

ifsea infusion

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

INTERNATIONAL FOOD SERVICE EXECUTIVES ASSOCIATION

PETER'S POINTS TO PONDER

I have been watching a disturbing trend lately. It is not news, we all know that IFSEA is not growing in membership as we would hope it would. This is not a trend unique to our organization.

Many of us are members of other foodservice and professional organizations. These other organizations are suffering also, and in many cases are in much worse trouble.

I have also seen a decline in attendance on our Board and Branch President meeting calls lately. We have these calls to give members and officials a chance to hear what is going on. This is your chance to voice an opinion. This is also the opportunity to express an idea you feel may be a benefit to the organization. Granted, most of our calls are for Board members or Branch Presidents, but these persons should be representing the membership. We do welcome all members to be listening on the call, and value participation.

We do have several branches who are building, and in tremendous numbers. We have new branches forming, and have newly energized existing branches. What is the difference? How can some branches grow while others diminish? I have seen one of the answers, one person who makes a difference in each branch.

We have a new branch starting in Texas, already eclipsing other existing branches in membership. Margo King is spearheading this branch. She is energized, and making things happen.

Northern Illinois is growing faster than any other branch. Patrick Beach saw the energy and ideas in his successor, Emlyn Thomas. He worked with and encouraged Emlyn to make things happen, and he is.

In each of our branches, we need to recognize that one person who can be energized, and support them. I have said it many times, it takes only one.

The first step is, ask that person to your luncheon or dinner. Ask them to join. Ask them to become involved. Ask them to be that one person who can energize your branch, and support them. We need to ask. Why are we holding back? Do we want to be the only one involved, as though we feel only we in our circle deserves to be a part of IFSEA? We all know many people in foodservice in our areas, ask them to be a part of IFSEA, ask them. Just ask.

They may be the next spark your branch needs. You may be responsible for their involvement. You may be the one who asked the next International Chair to become an IFSEA member.

Mahalo,

Peter Pao MCFE, CHM, CPFM
IFSEA International Chair



NETWORKING - MENTORING - COMMUNITY SERVICE - HAVING FUN

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

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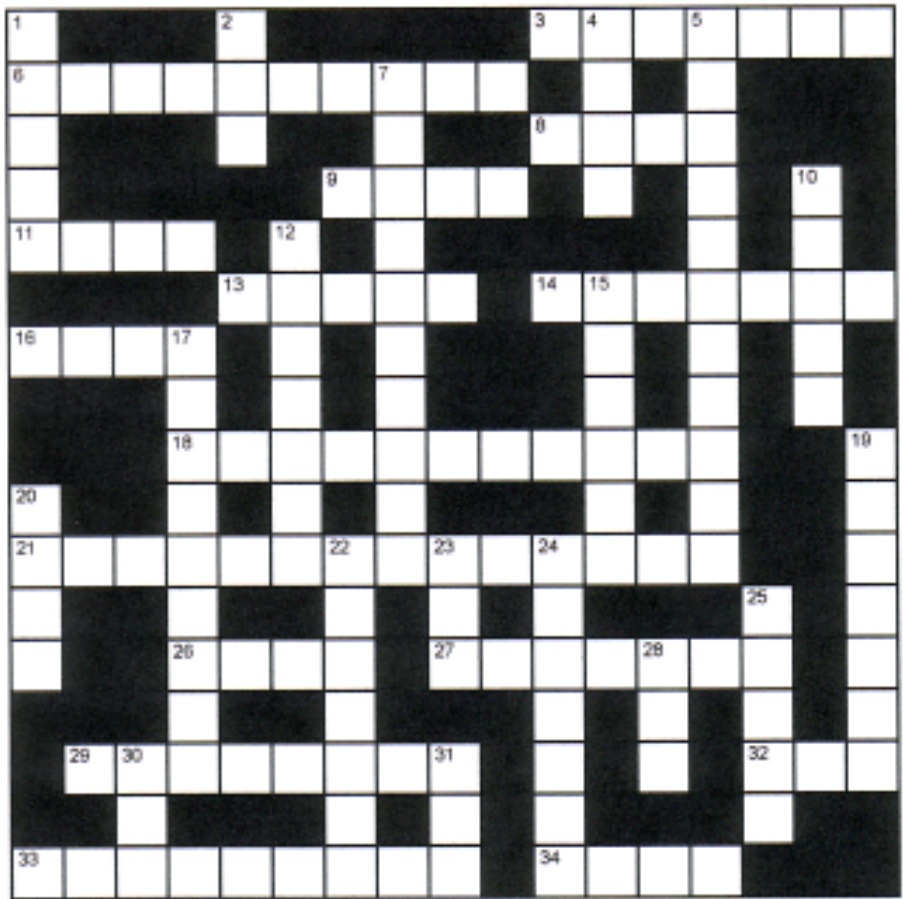
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SEPTEMBER'S CROSSWORD PUZZLE

