

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

March 2010

**WHO KNEW!
COFFEE FILTERS**

1. Cover bowls or dishes when cooking in the microwave.
2. Clean windows and mirrors. They're lint-free
3. Recycle frying oil by straining through a sieve lined with a coffee filter.
4. Weigh chopped foods. Place ingredients in filter on scale.
5. Line flower pots with filters to keep soil from going through drainage holes.
6. Hold tacos. Filters make great wrappers for messy foods.
7. Keep popsicle from dripping by poking stick through center of a filter.
8. Protect good china by placing fileters between each piece.
9. Put a few in a plate and put your fried bacon, French fries, chicken fingers, etc on them. Soaks out all the grease.
10. They work great in a coffee maker too!

**WISELY
SPOKEN**

**"Friendship
is the
great chain of
human society."**



PATRICK'S PONDERINGS

Serv Safe, Thomson/Prometric, HACCP, NRFSP...

I can hear you saying, I cannot believe we are spending time on THIS! What is this?

Food safety! After 10 columns, I realize I have not had food safety as a dedicated topic. I teach the State of Illinois Food Manager's Certification program. Having taken my first food safety class in 1975, I can attest to the fact that contrary to media alarmists, our food safety programs at the national and state levels are second to none in the world.

Across the United States there are differing rules and regulations at state and local levels regarding food safety. Our military partners have special concerns in view of their battle-ready posture and commitment to their mission. I do not believe any of us wake up wanting to get our guests ill. How does the United States explain the estimated 5,000 deaths and 70+ million yearly illnesses attributed to food? I like to place this risk in perspective two ways. These figures are ball-parked from my memory

#1. Year	1975	2010
Population	235,000,000	307,000,000
Deaths	12,000+	5,000+
Illness	75,000,000+	85,000,000+

#2. Do the math: 307,000,000 x 365 days x eating food 4times a day = 448, 220,000,000

The first example reflects that we are feeding lots more people and attributing deaths related to food as decreasing, substantially. The second example reflects that the actual risks for food borne illness are very small. While I do not think we need to minimize the hazards present in our food supply and distribution systems, the fact is we are pretty good at delivering good, wholesome food to a large diverse population.

Where does this leave the food services industry?
The wholesale change in our country's food production and distribution system gives us risks we did not have 30 years ago. More of our food is imported and the countries of origin may or may not have high standards that

(Continued on page 7)

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It is important that all members visit the Members-Only Center at www.IFSEA.com to review their membership information.

Here you can manage your profile and add important information such as certification designation as well as update address, phone, E-mail and other pertinent information.

This information goes directly to the IFSEA membership system and is the only information Headquarters has on record. Without this information, you may miss out on membership benefits or not be recognized for your certification accomplishments.

We thank you for verifying your membership profile.

To visit the Members-only Center, please log on to www.IFSEA.com and click on the "Members Only" link in the upper right corner. Click on "Click here for Members Only Center". Click on "Log In". From there follow the instructions on how to log in. Once you are logged in to the Members Only Center, Click on "Individual Directory" and enter your Name.

If you have questions, please contact us at www.HQ@ifsea.com

If you're unable to log on to verify your profile, call 800-893-5499.

? Did ? You ? Know ?

Apricots



In Latin, apricot means "precious," a label earned because it ripens earlier than other summer fruits. A relative of the peach, the apricot is smaller and has a smooth, oval pit that falls out easily when the fruit is halved.

Apricots originally came from China. This golden fruit has been around for more than 4,000 years. Apricots progressively made their way through the Persian Empire to the Mediterranean where they were fondly adopted. Spanish explorers introduced the apricot to the New World, and they were planted in the gardens of Spanish missions all over California. The first recorded major production of apricots in America was in 1792 south of San Francisco.

Apricots Today

In the United States, 95% of apricots grow in the San Joaquin Valley and other parts of northern California. More than 400 growers produce many varieties of apricots. Growers continually experiment with new varieties that deliver sweet flavor and ship or process well.

Selection and Storage

Look for plump apricots with as much golden orange color as possible. Stay clear of fruit that is pale yellow, greenish-yellow, very firm, shriveled, or bruised. Apricots that are soft-ripe have the best flavor, but they must be eaten immediately.

