



# IFSEA INFUSION

July 2016

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



**the Wright Stuff!**

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

I have had many discussions about the future of IFSEA over the past couple months. There are many ideas as to where we take the association from here. I have also found that there are many people that, like myself, want to see us succeed. Well, if recent actions haven't convinced you that it is time to make some changes to this 115-year-old organization, then take it from Nintendo. A company that struggled with keeping an existence amongst video game manufacturers. I still think I am state of the art I have the Wii. They launch a mobile game app and make 9 billion almost overnight.

I'm not saying we need a billion-dollar idea overnight; however, it is time to make changes as to how we do things. It's time for us older folks to train and trust the next generation of hospitality leaders. I plan on doing just that. I have been talking to the Young Professionals, they are ready to help learn and have many great ideas. Well I am listening, and hearing what they say, because if we want to survive another 115 years, we need to change with the times. What worked 100 years ago or even 20 years ago doesn't work today.

I challenge everyone to listen to the young professionals you might have in your chapter and get them involved, they are willing to help.

Have a great rest of your summer! Until next time, take care of yourself.

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## SOMETHING TO THINK ABOUT

If everyone is moving forward together, then success takes care of itself.

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# ? Did ? You ? Know ?

## HORSERADISH



Horseradish has nothing to do with horses and it is not a radish (it's a member of the mustard family). The name may have come from an English adaptation of its German name. In early times the plant grew wild in European coastal areas; the Germans called it meerrettich, or sea radish. The German word meer sounds like mare in English. Perhaps mareradish eventually became horseradish. The word horseradish first appeared in print in 1597 in John Gerarde's English herbal on medicinal plants.

Horseradish, a member of the mustard family, is native to eastern Europe, and it may have originated in Asia, Germany, or the Mediterranean area. It has been used for so long, that no one knows for sure when and where it originated. The ancient Greeks used it, so did the Jews in their exodus from Egypt in 1500 BC. It is one of the 5 bitter herbs of the Jewish Passover. It was originally used for medicinal purposes.

The bite and aroma of the horseradish root are almost absent until it is grated or ground. During this process, as the root cells are crushed, volatile oils known as isothiocyanate are released. Vinegar stops this reaction and stabilizes the flavor. For milder horseradish, vinegar is added immediately.

An estimated 24 million pounds of horseradish roots are processed annually in the U.S. to produce 6 million gallons of prepared horseradish.

Horseradish has also been known as 'redcole' and 'stingnose'.

Tulelake, California, is known as the Horseradish Capital of the World.

Horseradish was used to produce Horseradish ale in the 17th century.





# Recipe Box

## Spicy Crab Cakes with Horseradish

Servings: 6 (4 inch patties)

4-5 slices white sandwich bread  
3/4 cup chopped fresh parsley  
1 large egg yolk  
2 teaspoons lemon juice  
2 teaspoons Worcestershire sauce  
1 1/2 teaspoon Tabasco sauce  
2 Tbsp plus 1 teaspoon Dijon mustard  
1/2 teaspoon paprika  
1/2 teaspoon chopped fresh or dried thyme  
1/2 teaspoon celery seeds  
1/4 teaspoon freshly ground black pepper  
5 Tbsp olive oil  
1/4 cup chopped onion  
1/4 cup chopped green bell pepper  
1/4 cup chopped red bell pepper  
1 pound cooked fresh Dungeness crabmeat, picked over and drained



### **HORSERADISH MAYO**

1 cup mayonnaise  
2 Tbsp prepared horseradish  
2 Tbsp fresh lemon juice  
2 teaspoons grated lemon zest  
1/8 teaspoon freshly ground black pepper  
Kosher salt

- 1 Tear up the bread and pulse in a food processor to make fine, soft crumbs (about 4 cups). Transfer the bread crumbs to a shallow pan and mix in 1/2 cup of the parsley.
- 2 In a food processor, combine the egg yolk, lemon juice, Worcestershire sauce, Tabasco sauce, mustard, paprika, thyme, celery seeds, and black pepper. Pulse to combine. With the motor running, add the oil through the feed tube in a slow, steady stream until the mixture emulsifies and forms a mayonnaise-type sauce. Transfer sauce to a bowl.
- 3 In a large bowl, combine the onion and bell pepper with the remaining 1/4 cup of parsley. Add the mayonnaise-type sauce and crabmeat and mix lightly. Using a rubber spatula, fold in 1 cup of the bread crumb mixture. Do not overwork the mixture. Gently form 6 cakes and flatten them into patties about 1/2 inch thick. Dredge the patties lightly in the remaining bread crumb mixture. Cover the crab cakes with plastic wrap and refrigerate for an hour or longer.
- 4 Heat a large non-stick skillet on medium heat and add about 2 Tbsp of butter to the pan. Working in batches, fry crab cakes gently 4 to 5 minutes on each side, until they are golden brown and heated through. Add more butter to the pan if necessary.
- 5 To prepare the horseradish mayo, combine all ingredients in a small bowl and mix well. Taste and adjust seasoning. Cover and refrigerate.

