



ifsea Infusion

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

September 2010



Lunch with Lorri

Lorri Davidson, CFM, CFSP
Chairwoman of the Board

Crazy as it may sound; the first day of school at the University Nevada Las Vegas (UNLV) Hospitality College was Monday, August 23rd. Was it a hot day in Las Vegas? You had better believe it. I had been on campus the previous week for an ACF

Certified Culinary Competition, August 19-21st. We had twenty seven competitors in hot food, poultry, fish and lamb flights with two dessert platters and one cake decorating display. Besides our group it was fairly quiet on campus, with the occasional new student looking in the windows of the Dining Room to see what was going on.

The purpose of the UNLV Culinary Challenge was to find another team member to represent Las Vegas in the 2012 Culinary Olympics in Erfurt, Germany. We needed four team members who had medaled in ACF competitions and only had two members committed. We hoped to have a new team member come from one of the medal winners that weekend. To compete as a team takes a great deal of time for practice and a commitment from the Chef's employer to provide support. Our organizational team canvassed the various hotel properties asking chefs and their employers for that support and commitment. As a result of the state of our economy, many of our chefs are working with fewer employees in the kitchen. We were told more than many times that it was not possible this year for them to spare a chef competitor.

What was our event like as a result? We had wonderful student participation from College of Southern Nevada, Le Cordon Bleu Las Vegas and Harbor College Los Angeles (and yes some IFSEA members competing). It was an exciting three days with some first time student competitors getting valuable evaluation and critiques from some of the top chef judges in the country. The students were thrilled and the event was a success. It just reinforced what we all know, that students are our future and that mentoring shows them the way. I believe that IFSEA has done a wonderful job keeping the mentoring program top of mind at their conferences.

I know that some of the mentor/mentee relationships last through the year. Please keep in mind that you are needed to share your experience and expertise with our student members. With our concentration on the management side of the hospitality industry, we have many opportunities to share our talents. As your mentee increases their knowledge and skill level, you will experience a satisfaction in your efforts. It is a very gratifying experience. Please keep this in mind when we ask for volunteers for the Schaumburg conference in March.

Remember to keep the hot food hot and the cold food cold and the chocolate at least room temperature. Forgetting it in the car in Las Vegas is a very bad thing. Eat it before it melts.

Best wishes.

Lorri

COMING
SOON!

IFSEA
2011
Conference
&
Trade Show

March 31 - April 3
Schaumburg, IL
(Chicago area)

RENAISSANCE
SCHAUMBURG
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WISELY
SPOKEN

Laughter
is brightest
where food
is best.

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? Did ? You ? Know ?

Pasta

History of Pasta

Italians have been enjoying pasta since the 1100s. It was not "rediscovered by Marco Polo" and then brought back from China to Venice, due to some popular (but inaccurate) beliefs. If anything, it was invented both by Sicily (and/or in the area of Sicily) AND China AROUND the same time. But a closer look reveals that the ancient Romans used it to pay tribute to the Gods. Ever notice that Southern Italian food (example: Sicily, Calabria) has more pasta dishes, while Northern Italian dishes have more meat for stews, risotto and dishes that are not "pasta based". The art of cooking by Apicius, who lived in the 1st Century AD, writes about the preparation of a mince or fish dish lined with 'lasagne'. Types of pasta like lasagna were also know in Ancient Greece and Rome, and vermicelli in medieval Italy. Today, Americans eat 20lbs. of pasta per year per person, but Italians eat over 60lbs per person each year.

Shapes & Sizes of Pasta

Italy has over 350 different types of pasta shapes and sizes. You most commonly will see your supermarket or even gourmet emporium with no more than a dozen or two of the most popular shapes and/or sizes. Which pasta when? Well, its a matter of taste. If there is any one rule of thumb: the less complex the shape, the less complex the sauce, the bigger the shape, the chunkier the sauce; the thicker the sauce, the thicker the pasta (using fettucine, penne for your cream sauces).

Cooking Pasta

When cooking dry pasta, it is important to cook it "al dente", al dente, in Italian, literally translated "to the tooth", which means to cook not until mushy, but not raw either -- firm enough to still have a little firmness when you bite into it. There are several reasons for this. First off, mushy pasta is not very good, secondly, this is how the real Italians in Italy make it, firm, but not raw, and lastly, it is proven, that pasta cooked al dente is not digested as fast, and therefore you are less likely to "bulk up" due to the carbohydrates. So eating pasta need not be fattening, just cook it right! Tubular pasta takes longer to cook than long thin pasta. Also, you want to stir your pasta every few minutes, more so when you first start cooking it to keep it from sticking together. Most of the starches are released from the pasta in the beginning stages of cooking, so then is when you especially want to be sure to stir it gently to avoid pasta from clumping together. The only time you really want to add olive oil for any reason, is when you are cooking lasagna, these pieces of pasta are so big that they need a little extra help to keep them from sticking. One thing you should never do is rinse your pasta, there is just no reason for it. Some think it is to take the salt off, others think to keep it from cooking, but both are incorrect.

