

# ifsea infusion

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

## MILITARY IN FOCUS

Members of the Military Hospitality Alliance surely know more about IFSEA than IFSEA knows of MHA, so I thought it would be helpful to give some basic details so the family can appreciate each other. The most frequent question I get from MHA members is whether they are members of IFSEA, and the short answer is no, but they are in the “family of IFSEA.” Like if you work for Boston Market you work for McDonalds which owns them.

The MHA was formed 3 years ago to more directly address issues specific to the military, and set up its own guidance structure so military could run the group and figure out those issues and we believed military leadership could do that more effectively when they ran their own show. At this point we have 903 members, most of whom belong to one of the Command Membership groups where the command paid for all their culinary personnel to belong.

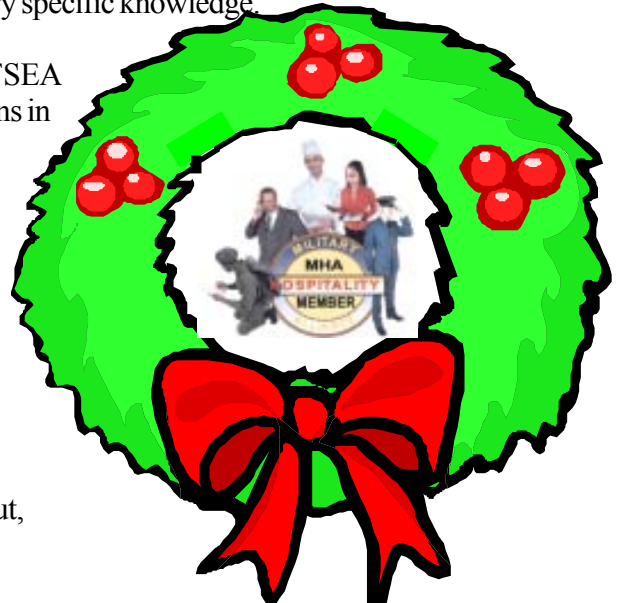
The most recent MHA super activity was the awarding of the Enlisted Aide of the Year award in early November. Coast Guard won the first year, Marine Corps the second, and this year Army Master Sgt. Mike Haug took top honors. MSG Haug was described as “a consummate professional in all regards and the absolute best enlisted aide I have ever had,” by General (4-Star) Bryan Brown, Commander of the U. S. Special Operations Command in Tampa. The event was awesome as always, at the Ritz-Carlton in conjunction with the USO Salute to Military Chefs Dinner. Congratulations MSG Haug.

In September we had the third Military Culinary War, details of which were in the Hotline you should just have received. Sailors from the USS Williams took the prize this year. Tied to that was the second USA Pears Military Recipe Competition won by Coast Guard’s Chief Justin Reed. Also covered in Hotline and on the [www.MHAifsea.com](http://www.MHAifsea.com) web site.

Air Force Chief Master Sgt. William Garner is the Chairman of the Board of the MHA. Upcoming projects planned by the Chief include two new certifications for military specific knowledge.

MHA has been the key factor in spreading the word about IFSEA Symposiums, resulting in a 20x increase in IFSEA certifications in 2005; and most of THOSE kudos go to the Enlisted Aide Community membership, which Air Force paid for and all services personnel who serve the Admirals and Generals join for free. Thus armed with KNOWLEDGE and the backing of their bosses, have been able to attend in large numbers. Now we are working on getting the general populations of each service to know about the Symposiums so they can attend as well.

So that is a sense of what MHA is. Like MHA, many members of IFSEA don’t really know what IFSEA is all about, so we will cover that in the next issue.



*“We enhance the careers of our members through professional and personal growth.”*

# Recipe Box

## GINGER PANCAKES WITH CREAMY MAPLE TOPPING

YIELD: 12 (4 inch) pancakes



2 cups all-purpose flour  
1 TBLSP. baking powder  
1 tsp. ground cinnamon  
1 tsp. ground ginger  
1/2 tsp. ground cloves  
1 cup skim milk  
1/3 cup molasses  
2 TBLSP. vegetable oil  
1 egg, lightly beaten  
2 egg whites  
Vegetable cooking spray  
Creamy Maple Topping  
Fresh strawberries (optional)

Combine first 5 ingredients in a large bowl; make a well in center.

Combine milk, molasses, oil, egg, and egg whites; add to dry ingredients, stirring just until moistened.

For each pancake, pour 1/4 cup batter onto hot griddle or skillet coated with cooking spray. Cook until tops are covered with bubbles and edges look cooked. Turn and cook other side. Top each pancake with 2 TBLSP. Creamy Maple Topping. Garnish with strawberries if desired.

### CREAMY MAPLE TOPPING

1-1/2 cups vanilla Nonfat Frozen yogurt, softened

1/4 cup plus 2 TBLSP reduced calorie maple syrup

1/4 tsp ground cinnamon,

Combine all ingredients in small bowl, cover and chill. YIELD: 1-1/2 cups

## BLUEBERRY ALMOND STREUSEL MUFFINS

YIELD: 16 muffins



1/4 cup all-purpose flour  
1/4 cup sugar  
2 TBLSP. unsalted butter cut into pieces  
1/4 cup plus 2 TBLSP. chopped almonds  
2 cups all-purpose flour  
1 TBLSP. baking powder  
1/2 tsp. salt  
2/3 cup sugar  
2 tsp. grated lemon rind  
1-1/2 cups fresh or frozen blueberries, thawed  
1/2 cup whole milk  
1/2 cup unsalted butter, melted and cooled  
2 eggs, lightly beaten

Combine 1/4 cup flour and 1/4 cup sugar in a medium bowl. Cut in 2 TBLSP. butter with a pastry blender until mixture is crumbly. Stir in chopped almonds, set aside.

