



# ifsea Infusion

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

## July 2010



## Lunch with Lorri

Lorri Davidson, CFM, CFSP  
Chairwoman of the Board

Ahhhh.....Canada!

Dear IFSEA Friends,

I had a wonderful opportunity this month to attend the Canadian Association of Foodservice Professionals Conference in St. John's, New Brunswick. It was a long trek from Las Vegas, 12 hours with connections and layovers, well worth the trip. We left Las Vegas with 105 degree temperatures and landed at St. John's 40 degree night air. When the sun rose the next morning it was beautiful and clear, and our room had a view of the harbor.

CAFP is our sister organization, and was formerly known as Canadian Food Service Executives Association. We literally sprang from the same roots, in 1901 - The Stewards Club members called a general meeting at the Pan American Exposition in Buffalo, New York and organized the International Stewards Association. Through the years names were changed but the two groups are still going strong.

CAFP holds a conference once a year and typically has 150 attendees. Because of the smaller size, it's a tight knit group that shares all seminars, meals and events together. They are a warm and welcoming group and I would recommend attending their conference to each one of you. Dale and I hope to make the Montreal 2011 conference. The members of CAFPP made my husband and I feel like a part of the group the first day. Dale enjoyed their companion tours for spouses and partners. They viewed the countryside with professional tour guides and had a terrific time. We ate ourselves silly with fresh lobster, mussels, and callops...Yum! Brian Emmerton has accepted a second term as CAFPP President and plans to be at our 2011 conference in Shaumburg, IL. He is truly a gentle giant of a man (looked great in the Harley Davidson Las Vegas XXXL tee-shirt and shades I brought him). Oh yes, there is a Hospitality Suites each night sponsored by a different Province. These are fun loving folks!

If you have an opportunity, take a look at their website, [www.cafp.com](http://www.cafp.com). , look at the About Us History tab and learn more about IFSEA and how we came into existence. I am glad I met the CAFPP group. It is a history to be proud of.

Best wishes.  
Lorri

## ANAGRAMS

### ASTRONOMER:

When you rearrange the letters:  
MOON STARER

### THE EYES:

When you rearrange the letters:  
THEY SEE

### THE MORSE CODE:

When you rearrange the letters:  
HERE COME DOTS

### SLOT MAC HINES:

When you rearrange the letters:  
CASH LOST IN ME

### ELECTION RESULTS:

When you rearrange the letters:  
LIES - LET'S RECOUNT

### SNOOZE ALARMS:

When you rearrange the letters:  
ALAS! NO MORE Z S

### A DECIMAL POINT:

When you rearrange the letters:  
I'M A DOT IN PLACE

### ELEVEN PLUS TWO:

When you rearrange the letters:  
TWELVE PLUS ONE

## WISELY SPOKEN

"Vision without action is a daydream. Action without vision is a nightmare."

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# ? Did ? You ? Know ?

## *Macadamia Nuts*

The macadamia nut, native to Australia, is the only Australian plant ever developed into a commercial crop and is considered by many to be the most delicious of all nuts. They are named for John Macadam, a Scottish born physician and chemist who promoted the nuts cultivation in Australia. The tree is evergreen. It is found in coasted subtropical rain forests. The leaves are deep green and glossy, resemble holly and make handsome Christmas wreaths.

Macadamia nut trees live for over 60 years and take seven years to bear fruit. A mature tree will produce 60 to 150 pounds of nuts a year.



In 1882 the seeds of macadamia nuts were traded to Herbert Purvis. He began planting macadamia nut trees in Hawaii. In 1918 the nuts were so successful that 18,000 macadamia nut seedlings were planted on the Honokaa Sugar Company plantation in the big island of Hawaii. Most of the world's macadamia nuts are grown on the island of Hawaii. However, in recent years macadamias have been cultivated in many areas, including Indonesia, Central

America, South Africa, the West Indies, Mediterranean countries and California.

The nut is primarily grown wherever coffee crops are grown - requiring similar climate and altitudes.

Therefore macadamia nuts are always found in the same countries you see coffee exported from. In recent years the crops have been abundant and the prices have come down as supply has exceeded demand. But the crops are affected by drought and will not bear a crop unless they have sufficient moisture.



In 1858 Walter Hill, who was Brisbane Botanical Garden's administrator, was given a few nuts to plant and

cultivate. Hill planted the nuts on the banks of the Brisbane River in Queensland. That tree is still alive today. After 152 years this tree measures eight feet at the base around the tree and the tree continues to bear nuts. The first commercial macadamia orchard was established in Australia about 1888.

The nut became famous as the "Australian nut", the "Queensland nut", the "bauple nut", the "Bush nut", and the "Australian hazelnut". It was named because the nut was used as a bartering item by the aborigines.

Macadamia nuts are harvested by hand after they fall to the ground. Their oil content can be as high as 80%.

The macadamia is the hardest nut in the world to crack, requiring 300 pounds per square inch of pressure to break the shell.