Linguine (also spelled 'Linguini') is a form of pasta that originated in the Campania region of Italy — flat like fettuccine and trenette, but narrow like spaghetti. The name linguine means "little tongues" in Italian, where it is a plural of the feminine lingua. A thinner version of linguine is called linguettine. While spaghetti traditionally accompany meat and tomato dishes, linguine are often served with seafood or pesto. Linguine are slightly wider than spaghetti, and there is a companion product called linguine fine which are similar in width to spaghetti.



Recipe Box

LINGUINI with RED CLAM SAUCE

Servings: 4



INGREDIENTS:

- 1 (9-ounce) package fresh linguine
- 1 tablespoon olive oil
- 1/2 cup chopped onion
- 1 tablespoon bottled minced garlic
- 1/2 teaspoon crushed red pepper
- 2 tablespoons tomato paste
- 1 (14.5-ounce) can no-salt-added diced tomatoes, undrained
- 2 (6.5-ounce) cans minced clams, undrained
- 2 tablespoons chopped fresh parsley
- 1 tablespoon chopped fresh basil
- 1 tablespoon chopped fresh oregano

PROCEDURE:

Cook pasta according to package directions, omitting salt. Drain.

Heat olive oil in a large nonstick skillet over medium-high heat. Add onion, garlic, and crushed red pepper to pan; sauté 3 minutes or until onion is lightly browned. Stir in tomato paste and tomatoes; cook 4 minutes or until thick, stirring constantly. Stir in clams; cook 2 minutes or until thoroughly heated. Remove from heat; stir in parsley, basil, and oregano. Serve with pasta.

LINGUINI with WHITE CLAM SAUCE

Servings: 6



INGREDIENTS:

- 3 cans Progresso White Clam Sauce
- 1 can chopped clams, rinsed and drained
- 1-4 ounce can sliced mushrooms, drained
- 1 can artichoke hearts, drained, cut into pieces
- 12 oz. linguini
- 1 fl. oz. white wine
- Parmesan cheese, grated

PROCEDURE:

In a saucepan, place 2 cans clam sauce, including juice, and 1 can clam sauce lightly drained.

Add chopped clams and mushrooms and wine.

Bring to a boil and immediately lower heat.

Cook 10 minutes. Add chopped artichoke hearts, (or serve on the side at the table).

Meanwhile, cook linguini just until al dente.

Portion linguini onto plates and ladle clam sauce over top.

Sprinkle with Parmesan cheese.

IN THE NEWS

DINING IN DARKNESS TO BRING OUT THE FLAVOR OF FOOD

A new restaurant called Dans le Noir? -- French for "in the black" -- aims to bring out the scents and flavors of food by turning off the lights. Guests dine in darkness and are served by blind waiters. "You taste the food like you never tasted it before," said the eatery's Edouard de Broglie. ABC News

IN THE KITCHEN, A LIFE OF DANGER

Burns and cuts are among the most common -- and the most painful -- parts of working in a busy restaurant kitchen, writes line cook Scarlett Lindeman. While restaurant owners have to take major accidents and illnesses seriously, career kitchen staffers quickly learn to tough out the smaller daily injuries and get back to the serious business of cooking. TheAtlantic.com

FAST-CASUAL GROWS AS ECONOMY SLOWS

As cash-strapped consumers cut back on high-end dining and quickservice meals, fast-casual restaurants are reaping the benefits. Sales at fast-casual eateries grew 4% last year, as stars such as Chipotle Mexican Grill, Five Guys Burgers & Fries and Panera provided consumers with the food values they sought in tight times. P.F. Chang's Pei Wei -- an Asian diner concept -- wants to harness fast-casual consumers who have a passion for food. Chicago Tribune

FINE DINING GOES SELF-SERVE WITH INTERACTIVE DINNER PARTIES

A traveling troupe of culinary artists is betting that fellow foodies will pay big bucks to participate in seven-hour cooking sessions that culminate in communal meals. After seeing success with its L.A. debut, A Razor, a Shiny Knife plans to travel to several major U.S. markets this fall, offering underground dinners that have guests donning aprons, chopping vegetables and learning the latest cooking techniques before sitting down to enjoy the multicourse fruits of their labors -- all at a price of \$300 per couple. Los Angeles Times