Apricots will ripen at room temperature. To help them ripen, place them in a paper bag with an apple. When they yield to gentle pressure, they are ready to eat. Refrigerate ripe apricots, unwashed, in a paper or plastic bag up to 2 days. Wash them before eating. They are a perfect fast food anytime. To cut fruit, slice around its seam, twist it in half, and lift out the pit.

Preparation

Apricots are great to eat raw, but they are also terrific cooked. These are some common cooking methods:

Broiling or grilling: Try threading the apricots (whole or halved) on skewers. Brush them with a little honey, and grill until semi-soft. Broiling apricots is easy. Simply halve the apricots, place them on a cookie sheet (skin side up), and heat for 7 to 10 minutes.

Poaching: It's a great method for making a delicious sauce. Simply place the apricots with their skins intact into simmering water or fruit juice, and cook until tender. Adding spices such as cinnamon or cloves enhances the apricot taste. When the apricots are tender, the poaching liquid can be used as a sauce. Poaching takes about 6 to 8 minutes.

Quick Facts on Apricots

No saturated fat, sodium, or cholesterol

Low fat

High in vitamins A and C

Good source of potassium.

Recipe Box

ALMOND, PINENUT, APRICOT CRUMB CAKE

Servings 6-8



1/2 cup whole almonds, toasted, plus 1/4 cup sliced almonds, toasted

1/4 cup pine nuts, toasted, plus 1/4 cup

1 1/4 cups all-purpose flour

1 teaspoon baking powder

1/2 teaspoon salt

4 large eggs

1 1/4 cups sugar

1 1/2 sticks butter, melted

1/3 cup milk

1/4 teaspoon almond extract

1/2 cup chopped dried apricots

Directions

Preheat the oven to 350 degrees F. Butter and flour a 9-inch cake pan.

Combine the whole almonds and 1/4 cup pine nuts in a food processor. Pulse the machine until the nuts are finely ground. Transfer the nuts to a medium bowl. Add the flour, baking powder, and salt. Stir to combine and set aside.

In a medium bowl, using an electric mixer beat the eggs and the sugar until the mixture becomes thick and pale yellow. Add the butter, and milk. Stir in the almond extract and apricots. Gently stir in the dry ingredients. Pour the batter into the prepared cake pan. Sprinkle the top of the cake with sliced almonds and remaining 1/4 cup pine nuts. Bake until the cake is cooked and a toothpick comes out clean, about 50 to 55 minutes. Let the cake cool on a wire rack. Use a knife to loosen the edges. Turn the cake out, slice, and serve.

APRICOT UPSIDE DOWN-CAKE

Servings: 8



2 (15 ounce) cans apricot halves 1/4 cup butter or margarine 1/2 cup packed brown sugar 2 eggs, separated 2/3 cup sugar 2/3 cup cake flour 3/4 teaspoon baking powder 1/4 teaspoon salt

Directions

Drain apricots, reserving 3 tablespoons juice (discard remaining juice or save for another use); set aside. Place butter in a greased 9-in. square baking pan; place in a 350 degrees F oven for 3-4 minutes or until melted. Stir in the brown sugar. Arrange apricot halves, cut side up, in a single layer over sugar. In a mixing bowl, beat egg yolks on high for 4 minutes or until thick and lemon-colored. Gradually beat in sugar. Stir in reserved apricot juice. Combine flour, baking powder and salt; gradually add to egg yolk mixture. In another mixing bowl, beat egg whites until stiff. Fold into yolk mixture. Carefully spread over apricots. Bake at 350 degrees F for 35-40 minutes or until a toothpick inserted near the center of cake comes out clean. Cool for 10 minutes before inverting onto a serving plate.

Recipe by: Ruth Ann Stelfox
at allrecipes.com

<<<<<< Recipe from Giada De Laurentiis
at foodnetwork.com

IN THE NEWS

CELEBRITY SOMMELIER MAKES MENU ABOUT THE WINE

At Il Vino d'Enrico Bernardo in Paris, food doesn't take up space on the menu -- instead, it's all about the wine. Rather than ordering a meal first and then choosing a wine to go with it, guests select from the extensive wine list and enjoy food pairings picked by the chef.

