



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

May 2011

IN THIS SSUE

Did You Know 3

Facebook link 2

From the Vine 6

In The News 5

Int'l Board 2

Memorial Day 1-2

Military Travelers Link 2

Rice Trivia 6

Recipe Box 4

Wisely Spoken 1

What a Great Idea! 8

2011 Bistro Challenge 7

Memorial Day



Memorial Day was officially proclaimed on 5 May 1868 by General John

Logan, national commander of the Grand Army of the Republic, in his General Order No. 11, and was first observed on 30 May 1868, when flowers were placed on the graves of Union and Confederate soldiers at Arlington National Cemetery. The first state to officially recognize the holiday was New York in 1873. By 1890 it was recognized by all of the northern states. The South refused to acknowledge the day, honoring their dead on separate days until after World War I (when the holiday changed from honoring just those who died fighting in the Civil War to honoring Americans who died fighting in any war). It is now celebrated in almost every State on the last Monday in May (passed by Congress with the National Holiday Act of 1971 (P.L. 90 - 363) to

ensure a three day weekend for Federal holidays), though several southern states have an additional separate day for honoring the Confederate war dead: January 19 in Texas, April 26 in Alabama, Florida, Georgia, and Mississippi; May 10 in South Carolina; and June 3 in Louisiana and Tennessee.

In 1915, inspired by the poem "In Flanders Fields," Moina Michael replied with her own poem:

We cherish too, the Poppy red
That grows on fields where valor led,
It seems to signal to the skies
That blood of heroes never dies.

She then conceived of an idea to wear red poppies on Memorial day in honor of those who died serving the nation during war. She was the first to wear one, and sold poppies to her friends and co-workers with the money going to benefit servicemen in need. Later a Madam Guerin from France was visiting the

(continued on page 2)

WISELY SPOKEN

"Quit worrying about your health. It'll go away."

INTERNATIONAL BOARD

CHAIRMAN OF THE BOARD

Barbara Sadler
bsadler.ifsea@gmail.com

CHAIR ELECT
Fred Wright
wrightchef@gmail.com

TREASURER
Dave Orosz
dave@orosz.us

BOARD MEMBER INT'L JR EXEC. ADVISOR

BOARD MEMBER
Jack Kleckner
jack.kleckner@ecolab.com

BOARD MEMBER
Rick Albrecht
rcacoffee@hotmail.com

BOARD MEMBER
Pete Starowicz
pstarowi@mvnhealth.com

BOARD MEMBER
Robert Vick
rvick@vicksvittles.com

BOARD MEMBER
Gina Vance
gvance@ptfswny.com

BOARD MEMBER
Richard Hynes
richard.hynes@hobartcorp.com

**BOARD MEMBER
INDUSTRY ADVISOR**
Emily Prior
eiprior@att.net

**BOARD MEMBER
INDUSTRY ADVISOR**
Jack Kleckner
jack.kleckner@ecolab.com

BOARD MEMBER INDUSTRY ADVISOR

Dick Hynes
richard.hynes@hobartcorp.com

**BOARD MEMBER
JUNIOR EXECUTIVE ADVISOR**
Pili Rios
mpilirios@aol.com

**BOARD MEMBER
JUNIOR EXECUTIVE ADVISOR**
Caitlyn Hadley

**SPECIAL ADVISOR
PAST INT'L CHAIR**
Lorri Davidson
lorridavidson@swgas.com

**BRANCH PRESIDENT'S
COUNCIL CHAIR**
Bev Demanovich
bdemanovich@sbcglobal.net

**IFSEA ASSOCIATION
COORDINATOR**
Michelle Hackman
michelle@IFSEA.com

COMMITTEE CHAIRS NON-BOARD MEMBERS

MEMBERSHIP CHAIR

AWARDS CHAIR
Virginia Schroeder
virginiaprebro@qwestoffice.net

MARKETING AND COMMUNICATION CHAIR

CERTIFICATION CHAIR
Dave Mitchell
cw4mitch@comcast.net

CONFERENCE CHAIR

MILITARY CHAIR
Rick Diaz
rdiaz.ifsea@gmail.com

IFSEA HEADQUARTERS

4955 Miller St. Suite 107
Wheat Ridge, CO 80033
Phone: 800-893-5499
Fax (303) 420-9579
HQ@IFSEA.com

Follow IFSEA on Facebook
at



www.Facebook.com/IFSEA.HQ

(continued from page 1)

Memorial Day

United States and learned of this new custom started by Ms. Michael and when she returned to France, made artificial red poppies to raise money for war orphaned children and widowed women. This tradition spread to other countries. In 1921, the Franco-American Children's League sold poppies nationally to benefit war orphans of France and Belgium. The League disbanded a year later and Madam Guerin approached the VFW for help. Shortly before Memorial Day in 1922 the VFW became the first veterans' organization to nationally sell poppies.

