



# ifsea Infusion

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

June 2010



## Lunch with Lorri

Lorri Davidson, CFM, CFSP  
Chairwoman of the Board

Greetings to my favorite IFSEA lunch bunch! As I wrote to you in the last Infusion magazine, I am on my way to the National Restaurant Show in Chicago. I look forward to accompanying our Immediate Past Chairman, Patrick Beach, for award presentations to our IFSEA Travelers and other events. Monday night, I plan to attend the IFSEA Northern Illinois meeting at the Dearborn Towers. I look forward to meeting the Northern Illinois group. I always read their meeting announcements and sigh...knowing I cannot attend. It sounds like a terrific group (as all IFSEA branches do!).

My main focus at the Restaurant Show for my company (Southwest Gas Corporation) is to research and familiarize myself with changes in natural gas food service equipment. The 2010 Kitchen Innovations segment of the show is a must see for me. The Kitchen Innovation (KI) Awards recognize the newest and most cutting edge technology from the previous year in foodservice equipment research and development. The award program's goal is to provide new solutions for increasing productivity, safety, cost-efficiency and environmental sustainability. This list of terms has been heard frequently in the foodservice industry. Don't be fooled, these 2010 KI award winning products address very specific needs and solve problems. New equipment technologies act as labor saving devices and fill other needs expressed by the industry. Many pieces address our operator's biggest complaint, "save us time and money". Some of the 2010 KI award winners are improved versions of previous models with simplified control panels, or doors that can be opened with one hand etc. Others have improved on safety for the operator or have addressed previous suggestions from the industry members.

The most widely used term at last year's NRA show was "green technology" and its sister "environmental sustainability". My company began a rebate program, November 2009, in our serving territories (Nevada, Arizona, parts of California). Rebates are available for specific Energy Star rated commercial appliances. I know of other programs available from other utilities. The Electrolux company sponsors an International program to encourage fuel saving, detergent savings, water saving and Co2 savings. These programs prove that equipment manufacturers are listening to their customers who want to "go green". For a list of the 2010 KI winners, [www.restaurant.org/show](http://www.restaurant.org/show) under the Events and Attractions tab.

Remember, life is short, eat dessert first!

### Hmmmm.....

Did you know that the words "race car" spelled backwards still spells "race car"?

That "eat" is the only word that, if you take the 1st letter and move it to the last, spells its past tense, "ate"?

**THESE ARE ALL THE SAME FRONTWARDS AND BACKWARDS:**

A MAN, A PLAN, A CANAL: PANAMA

NEVER ODD OR EVEN.

WAS IT A CAR OR A CAT I SAW?

SO MANY DYNAMOS

STEP ON NO PETS.

### WISELY SPOKEN

"Don't be afraid of the space between your dreams and reality. If you can dream it, you can make it so."

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# ? Did ? You ? Know ?

## *Plantains*

Plantains are a member of the banana family. They are a starchy, low in sugar variety that is cooked before serving as it is unsuitable raw. It is used in many savory dishes somewhat like a potato would be used and is very popular in Western Africa and the Caribbean countries. It is usually fried or baked.

Plantains are native to India and are grown most widely in tropical climates. Plantains are sometimes referred to as the pasta and potatoes of the Caribbean. Sold in the fresh produce section of the supermarket, they usually resemble green bananas but ripe plantains may be black in color. This vegetable-banana can be eaten and tastes different at every stage of development. The interior color of the fruit will remain creamy, yellowish or lightly pink. When the peel is green to yellow, the flavor of the flesh is bland and its texture is starchy. As the peel changes to brown or black, it has a sweeter flavor and more of a banana aroma, but still keeps a firm shape when cooked.

The plantain averages about 65% moisture content and the banana averages about 83% moisture content. Since hydrolysis, the process by which starches are converted to sugars, acts fastest in fruit of higher moisture content it converts starches to sugars faster in bananas than it does in plantains. A banana is ready to eat when the skin is yellow whereas a plantain is not ready to eat "out of hand" until hydrolysis has progressed to the point where the skin is almost black.

Plantains grow best in areas with constant warm temperatures and protection from strong winds. They have been grown in scattered locations throughout Florida since the 16th century. Because of the occasional freezes, Florida is considered a marginal area for plantain production. They are available year round in the supermarket.

