

# ifsea infusion

INFUSION: To instill a principle or quality: To introduce: To inspire

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INTERNATIONAL  
FOOD SERVICE EXECUTIVES  
ASSOCIATION

**NETWORKING  
MENTORING  
COMMUNITY SERVICE  
HAVING FUN**



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

# international low-down

## **IFSEA Conference 2007**

The IFSEA and FSA leadership will be meeting in Kansas City on September 19 to review the hotel property and set the conference agenda. FSA group is excited to start to work with such a talented group of professionals and producing one of the most exciting conferences in IFSEA history. Look for new educational tracts and improved conference materials. It will be your first chance to meet the new staff for IFSEA. In the upcoming weeks be sure to check your e-mail for additional information about the conference. Be sure to mark your calendar for March 29-April 1.

## **Branch Presidents Council and IFSEA Diamonds**

These two groups meet on a regular basis in order to provide ideas for the future and strategies to accomplish those ideas. Anyone interested is welcome on the BP calls, especially those who are leaders in the branches. The best way to help is to be on these calls and let us know your thoughts, whether you are now a BP or may be one some day. Rick Diaz runs these and he would welcome your active participation. If you are interested in contributing, please e-mail Rick at [rick-d@arvadacenter.org](mailto:rick-d@arvadacenter.org). The branch presidents are working with the board of directors to develop a new logo for IFSEA. In the month of September you should be seeing an unveiling of the logo. Be sure to check the IFSEA website and listen for the announcement. A lot of work has gone into the development and make sure we remember our past and look towards the future.

Scott Doty manages the IFSEA Diamonds. On their most recent call they discussed starting a mentorship program. The Diamonds committee is reviewing several successful mentorship programs. Over the next couple months they will be building mentorship programs for three segments of the membership: military, students and general membership. If you are interested in assisting the Diamonds committee with developing the program please contact Scott Doty at [Dotys@morrisville.edu](mailto:Dotys@morrisville.edu).

## **FSA Update**

As IFSEA transitions to FSA Group, we are starting to become more familiar with the inner workings of the association. We ask for all your patience as we learn the workings of IFSEA. In the next couple months you will see IFSEA roll out new programs that have been successful for our other associations that we manage, such as the mentoring program, and productions of successful conferences. In the upcoming months there will be more communication from the leadership of IFSEA and FSA showing the members of IFSEA and MHA the value of their membership. If you have any questions please do not hesitate to contact either Yolanda Jackson, IFSEA membership director at [yjackson@hqtrs.com](mailto:yjackson@hqtrs.com) or Greg Hobby, IFSEA Executive Vice President at [ghobby@hqtrs.com](mailto:ghobby@hqtrs.com). We are here to serve your needs.



## PLANTAINS

This popular [banana](#) in Latin American, Caribbean, and Asian countries is often referred to as a cooking banana. Plantains resemble bananas but they are longer in length, thicker skinned, and starchier in flavor. In most countries, plantains are used more like a vegetable than a fruit. They are not suitable for eating raw unless very ripe, when they turn completely black. One half of a large plantain is low in sodium, high in potassium and vitamin A, and a good source of fiber. This versatile fruit has three unique stages when they can be eaten.

Green plantains taste more like a potato with a starchy texture. At this stage, the interior is yellowish or slightly pink. The fruit is firm and is often used as side dishes

Yellow plantains are the middle stage of the fruit. These plantains can have some brownish-black spots. Their role now is both vegetable and fruit and is used in dishes that request for a slightly sweet taste and firm texture.

Black plantains are typically found in sweeter recipes. These plantains are all black or spotty black and are soft. Black plantains can be eaten out of hand.

### Availability, Selection, Storage, and Preparation

Plantains are available year round. You can buy plantains at any stage (green, yellow, or black) depending on your use and when you want to enjoy them.

Plantains need to be stored at room temperature. After desired stage of ripeness is reached its okay to refrigerate 2 to 3 days before cooking to slow down the ripen process. As with other bananas, plantains freeze well.