# Recipe Box

## Grilled Tuna with Fresh Horseradish

Serves 2



- 2 (8 ounce) fresh tuna steaks
- 1 teaspoon vegetable oil
- 2 tablespoons soy sauce
- 2 tablespoons seasoned rice vinegar
- 1 tablespoon finely grated raw horseradish root, or more to taste
- 4 cherry tomatoes, sliced
- 1/2 teaspoon hot chile paste
- 1 tablespoon minced green onion

### Directions

Preheat an outdoor grill for high heat, and lightly oil the grate. Lightly oil steaks with vegetable oil.

Stir soy sauce, rice vinegar, horseradish, cherry tomatoes, and hot chile paste in a bowl until well combined. Let sit for 20 minutes.

Place steaks over hottest part of the grill and cook for 3 minutes per side. Transfer to a plate. Spoon soy sauce mixture over steaks and garnish with green onion.

## Crab Fritters with Horseradish

Serves 5



- 3/4 cup light mayonnaise
- 1 tablespoon Dijon mustard
- 1 tablespoon prepared horseradish
- 2 cloves garlic, peeled
- 2 tablespoons fresh lemon juice
- 1 tablespoon chopped fresh chives
- 2 cups oil for frying
- 1 cup hush puppy mix
- 1/2 cup milk
- 1 egg
- 1 pound cooked lump crabmeat

### Directions

In the container of a food processor, combine the mayonnaise, mustard, horseradish, garlic, and lemon juice. Process until well blended. Transfer to a bowl, stir in chives, cover and refrigerate until ready to serve.

Heat the oil in a heavy saucepan or deep fryer to 375 degrees F (190 degrees C). Stir together the hush puppy mix, milk and egg until smooth. Fold in the crab. Drop tablespoonfuls of the batter into the hot oil. Fry until golden brown, 2 to 3 minutes, turning once if needed. Drain on paper towels. Serve fritters with the garlic sauce.

# Recipe Box

## Fried Green Tomatoes with Shrimp Remoulade

Serves 6

1/2 cup Creole mustard 1/2 cup olive oil  
2 tablespoons ketchup  
1 teaspoon Worcestershire sauce  
2 teaspoons prepared horseradish  
2 cloves garlic, chopped  
1 tablespoon lemon juice  
2 teaspoons minced onion  
2 teaspoons chopped green onion  
2 teaspoons paprika  
1/4 teaspoon ground black pepper  
1/8 teaspoon cayenne pepper  
2 teaspoons chopped fresh parsley  
24 cooked medium shrimp, shelled and deveined

1 cup buttermilk  
1 egg  
2 cups yellow cornmeal  
3 large green tomatoes, sliced 1/2 inch thick  
1/4 cup olive oil, or as needed  
2 cups mixed salad greens  
3 tablespoons chopped green onion



In a medium bowl, stir together mustard, 1/2 cup olive oil, ketchup, Worcestershire sauce, horseradish, garlic, lemon juice, onion and 2 teaspoons of green onion. Season with paprika, pepper, cayenne pepper and parsley. Gently stir in the shrimp until evenly distributed. Cover and refrigerate until needed.

In a shallow bowl, whisk together the buttermilk and egg with a fork. Spread the cornmeal out on a plate. Heat 1/4 cup of olive oil in a large skillet over medium heat. Add more if needed to maintain an even coating of oil in the bottom of the skillet.

Dip the tomato slices in the buttermilk and egg, then dip into the cornmeal to coat thoroughly. Fry slices in the hot oil until golden brown on each side, about 5 minutes per side. Transfer to a paper towel-lined plate and continue breading and frying the remaining tomato slices.

To serve, arrange salad greens on six plates. Top each one with two slices of fried green tomato, then spoon some of the shrimp remoulade over the tomatoes and sprinkle with the remaining green onion to garnish.





Rioja is a wine, with Denominación de Origen Calificada (D.O.C.

Qualified designation of origin) named after La Rioja, in Spain. Rioja is made from grapes grown not only in the Autonomous Community of La Rioja, but also in parts of Navarre and the Basque province of Álava. Rioja is further subdivided into three zones: Rioja Alta, Rioja Baja and Rioja Alavesa. Many wines have traditionally blended fruit from all three regions though there is a slow growth in single zone wines.

The history of Rioja wine reflects a long and varied winemaking tradition in the Spanish region of La Rioja, starting with the first Phoenician settlers in 11th century BC. As with many of Europe's most well known wine regions, the Ancient Romans founded many of the Rioja vineyards. Throughout the Middle Ages, pilgrims to the shrine of St. James at Santiago de Compostela passed through the region and carried back with them the reputation of wines from the area. The phylloxera epidemic of the late 19th century was a major catalyst in the expansion and modernization of the Rioja wine industry, with the devastation the French wine industry both opening up the French wine market and bringing an influx of French investment into the region. Today, together with Sherry, Rioja is the most internationally-recognized of all Spanish wines.

