

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

Mediterranean Chicken Wings

Yield: 5 to 6 appetizer servings



10 chicken wings
3 tablespoons Kikkoman Soy Sauce
1-1/2 teaspoons balsamic vinegar
1 teaspoon dried basil leaves, crumbled
1 teaspoon olive oil

Disjoint chicken wings; discard tips. Combine soy sauce, vinegar, basil and olive oil in large bowl. Add chicken; stir to coat all pieces well. Arrange pieces, side by side, on large rack on foil-lined baking sheet. Bake in 400°F. oven 25 minutes. Turn pieces over; bake 25 minutes longer, or until chicken is no longer pink near bone.

For Spicy-Garlic Wings: To *3 Tbsp. Kikkoman Soy Sauce* add *3 cloves garlic*, pressed, *1-1/2 teaspoons hot pepper sauce* and *1/4 teaspoon ground red pepper (cayenne)*; pour over *10 chicken wings*, disjointed, in large plastic food storage bag. Press air out of bag; close top securely. Marinate 30 minutes, turning bag over occasionally. Remove pieces from marinade, arrange on rack and bake as directed above.

For Asian Wings: To *3 Tbsp. Kikkoman Soy Sauce* add *1 teaspoon grated fresh ginger root* and *1/2 teaspoon onion powder* in large bowl. Add *10 chicken wings*, disjointed, and stir to coat all pieces well. Arrange on rack and bake as directed above.

Total Carbohydrates Per Serving: 1 gram

Crispy Wontons

Yield: 10 appetizer servings



3/4 pound ground pork
8 canned water chestnuts, finely chopped
1/4 cup finely chopped green onions
1 tablespoon Kikkoman Soy Sauce
1 teaspoon cornstarch
1/2 teaspoon salt
1/2 teaspoon grated fresh ginger root
1 package (16 oz.) wonton skins
Vegetable oil for deep-frying
Tomato ketchup and hot mustard
or Kikkoman Sweet & Sour Sauce

Combine pork, water chestnuts, green onions, soy sauce, cornstarch, salt and ginger in medium bowl; mix well. Place 1/2 teaspoonful pork mixture in center of each wonton skin. Fold wonton skin over filling to form a triangle. Turn top of triangle down to meet fold. Turn over; moisten 1 corner with water. Overlap opposite corner over moistened corner; press together firmly.

Heat oil in wok or large saucepan over medium-high heat to 375°F. Deep-fry wontons, a few at a time, 2 to 3 minutes, or until brown and crispy. Drain on paper towels.

Serve warm with ketchup and mustard or sweet & sour sauce, as desired.



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KIKKOMAN foodservice

international low-down

MIAMI CONFERENCE

We have a number of branches working on getting student members to conference – among them I am aware of (and remember) are Syracuse, New Mexico, Los Angeles, Charlotte and Reno. Likewise, many senior branches are making sure their members are aware of the conference and know that everyone would find this a great experience, not just branch officers. We don't know where the thought started that conference is for branch leaders. That has NEVER been the case. Everyone has lots of experiences and new friends, education and observing the military awards waiting for them in Miami. So why not get warm with us April 6-9 at the Hyatt Regency, Miami.

PAST CHAIRMAN STAN VELTMAN, DODG, CFE, passed away recently. Stan was known as “The Guiding Light” in his Reno-Tahoe Branch. He worked tirelessly for decades and the International level and local. Stan will be very much missed, as will his monthly phone calls, advice and encouragement.

SYMPOSIUM TOTALS FOR 2005 –

334 people received 768 professional certification designations in 2005 at Ed's Symposiums and other classes he held. We are very proud of the program and of those 334 people who chose to improve their current and future job opportunities. Certifications received were:

146 - MCFE – Master Certified Food Executive

97 - CFE – Certified Food Executive

56 - CFM – Certified Food Manager

299 Total IFSEA Certifications

223 - CHM (Certified HACCP Manager)

236 - CPFM (Certified Professional Food Manager – food safety)

TOTAL IFSEA CERTIFICATIONS

Of course there were other IFSEA certifications and re-certifications besides the symposiums, and those bring the total for the year to by far an all time record:

MCFE - 143

CFE - 122

CFM - 153

CBM - 4

CFE Re-Certifications – 10

Total - 432

IF MEMBERS SAY TO YOU THEY NEVER HEAR FROM HEADQUARTERS

There's a reason for that, and it ISN'T that we don't like them. It is that we don't have their correct contact information. So do us, and them, a big favor please – get their correct contact information and send that to us at hq@ifsea.com. Let's all make a New Years Resolution to work together to get as many people on the HQ email list so they maximize their membership experience. **We need the help of those who DO hear from us to do that.**

IN THE NEWS

WITH THANKS TO THE NATIONAL RESTAURANT ASSOCIATION

New Year's weekend official opening of New Orleans

The New Orleans Convention & Visitors Bureau has declared New Year's weekend the official reopening of the city for leisure travelers. Hotels are now taking reservations for December and beyond, but relief workers still occupy some blocks of rooms, and many popular restaurants have cut back on their operations but should be open. [USA TODAY](#)

Researchers push balance, not antioxidants

Some researchers are denouncing the notion of "superfoods," saying a balanced diet has more health benefits than making food choices based simply on their antioxidant levels. [Chicago Sun-Times/Associated Press](#)

Organic, conventional milk companies battle in marketplace

Conventional milk companies are looking to counter the organics surge in the marketplace, arguing there is little difference between organic and regular milk. The debate may get more intense, since the Agriculture Department is considering a ruling that would require organic farmers to pasture feed their cattle, a practice that some scientists say can produce milk with more healthy fats. [The Wall Street Journal](#)

Kava bars stir up health concerns

Bars are popping up around the country where young people go to relax, but what they're drinking has some health officials concerned. It's not

alcohol, but kava, a tea made from the crushed root of a South Pacific pepper plant. It apparently calms the mind and relaxes muscles, but health experts warn of links to liver failure and other health problems. [USA TODAY](#)

Tesco brings music to sandwich eaters' ears

[Tesco PLC](#) is aiming to bring a little joy into the lives of office workers who lunch at their desks with the introduction of the musical sandwich, which is housed in a box that plays a tune when opened. "It's designed to provide busy office workers with relaxing music to make eating lunch at their desks more enjoyable," a Tesco spokesman says. [MSNBC/Reuters](#)

For hospitality, Vegas sets the new standard

Restaurateurs say they are in awe of the luxury seeking clientele that are flocking to Las Vegas for shows, fine dining and shopping. Many wealthy Asian tourists are bypassing Los Angeles and going straight to Vegas and staying in high-end hotels and partaking in expensive wines. [Chicago Tribune](#)

Opinion: Wal-Mart critics off base

Columnist Sebastian Mallaby responds to some of the common criticisms against **Wal-Mart Stores**, noting the retailer saves Americans \$50 billion in groceries alone, and that lower-income consumers benefit the most from the store's reduced savings. [The Washington Post](#)