Combine 2 cups flour and next 4 ingredients in large bowl. Add blueberries, toss gently to combine. Make a well in center of mixture. Combine milk, 1/2 cup butter, and eggs; add to dry ingredients, stirring until just moistened. Spoon batter into greased muffin pans, filling 2/3 full. Sprinkle evenly with almond mixture. Bake at 400 degrees for 15 to 20 minutes or until golden. Remove from pans immediately.

*Recipes from LIGHT & LUSCIOUS, Oxmoor House*

# IN THE NEWS

WITH THANKS TO THE NATIONAL RESTAURANT ASSOCIATION

## **Americans gobble more turkey year-round**

Everyday consumption of turkey is up in the U.S., as more Americans weave various takes on the meat into their diets. Recent calls to **ConAgra Foods Inc.**'s Butterball Turkey Talk-Line indicate consumers are more interested in where their turkey was raised than they are in the bird flu, a company spokeswoman says. [Chicago Tribune](#)

## **Study: More people get sick from tainted produce**

Produce, not eggs or meat, causes the most food-borne-related illnesses in the U.S., according to a Centers for Disease Control report. Food experts advise consumers to wash or peel fruit and vegetables prior to consumption. [Chicago Sun-Times](#)

## **Serving up a unique worker retention policy**

**Applebee's International** takes a proactive approach to retaining workers with a system of reviewing and ranking hourly employees and rewarding managers who are able to retain their better workers. Under the system, managers divide hourly workers into A players, who are the top 20%; B, the middle 60% and C, the bottom 20%, and managers' bonuses are based on how well they retain workers in the top 80%. [The Wall Street Journal](#)

## **Goat meat popularity grows**

Demand from ethnic communities and consumers looking for an alternative to beef has resulted in a boom in the

California goat industry, and imports of goat meat have also increased. Farmers are responding by increasing production, and retailers including **Whole Foods Market** are testing frozen goat meat at some of their stores. [Los Angeles Times](#)

## **Some companies nix the holiday party**

While 87% of companies plan to throw an office holiday party this year, a Battalia Winston International survey finds the number is down from 2004. Outplacement firm Challenger, Gray & Christmas cites being too busy and financial instability as reasons for a company to forgo a party. [MarketWatch](#)

## **Survey: More Americans choosing organic food**

Sixty-five percent of Americans have tried organic food this year, up from 54% in 2004, according to a **Whole Foods Market** survey. The survey also found 10% of respondents reported eating organic food several times each week. Fruits and vegetables made up the biggest share of organic purchases. [Progressive Grocer](#)

## **Bird flu doesn't dim chicken's popularity**

Awareness and even misconceptions about avian flu aren't scaring Americans away from poultry. According to **Mintel**, a market research firm, chicken sales are expected to be up 6% over last year by the end of 2005. The average American will eat 90 pounds of chicken this year, the National Chicken Council estimates. [Chicago Sun-Times](#)

# Fruitcake: Friend or Foe?

## Ginger-Peach Fruitcake

A cake this rich should convert even the most ardent fruitcake hater.

### *Ingredients*

- 2 cups all-purpose flour
- 1-1/2 teaspoons ground cinnamon
- 3/4 teaspoon ground nutmeg
- 3/4 teaspoon baking powder
- 1/8 teaspoon salt
- 2 cups (4 sticks) unsalted butter, softened
- 2 cups sugar
- 6 large eggs
- 2 Tablespoons vanilla brandy\* (see below, may substitute vanilla extract with good results)
- 2-1/2 cups golden raisins
- 1 cup crystallized ginger, coarsely chopped
- 2-2/3 cups dried peaches, coarsely chopped
- 3-1/2 cups chopped walnuts
- 2 to 3 cups brandy or dark rum, as needed



Preheat oven to 225 degrees F. Cut 2 sheets of waxed paper each 9 inches wide and about 12 inches long. Fit each sheet of paper into a 9 x 5-inch loaf pan, with the ends overhanging the long side of the pan. Butter the waxed paper and the short ends of the pans; set aside.

Sift 1-1/2 cups of the flour with the cinnamon, nutmeg, baking powder and salt; set aside.

In a large bowl, with an electric mixer on medium-high speed, cream the butter and sugar until light and fluffy, add vanilla brandy and mix thoroughly. Add the eggs, one at a time, beating well after each one. Lower the speed to slow, and gradually beat in the sifted mixture, being careful not to over mix.

Toss the raisins, ginger and peaches with the remaining 1/2 cup flour; fold into the batter along with the walnuts. Divide the batter between the prepared pans; smooth the tops. Bake until a toothpick inserted in the center of the loaves emerges clean, 2-1/4 to 2-1/2 hours. Cool the cakes in the pans on a wire rack for 20 minutes. Unmold the cakes; peel away the waxed paper and turn right side up. Cool completely on the racks.

Lay 2 large sheets of aluminum foil on a work surface. Cut a piece of cheesecloth large enough to wrap each cake; place each on top of a sheet of foil. Place 1 cake on each piece of cheesecloth. Baste the top and sides of the cake with 1/3 to 1/2 cup of your choice of brandy or rum, brushing it on and letting it soak in for a few minutes. Brush again twice. Wrap the cakes in the cheesecloth then in the foil. Refrigerate for 1 to 2 months to age and ripen, brushing them with more liquor through their cheesecloth about once a week.

**Makes:** two 9 x 5 inch loaves.

**Note:** \*To make vanilla brandy, soak two vanilla beans, cut up, in a small bottle of brandy and let steep for about a week.