Two years later their "Buddy" Poppy program was selling artificial poppies



made by disabled veterans. In 1948 the US Post Office honored Ms Michael for her role in founding the National Poppy movement by issuing a red 3 cent postage stamp with her likeness on it.

Follow IFSEA Military Travelers
at

www.IFSEAConference.com/militaryblog

? Did ? You ? Know ?

Rice

The secret ingredient that gives ancient Chinese mortar its legendary strength is sticky rice. An analysis of samples from the Ming Dynasty (1368-1644) city wall in Nanjing showed why the rice is such an effective additive to lime mortars. Amylopectin, the rice compound in the mortar, provides mechanical strength and stability, and inhibits the growth of calcium carbonate crystals, resulting in a more compact and resilient binding material. Chinese scientists re-created the mortar and determined that it is ideal for restoring ancient structures.



The U.S. exports about half of its rice crop, mostly to Mexico, Central America, Northeast Asia, the Caribbean, and the Middle East.

World Rice (milled) production for 2010 was approximately 467 million metric tons. U.S. production for 2010 was approximately 8.7 million metric tons.

- Arkansas is the largest producer of rice in the U.S. accounting for about 46% of U.S. rice production.
- California is the second largest rice producing state, growing about 17.7% of the U.S. rice crop on more than 500,000 acres.
- Louisiana is the third largest rice producing state growing about 13.8 % of the U.S. rice crop on almost 400,000 acres.
- Mississippi is the 4th largest rice producing state, growing about 6.9% of the U.S. rice crop on almost 200,000 acres
- Missouri is the 5th largest rice producer in the U.S., growing about 6.5% of the U.S. rice crop.
- Texas ranks 6th in U.S. rice production, growing about 5.3% of the U.S. rice crop on 145,000 acres.

More than 2.9 million acres of land are devoted to growing rice in the U.S.

Rice is the first food a new bride in India offers to her husband and the first food offered to newborn babies.

Rice is the main dietary staple for more than 1/2 of the world's population.

Rice was first grown in the U.S. in the Carolinas in the late 1680s with rice that most likely came from Madagascar.

It is estimated that it takes 2,000 to 5,000 tons of water to produce a ton of rice.

There are thousands of different varieties of rice (*Oryza sativa*). At the International Rice Research Institute Genetic Resources Center in the Philippines, there are 80,000 rice samples in cold storage.

Rice is grown on every continent except Antarctica.

One seed of rice yields more than 3,000 grains. It is the highest yielding cereal grain and can grow in many kinds of environments and soils, which is why it is grown everywhere.

USA Rice Federation www.usarice.com

50% of all the world's rice is eaten within 8 miles of where it is grown.

Rice has been cultivated for over 5,000 years.

Rice was introduced to Japan sometime before 100 B.C. from China or Korea.

More than 1 billion people throughout the world are actively involved in growing rice.

Americans eat a little more than 24 pounds of rice per person each year. Asians eat as much as 300 pounds per person each year, while in the United Arab Emirates it is about 450 pounds, and in France about 10 pounds.

Recipe Box

RISOTTO PRIMAVERA

Servings: 4-6



6 Tbsp. Unsalted Butter Plus 2 Tbsp Removed To Finish The Dish

- 1/4 Cup Finely Chopped Onion
- 1 Large Clove Of Garlic
- 2 Cups Arborio Rice
- 1/2 Cup White Wine
- 6 Cups Vegetable Broth
- 1 Cup Fresh, Shelled Fava Beans
- 6 Small To Medium Artichokes, Cleaned And Thinly Sliced
- 6 Spears Fresh Asparagus Cut Into 1 Inch Pieces
- 1 Small Zucchini, Diced
- 1/2 Cup Fresh, Chopped Parsley or Other Fresh Herb Of Choice
- 1/2 Cup Grated Parmesan Cheese

Heat the 4 tablespoons of butter in a heavy saucepan. Add the onions and cook until translucent. Add the artichoke slices and cook one minute. Next add the garlic and cook another minute. Add the rice and stir until it is well coated with the butter. Begin to add the wine, and stir continually over medium heat until it is absorbed. Start to add 1/2 cup of hot broth, stirring as it is absorbed. Continue in this manner, adding ladles full of hot broth, and stirring continuously. About 10 minutes into the cooking time, add the asparagus, fava beans and zucchini and continue cooking for about 15-20 minutes or until the rice is cooked, but remains slightly firm to the teeth. Remove from the heat, add the remaining butter, parsley and the parmesan cheese. Serve, offering additional cheese if desired.