The Times (London)

NEW YORKERS EMBRACING TRADITIONAL BRITISH FOODS

While Manhattan has always boasted a select few establishments serving British food, New Yorkers have tended to overlook -- or look down on -- cuisine from the U.K. Now, with the growing popularity of "gastropubs," Big Apple dwellers are discovering a love of fare such as Scotch eggs, Marmite, and bubble and squeak. "New Yorkers are ready for restaurants that are embracing food with genuine gastro gusto," said Ken Friedman, co-owner of The Spotted Pig. "Food for people who like to eat, as opposed to accommodating picky eaters."

Telegraph (London)

MICHIGAN FOOD SAFETY CENTER COULD GET \$8M BOOST FROM OBAMA

President Barack Obama reportedly amended his 2011 budget proposal to provide \$8 million in funding for the International Food Protection Training Institute in Battle Creek, Mich. If approved, the money will allow the institute to take in as many as 3,000 students next year and offer online training for about 5,000 food inspectors.

Battle Creek Enquirer (Mich.)

INTEREST IN BRAZILIAN CULTURE EXTENDS TO SIGNATURE COCKTAIL

Brazil is taking center stage as more Americans eschew Mardi Gras for Carnival and the country prepares for the 2014 World Cup and 2016 Olympics. Along the way, they're discovering Brazil's signature cocktail, the caipirinha. One brand of cachaca, the sugar-cane derived spirit that's the drink's main ingredient, has been seeing double-digit sales growth. CNBC/Consumer Nation blog

CONSUMERS SPENDING LESS ON HOME-COOKED MEALS

Americans continued to opt for the convenience of restaurant meals, prepared foods and packaged dinners over creating meals from scratch in recent years. While it's too early to gauge the recession's impact on

home-cooking trends, consumers spent almost half their food budgets at restaurants in 2008, up from one-quarter in 1955, according to National Restaurant Association figures.

The Chronicle (Geneva, Ill.)

FOOD MAKERS DON'T ADVERTISE LOW-SODIUM CHANGES

Though companies including Sara Lee and ConAgra Foods have been reducing the sodium levels in many products, they are doing so quietly because most consumers equate lower sodium with less flavor. The companies want to make changes on their own terms, as governments worldwide push for less salt consumption.

Chicago Tribune

BLACK GARLIC SEEN AS THE NEXT SUPERFOOD

Fermented black garlic, long a staple in some Asian countries, is fast gaining favor among American foodies, who like the mild taste and the rich cache of antioxidants. Introduced to American chefs about six years ago, black garlic gained new regard after it was featured on an episode of "Iron Chef America" last year.

Chicago Sun-Times

DEMAND FOR RESTAURANT WORKERS SLATED TO OUTPACE THE WORKFORCE

The resilient restaurant industry will face a changing workforce in the next decade, as demand for workers grows. Restaurants will boast about 14 million jobs by 2020, the National Restaurant Association predicts. Many of the next generation of workers will be older than the current crop, and some companies are starting now with programs to bring young workers through the ranks.

FastCasual.com

AGRICULTURE OFFICIALS TO REVISIT ISSUE OF HAGGIS IMPORTS

The U.S. Department of Agriculture is reconsidering a ban on the importation of beef, lamb and haggis from Scotland, which links back to a mad-cow scare in the 1980s. Haggis, a signature Scottish dish, is sausage made from sheep organs rolled in oats and pepper. "This is long overdue and I'm glad the U.S. authorities are coming to their senses," said master butcher Neil Watt of Watt the Butcher in Montrose, on the east coast of Scotland. "The haggis you get in the States does not taste like proper haggis."

The Sun (Baltimore)/The Associated Press

Interesting Facts

Sirloin was not named or knighted by some king, as some legends recount. It comes from the French surlonge, since it is meat from above (sur) the loin (longe)

.Most common food plants contain natural poisons. Carrots, for example, contain carotatoxin, myristicin, isoflavones, and nitrates

Beef and cheese contain a cancer-fighting compound called conjugated linoleic acid

Chicken soup was considered an aphrodisiac in the Middle Ages.

Eating too many carrots (or taking too much beta carotene) can turn your skin orange.

Eating celery very slowly (chewing about half an inch of the stalk per minute) will actually burn more calories than the celery provides.

