERNATIONAL COMMITTEE CHAIRS

AWARDS

Matt Trupiano, DODG, CFE
matt@matsserv.org

MENTORING

Barbara Sadler, DODG, CFE
bsadler.ifsea@gmail.com

NEWSLETTER

Matt Trupiano, DODG, CFE
matt@matsserv.org

BRANCH PRESIDENT'S COUNCIL

Dave Preston, CFE
dpqotg@gmail.com

and

Kwesi Stephen

kwesi.stephen@gmail.com

SOCIAL MEDIA

Blake Johnson, CFM
blake.b.johnson@gmail.com

CERTIFICATION

Fred Wright, DODG, MCFE
wrightchef@gmail.com

WEB PAGE

Fred Wright, DODG, MCFE
wrightchef@gmail.com

CONFERENCE

Barbara Sadler, DODG, CFE
bsadler.ifsea@gmail.com

SCHOLARSHIP

Dr. Joan Johnson, Ph.D, DODG, CFE
ionsoim@morrisville.edu

YOPROS

Kwesi Stephen
kwesi.stephen@gmail.com

FUNDRAISING

Pete Starowicz, MCFE
pstarowi@mvnhealth.com

PAST CHAIRMAN'S COUNCIL

and

BYLAWS

Richard Weil, DODG, CFE
richard@nationalrestaurantconsultants.com

SPECIAL ADVISOR

DAVE OROSZ, CFE
dave@orosz.us

IFSEA HEADQUARTERS 4955 Miller St., Suite 107 Wheat Ridge, CO 80033

PHONE: 800-893-5499 FAX: 303-420-9579 IFSEAhqoffice@gmail.com Web: www.IFSEA.com



WORTHY GOAL SCHOLARSHIP FUND



Trustees

John DeJong, DODG, CFE

Stan Gibson, CFE

Brian Kunihiro, DODG, CFE

David Orosz, CFE

Colin Sendall, DODG, CFE

John Williams, MCFE

2017 SCHOLARSHIP RECIPIENTS

First Name	Last Name	School	Scholarship Awarded	\$ Amt.
Kristen	Corrado	SUNY Delhi	WG Scholarship	\$2,000
Julio	Chavez	SUNY Delhi	Lowe Family	\$1,000
Jessica	Shultis	SUNY Delhi	Faulstitch Family	\$2,000
Carly	Yezzo	SUNY Delhi	WG Scholarship	\$2,000
Nicholas	PolICASTRO	SUNY Delhi	Guam Branch	\$1,000
Pamela	Greco	SUNY Morrisville	Dunsmoor Family	\$1,000
Kerri	Seiler	SUNY Morrisville	Reno Tahoe	\$1,000
Jessica	Jones	SUNY Morrisville	SC Palmetto	\$2,000
Serena	Castleberry	CIA	Mike Mavros Memorial Scholarship	\$1,500
Darius	Glenn	UMD, Eastern Shores	WG Scholarship	\$1,000
Cailey	Mitchell	UMD, Eastern Shores	Aloha Hawaii	\$2,000
Shelby	Walker	Austin State University	WG Scholarship	\$2,000
Molly	Dion	Johnson & Wales	Detroit Branch	\$1,000

THE WORTHY GOAL FUND

(Previous Fifteen Year History)

Year	Donations	Scholarships	Fund Value
2000	\$22,208	\$12,000	\$285,014
2001	\$22,226	\$15,000	\$312,974
2002	\$28,255	\$16,000	\$314,887
2003	\$17,059	\$16,000	\$384,626
2004	\$16,094	\$17,250	\$402,357
2005	\$11,406	\$14,750	\$401,635
2006	\$13,389	\$20,000	\$436,695
2007	\$6,704	\$22,250	\$437,732
2008	\$10,725	\$19,000	\$350,549
2009	\$5,776	\$10,000	\$393,754
2010	\$7,140	\$15,500	\$426,100
2011	\$19,371	\$18,250	\$420,303
2012	\$12,520	\$21,750	\$432,304
2013	\$14,228	\$20,000	\$476,873
2014	\$17,370	\$24,750	\$452,760
2015	\$5,270	\$19,250	\$460,016
2016	\$8,450	\$11,000	\$480,390

During the above seventeen year period, the vast majority of the donations came from individual members and more than half of the IFSEA branches, represented at the annual conference. Additional funds came from activities such as raffles, auctions, and hospitality services.