### The Difference Between Plantains & Bananas

Plantains	Bananas
Starchy	
Used as a vegetable	
Longer than bananas	
Thicker skin	
Resemble green bananas, but may be green, yellow or black	
Sweet	
Eaten as a fruit	
Shorter than plantains	
Thinner skin	
Color is green when not fully ripe, yellow when ripe	



Many people confuse plantains with bananas, some of the differences are noted above. Although they look a lot like green bananas and are a close relative, plantains are very different. They are starchy, not sweet, and they are used as a vegetable in many recipes, especially in Latin America and Africa. Plantains are sold in the fresh produce section of the supermarket, they usually resemble green bananas; ripe plantains may be black in color. Plantains are longer than bananas and they have thicker skins. They also have natural brown spots and rough areas.

# Recipe Box

## APPLE PLANTAIN OVEN CAKES (BAKED PANCAKES)

Servings: 8



3 Cups Spelt or Whole Wheat Flour  
1 Cup Oat Flour or Rolled Oats, chopped  
2 Tbsp Cinnamon  
1 Tbsp Baking Soda  
4 Apples  
5 Plantains, ripe  
1 Cup Apple Juice  
Pecan Halves

Preheat oven to 350 degrees F.

To prepare the oat flour, place the rolled oats in the container of your blender and run at high speed until the oats are finely chopped (usually takes only a few seconds).

Combine spelt flour, oat flour, cinnamon, and baking soda (dry ingredients) in a large mixing bowl.

Peel and coarsely dice 3 plantains. (Peeled plantains may be cut lengthwise into quarters and then slices into bite size pieces.) Add pieces to flour bowl and mix well, making sure that the plantain pieces are separated and coated with the flour mixture.

Pour the apple juice into a blender container. Wash and core 2 of the apples, and peel 2 of the plantains, and add them to the apple juice. Run blender until ingredients are liquefied. Then add to dry ingredients. Mix well. Oven cakes batter should be a little stiff. If batter is too stiff, add a small amount of apple juice or water.

**continued >>>>**

## TOSTONES

Servings: 4



2 green plantains  
Oil for frying  
Salt

Preparation:

Heat the oil to 375 degrees.

While the oil is heating up, peel the green plantains and then cut them into 3/4 inch slices.

Fry the slices in the hot oil for 3 minutes. They should be a light golden color and semi-soft.

Remove the plantain slices with a slotted spoon and drain on paper towels.

Tip: Maintain the oil's temperature.

When the plantain slices are cool enough to handle (about 1 minute), smash them into flat rounds.

Fry the rounds in the hot oil for 3 minutes. They will turn crisp and golden brown.

Remove the tostones with a slotted spoon and drain on paper towels. Salt to taste

## APPLE PLANTAIN OVEN CAKES continued

On coated baking sheet, spoon and shape mixture into cakes. Wash and core remaining 2 apples. Cut into wedges and press them slightly into tops of cakes, along with pecan halves. (See photo.)

Bake in oven at 350 degrees F. for approximately 30 minutes.

Serve plain or with desired topping, such as maple syrup. The plate may also be garnished with other fresh fruit, such as the kiwi slices shown in the photo.

# IN THE NEWS

## TRANSPARENCY TREND MAY BRING NUTRITION-INFO OVERLOAD

New laws, efforts to fight obesity and consumers' desire to eat a healthier diet have combined to spur a wave of new nutritional information at restaurants. Some industry watchers wonder whether the new transparency borders on "too much information" -- how much data on calories, fat, salt and such is likely to create confusion among diners?

ABC News/The Associated Press

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ABC News/The Associated Press

## APPEARANCE MATTERS FOR BUSINESSES

Creating a pleasing atmosphere is important to helping customers feel comfortable at your business and want to come back, Gladys Edmunds writes in response to a salon owner who believes that quality and service are more important than anything else. "Aesthetics is part of customer service. And it is a big part. What your business looks like speaks volumes," Edmunds writes.

USA TODAY

## NEXT-GEN FOODIES' LIVES REFLECT THE DIGITAL ERA

Today's young foodies are more likely to blog about lunch than thumb through food-stained cookbooks. "The 20-somethings right now are probably one of the most educated food generations ever. And by that I mean they can talk to you about foie gras or cooking sous vide or the flavor profile of a Bordeaux," said Cheryl Brown, Slashfood editorial director.

"But what they can't do is truss a chicken or cook a pot roast." The Monterey County Herald (Calif.)/The Associated Press

## PICKY EATERS PERPLEX RESTAURANT CHEFS

Whether it's a matter of allergies or personal preferences, restaurant diners have become pickier and are presenting chefs with the challenge of making tasty dishes while leaving out some key ingredients such as dairy, wheat, fish and nuts. "It's like a puzzle," says Andrew Generalao, general manager of San Francisco's La Mar Cebicheria. "You have to try to find the right fit, and sometimes we pull it off with great things. A lot of times, it's just not that exciting."