SMALL TOWNS SEEK TO MAINTAIN CHARM WITH CHAIN-RESTAURANT BANS

Springdale, Utah, population 500, is the latest picturesque town to pass an ordinance banning "formula"

restaurants. Officials in Springdale echo leaders in small towns across the country that have enacted similar bans on chain eateries in an effort to maintain the charms that please residents and lure tourists. Opponents say the laws are unconstitutional, including an investor group that has filed a lawsuit to win the right to open Springdale's first Subway. USA TODAY

MARKETING TO THE MILLENNIALS MEANS GOING SOCIAL

Consumers born between 1981 and 2002 comprise Generation Y, also known as the millennials, a generation that has grown up feeling special and driven to achieve, says expert Neil Howe. In this primer aimed at helping restaurants market to the millennials, Howe explains how the group's comfort level with teamwork and tech-savvy craving for community make it ripe to respond to effective social-media marketing. QSR Magazine

TRAVELING FISH FRY FEEDS TRENDY NEW YORKERS

Paul Outlaw and Jennifer Catron are on a mission to spread the joys of Gulf seafood in one of New York's boroughs. The owners of Jen 'n Outlaw's Fish Fry Truck and Crawfish Boil have brought Southern fish fries and boiled crayfish to Brooklyn, and plan to expand their audience with a move into Manhattan this fall. The New York Times

MORE EATERIES STAKE THEIR FUTURES ON STEAK

As the economy continues to affect sales at fine-dining establishments, more of San Francisco's white-tablecloth eateries are transforming themselves into steakhouses, which succeed by combining relatively small staffs with big-ticket meals. American City Business Journals/San Francisco

AIRPORT DINING OPTIONS ARE ON THE UPSWING

The nation's airports have been in the process of upgrading their dining options for several years, driven by the need to increase non-airline revenue at the same time that airlines are cutting back on meals. OTG Management operates more than 100 chef-driven restaurants at 10 airports -- but don't call them "airport restaurants," says spokesman Dave Allan. "We operate our restaurants like they are in the restaurant districts in the very best part of the cities we are in, with only the best chefs from those towns." SmartBrief/SmartBlog on Restaurants

LEMON TRIVIA



“Lemon juice is the strongest food acid in our kitchens, strong enough to make life unbearable for most bacteria,” says Robert Wolke, professor emeritus of chemistry at the University of Pittsburgh and the author of "What Einstein Told His Cook 2: The Sequel, Further Adventures in Kitchen Science" (W. W. Norton, \$26).

(CREDIT: James Baigrie)

Use Lemon to:

1. Sanitize a chopping block. Run a slice of lemon over the surface to disinfect.
2. Eliminate the browning that occurs when food sits out too long. Sprinkle apple or pear slices with lemon juice before serving, or squeeze a bit into guacamole and give it a stir.
3. Remove tough food stains from plastic and light-colored wooden cutting boards. Slice a lemon in half, squeeze the juice onto the soiled surface, rub, and let sit for 20 minutes. Rinse with water.
4. Fade tea stains on cloth. Dilute lemon juice with an equal amount of water. Use an eyedropper or a Q-tip to make sure the juice targets the stain. Thoroughly flush with cool water.
5. Whiten fingernails. Rub a wedge on the surface of your nails.
6. Shine the interior of copper cookware. Sprinkle a lemon wedge with salt, then scrub.
7. Brighten laundry whites. Add 1/2 cup lemon juice to the wash cycle of a normal-size load.
8. Remove soft cheese or other sticky foods from a grater. Rub both sides of the grater with the pulp side of a cut lemon.

From the Vine



Malbec

Originating from the Bordeaux region of France, this grape is among the "big six" for red wine grapes. However, with the exception of Cahors, its fame and fortune in France often end there, as Malbec is generally a grape used for blending, with very little vine being devoted to its improvement or success. The story in Argentina is quite the opposite. Malbec has found both fame and glory in the sun-drenched climate of Argentina. This is Argentina's signature grape and it is quickly making a new name for itself with red wine lovers. The Malbec grape is a thin-skinned grape and needs more sun and heat than either Cabernet Sauvignon or Merlot to mature.[5] It ripens mid-season and can bring very deep color, ample tannin, and a particular plum-like flavor component to add complexity to claret blends. Sometimes, especially in its traditional growing regions, it is not trellised and cultivated as bush vines (the goblet system). Here it is sometimes kept to a relatively low yield of about 2.5 tons per acre.