# Recipe Box

## Roasted Chicken with Goat Cheese-Macadamia Nut Crust and Parsley-Pimento Couscous

Servings: 4



Cooking spray

8 boneless skinless chicken breast halves, about 5 ounces each

Salt and freshly ground black pepper

1/4 cup honey mustard

6 ounces soft goat cheese

1 cup macadamia nuts

1 cup couscous

1/4 cup diced pimentos

2 tablespoons chopped fresh parsley leaves

Directions

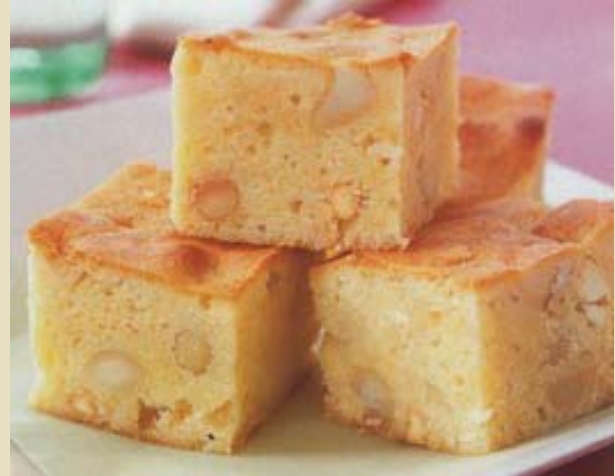
Preheat oven to 400 degrees F.

Coat a shallow roasting pan with cooking spray. Season chicken all over with salt and black pepper and place in prepared pan. Brush mustard all over tops of chicken. Then spread with goat cheese. Place macadamia nuts in a plastic bag and smash with the flat side of a meat mallet or bottom of a heavy skillet until finely crushed. Sprinkle nuts over goat cheese. Cover pan with foil and bake for 20 minutes. Uncover and bake 5 to 10 more minutes, until cheese is golden brown and chicken is cooked through.

While chicken is baking, cook couscous according to package directions. Fluff with a fork, and stir in pimentos, parsley and season, to taste, with salt and freshly ground black pepper.

## White chocolate and macadamia brownies

Servings: 16



Melted butter, to grease

5 & 1/4 oz white chocolate, chopped

5 & 1/4 oz unsalted butter

3 eggs, lightly whisked

5 & 1/4 oz (1 cup) plain flour

1/2 cup whole milk powder

1/4 cup superfine sugar

1/4 tsp baking powder

6 & 1/3 oz white chocolate, extra, chopped

1 cup whole macadamia nuts

1. Preheat oven to 350 degrees. Brush a 8 inch square cake pan with the melted butter to grease. Line the base and sides with non-stick baking paper, allowing it to overhang the sides.
2. Place the chocolate and butter in a small saucepan over low heat. Cook, stirring often, for 5 minutes or until chocolate and butter melts and are well combined. Set aside to cool slightly. Add the eggs to the cooled butter mixture and stir with a wooden spoon until well combined.
3. Sift the flour, milk powder, sugar and baking powder into a medium bowl. Stir in the extra chopped chocolate and macadamia nuts. Add the butter mixture and stir until just combined.
4. Pour into the prepared pan and bake in preheated oven for 50 minutes or until moist crumbs cling to a skewer when inserted into the centre. Remove from oven and set aside to cool completely in the pan.
5. Cut into 16 squares.

# IN THE NEWS

## **STUDY: MOMS PLAN TO EAT OUT LESS, BARGAIN HUNT MORE**

Moms plan to eat out less frequently this year than they did last year, with budgets taking precedence over nutrition, according to a new survey from Bohan Advertising & Marketing. "Moms are telling us a very different story than other groups of diners," said CEO David Bohan. "More than anything else, they want great deals on good, basic food that their kids will eat, served in a family-friendly environment." FastCasual.com

## **RESTAURANTS MAKE DINING MORE PERSONAL**

Restaurants are finding success catering to individual tastes, throwing the old "no substitutions" rule out in favor of personalizing meals, in a trend the Food Channel calls "the rise of the individual," writes Huffington Post food blogger Matthew Jacob. "In Texas, we're going beyond free range. We're into free will," said restaurateur Charlie Palmer, whose newest upscale eatery allows guests to pick the sides that go best with their entree of choice. The Huffington Post

## **TOO MANY TOMATOES CAUSE A DIP IN PRICES**

Tomato prices have taken a tumble after a shortage that drove prices to more than \$30 per 25-pound box reversed, and an excess of tomatoes flooded the market. Prices are now down to just \$5 per 25-pound box, and restaurants who were forced to implement a tomato-by-request policy just a few months ago are now eager to get excess tomatoes off their hands. The Wall Street Journal

## **RESTAURANTS TO BOOST SUMMER HIRING**

Restaurants are predicted to create 428,000 seasonal jobs this summer, boosting the industry's employment level by 4.6% over March staffing levels, according to the National Restaurant Association. Restaurants usually rank second on the list of summer-job creators, which is typically topped by the construction industry. FastCasual.com

## **WHEN THE GUEST CAN'T GO TO THE BAR, THE BAR GOES TO THE TABLE**

A growing number of restaurants are adding tableside bar service, offering guests the experience of watching experts

create their cocktails. Eateries that don't have big bars find the solution adds to the dining experience. "When you don't have a bar itself, so much of the show and experience is the sound of the shaking drink, the look of it being poured into the glass," said Toby Maloney of Alchemy Consulting. "There's something so very visceral, and that's one of the great things about being able to do tableside service." Nation's Restaurant News