CARROZ ALA FILIPINA

Servings: 8



- 2 tsp. cooking oil
- 1 tsp. minced garlic
- 1/3 cup Chopped Onions
- 3/4 cup chopped tomatoes or 1 sm. can tomato sauce
- 1lbs chicken cut up
- 1/2 lbs pork loin slice
- 1/2 tsp. salt
- 2 cups rice steamed
- 1cup sticky rice cooked
- 1 cup chicken broth
- 1 green bell pepper cut into strips
- 1 tsp. Paprika
- 1sm box raisins
- 2 hard-boiled eggs slice
- 1sm jar pimientos

- * Saute in oil; garlic, onions, tomatoes, chicken, and pork.
- * Add salt to taste.
- * Add broth and simmer until meats are done.
- * Add rice and sticky rice. Cook and turn occasionally to prevent scorching. Do not cover to let off excess moisture.
- * Mixture should be almost dry, add bell peppers and paprika.
- * Remove from heat after 7 to 10 minutes.
- * Serve hot, garnishing it with egg slices and red pimientos.

IN THE NEWS

BEST PRACTICES FOR SUCCESSFUL SUMMER STAFFING

Gearing up for the busy summer means augmenting your full-time staff with seasonal workers, but attracting the right people can be a tricky proposition and bad hires can put your reputation at risk. For some, the answer lies in the people who have already proven themselves, says Sammy's Pizza owner Terry Perrella, who starts the season by offering additional shifts to part-timers. If you still need to hire, experts advise you to start early. The best candidates are hunting for summer jobs as early as February. Restaurant Management magazine

GUESTS GROW HUNGRY FOR TRANSPARENCY

Consumers have grown less trusting of the companies that serve them and are increasingly demanding transparency when it comes to the sources of the restaurant meals they eat, writes Food IQ's Mindy Armstrong. Chipotle's "food with integrity" efforts have proven popular, and burger chains including Five Guys, Elevation Burger and Burgerville have all grown more open about the origins of their meat and potatoes. FastCasual.com.

ASIAN CONCEPTS ARE GIVING U.S. CHAINS GROWTH OPPORTUNITIES

Many in U.S. markets are seeing growth potential with new Asian concepts as more Americans seek to expand their experiences beyond the familiar mom-and-pop Chinese to include flavors from Japan, Vietnam and India. Panda Express is in growth mode, Chipotle plans to launch its first ShopHouse Southeast Asian Kitchen this year, and Yum! Brands planned investment in China's Little Sheep could increase the chain's U.S. presence. Advertising Age (tiered subscription model)

RESTAURANT CHAINS FEED ALABAMA'S TORNADO-RELIEF EFFORTS

As thousands of volunteers work round-the-clock to help Alabama recover from the aftermath of deadly tornadoes that devastated the region on April 27, the state's restaurants are feeding them and raising funds to support recovery. Captain D's Mobile Kitchen drove into Tuscaloosa the day after the storms and fed 5,800 first

responders during the next three days. Taziki's Mediterranean Cafe owner Keith Richards recruited his father and 8-year-old son to help hand out food in the streets to anyone who was in need, feeding 600 that day and returning the next. QSR Magazine

SPICY LATIN FOOD HELPS FEND OFF SUMMER'S HEAT

Latin food menus are growing more innovative with the introduction of spicy new flavors from different regions of Mexico, Peru, Brazil, Cuba and Puerto Rico, but one constant works to make the cuisine perfect for fending off summer's heat, says Randy Zweiban, owner of Province restaurants in Chicago and Phoenix. The mix of hot spices and fresh cooling flavors such as lime provide a balance, he says. The Arizona Republic (Phoenix)

REPORT: MORE CORN COULD MEAN LOWER FOOD PRICES LATER THIS YEAR

High corn prices are prompting U.S. farmers to grow more and ranchers who use the commodity for livestock feed to use less, a fact that's likely to result in larger U.S. corn supplies and possibly lower prices on some food-stuffs later this year, according to a new Department of Agriculture report. Recent floods in Mississippi, Arkansas and other growing states could push back the timetable of the supply increase, one analyst said. The News & Observer (Raleigh, N.C.)/The Associated Press

CATERING TO POST-RECESSION "CONTROLLED SPENDERS"

Sales are up at restaurant chains, many of which had been succeeding at weaning guests off recession-era deals, but the doubly whammy of higher food and gas prices could prove a setback. NPD Group found 76% of respondents to a recent survey fell into the category of "controlled spenders" who are likely to cut back on restaurant spending and search even harder to find value, says NPD's Bonnie Riggs. "Consumers are well aware of food inflation at the grocery store, so they're realizing that there will have to be some price increases, but it can't be across the board and we'll have to give them added value in some way."