San Francisco Chronicle

## CHEF GRANT ACHATZ TO SELL TICKETS TO HIS NEWEST RESTAURANT

Chicago star chef Grant Achatz won't open Next Restaurant until the fall, but he is creating buzz with a movie trailer focused on great moments in food history. The eatery will also take a novel approach to pricing, requiring customers to buy fixed-price tickets online in advance of the meal.

The New York Times

## CEVICHE, A SIMPLE-YET-SPICY SUMMER DISH

Raw fish, citrus juice, veggies and seasonings are the simple ingredients that go into ceviche. The dish, which has its roots in Ecuador and Peru, is made the same easy way but chefs can personalize the recipe by choosing different vegetables and seasonings and changing the marinating times.

Chicago Tribune

## GULF OIL SPILL MAY SEND CRAB CAKE PRICES SURGING

Top-ranked seafood eateries that depend on Gulf Coast fishermen for their catch are counting on prices going up as a massive oil spill threatens the industry. "We are really concerned," said Bill Floyd, co-owner of Houston's Reef, rated the nation's best for seafood by Bon Appetit magazine. "We are covered on product for now, but the immediate impact is on pricing, not availability. We would hate to raise prices, but I don't think that anyone will be able to avoid it." Bloomberg

# FOOD TRIVIA

1. What do avocados, eggplants, cucumbers, chilies, and tomatoes have in common?
2. Can you name a vegetable that has 2 to 4 times as much vitamin C as Oranges?
3. Thyme, sage, betony, horehound, rosemary, hyssop, lavender, and savory are all members of what plant family?
4. This culinary dish, like many others, has several stories that are told about how and where it originated. It was created at Delmonico's in New York, or maybe at Claridge's Hotel in London, or even in Miami, Long Island or at the Waldorf. It may have been created by Foxhall Keene (or J.R. Keene), or by the Chef at Claridge's (and named for his father). Other stories tell of its creation by Chef George Greenwald at the Brighton Beach Hotel, and named for his boss. The date of its creation range from 1881 to the 1920s!  
Can you name this culinary preparation?
5. What citrus fruit is named after a human body part?
6. This edible vegetable fat has a mild flavor and aroma. It contains natural antioxidants and is one of the most stable fats known. It can be stored up to five years, remains hard at room temperature, but melts below body temperature. In addition to it's culinary uses, it is used in cosmetics, sun tan oils, and soap.  
Name this edible fat.

*1. They are all botanically fruits, that are most usually prepared and served as vegetables. 2. Green, sweet bell pepper have 2 times as much vitamin C as oranges; red and yellow bell peppers have 4 times as much. 3. They are all members of the Mint Family. 4. Chicken à la King. 5. The Navel Orange. 6. Cocoa butter.*

## From the Vine



### Storing Wine

Storing wine is a snap, just remember to keep it cool, dark, still and sideways and you'll find that you can successfully store wine for both the short and long term with confidence.

#### KEEP IT COOL

Optimal wine storage is right around 55°F. You also want to shoot for consistent temperatures, as dramatic temperature fluctuations will also negatively impact a stored bottle of wine. A higher humidity level helps to keep the corks from shrinking and allowing oxygen in, resulting in oxidation of the wine. Ideal humidity is between 65-75%.

#### KEEP IT DARK

Typically, whites wines are the most sensitive to light degradation, but reds will also lose if they are subjected to excessive light.

#### KEEP IT STILL

Constant or consistent vibration will wreck a wine.

#### KEEP IT SIDEWAYS

By intentionally storing a wine on its side, you will help keep the cork in constant contact with the wine. This will keep the cork moist, which should keep the cork from shrinking and allowing the enemy of wine, oxygen, to seep into the bottle. When oxygen comes into contact with wine the result is not good - the wine starts to oxidize (think brown apple) and the aromas, flavors and color all begin to spoil.

While most of us don't have wine caves or underground cellar accommodations for our favorite wines, there are plenty of options to mimic these primitive, but ideal conditions. Basements are ideal storage facilities. OR consider one of the many wine refrigerator storage cabinets on the market.

# 2010 Reno Conference Photos

By Mike Pizzuto of the Colorado Centennial Branch



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