Rioja red wines are classified into four categories. The first, simply labeled Rioja, is the youngest, spending less than a year in an oak aging barrel. A crianza is wine aged for at least two years, at least one of which was in oak. Rioja Reserva is aged for at least three years, of which at

## Rioja

least one year is in oak. Finally, Rioja Gran Reserva wines have

been aged at least two years in oak and three years in bottle. Reserva and Gran Reserva wines are not necessarily produced each year. Also produced are wines in a semi-crianza style, those that have had a couple of months oak influence but not enough to be called a full crianza. The designation of crianza, Reserva etc. might not always appear on the front label but may appear on a neck or back label in the form of a stamp designation known as Consejo.

A special occasion wine. A seductive and complex blend of subtle spice and soft fruit: blackberries, dried cherries, and cinnamon overlain with very developed, so-called tertiary flavors that are the hallmark of the Old World style: cigar box, leather, wet earth, mushrooms, truffles, and faded flowers. A wine to linger over and return to over the course of a meal, offering the patient drinker something different with each visit to the glass. Rioja tinto (red) Crianza

An easy drinking style, Crianzas tend to emphasize fresh fruit above all else and spend less time in bottle than Reservas. Aged for a minimum of two years, one of which must be in oak barrels. Crianza is Rioja's everyday wine. Crianza is great with spicy food (think of how a chutney cools the mouth when you're eating spicy Indian food) Whole roasted fish, Lasagna, Crianzas' fruity freshness also makes them a perfect foil for aged sheep's milk cheeses like Manchego, acting almost like a schmear of fruit jam on top of a buttery, slightly piquant cheese.

# Edible Flowers

From: HubPages Food and Cooking

Leaves of plants are often delicious, but many people aren't aware that sometimes flowers can be eaten, too. As a kid I discovered the tangy, tart flowers of wood sorrel through my botanist mother, and I still seek them out today. There is a purity found in flowers that isn't always found in the leaves.

Flowers have been eaten since ancient times. Rose petals and lotus blooms are often used in Indian

## **Be Careful**

- There are a lot of look-alike plants in nature, and often they are poisonous. Before eating wild plants or flowers, consult a botanist or reference book, or be certain that what you're about to eat is what you think it is. Here is a list of poisonous plants, but the best bet is to grow the flowers from seed yourself.
- Never eat flowers grown commercially or for floral arrangements, as they are often sprayed with pesticides and other toxic chemicals.
- Only eat the flower's petals; do not eat the stamen or pistils unless you know for sure it's okay to do so.
- After picking flowers, put them in a glass of ice water or on a wet paper towel in the fridge. Use them as soon as possible.



Common names: Carnation  
Colors: Pink; red; white; yellow; purple; green  
Flavor: Sweet and spicy, clove-like  
Nutritional benefits: Vitamin C, vitamin



Common names: Jasmine  
Colors: White; yellow  
Flavor: Sweet, delicate, highly aromatic  
Nutritional benefits: Vitamin A, vitamin C, flavonoids



Common names: Rose, wild rose  
Colors: Pink; white; red; yellow; orange  
Flavor: From sweet, sour, to spicy  
Nutritional benefits: Vitamin C, vitamin A, vitamin K, B-complex, calcium

(Continued on page 9)



# Edible Flowers

From: HubPages Food and Cooking

(Continued from page 8)



Common name: Lavender  
Color: PURPLE  
Flavor: Sweet and floral  
Nutritional Benefits: A & C, Iron, Flavonoids



Common name: HIBISCUS  
Color: Red, Pink, White, Yellow, Orange  
Flavor: Tart, Cranberry like  
Nutritional Benefits: Vitamin C, Potassium, Flavonoids



Common name: Nasturtium  
Colors: Red; yellow; orange; white; pink  
Flavor: Sweet, spicy, peppery  
Nutritional benefits: Vitamin C, iron, flavonoids



Common names: Lilac  
Colors: Purple; white; pink  
Flavor: Lemony, floral  
Nutritional benefits: Vitamin C, iron, calcium



Common names: Pansy  
Colors: Yellow; purple; white; pink; red; orange; blue  
Flavor: Mildly sweet, tart  
Nutritional benefits: Vitamin C, iron, carotenoids, flavonoids



Common names: Petunia  
Colors: Pink; purple; white; red  
Flavor: Sweet and spicy  
Nutritional benefits: Vitamin A, vitamin C, iron, calcium



Common names: Chrysanthemum, mum, crysanth  
Colors: Yellow; white; red; pink; orange  
Flavor: Peppery, from light to pungent  
Nutritional benefits: Vitamin A, vitamin C, potassium, calcium