



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

April 2013

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Fred Wright, MCFE, CEC, Chairman of the Board

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As my rollercoaster ride comes to an end, it is time to reflect on the last year, and see where we have gone and what we have accomplished. This year we experienced many changes to our organization, the biggest was our military partners being forced to not attend our conference this year. I believe that was extremely enlightening to many of us. As we look ahead we will need to create some new programs and initiatives in order to stay the course. I ask that you all make plans to help out the next chairman and help him succeed in his endeavors to make this association the best that it can be.

Effective April 1st we are launching the new IFSEA certification program, this certification program backed by the American Hotel and Lodging Association, is similar to what we have had however it adds the component of education and work experience. This will ensure the value of our certifications and really create a full package. The new certification levels are Certified Food Associate (CFA) Certified Food Manager (CFM) and Certified Food Executive (CFE). I do not have room here to go over these with you; however there will be some information coming online at our web page very soon and there is a seminar explaining our certifications in Dallas during our annual conference.

On conclusion of my year as your chairman, I wanted to say it has been an honor and privilege to be your chairman; it has given me the opportunity to work with some wonderful people that really want to see this organization succeed. I have mentioned in the past, this is a great group and you should get involved and help. Not only does it help IFSEA but it will also help you. I know I have learned a great deal this year.

Be good to yourselves and be good to your families! I see my train pulling into the station; it's time to let someone else drive it, in the direction of even bigger and better things.



WISELY SPOKEN

There are five elements: earth, air, fire, water and garlic.



The History of April Fools' Day

By: Jennifer Maughan

The idea of springtime practical joking and merriment has roots in ancient times. Many countries and cultures have long practiced some form of lighthearted celebration around the first of April. Practiced since 536 B.C., the prank tradition of Sizdah Bedar is still celebrated to mark the end of Persian new year festivities. The Jewish calendar marks Purim, a topsy-turvy carnival-like celebration with costumes and pranks. The ancient Romans marked March 25th by honoring the goddess Hilaria with a festival, filled with games and amusements. The Hindi calendar notes Holi, where one of the traditions is to paint friends and family with brightly colored pigment.

The origins of the April Fools' Day prank goes back to the late 1500s, when most of Europe changed from the Julian Calendar to the Gregorian Calendar. This calendar reform caused much confusion, and years passed before the new calendar system completely took hold. Someone who failed to note the switch was branded an April Fool, given that they were likely still celebrating the old new year holiday, held just after the time of the vernal equinox in late March. The new calendar moved the new year to January 1, but for years there was a small group of people who mistakenly celebrated on April 1. Of course, these traditionalists were made fun of; eventually jokes were played on them by sending them on fool's errands or tricking them into believing ridiculous things.

The idea of the All Fools' Day spread rapidly throughout Europe. In France, fools were called April fish, or "poisson d'avril," noting that it was just as easy to catch naïve young fish as it was to prank naïve people. Today's French children may tape a paper fish to the back of another and tease them until it is noticed. In Scotland, the gullible are the target of "Hunt the Gowk Day," where a "gowk" is a crazy or foolish person. Polish citizens avoid anything serious on that day and prepare various jokes and hoaxes. In the U.K, Australia, New Zealand and Zimbabwe, the April Fools' Day pranks and jokes must be done by noon on April 1, or the prankster will have bad luck.



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GARLIC TRIVIA & FACTS

Garlic is used in cooking in almost every culture and country in the world.

U.S. Garlic per capita usage:

1970	0.4 lbs.	1980	0.9 lbs.
1990	1.4 lbs.	2000	2.2 lbs.
2011	2.3 lbs.		

Source: USDA National Agricultural Statistics Service

Garlic: Top 6 Producing Countries (USDA)

2000 total = 24.45 billion tons

2010 total = 38.88 billion tons

China 30.06 billion lbs;

India 1.83 billion lbs

South Korea 600 million lbs

Egypt 540 million lbs

Russia 470 million lbs

United States 370 million lbs

(California produces more than 250 million pounds of garlic each year.)

Chicago got it's name from the American Indian word for the wild garlic that grew around Lake Michigan - "chicagaoua".

Garlic and onions are among the oldest cultivated food plants. Their culinary, medicinal and religious use dates back more than 6000 years.

Garlic is pictured on ancient Egyptian tombs from 3,000 B.C. Garlic was an ingredient in mixtures used to attach gold leaf to early works of art. There is an all-garlic restaurant in Stockholm where they offer a garlic cheesecake.