All about MEAT

ACROSS

- 3. Chopper
- 6. English breed of domestic fowl often crossbred to produce roasters
- 8. Travel organ
- 9. Young of various large placentals e.g. whale or giraffe or elephant or buffalo
- 11. Animal hunted for food or sport
- 13. Cut
- 14. The stomach lining of pork which is used in place of back fat for pates and to encase crepinettes
- 16. Red flannel is one type
- 18. Sometimes served in school cafeterias or institutional dining rooms
- 21. Abattoir
- 26. Wild ox of mountainous areas of eastern India
- 27. Meatman
- 29. Frequently used to season meat
- 32. The back part of the hindquarter of a meat animal
- 33. A slice of beef usually cooked by broiling
- 34. Fully or overly aged



DOWN

- 1. The lean end of a neck of veal
- 2. Young goat
- 4. A cut of meat taken from the side and back of an animal between the ribs and the rump
- 5. French: A long thin slice of poultry breast
- 7. Sausage or jellied loaf made of chopped parts of the head meat and sometimes feet and tongue of a calf or pig
- 10. The flesh of animals used as food
- 12. German for "meat"
- 15. A french lamb less than one year old
- 17. Quintessentially American, but could also be considered 19th century German or medieval Mongolian (related to 22 down)
- 19. South African jerky
- 20. Service of the USDA that inspects livestock and carcasses for meat safety and wholesomeness
- 22. Medieval Mongolian steak (related to 17 down)
- 23. Spare
- 24. African ratite used for food
- 25. Manchette
- 28. Thigh of a hog
- 30. Maturate
- 31. Wapiti

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 Chef James.

SOLUTION
 Next month.

Food Trivia

GINSENG

Ginseng is any of several plants of the genus *Panax* of eastern Asia. There are also several similar species found in North America. The aromatic root of ginseng has been used for medicinal purposes in Asia for thousands of years. It has been reputed to cure cancer, diabetes, aging, sexual dysfunction, high blood pressure, and many other disorders. It is also used in tea, tonics, spirits, and in cookery. Its curative powers have never been scientifically documented. It is acknowledged as a stimulant, like coffee or tea.

Wausau, Wisconsin is the Ginseng Capital of the World

GREEN GODDESS DRESSING

Green goddess dressing was created by the chef at San Francisco's Palace Hotel during the 1920s. It was created in honor of actor George Arliss who was appearing in a play called '**Green Goddess**'. This classic dressing is a blend of mayonnaise, minced anchovies, chives, tarragon, parsley, scallions, and garlic.

HUMBLE PIE

Humble pie was a 17th century English dish made with the heart, liver, kidneys, etc. of a deer, baked in a crust with apples, currants and spices.

In Old English, '*numble*' referred to edible animal organs (liver, kidneys, heart, etc). Originating in the 17th century, a '*numble pie*' evolved into '*umble pie*' and finally '*humble pie*'.

HUSH PUPPIES

A Southern U.S. specialty consisting of balls of cornmeal batter, seasoned with chopped onion, garlic, etc. and fried. The name supposedly originated when Southern hunters were gathered

about the fire to cook the evening meal, and the dogs would start barking and begging for food. The cook would drop bits of corn meal batter and toss them to the hungry dogs with the admonition, 'hush, puppy!'"

MORTADELLA

Mortadella is the original bologna - a very large smoked sausage (usually pork) from Bologna, Italy, studded with cubes of pork fat, peppercorns and/or pistachios and/or green olives. American bologna (boloney) is a very poor imitation. Mortadella probably dates back to the 15th century, and the original recipes included myrtle, '*mortella*' in Italian, hence the name.

NUTMEG

Nutmeg (*Myristica fragrans*) is unique among spice plants, producing two distinct spices. The seed is dried, shelled and sold either whole or ground as the spice Nutmeg. The outer fleshy network is also dried and ground producing the spice known as Mace.

Nutmeg is one of the oldest spices, and along with pepper and cloves, it has been cultivated for over 1,000 years.

PINTO BEANS

Pinto Beans are the most widely produced bean in the United States and is one of the most popular in the Americas. It also contains the most fiber of all beans. Characteristically known by their medium size oval shape, with speckled reddish brown over a pale pink base and solid texture and flavor.

CDC.gov - 5 a Day

The official state vegetables of New Mexico are the chile and Frijoles (pinto beans).

Dove Creek, Colorado is the Pinto Bean Capital of the world.

DID YOU KNOW?