To a point, red wine will improve with age after it is bottled. Distilled liquor is unaffected by age once bottled, and white wine (including champagne) will degenerate with age.

The terms "Big Wheel" and "Big Cheese" originally referred to those who were wealthy enough to purchase a whole wheel of cheese.

Chocolate can ease a cough. It contains Theobromine which suppresses activity in the vagus nerve which causes coughing.

Chocolate has less caffeine than tea, coffee or cola. 1 oz bar contains about 6mg of caffeine, whereas a 5oz ounce cup of regular coffee contains over 40mg.

Smelling cinnamon boosts cognitive function and memory.

Americans consume 700 million pounds of peanut butter annually, about three pounds per person!

From the Vine



Chianti

Ah, Chianti. In the "old days", Chianti was the basket-bottle wine, served on a red checked tablecloth, holding a romantic candle. In a modern reworking, Chianti now usually comes in a standard glass bottle, looking for a more elegant image. If you're a traditionalist, however, some brands still use the basket.



Chianti comes from the Chianti region of Tuscany, Italy. Only wines from this region can properly be called Chianti, although some other areas are using the name on their labels.

Chianti was first identified as a type in the 13th century. Its primary red grapes are Sangiovese and Canaiolo

Chianti is a red wine, strong and bold. Typical flavors in a Chianti include cherry, plum, strawberry, spice, almonds, tobacco, vanilla and coffee. Chianti goes well with well-seasoned foods. Chianti is often called a "fruity" wine, meaning it appeals to new wine drinkers.



Chianti, being a red wine, is best served from a red wine glass, should be served at 59F and is good for up to 10 years, for a good variety. If you can find any, 1997 was considered by many to be the "vintage of the century".



PATRICK'S PONDERINGS

(Continued from page 1)

can minimize food borne illness. The demand from our guests for more healthful food along with associated concerns such as sustainability, organic foods and fair trade can drive our purchasing decisions more complex than higher math. Whether we agree with some of the initiatives, if these are important to our guests, we must address these concerns. Many of us are chuckling over the last 12 months when many of the previously vocal guests asking about things like fair trade and organics now find food with these attributes are not worth the increased costs.

Obviously, we need to care for our guests, comply with the laws and achieve profitability. Never compromise safety, but don't go chasing fads that fade faster than the stock market in 2008.

Finally, I want to make sure all members of IFSEA

do a few things this month:

- Recruit a new member! This must be done to help drive the vitality of IFSEA.
- Plan NOW to attend our 109th International Conference in Reno.
- Get certified by IFSEA. Use the information online describing IFSEA's CMF/CFE & MCFE programs.
- Be involved in your local branch. Perhaps start a branch in your town or revitalize a local branch, but get involved today.