Elephant garlic is actually closely related to the leek, and thought by some to be the wild ancestor of the leek. The bulbs are very large, and can weigh more than 1 pound. They are also much milder than regular garlic, and can be slice raw in salads. Whole cloves can be sautéed in butter and served as an appetizer.

? Did ? You ? Know ?

Garlic

April is Garlic Month



American Garlic
4-6 oz. bulbs



Italian Garlic
4-6 oz. bulbs



Elephant Garlic
8-16 oz. bulbs

One of the best things to do with garlic is to roast it. At what temperature and for how long depends on whom you ask. An Internet site suggests 325 degrees for an hour and a half. James Peterson's vegetable book states 350 to 400 for 35 minutes. My CIA (Culinary Institute of America) textbook recommends 425 degrees for 20-30 minutes. Go figure. Just do this. Sprinkle the head with olive oil, loosely wrap it in foil, and stick it in the oven until the cloves are soft. The end result is magnificent. You can squeeze the garlic out of its paper jackets like thick butter and spread it on everything imaginable.



Garlic is a member of the lily family and is related to the onion clan. The most common types of garlic found in the US are the American garlic, (colored white), and the Mexican and Italian garlic which have a purplish or rose colored hue. The American is the most pungent. Elephant garlic is not real garlic and is exceptionally mild. Choose heads that are firm, heavy for their size, and with all their cloves in tact. Store garlic in a cool dry place but never the refrigerator.

Garlic. What would we do without it? Garlic's reputation precedes itself. And a ponderous reputation it is. Garlic has been alleged to perform everything from curing countless illnesses to warding off evil spirits and vampires. The Egyptians fed garlic to the slaves who built the pyramids believing it increased their physical strength.

Man has harvested garlic for at least 5,000 years. Horticulturists argue about its exact origins but a popular theory places its genesis in, of all places, Siberia. Modern medicinal claims purport that garlic lowers cholesterol and blood pressure, aids circulation, alleviates coughs and colds, and has anti-oxidant and anti-cancer properties. Garlic contains vitamins B1, B2, and C, niacin, and a wide variety of minerals including calcium, phosphorous, potassium, selenium, germanium, zinc and manganese. Miracle bulb or not, Americans consume 300 million pounds of garlic each year! The only bad thing that can be said about garlic is it's odorous side effects. These occur because the essential oils in garlic permeate the lung membranes and are then expelled during exhalation. Garlic's scent also exudes from our skin.

Recipe Box

CHEESE ONION GARLIC BREAD

Serves: 4



1 French baguettes, cut into 3/4 inch diagonal slices
1/2 large minced onion
4 cloves minced garlic
2 tablespoons butter
1 cup shredded mozzarella cheese
1/4 cup grated Parmesan cheese
1/2 cup mayonnaise

1. Preheat the broiler.
2. Slice the French baguettes diagonally into 3/4 inch slices.
3. In a medium skillet over medium heat, melt the butter. Combine the onions and garlic in the skillet. Cook and stir until tender. Set aside to cool.
4. In a mixing bowl, combine the mozzarella cheese, Parmesan cheese and mayonnaise.
5. On a cookie sheet, arrange the French bread slices in a single layer. Spread the onion and garlic mixture on the bread slices. Spread the cheese and mayonnaise mixture over the onion and garlic mixture on the bread slices. Broil about 5 minutes, until the cheese is bubbly and slightly browned. Serve immediately.

CREAM OF GARLIC SOUP

servings: 4 to 6



3/4 cup garlic cloves, peeled
3 tablespoons olive oil
2 1/2 cups chicken broth
1 cup white wine
2 1/2 cups milk
1 cup heavy whipping cream
1/2 cup peeled and cubed potatoes
salt and pepper to taste

1. Chop garlic in a food processor to a coarse paste, stopping occasionally to scrape the sides of the bowl.
2. Heat oil in a large saucepan over low heat. Add the garlic paste and cook just until the paste begins to color, stirring constantly. Stir in the chicken broth and wine. Bring mixture to a boil.
3. Reduce heat and simmer for 30 minutes. Stir in the milk, cream and potato and simmer for another 30 minutes.
4. Puree soup in blender, return to saucepan and simmer. Add salt and pepper to taste. Ladle into bowls and serve with buttered French bread.