STAR FRUIT

The star fruit or carambola is a popularity in the United States. the five pointed star shape when It has a waxy, golden yellow to cated flavor combination that lemons.



tropical fruit that is gaining This fruit acquired its name from cut across the middle of the fruit. green color skin with a compli- includes plums, pineapples, and

Originally from Sri Lanka and the Moluccas, and cultivated in Southeast Asia and Malaysia for several hundred years, this fruit also goes by many other names including: bilimbi, belimbing, Chinese star fruit, five-angled fruit and the star apple. Today, star fruit flourishes in south Florida and Hawaii because the fruit thrives on growing in a warm environment. Two types of star fruit are grown, tart and sweet. Tart varieties typically have narrowly spaced ribs, while sweet varieties tend to have thick, fleshy ribs. The tastes between the two are hardly distinguishable, as the tart variety still has some sweetness. This tropical fruit is readily available July through February.

Star fruits are an excellent source of vitamin C, is low fat, and naturally sodium and cholesterol free. A small whole star fruit will provide approximately 2/3 cup sliced.

Selection

Select firm, shiny skinned, even colored fruit. Star fruits will ripen at room temperature and have lightly brown edges on the ribs when it's ripe. Avoid purchasing star fruit with brown, shriveled ribs. This delicious fruit is also available dried.

Storage

Non-ripe star fruit should be turned often, until they are yellow in color and ripe with light brown ribs. Store ripe star fruits at room temperature for two to three days or unwashed, and refrigerated, in a plastic bag for up to one week.

Preparation

Star fruits are great to eat out of hand as these tropical delights do not need to be peeled or seeded before eating. Simply wash the fruit, remove any blemished areas, cut crosswise to get the star shape, and eat!

IMPORTANT NOTE:

Because no effective treatment is currently available, patients— especially those who are newly diagnosed with chronic renal failure or end-stage renal disease—must be warned not to ingest star fruit, even in small amounts.

IN THE NEWS

Traditional Southern candies still shine

Iconic Southern candies such as GooGoo Clusters, King Leo Peppermint Sticks and MoonPies, and the soda Sun Drop, remain as popular today as ever. Cracker Barrel restaurants still stock the sweets, while local institutions develop their own recipes around them. [The Tennessean \(Nashville\)](#)

Low-cal smoothies cater to sugar-conscious customers

Smoothie companies are coming up with no-sugar or faux-sugar drink blends — many made with Splenda — to appeal to consumers who are watching their caloric intake. Ten years ago there were fewer than 1,000 juice and smoothie bars in the U.S., and today there are about 5,000, Juice Gallery Multimedia reports. [Seattle Post-Intelligencer/Associated Press](#)

Commentary: Despite ethnic influences, U.S. loves its own foods

Along with enjoying their country's numerous ethnic eateries, U.S. residents love their own culinary traditions, from Boston clam chowder to soul food and old-fashioned barbecue, which is known for its nationwide variations, one writer reports. [Foodservice Equipment & Supplies](#)

Studies: Coffee protects against liver cancer

Researchers say data from 10 studies in Europe and Japan show coffee protects the liver from cancer. Coffee drinkers reduce their risk of liver cancer by 41% overall, with low-to-moderate consumption resulting in a 30% reduction and high-intake coffee drinkers seeing a 55% decrease in risk, the studies found. [Reuters](#)

Commentary: On dating scene, red meat is in

Gone are the days when women ordered salad on a date to present a ladylike appetite — rather, they are trading in “wimpy, insipid, childish” salads for big steaks. Ordering red meat

signals that a woman is down-to-earth, accepts herself, is low maintenance and can be a “guy’s girl,” a former vegetarian said. [The New York Times](#)

Culinary tourism emerges as major trend

Forty percent of leisure travelers have eating-and-drinking experiences in mind when they travel, a study by the NRA and the Travel Industry Association of America found. As culinary tourism becomes an emerging phenomenon, travelers and visitors are accounting for 40% of sales in fine-dining establishments, 30% of sales in family and casual-dining restaurants and 15% of sales in quickservice segments, the NRA revealed. [The Birmingham News \(Ala.\)](#)

Make way for bolder condiment flavors

Often-overlooked condiments are gaining industry notice, as larger restaurant chains are custom-creating sauces and smaller businesses are enlisting outside help to add new, bold flavors. “What we see, regardless of whatever segment, is that the drag toward more bold, bright flavors is going to trickle down all the way through (the foodservice industry),” Nestle Foodservice’s corporate executive chef said. [QSRWeb.com](#)

Commentary: The mini burger is a big hit

Bite-sized burgers, once found only in quickservice restaurants, pubs and burger joints, are showing up all over Chicago, Phil Vettel writes. They’re now served in such varied establishments as Homaro Cantu’s Moto and Indian-Latin fusion restaurant Vermilion. “Everybody just realized that [White Castle](#) had it right all along,” restaurateur Dan Rosenthal says. [Chicago Tribune](#)

Study: Red wine doesn’t damage the brain

Drinking red wine may not have the same detrimental effects on the brain and memory as other kinds of alcohol, researchers found. [Wine Spectator](#)