Plantains can be difficult to peel depending on their stage of ripeness. Black plantains are peeled like other bananas. It's best to use cut the top and bottom of the banana first. Then using the tip of the knife, run the knife along the skin from the top to the bottom of the banana. Repeat this step on all four ridges. Next, carefully peel the skin away from the pulp. The greener the plantain, the thicker the skin; it's best to peel green plantains under water to minimize bruising.

### MAKE PLANTAINS PART OF YOUR 5 A DAY PLAN

- \* Plantains make a great addition to soups and stews.
- \* Green plantains are best used like potatoes ? baked or boiled then mashed.
- \* Also bake ripe plantains to serve with roasted meats.
- \* Add ripe black plantains in baked desserts like bread.
- \* Grill yellow plantains! Peel them first and then place on the grill, basting with your favorite marinade.

Serving size 148g  
Amounts Per Serving % Daily Value  
Calories 180  
Calories from Fat 1  
Total Fat 0g 0%  
Sodium 0mg 0%  
Total Carbohydrate 47g 16%

### Plantains Nutrition

Dietary Fiber 3g 12%  
Sugars 8g  
Protein 2g  
Vitamin A 35%  
Vitamin C 45%  
Calcium 0%  
Iron 4%

*\* Percent Daily Values are based on a 2,000 calorie diet.*

# IN THE NEWS

## **The benefits of pomegranates**

Red and purple fruits such as pomegranates have a wide variety of antioxidants, including anthocyanins, which combat free radicals and cardiovascular and neurological diseases, and ellagic acid, which protects the heart and staves off cancer.

[TIME](#)

## **Restaurants respond to customers' personal requests**

In an effort to keep diners satisfied, chefs are willing to oblige customers' requests, even ones that seem a bit odd — no dark-colored foods, no soft foods. "A restaurant that is well-managed will train and develop their staff on how to deal with requests that are reasonable and unreasonable," a restaurant consultant says. [Chicago Tribune](#)

## **Barley to become the next chai?**

Dakota Farms International, which produces barley tea bags for a Japanese company, is hoping to make the drink more popular stateside. The FDA recently verified that barley can reduce the risk of coronary disease. [Forbes /Associated Press](#)

## **Keeping fruit fresher, longer**

[S.C. Johnson & Son's](#) new Ziploc Double Zipper bags kept fruit fresher and more edible in the long-term than other new food storage products intended to keep fruit and produce fresh, according to testers. [The Wall Street Journal](#)

## **Portion control regulation debated**

Heart specialist and World Health Federation president Dr. Valentin Fuster believes the government has a duty to step in and regulate the portion size of meals at restaurants, noting that people need to be taught how to eat less. American Heart Association president Dr. Raymond Gibbons believes, however, that taking away free will is not the right path to pursue. [United Press International](#)

## **Coke, Nestle brewing plans to compete with Starbucks**

[Coca-Cola](#) and [Nestle](#) are launching lines of superpremium coffee and chocolate-based drinks in a bid to compete with industry leader [Starbucks](#). They hope to beat the \$6.4 billion coffee powerhouse at its own game with easy-to-make drinks that can be prepared by workers without any special training. [Advertising Age](#)

## **Study: Green tea extends life**

Green-tea drinkers, regardless of their other lifestyle habits, have lower risk of heart disease and live longer, according to a recent study in Japan. [Reuters](#)

## **Wine for one**

Wine brands, including Sutter Home, Three Thieves and Wine Cube, increasingly are selling wine in playful, individual serving-size packages such as mini bottles and pouches reminiscent of juice boxes. Sales of single-serve wines grew 14.7% in the past year, while sales of standard-size bottles grew 12%, according to [ACNielsen](#). [USA TODAY /The Arizona Republic](#)

## **September is National Food Safety Education Month**

Created by the NRAEF's International Food Safety Council, this month-long campaign focuses on the importance of food safety education and strategies for implementing and reinforcing safe practices on the job. This year's theme is "Don't Compromise — Clean and Sanitize." Free materials for participation are available for download on the Web site [www.nraef.org/nfsem](http://www.nraef.org/nfsem).