TOMATOES AND OREGANO MAKE IT ITALIAN; WINE AND TARRAGON MAKE IT FRENCH. SOUR CREAM MAKES IT RUSSIAN; LEMON AND CINNAMON MAKE IT GREEK. SOY SAUCE MAKES IT CHINESE; GARLIC MAKES IT GOOD.

Recipe Box

SAVORY BACON GARLIC CHEESECAKE

servings: 12



- 5 Large Cloves of Garlic, unpeeled
 - 1 tsp Olive Oil
 - ? tsp Salt
 - 5 Strips of Bacon
 - 1½ cups Butter Flavored Crackers
 - 5 Tbsp of Melted Butter, unsalted
 - 16 oz Cream Cheese
 - 2 Large Eggs
 - ¼ tsp Salt
 - ½ tsp Pepper
 - ½ tsp Smoked Paprika
 - 1 Tbsp of Fresh Rosemary, minced
 - ¼ cups Sour Cream
- Serve With:
- 1 Baguette, thinly sliced and toasted, or crackers

Preheat the oven to 400 degrees. Place the five cloves of garlic on a small sheet of aluminum foil. Drizzle with the olive oil and sprinkle with the 1/8 tsp salt. Fold up the foil into a tight pouch; place in a baking dish. Roast in the oven until garlic cloves are soft, about 20 minutes. Allow to cool, then remove garlic from the papery skins. Once garlic is done cooking, reduce oven temp to 350 degrees. While the garlic is roasting, cook the bacon in a skillet over medium heat, turning frequently. Remove bacon from the pan once it is dark pink and the fat is mostly rendered; allow to cool on paper towels.

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CREAMY HORSE RADISH GARLIC SPREAD

servings: 8



- 1/2 cup sour cream
- 2 tablespoons mayonnaise
- 1 tablespoon prepared horseradish
- 1 clove garlic, minced
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon white pepper
- 1/8 teaspoon dried dill weed
- 1/8 teaspoon garlic powder

Mix together the sour cream, mayonnaise, horseradish, garlic, salt, black and white pepper, dill, and garlic powder in a bowl. Chill in the refrigerator for at least 20 minutes before serving.

In a food processor, add the crackers and pulse until reduced to crumbs and then add the butter, pulse until all that crackers resemble wet sand. Press the cracker crumbs into the bottom of a 6-inch springform pan. In a stand mixer, add the cream cheese, the roasted garlic, eggs, salt, pepper, smoked paprika, rosemary, and sour cream; mix well. Assembly: Add the cream cheese mixture to the spring form pan. Chop the cooled bacon and sprinkle over the top of the cheesecake. Bake for 35 minutes or until top is light golden brown. Allow to cool completely and serve with crackers, bread, or eat alone.

Recipe Box

FRENCH ONION SOUP WITH BROWNED GARLIC

Servings: 6



1 cup dry sherry
4 onions, thinly sliced
9 cloves garlic, minced
1 tablespoon whole wheat flour
4 cups vegetable broth
1/2 teaspoon ground black pepper
salt to taste
6 slices French bread, toasted

1. In a large, heavy stockpot over medium heat, cook sherry until bubbling. Add the onions, and reduce heat to medium. Cook onions slowly, stirring frequently, for at least 20 minutes, until they begin to form a paste.
2. Stir in the garlic and continue to cook for 5 to 10 minutes, until garlic begins to look brown.
3. Stir in flour and cook for 2 minutes. Pour in broth and bring to a boil. Reduce heat and simmer for 20 minutes. Season with pepper and salt. Ladle soup into bowls, and float a slice of toasted bread on top of each serving.

GARLIC, BASIL AND BACON DEVILED EGGS

makes 12 halves



12 eggs
5 slices bacon
2 large cloves garlic, pressed
1/2 cup finely chopped fresh basil
1/3 cup mayonnaise
1/4 teaspoon crushed red pepper flakes
salt and pepper to taste
1/4 teaspoon paprika for garnish

1. Place the eggs into a saucepan in a single layer and fill with water to cover the eggs by 1 inch. Cover the saucepan and bring the water to a boil over high heat. Remove from the heat and let the eggs stand in the hot water for 15 minutes. Drain. Cool the eggs under cold running water. Peel once cold. Halve the eggs lengthwise and scoop the yolks into a bowl. Mash the yolks with a fork.
2. Cook the bacon in a large, deep skillet over medium-high heat until evenly browned, about 10 minutes. Drain on a paper towel-lined plate; chop once cool. Add to the mashed egg yolks. Stir the basil, mayonnaise, red pepper flakes, salt, and pepper into the mixture until evenly mixed. Fill the egg white halves with the mixture; sprinkle each stuffed egg with a bit of paprika.