Recipe Box

GRILLED PIZZA

Serves 4



1/2 pound Italian hot sausage
1 large red onion, cut into 1/4-inch thick slices
2 large yellow pepper, cored, seeded and quartered
2 large red pepper, cored, seeded and quartered
Olive oil
Salt and pepper
1 recipe favorite pizza dough, rolled into 4 (6-inch) rounds
1/2 pound grated fontina cheese
1 cup sheep's milk ricotta
2 tablespoons extra-virgin olive oil
2 tablespoons chopped fresh oregano
Basil Vinaigrette, recipe follows
Preheat a grill.
Grill the sausage on both sides until golden brown and cooked through, about 10 minutes per side. Brush onions and peppers with the oil and season with salt and pepper. Grill the onions and peppers until soft, about 3 to 4 minutes per side. Remove the sausage from the grill and slice into 1/4-inch thick slices. Remove the onions, separate into rings, and roughly chop. Remove the peppers and slice into 1/8-inch thick slices.
Heat grill to high. Brush dough with olive oil, season with salt and pepper and grill for 2 to 3 minutes or until golden brown. Turn over and grill for 1 to 2 minutes. Remove from the grill and place on a flat surface.
Divide the fontina cheese among the 4 pizza rounds. Divide the sausage, onions and peppers over the cheese. Place the pizza on the grill, close the cover and grill until the cheese has melted, about 3 to 4 minutes. To finish in the oven, preheat the oven to 450 degrees F. Place the pizza on sheet pans and bake until the cheese has melted, about 5 to 10 minutes.
Mix together the ricotta, extra-virgin olive oil, and oregano in a small bowl and season with salt and pepper, to taste.

GRILLED CORN ON THE COB

Serves 8



8 ears corn
4 fresh limes, quartered
Garlic butter, recipe follows
1/2 cup grated cotija cheese
2 tablespoons chopped chives, for garnish
Preheat grill to medium. Peel back the husks of the corn without removing them. Remove the silks and recover the corn with the husk. Soak in large bowl of cold water for 30 minutes. Remove corn from water and shake off excess. Place the corn on the grill, close the cover and grill for 15 to 20 minutes.
Unwrap corn and brush with the garlic butter. Sprinkle with the cotija cheese and squeeze with lime. Sprinkle with chopped chives, to garnish.
Garlic Butter:
2 sticks unsalted butter, slightly softened
8 cloves garlic, peeled and coarsely chopped
1/4 habanero pepper, seeded
1/4 bunch fresh chives
Salt and freshly ground black pepper
Combine butter, garlic, habanero, and chives in a food processor and process until smooth. Season with salt and pepper. Set aside until ready to use.

GRILLED PIZZA continued

Remove the pizzas from the oven and drizzle with Basil Vinaigrette. Top with dollops of the ricotta cheese mixture and let rest for 5 minutes. Slice and serve.
Basil Vinaigrette:
1/2 cup fresh basil leaves
1/4 cup white wine vinegar
1 tablespoon honey
Salt and freshly ground black pepper
1/2 cup olive oil
Combine all ingredients and blend until smooth. Adjust seasoning with salt and pepper, to taste.

(6)

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for Conference Agenda and Registration

or register for the hotel by phone via the following reservation numbers:
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Note that military personnel should contact their food service HQ
to make hotel reservations.

EDITOR'S PICK

(An unsolicited testimonial)

A little over eight years ago I read an article in the Detroit News about Paul Sowinski who, in 1998, started *Top-Notch Computer Supplies* (originally named NPWORLD). He was just 18 years old and his goal was to build the largest toner supply company in the Country. As soon as he graduated from *High School*, he used \$700 he saved up to purchase his original supplies in order to attend a computer trade show.

I contacted Paul and began purchasing all of my printer ink as well as some specialty labels from him.

Not only does he service hundreds of local companies in Michigan, he has also built a client base of nearly 2,300 companies across the country who purchase their toner, fax and inkjet printer cartridges from *Top-Notch Computer Supplies*. His customer list reads like a *who's who* in the business world.

Paul's motto is to "**sell low and be honest**" and he goes to great lengths to ensure all the supplies he sells are *state-of-the-art* and *defect-free* (under 1%, while the industry average is 2.3%) PLUS FREE SHIPPING & NO MINIMUM! *Top-Notch* started as a 1-person company in a home office in his basement and has since grown into an office building with computer service techs, printer repair techs, and independent sales reps on the road each day working with clients. Paul's plan is to double his staff, and expand his product line for 2007. *Top-Notch* plans to double sales once again this year.

Give Paul a call and ask about his pricing. You might just save a few bucks!

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SOLUTION TO AUGUST'S CROSSWORD PUZZLE

BEVERAGES