## **SNOW CONES GET AN EXOTIC MAKEOVER**

A new generation of vendors are turning a cold, crunchy summer treat into a more upscale experience. They are transforming those brightly colored scoops of ice pellets known as snow cones into gently assembled mounds of shaved ice flavored with exotic pairings, including the blackberry-lavender and watermelon-basil featured at Kansas City, Mo., startup Fresher than Fresh. "I hope to completely reinvent the snow cone," said owner Lindsay Laricks. The New York Times

## **CHEDDAR CHEESE GELATO, ANYONE? GELATO MAKERS SPICE THINGS UP**

Jon Snyder is among a handful of artisanal gelato makers experimenting with flavors from serrano pepper to cheddar cheese as they create new versions of the creamy frozen treat. At Il Laboratorio del Gelato in Manhattan, Snyder churns out his 200 flavors by memory and feel. The Wall Street Journal

## **CHEFS SHOW OFF FRENCH TOAST FLAIR**

Brunch gets better when the French toast is left up to hotel and restaurant chefs, according to Contra Costa Times writer Jackie Burrell. The plain pan-fried version is comforting, but doesn't stack up to versions made with exotic ingredients such as orange butter, passion fruit syrup and honey mascarpone filling. Contra Costa Times (Walnut Creek, Calif.)

## **SCIENTISTS CREATE REALISTIC FAKE CHICKEN**

Scientists have spent a decade working to create a vegetable-based meat alternative that's indistinguishable from the real thing. Now, researchers at the University of Missouri say they've perfected a chicken substitute from soy that tastes and feels like the actual poultry product.

TIME

# FOOD TRIVIA

1. Here is the recipe, can you name this dish? Brown roux mixed with bouillon, vinegar, mustard, and catsup, simmered until thick, then add parsley, pickles, and chopped walnuts.

2. Take some fish and dehydrate it. Then soak it in water for 8 days. Then soak it in lye for 2 days. Then soak it in water for another 2 day. Finally poach it for 15 minutes. What is this?

3) The unopened flower bud of a plant belonging to the thistle family. Name this flower bud.

4) The annual per capita consumption of beer in the U.S. is about:

- a) 10 gallons
- b) 22 gallons
- c) 28 gallons
- d) 34 gallons
- e) 46 gallons

5) Cumin 'seeds' are not seeds, what are they?

6) The ancient Greeks believed that this vegetable induced sleep, so they served it at the end of the meal. The Romans continued the custom. However, the dictatorial Emperor Domitian (81-96 AD) served it at the beginning of his feasts, so he could torture his guests by forcing them to stay awake in the presence of the Emperor. What is this common vegetable?

7) A deep-water fish from New Zealand that increased in popularity in the U.S. in the 1980s and 1990s. It has a mild flavor, white flesh and firm texture. One of it's names is 'slimehead', what is it's common commercial name?

8) What type of flour can be found in peanut butter, margarine, chocolate, and ice cream?

1) *Wow-Wow Sauce, created by Dr. William Kitchiner, An optician, telescope maker, gourmet and exceptional cook. He wrote 'Cook's Oracle,' which was a bestseller in both England and America.* 2) *The fish is cod, the dish is 'lutefisk,' a Scandinavian specialty, traditionally served with cream sauce. I have no idea how this preparation came about* 3) *Artichokes.* 4) **b) 22 gallons** 5) *Cumin 'seeds' are actually the small dried fruits of the plant.* 6) *Lettuce.* 7) *Orange Roughy.* 8) *Oat flour is used in peanut butter, margarine and chocolate because it retards rancidity. It is used in ice cream and other dairy products as a fat stabilizer.*

## From the Vine



### Pino noir

Pinot noirs are some of the finest red wines in the world. They come from the pinot noir grape, a variety that has been cultivated in France for 2,000 years. Pinot is also made in Germany, Italy, Oregon and California. The vines are difficult to grow and yield little, so pinot is scarcer than other red varieties.

The pinot noir grape is thin skinned and its juice is acidic. Like all red grapes, pinot berries are churned up--skins, juice, and all--to start the wine making process. The acidic juice makes a noticeably tart, un-"fruity" wine.

Pinot noir grapes don't have much sugar for yeasts to convert into alcohol and so the wines are not usually high in alcohol. Their acidity makes them good for aging in the bottle. With time, the acidity dissipates, leaving a mellow, soft wine.

Because pinot contains little tannin, the wines when young don't have the pronounced chalky feel of a tannic red. They generally don't throw a sediment as they age. When ready to drink, they don't need decanting for sediment.

France's red Burgundy wines are some of the most expensive and sought-after in the world. (All red Burgundies are pinots.)

California and Oregon also make excellent pinot noirs, but usually in a different style than is traditional in Burgundy. California producers know that the American market does not like thin, acidic red wines. California pinots are grown and vinified to be darker, fruitier and sweeter than their European counterparts. They are also ready to drink right away.