

ifsea infusion

INFUSION: To instill a principle or quality: To introduce: To inspire

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INTERNATIONAL
FOOD SERVICE EXECUTIVES
ASSOCIATION

**NETWORKING
MENTORING
COMMUNITY SERVICE
HAVING FUN**



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

Recipe Box

CASTILLION GRILLED CHICKEN YIELD: 6 servings



3 tablespoons Kikkoman Less Sodium Soy Sauce
1 tablespoon olive oil
1 clove garlic, pressed
1/2 teaspoon dried oregano leaves, crumbled
1/4 teaspoon ground cumin
1/4 to 1/2 teaspoon ground red pepper (cayenne)
6 boneless, skinless chicken breast halves
Blend less sodium soy sauce, 2 Tbsp. water, oil, garlic, oregano, cumin and pepper; pour over chicken in large plastic food storage bag. Press air out of bag; close top securely. Turn bag over several times to coat pieces. Refrigerate 1 hour, turning bag over once. Remove chicken from marinade and place on grill about 5 inches from hot coals. Cook chicken 5 minutes on each side, or until no longer pink in center. (Or, place chicken on rack of broiler pan. Broil 4 to 5 inches from heat 5 to 6 minutes on each side, or until no longer pink in center.)

RAINBOW SALAD WITH SPICY PEANUT DRESSING YIELD: 6 servings



1/2 pound spinach or plain fettuccine
1 teaspoon Oriental sesame oil
2 cups grated carrots
1 cucumber, peeled, seeded and cut into thin, short strips
4 ounces (about 1-1/2 cups) bean sprouts
1 red or yellow bell pepper, cut into thin, short strips

Spicy Peanut Dressing:

1/2 cup smooth peanut butter
3 tablespoons sugar
2 tablespoons minced fresh ginger root
1-1/2 teaspoons minced garlic
1 teaspoons crushed red pepper
1/4 cup Kikkoman Soy Sauce
3 tablespoons balsamic or Chinese black vinegar
3 tablespoons Oriental sesame oil
Cook fettuccine according to package directions; drain. Rinse and drain noodles well; toss with sesame oil. Place noodles in center of large platter. Arrange vegetables around noodles. To prepare dressing, combine first 5 ingredients in medium bowl. Gradually blend in remaining ingredients into peanut butter mixture. Stir in 3 to 4 Tbsp. water until dressing has a consistency of heavy cream.
Serve salad with dressing.



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KIKKOMAN foodservice

international low-down

IFSEA DIAMONDS

Want to be an “IFSEA Diamond?” On March 7 at 9 pm Eastern, call 1-712-432-2323. For **Chairman Rick Diaz** this will be his last meeting as he takes over the Branch President’s Council. So this is a great chance to jump on board with the new Chairman who will take over in April.

Diamonds are interested members who want to get involved in helping us to prepare our future – providing ideas and in some cases work. The first major project was to split about 500 phone calls to survey Global Branch members, and then to call all members whose dues were due. Now they are embarking on the search for web based blogs and training that we can offer to all members. It doesn’t pay, but it feels good to help, so please join us on the 7th.

CONFERENCE

We’ve got a large and growing student contingent, easily more than last year, consequently Scott Doty, Rachel Korob and some of the Student Advisors are working on some special things to make it a great experience for students. If we can find room to fit them in, we expect 900 again for the popular military awards dinner Saturday night. IFSEA Chairman Dave Kinney and Conference Chair Cecilia Cobb send a warm IFSEA welcome to those who are considering coming to their first IFSEA conference.

SYMPOSIUMS

A record 31 turnout, and growing daily, for next week in Honolulu. We are excited to have 3 school foodservice people from American Samoa attending. Our program has been approved for 26.5 hours by the School Nutritional Association. As I type I am doing one at Fort Bragg in NC, and already planning for a BIG program here this Summer.

NEW WEB SITE

Around February 20th we will be on the new web site, same address at www.ifsea.com. Be aware that the links we have sent over the years won’t work any longer. But the site is quite easy to navigate – one of the reasons we are moving. Give us your feedback and suggestions please.

KUDOS TO TWO HARD WORKERS

We would like to recognize two men who have been doing a great job over the past year. One is our VP Membership Dave Kinney (also happens to be our Chairman). Dave has done a lot of traveling on his own funds, and every time he visits a branch get rave reports of how much Dave’s visit and comments were appreci-

ated. And Matt Trupiano, who month after month produces these Infusions with creativity, color and patience. Excellent job gentlemen.

HOTLINE

At the printers and should be ready to mail by the 20th. A small conference issue, but the latest on the conference will be included in it.

\$10 DONATIONS FOR CONFERENCE

When you get a dues bill you see a suggestion that you add \$10 to your dues payment. What this pays for is complimentary registrations for students at conference. For branches with 15 or more students they can get two complimentary registrations for the conference once the branch registers 1 student or professor. So that is a \$700 value which comes from your \$10 contributions. Thank you for them. In addition to this, each student gets \$350 toward hotel.



MILITARY REPORT

We have completed another successful year of military travel/evaluation. This year we supplied travelers for 15 teams. All went very well, with a couple of minor glitches, which were solved in a quick and successful fashion. The IFSEA travelers included the following: US Army, Alfred Rudolph, George Baggott, Donna Foster, Char Norton and Art Ritt. US Navy, James Riddle, Nydia Ekstrom and Sandra Holiday. Marine Corps: Robert Heisler. Coast Guard, Linda Blakita, Stan Gibson, Agnew Hopkins and JB Breslin. Military Sealift, Dennis Bracken and the Air Force, Stan Gibson. We appreciate the above named, who gave of their time, talent and money to travel this year. As always we are looking for new, first time travelers. It is an opportunity of a life time. Those interested should go to the IFSEA website, download the “Traveler’s Handbook” and fill in the application and submit it to IFSEA Hq. The end results of our dedicated 15 teams will be witnessed at the Military Awards Banquet at the 2006 conference, on Saturday, April 8. Special Note: This is the 50th Anniversary of our involvement with the Air Force Hennessey Evaluation program. There will be a special celebration of this event at the Hennessey Awards Program in Chicago, May 20, 8 to 10 am, Hilton Chicago, in conjunction with the National Restaurant Association show. ALL members who will be at the show or live in Chicagoland area should plan to attend. Cost is just \$34.50 each and can be ordered from HQ so you can be seated at the IFSEA reserved tables.

Don McIntosh, DODG, CFE
Military Chair



BANANAS

Bananas Contain three natural sugars - sucrose, fructose and glucose combined with fiber, a banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes. But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

Depression:

According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

Anemia:

High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

Blood Pressure:

This unique tropical fruit is extremely high in potassium yet low in salt, making it the perfect way to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

Brain Power:

200 students at a Twickenham (Middlesex) school were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

Hangovers:

One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

Heartburn:

Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

Ulcers:

The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

Stress:

Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

Strokes:

According to research in "The New England Journal of Medicine," eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrates, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around. So maybe its time to change that well-known phrase so that we say:

"A banana a day keeps the doctor away!"

**MAY YOU LIVE TO BE A HUNDRED YEARS WITH
ONE EXTRA TO REPENT!**