Each of you can share in the success of the Worthy Goal Scholarship Fund by becoming a Regular donor, a Memory Star donor with a donation of \$50 or more in recognition of someone special, a Fellow donor with a donation of \$1,000 or more (may be made over a four year period, if desired), or you may choose to establish an Endowment with a donation of \$10,000 or more creating an Annual Scholarship in the name of your choice. You may also consider other available forms of giving.

2016 Worth Goal Donors

Individual Donors

Dick Hynes

Susan Huxley

Stan Gibson

Stephanie Young

Memory Star

Fred Wright

Worthy Goal Fellows

Colin Sendall

Fred Wright

Richard Weil

Brian Kunihiro

Barbara Sadler

John Williams

Joan Johnson

Branch Donations

Aloha Hawaii

Reno Tahoe

? Did ? You ? Know ?

D I L L

The health benefits of dill include its ability to boost digestive health, as well as provide relief from insomnia, hiccups, diarrhea, dysentery, respiratory disorders, and cancer. It is also good for oral care, and can be a powerful boost for your immune system and can protect you from bone degradation. It is also an anti-inflammatory substance, which means that it can protect you against arthritis. Furthermore, it can reduce excess gas, and is considered a carminative.



Dill, scientifically known as *Anethum Graveolens*, has been used for culinary and medicinal purposes for hundreds of years. Both the seeds and the leaves can be used. Apart from giving a strong, tangy, appetizing flavor and taste, dill has many medicinal properties, which mainly come from certain compounds called Monoterpenes, as well as flavonoids, minerals and certain amino acids.

Dill can be a perennial or annual herb, depending on where it is cultivated in the world. This herb is used in almost every continent on the planet in some capacity, and although it is called many different things, it serves similar purposes in much of the world cuisine. It can be used dry as a topping for a number of meals, but it is also used as an ingredient in many meals. For those herbalists that want to grow their own dill, it is important to cultivate this herb in warm to hot summers, with plenty of sunshine.

Nutritional Value of Dill

The health benefits of dill are derived from its organic compounds, vitamins, and minerals such as a significant amount of vitamin A and vitamin C, as well as trace amounts of folate, iron, and manganese.

Health Benefits of Dill

Digestion: Dill itself is an appetizer and therefore extensively used in culinary applications. The essential oils present in dill are stimulating and they activate the secretion of bile and digestive juices.
Insomnia: The essential oils found in herbs have peculiar and powerful properties. They are simultaneously stimulating, sedative, and hypnotic, that is, they stimulate as well as pacify. The essential oils in dill are no exception. The flavonoids and vitamin-B complex present in its essential oils, since they are stimulating in nature, activate the secretion of certain enzymes and hormones which have calming and hypnotic effects, thereby helping people get a good night's sleep.

Recipe Box

Herbed Zucchini Soup

serves 4



3 cups reduced-sodium chicken broth

1½ pounds zucchini, (about 3 medium), cut into 1-inch pieces

1 tablespoon chopped fresh dill or 1 teaspoon dried

Place broth, zucchini and tarragon (or dill) in a medium saucepan; bring to a boil over high heat. Reduce to a simmer and cook, uncovered, until the zucchini is tender, 7 to 10 minutes. Puree in a blender (see Tip), in batches if necessary, until smooth. Return the soup to the pan and heat over medium-high, slowly stirring in cheese until it is incorporated. Remove from heat and season with salt and pepper. Serve hot or chilled.