As a varietal, Malbec creates a rather inky red (or violet), intense wine, so it is also commonly used in blends, such as with Merlot and Cabernet Sauvignon to create the red French Bordeaux claret blend.

The wines are rich, dark and juicy.

Malbec is typically a medium to full-bodied red wine. Ripe fruit flavors of plums and blackberry give it a jammy characteristic. The tannins are typically a bit tight and the earthy, wood-like appeal makes for a fairly rustic, yet versatile wine.

Definitely a red meat wine that is adaptable enough to stand up to spicy Mexican, Cajun, Indian or Italian fare (especially with tomato-based sauces). Consider giving Malbec a go with barbecue, chili and sausage.

SPOTLIGHT ON CERTIFICATION

COMING LATE SUMMER 2010!



Your IFSEA Certification committee has been working hard to bring our certification information up to date. We know these designations must contain current information and appropriate criteria to keep our industry members' respect. Our newly updated CFM, CFE and MCFE exam questions have been revised by industry professionals and submitted to AHLA (American Hotel and Lodging Association) for individual study guide preparation. AHLA will be our "third party" partner for exam grading and record keeping purposes.

We will roll out new criteria for each of the exam levels in time for an article in the September Infusion. We will be introducing a High School level CFM at that time. A college level CFM will be added in the near future. It is presently "in the works" courtesy University Nevada Las Vegas (UNLV) Hospitality department and our Prestigious Past Chair, Al Izzolo.

All of the certification exams are still available during our reconstruction period for interested members of the foodservice industry. Applications are available at www.IFSEA.com, click on Professional Development, then click the Foodservice Certification tab. If you have questions, contact Michelle at michelle@IFSEA.com, (800) 893-5499.

FOOD TRIVIA

TV DINNERS

Debuted September 10, 1954

Gerry Thomas is the man who invented both the product and the name of the Swanson TV Dinner. Supposedly he came up with the idea when the company had a big problem. What to do with about 270 tons of left over Thanksgiving turkey.

"After Thanksgiving 1953, Swanson had ten refrigerated railroad cars -- each containing 520,000 pounds of unsold turkeys -- going back and forth across the country in refrigerated railroad box cars, because there was not enough storage in warehouses. We were challenged to come up with a way to get rid of the turkeys," said Thomas.

The idea for the aluminum trays came from the trays used by airlines. In 1954, Swanson TV Dinners fulfilled two post-war trends: the lure of time-saving modern appliances and the fascination with a growing innovation, the television. More than 10 million TV dinners were sold during the first year of Swanson's national distribution. For \$.98 per dinner, customers were able to choose among Salisbury steak, meatloaf, fried chicken, or turkey, served with potatoes and bright green peas; special desserts were added later.

The food groups in a TV dinner were displayed neatly in a divided metal tray. A representative tray was placed in the Smithsonian Institution in 1987 to commemorate the trays impact on American culture.

Celebrity figures from Howdy Doody to President Eisenhower touted the dinners.

Swanson removed the name "TV Dinner," from the packaging in the 1960s. The Campbell Soup Company replaced the aluminum trays of Swanson frozen TV dinners with plastic, microwave-safe trays in 1986. That same year, the original aluminum Swanson TV Dinner tray was inducted into the Smithsonian Institute, sealing TV Dinners' place in American cultural history. In 1999, Swanson received a star on the Hollywood Walk of Fame.

Pinnacle Foods Corporation, the current owners of Swanson products since 2001 recently celebrated fifty years of TV Dinners and Swanson TV Dinners still remain in the public conscience as the dinner phenomenon of the 50s that grew up with television.



FOODS THAT RELIEVE STRESS

In this day in age it is difficult not to be stressed out. Unemployment, economic crisis, health care bill, the war – and that is not even skimming your personal issues. Life can be tough. Allow us to show you a few foods to make it easier.

1. Almonds: This little snack packs a healthy punch with B2 (riboflavin), vitamin E, magnesium, and zinc. The actual hormone, serotonin, which balance mood and stress, is in almonds. Vitamin E is an antioxidant, which can enhance an individual's immune system, while zinc has been shown to fight negative effects of stress. However, this snack should only be consumed in small portions, because it is high in fat.



2. Fish: Along with being a main source of Omega 3, Fish, is also filled with vitamin B-12. This vitamin has the most important involvement in producing serotonin. Serotonin aids in the balance of an individual's emotional level.