From the Vine

Fino Sherry

Fino ("refined" in Spanish) is the driest and palest of the traditional varieties of Sherry and Montilla-Moriles fortified wine. They are drunk comparatively young, and unlike the sweeter varieties should be drunk soon after the bottle is opened as exposure to air can cause them to lose their flavour within hours.

The defining component of Fino sherries is the strain of yeast known as flor that floats in a layer on top of sherry in the wine barrel. Until the mid-19th century most sherry winemakers did not understand what this yellowish foam that randomly appeared in some of their barrels was. They would mark these barrels as "sick" and relegate them to their lowest bottlings of wine. It turned out that this strain of *Saccharomyces* yeast thrive in air, and the more "head room" there was in the barrel the more likely it was to develop. Over time winemakers noticed that these wines were lighter and fresher than their other sherries, with the flor acting as a protective blanket over the wine that shielded it from excessive oxidation.

Winemakers normally will only use the free run juice-the juice that is produced by crushing the grapes under their own weight before they are sent to a wine press. The juice that comes after pressing is typically more coarse and produces heavier bodied wines. That juice is typically used to make oloroso sherry.

When first barreled, sherries made using the fino method are only partially filled to allow the action of the flor yeast to give it the distinctive fresh taste of dry sherries. If the flor is allowed to die and the wine undergoes oxidative aging, the wine darkens and the flavour becomes stronger, resulting in an amontillado sherry.

In the final classification of a fino, it is judged on such qualities as cleanness, paleness, dryness, and aroma. According to the overseer's judgment, the initial stroke mark on the cask may then be embellished with one or more 'palm leaves'--curved marks that branch off the side of the initial mark. Each additional palm leaf indicates a higher standard of quality.

Storing Fino is the most delicate form of sherry and should be drunk within a year of bottling, although some argue that fino should not be older than six months. Once opened it will immediately begin to deteriorate and should be drunk in one sitting for the best results. If necessary it can be stored, corked and refrigerated, for up to one week after opening.

Since sherry is not vintage dated, it can be hard to tell when the Fino was bottled. However, the bottling date is printed on the label, albeit in an encoded form. On the back label will be a small dot matrix number that starts with the letter L. After the L will be either a 4 or 5 digit number. For the 4 digit number, such as 7005, the first number is the year, and the last three numbers are a number between 1 and 365 that indicates the day of the year. So this bottle was bottled on 5 January 2007. The 5 digit code is similar, such as 00507, where the Julian date precedes the year. This was also 5 January 2007.

As with other particularly dry sherries, it is best served chilled at 45-50 degrees F before a meal, and in Spain is almost always drunk with tapas of some form, such as olives, almonds, or seafood. It also pairs well with garlic dishes.

Who Knew!

April starts on the same day of the week as July in all years, and January in leap years. April ends on the same day of the week as December every year.

PARAPROSDOKIANS

A paraproisdokian is a figure of speech in which the latter part of a sentence or phrase is surprising or unexpected in a way that causes the reader or listener to re-frame or re-interpret the first part and is frequently humorous. Winston Churchill loved them.

1. Where there's a will, I want to be in it.
2. The last thing I want to do is hurt you but it's still on my list.
3. Since light travels faster than sound, some people appear bright until you hear them speak.
4. If I agreed with you, we'd both be wrong.
5. We never really grow up, we only learn how to act in public.
6. War does not determine who is right - only who is left.
7. Knowledge is knowing a tomato is a fruit.. Wisdom is not putting it in a fruit salad.
8. To steal ideas from one person is plagiarism. To steal from many is research.
9. I didn't say it was your fault. I said I was blaming you.
10. In filling out an application, where it says, 'In case of emergency, Notify:' I put 'DOCTOR.'
11. Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are sexy.
12. You do not need a parachute to skydive. You only need a parachute to skydive twice.
13. I used to be indecisive. Now I'm not so sure..
14. To be sure of hitting the target, shoot first and call whatever you hit the target.
15. Going to church doesn't make you a Christian any more than standing in a garage makes you a car.
16. You're never too old to learn something stupid.
17. I'm supposed to respect my elders, but it's getting harder and harder for me to find one now.