Make Ahead Tip: Cover and refrigerate for up to 3 days. Serve chilled or reheat.

Tip: Hot liquids can splatter out of a blender when it's turned on. To avoid this, remove the center piece of the lid. Loosely cover the hole with a folded kitchen towel and turn the blender on. Better airflow will keep the contents from spewing all over the kitchen.

Poached Salmon With Creamy Piccata Sauce

serves 4



1 pound center-cut salmon fillet, skinned (see Tip) and cut into 4 portions

1 cup dry white wine, divided

2 teaspoons extra-virgin olive oil

1 large shallot, minced

2 tablespoons lemon juice

4 teaspoons capers, rinsed

¼ cup reduced-fat sour cream

¼ teaspoon salt

1 tablespoon chopped fresh dill

Place salmon in a large skillet. Add ½ cup wine and enough water to just cover the salmon. Bring to a boil over high heat. Reduce to a simmer, turn the salmon over, cover and cook for 5 minutes. Remove from the heat. Meanwhile, heat oil in a medium skillet over medium-high heat. Add shallot and cook, stirring, until fragrant, about 30 seconds. Add the remaining ½ cup wine; boil until slightly reduced, about 1 minute. Stir in lemon juice and capers; cook 1 minute more. Remove from the heat; stir in sour cream and salt. To serve, top the salmon with the sauce and garnish with dill.

***Tip:** How to skin a salmon fillet: Place skin-side down. Starting at the tail end, slip a long knife between the fish flesh and the skin, holding down firmly with your other hand. Gently push the blade along at a 30° angle, separating the fillet from the skin without cutting through either.*

Recipe Box

Green Eggs and Ham Frittata

serves 6



- 8 large eggs
- 1½ teaspoons dried dill
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 2 tablespoons extra-virgin olive oil
- 2 leeks, white and light green parts only, diced
- 1 5-ounce bag baby spinach, chopped
- ½ cup diced ham
- ½ cup shredded havarti or Muenster cheese

Position rack in upper third of oven; preheat to 450°F. Whisk eggs, dill, salt and pepper in a medium bowl. Heat oil in a large ovenproof nonstick skillet over medium heat. Add leeks; cook, stirring, until softened, about 4 minutes. Add spinach and ham; cook, stirring, until the spinach is wilted, about 1 minute. Pour the egg mixture over the vegetables and cook, lifting the edges of the frittata so uncooked egg can flow underneath, until the bottom is light golden, 2 to 3 minutes. Sprinkle cheese on top, transfer the pan to the oven and bake until the eggs are set, 6 to 8 minutes. Let rest for about 3 minutes before serving. Serve hot or cold.

Greek Chicken & Vegetable Ragout

serves 6



- 1 pound carrots, cut into 1¼-inch pieces
- 1 pound yellow-fleshed potatoes, such as Yukon Gold, peeled and cut lengthwise into 1¼-inch-wide wedges
- 2 pounds boneless, skinless chicken thighs, trimmed
- 1 14-ounce can reduced-sodium chicken broth
- ⅓ cup dry white wine
- 4 cloves garlic, minced
- ¾ teaspoon salt
- 1 15-ounce can artichoke hearts, rinsed and quartered
- 1 large egg
- ⅓ cup lemon juice
- ⅓ cup chopped fresh dill
- Freshly ground pepper to taste

Spread carrots and potatoes over the bottom and up the sides of a 4-quart or larger slow cooker. Arrange chicken on top of the vegetables. Bring broth, wine, garlic and salt to a simmer in a medium saucepan over medium-high heat. Pour over the chicken and vegetables. Cover and cook until the chicken is cooked through and vegetables are tender, 2½ to 3 hours on high or 4 to 4½ hours on low. Add artichokes to the slow cooker, cover and cook on high for 5 minutes. Meanwhile, whisk egg, egg yolks and lemon juice in a medium bowl. Transfer the chicken and vegetables to a serving bowl using a slotted spoon. Cover and keep warm. Ladle about ½ cup of the cooking liquid into the egg mixture. Whisk until smooth. Whisk the egg mixture into the remaining cooking liquid in the slow cooker. Cover and cook, whisking 2 or 3 times, until slightly thickened and sauce reaches 160°F on an instant-read thermometer, 15 to 20 minutes. Stir in dill and pepper. Pour the sauce over the chicken and vegetables and serve.