INTERESTING RICE TRIVIA

Both enriched white and whole-grain brown rice contain 15 vitamins and minerals, including B vitamins, potassium, magnesium, selenium, and iron. Brown rice contains 2.6 grams of fiber per three-fourths cup (146 grams) of cooked rice.

Brown rice provides a nutty flavor when served by itself, and it picks up extra flavor by absorbing nearby sauces and gravies.

In both whole-grain brown and enriched white forms, rice has no cholesterol, sodium, or gluten. It's also low in calories and fat, contains no trans fats, and is a great source of complex carbohydrates.

Whole-grain rice also contains beneficial phytonutrients, including antioxidants, anthocyanins, phytosterols, tocopherols, oryzanol, and many other potentially protective substances.

Whole-grain rice stays fresh for about 6 months and can be refrigerated for longer shelf life. Enriched white rice can be kept much longer. Both enriched white and whole-grain rice are available in fluffy long-grain, tender medium-grain, and springy short-grain varieties.



Terraced Rice fields in China

From the Vine



Nebbiolo

Nebbiolo (Italian), or Nebioul (Piedmontese) is a red Italian wine grape variety predominately associated with the Piedmont region where it makes the Denominazione di Origine Controllata e Garantita (DOCG) wines of Barolo, Barbaresco, Gattinara and Ghemme. Nebbiolo produces lightly colored red wines which can be highly tannic in youth with scents of tar and roses. As they age, the wines take on a characteristic brick-orange hue at the rim of the glass and mature to reveal other aromas and flavors such as violets, tar, wild herbs, cherries, raspberries, truffles, tobacco, and prunes. Other aromas associated with Nebbiolo include dried fruit, damsons, leather, licorice, mulberries, spice as well dried and fresh herbs. Nebbiolo wines can require years of aging to balance the tannins with other characteristics.

Wines made from Nebbiolo are characterized by their ample amounts of acidity and tannin. Most examples are wines built for aging and some of the highest quality vintages need significant age (at least a decade or more) before they are palatable to many wine drinkers and can continue to improve in the bottle for upward of 30 years. While Barolo & Barbaresco tend to be the heaviest and most in need of aging, wines made in the modernist style are becoming more approachable at a young age. Lighter styles from Carema, Langhe and Gattinara tend to be ready drink within a few years of vintage. Nebbiolo from California and Australia will vary from producer and quality of vineyard. Nebbiolo-based wines tend to do best when their rich, full flavors are paired with rich, full flavored foods and also contain a moderate acidity that goes well with acidic dishes. It pairs well with rich lamb and beef dishes and stews, veal scallopini and rich, earthy mushroom sauces.

2011 Bistro Challenge

1ST PLACE HARPER COLLEGE

Michael Lacson
Wioleta Kosowska
Francisco Sanchez
Pedro Garcia
Alternate – Anna Woinska
Coach – Patricia Deopke



2ND PLACE NAVY

CS1 Cameron Savage - Team Lead
CS2 Joseph Mariano-USS MARYLAND (Gold)
CS1 Maria A. Cordoba- Port Hueneme
CS1 Jeffrey Legaspi - USS BLUE RIDGE
CS3 Kantchou K. Gatzaro-GTMO - Alternate
CS2 Jonathan Alex Trotman- USS LEYTE GULF

3RD PLACE JOHNSON & WALES – CHARLOTTE

Blair R. Cannon
Michael Shaw
Ilyanna Kano
Tatiana Thomas
Coach – Cameron Savage
Coach Prof. – Agnew Hopkins



WHAT A GREAT IDEA!

SEAL PLASTIC BAGS WITH OLD BOTTLE CAPS

NO MORE TWIST TIES OR RUBBER BANDS. This method is WATER PROOF AND AIR TIGHT. GREAT!
The guy who first thought of the idea should be given an award for originality!!!

Zip-top bags are great, but sometimes you buy something in bulk and you're stuck with an unsealable bag. Home-centric blog Re-Nest shows us an easy way to give these bags an airtight seal with an old water bottle.



All you need to do is cut off the top of the bottle and take off the cap.

Push the bag through the bottle neck, fold it over the edges, and twist the cap back on. Now, your bag has an air and water tight seal, and you didn't have to waste the bag.