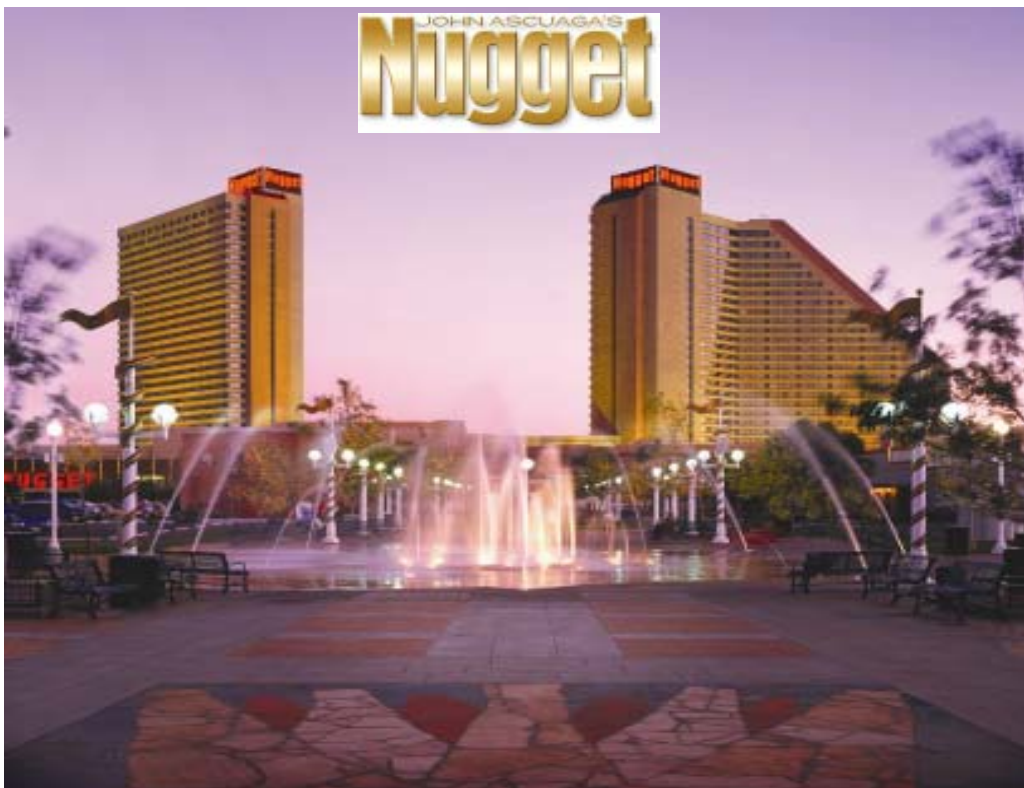
Hoping to see all in Reno,

Patrick Beach, MCFE, Chairman of the Board

2010 Conference & Trade Show

“SAVE THE DATE”

FOR THE **109TH ANNUAL IFSEA CONFERENCE & TRADE SHOW**
IN RENO, NEVADA ON APRIL 15-18, 2010



109TH CONFERENCE & TRADE SHOW

APRIL 15 – 18, 2010

Conference Registration Now Open

As a member, you are eligible for several prizes, including a Free Conference Registration or Hotel Room.

Early Bird Registration

Register by March 1, 2010 and receive a \$50 savings

IFSEA Members: \$425

Non-Members: \$495

Students: \$365

Active Military: \$365

REGISTER NOW BY CLICKING THIS LINK >> www.IFSEAconference.com

Early Registration Prizes

All members in good standing who register before February 1, 2010 will be entered into a drawing for a chance to win:

- * Free Conference Registration
- * 1 Complimentary Room Night during Conference
- * Upgrade to a Petite Suite during Conference
- * 1 Complimentary Swedish Massage during Conference

Cash Prizes

- * IFSEA Branch with the most Conference Attendees Wins \$250
- * IFSEA Student School with the most Conference Attendees Wins \$250

Reasons to Attend Conference

- * Return to work with new ideas, tools and plans
- * Network in a comfortable atmosphere at our many receptions, dinners, and industry awards ceremonies
- * Gather new business contacts to help you come out on top
- * Check out and taste the latest products from some of the top companies
- * Make a Difference! Mentor a culinary rising star or support the IFSEA Worthy Goal Scholarship fund
- * Ski, Snowboard, Golf, Hike, Historic Tours, Whitewater Park, Gaming! Plan a Vacation - It's all Reno has to offer in April.

Book Your Hotel Room for \$104

The Host Hotel, John Ascuaga's Nugget, has recently renovated the East Tower. Only a limited number of renovated rooms are available on a first come first serve basis, so book now! These are some of the lowest rates we have seen for conference.

REGISTER NOW BY CLICKING THIS LINK >> www.IFSEAConference.com

IFSEA AWARDS

What you need to know to get ready for the conference

#1 - **Dignified Order of the Dinner Gong (DODG)**, the award is presented at the Annual Chairman's dinner.

Submit complete nominations at least 30 days prior to the Annual Conference (March 15th this year) to:

Richard Weil, DODG, CFE

Past President's Advisory Council

You may scan and email to: rweil@nicknwillys.com

You may fax to 303-706-0330

You may mail to:

Richard Weil

Nick-N-Willy's Pizza

7200 S. Alton Way #B-240

Centennial, CO 80112

Selection: The Past Chairman's Advisory Council (PCAC) meets in closed session during conference to review qualified applicants. Applicants will have served IFSEA in many capacities and successful candidates will have distinguished themselves at the highest degree of service to IFSEA and also the foodservice and hospitality industry.