Aligote

When it comes to growing conditions, Aligote is not as fussy as many other varieties. It is able to produce delicate wines when grown on the chalky soils of Burgundy, but will also thrive in sandier soils, such as those found in the Rhone. Perhaps counter-intuitively, this hardiness and reliability has only served to lower Aligote's status to "useful" and "reliable" rather than "mysterious" and "enigmatic".



Wine lovers and producers alike are naturally drawn towards challenging grape varieties like Pinot Noir and Nebbiolo – difficult to grow well, but more rewarding as a result.

Despite being best known as a French grape, Aligote is grown in more significant quantities in other locations, notably in Eastern Europe. Many thousands of hectares are currently planted in countries like Bulgaria and Romania, where Aligote wines have a surprisingly strong following. Plantings in these countries are many times bigger than in the variety's traditional home in eastern France.

Wines produced from Aligote are generally dry in style, with floral and herbal notes, naturally enhanced by the variety's high levels of acidity. It is often used in blends, particularly those made in California for the U.S. market, where it can bring much-needed acidity and aroma to richer, less-structured wines.

Aligote wines pairs well with cod, crab salad, herring, mussels, oysters, scallops, shrimp, snails and trout.

10 LITTLE KNOWN FACTS ABOUT FRUIT STICKERS

Even though nearly every piece of fruit in the produce aisle has a little sticker on it, most people probably never give them much thought. Well, here's a chance to make up for lost time. Following are 10 little known facts about the ubiquitous labels.

Number 10. They're edible. If you've finished baking a whole apple pie only to realize you forgot to take the stickers off of the fruit, fear not. The labels are perfectly edible. As with the apples, though, washing them prior to eating is advised.

Number 9. The glue is regulated by the FDA. Adhesives used on foods are covered under a regula-



tory subsection called "Indirect Food Additives: Adhesives and Components of Coatings." It outlines with great detail what can be used and how.

Number 8. Their numbers have a deeper meaning - so the cashier won't mistake your rare Hawaiian Mountain Apple for a plain old red pear. 5-digit codes starting with a 9 are reserved for organics and the ones beginning with 8's are GMOs. 4-digit identifiers are given to fruits that are conventionally grown.

Number 7. Once assigned, the codes are fixed. That means no matter where you go, the numbers on any specific fruit will be the same. For example, whether you buy a 4030 in Portland, Maine or Portland, Oregon, you're ending up with standard-sized kiwi.

Number 6. There's a high-tech alternative. A while back, a Florida man created a laser that can add the necessary PLU



info to fruit by zapping the pigment out of its top layer. Thus far, it's only been approved for use on citrus fruits.

Number 5. Lots of them have been handed out. There are over 1400 unique PLUs out there just for produce and produce-related items.

Number 4. Artists use them as a medium. Among them is Barry Snyder of Colorado, who arranges various colored stickers into mosaics of pop culture icons. Early in his career he got them, and the fruit they were attached to, at the grocery store. Now, he receives boxes full from collectors all over the world.

Number 3. Codes are assigned by the IFPS. That's the International Federation of Produce standards. Before issuing one, detailed reviews are conducted both nationally and internationally.

Number 2. They're not all utilitarian. In China, farmers affix specially shaped stickers to young apples and take them off once the fruit has grown. What remains is a message or lucky symbol. The fruits, known as Rolls-Royce apples, can fetch about a hundred dollars apiece.

Number 1. Multi-tasking stickers are in the works. A New York inventor is working on making a fruit label that dissolves in water and turns into a fruit wash. That means clean produce and trouble-free sticker removal all in one.