3. Broccoli: This vegetable is stocked full of B vitamins. Broccoli also contains folic acid; aids in stress relief, anxiety, panic, depression, and other emotional disorders.



4. Whole-Grain Rice or Pasta: Whole grain is not a hidden secret any more. Restaurants noticed the popular rise of whole-grain, by adding them as feature items to their menus; delis now feature whole grains, and even pizzerias offer whole-grain pizza pies. Complex carbohydrates take longer to digest, which gives the brain the sensation of fullness; in other words, happy.

5. Sushi: Aside from the previous benefits described in the fish region, sushi holds several other stress relieving properties. The seaweed maki has been known to have anti-anxiety properties. The seaweed itself, is comprised of magnesium, vitamin B2, and pantothenic acid. This acid contributes to the health of adrenal glands, which perform a vital part in stress management.



6. Milk: Milk can supply the human body with vitamins B2 and B12. Aside from these, milk also contains antioxidants which help enhance the immune system and fight free radicals.

7. Cottage Cheese: This light snack is packed with vitamins B2 and B12. For a healthy, midday snack spread some cottage cheese on whole grain cracker.



8. Beef: Out of any products on the list, beef may be the most unhealthy, but it is still comprised of some essential nutrients. Beef offers the human body a great portion of vitamin B, zinc, and iron.

9. Cantaloupe: Vitamin C, which is found in Cantaloupe, is crucial component of fighting stress in the human body. Take slices of cantaloupe and add it to a small bowl of cottage cheese for a healthy snack.



10. Blueberries: For such a small piece of food, blueberries are compounded with antioxidants and vitamin C, which aid in the balance of stress.

Safe Food Handling:

DEFROSTING

Uh, oh! You're home and forgot to defrost something for dinner. You grab a package of meat or chicken and use hot water to thaw it fast. But is this safe? What if you remembered to take food out of the freezer, but forgot and left the package on the counter all day while you were at work?

Neither of these situations are safe, and these methods of thawing lead to foodborne illness. Food must be kept at a safe temperature during "the big thaw." Foods are safe indefinitely while frozen. However, as soon as food begins to defrost and become warmer than 40°F, any bacteria that may have been present before freezing can begin to multiply.

"Foods should never be thawed or even stored on the counter, or defrosted in hot water. Food left above 40°F (unrefrigerated) is not at a safe temperature," cautions Bessie Berry, manager of the USDA Meat and Poultry Hotline.

Even though the center of the package may still be frozen as it thaws on the counter, the outer layer of the food is in the "Danger Zone," between 40 and 140°F – at temperatures where bacteria multiply rapidly.

"When defrosting frozen foods, it's best to plan ahead and thaw food in the refrigerator where food will remain at a safe, constant temperature -- 40°F or below," recommends Berry.

There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave.

Refrigerator Thawing

Planning ahead is the key to this method because of the lengthy time involved. A large frozen item like a turkey requires at least a day (24 hours) for every 5 pounds of weight. Even small amounts of frozen food -- such as a pound of ground meat or boneless chicken breasts -- require a full day to thaw. When thawing foods in the

refrigerator, there are several variables to take into account. Some areas of an appliance may keep the food colder than other areas. Food placed in the coldest part will require longer defrosting time.

Food takes longer to thaw in a refrigerator set at 35°F than one set at 40°F.

After thawing in the refrigerator, ground meat and poultry should remain useable for an additional day or two before cooking; red meat, 3 to 5 days. Foods defrosted in the refrigerator can be refrozen without cooking, although there may be some loss of quality.

Cold Water Thawing

This method is faster than refrigerator thawing but requires more attention. The food must be in a leak-proof package or plastic bag. If the bag leaks, bacteria from the air or surrounding environment could be introduced into the food. Also, meat tissue can also absorb water like a sponge, resulting in a watery product.

The bag should be submerged in cold tap water, changing the water every 30 minutes so it continues to thaw. Small packages of meat or poultry – about a pound – may defrost in an hour or less. A 3- to 4-pound package may take 2 to 3 hours. For whole turkeys, estimate about 30 minutes per pound. If thawed completely, the food must be cooked immediately. Foods thawed by the cold water method should be cooked before refreezing.

Microwave Thawing

When microwave defrosting food, plan to cook it immediately after thawing because some areas of the food may become warm and begin to cook during microwave defrosting. Holding partially cooked food is not recommended because any bacteria present wouldn't have been destroyed and, indeed, may have reached optimal temperatures for bacteria to grow.

Foods thawed in the microwave should be cooked before refreezing.