#2 - **Peter Gust Economou Award**, the award is presented during the International Awards Luncheon. Submit complete nominations at least 30 days prior to the Annual Conference (March 15th this year) to:

Richard Weil, DODG, CFE

Past Chairman's Advisory Council

You may scan and email to: rweil@nicknwillys.com

You may fax to 303-706-0330

You may mail to:

Richard Weil

Nick-N-Willy's Pizza

7200 S. Alton Way #B-240

Centennial, CO 80112

Selection: The Past Chairman's Advisory Council (PCAC) meets in closed session during conference to review qualified applicants. Applicants will have served IFSEA at the local and International level.

Successful candidates will have demonstrated strong leadership and dedication to IFSEA and also the foodservice and hospitality industry.

#3 - **Food Service Industry Award of Excellence (AOE)**

Submit complete nominations to HQ by OCTOBER 1 OF EACH YEAR.

#4 - **Chairman of the Board's Award**

This award is given at the sole discretion of the Chairman of the Board, therefore there are no criteria for this award, although it would certainly involve work at the International level. The Chairman of the Board is not constrained to the number of awards given.

This award is presented at the International Annual Conference Awards Luncheon.

#5 - **Distinguished Service Citation (DSC)**

Submit completed DSC applications to the registration desk at the conference.

Selection - Those Directors serving in the third year of their term, or completing a third year term, will be responsible for the selection and presentation of the awards during the Annual Conference. Directors shall not judge their own Branch members.

Up to three Distinguished Service Citations may be awarded to each Region. Those selected must be a member for three or more years and have contributed to IFSEA above and beyond the call of duty at the International level. An individual should not be given this award because they were a great Branch President and they attended an International Conference. However, if the Branch President also served in an International capacity or assisted in making an International program very successful, then a Branch President could be considered. *(continued on page 10)*

I.F.S.E.A. AWARDS

What you need to know to get ready for the conference

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#6 - Merit Award

Submit completed Merit Award applications to the registration desk at the conference.

Selection - Those Directors serving in the third year of their term, or completing a third year term, will be responsible for the selection and presentation of the awards during the Annual Conference. Directors shall not judge their own Branch members.

Awarded for contributions over and beyond the basic responsibility of a member at the local branch level.

A branch may submit up to three persons per year for this award. The criteria for points will be available during the judging process. Almost all candidates, if submitted properly, should be granted the award. We are a volunteer organization and this award is designed to recognize a local member, at the International level, for their contributions to IFSEA at the local level. A candidate must be a member of the organization in good standing.

#7 International Life Membership

Any member who is, or has been, active at the International level and has rendered outstanding, meritorious or exemplary services for the food service industry, and in particular on behalf of IFSEA may, upon recommendation of the local branch to which such member is affiliated, be honored with an International Life Membership. A two-thirds vote of the International Board is required. The recipient of this award shall have all the privileges of an Active member and will be exempt from the payment of any further International dues. All nominations must be submitted in writing (typewritten or printed clearly) to HQ at least 30 days prior to the Annual Conference.

Judging is done by members of the International Board at the Annual Conference.

NEWSLETTER AWARDS (PRINTED)

Branches will deliver their newsletter submissions, including completed monthly scoring sheets, to the registration desk at the conference.

The Awards Chair will pick up the books and deliver them to a meeting of a committee, selected by the Awards Chair, for review and award selection.

Awards are presented at the International Annual Conference Awards Luncheon.

NEWSLETTER AWARD (ELECTRONIC)

Criteria is the same as for the traditional mailed newsletter, except the minimum annual number of issues to be submitted is 4. (Use same score sheets as used for Printed newsletter)

Rationale: With electronic newsletters continuing to become utilized more often, the awards committee has added this award for several reasons:

1. To encourage the development of this medium.
2. Because it may be hard to compare an e-newsletter with a physical newsletter in terms of the quality of the look (the material can be judged equally).
3. It would increase the recognition for what is one of the most important activities a branch does, the notification of branch members by whatever means.
4. We would rather err on the side of too many awards than too few, and certainly we do not have too many awards that branches can vie for.

Submissions, including completed scoring sheets, should be E-mailed to the Awards Chairman, at least 10 days prior to the first day of the conference (April 5th for this year). The branch Editor or President must E-mail ONE issue that was actually sent electronically to the branches membership.

A branch can apply for both Newsletter awards (Printed and Electronic), but can only win one of the awards each year - either electronic or printed newsletter, but not both in the same year.