



IFSEA NEWS

Fresh and Bold!

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

Life on the Weil Side!

Richard F. Weil, CFE Chairman of the Board



Leadership

IFSEA has closed our books for 2019 and want to report to our membership on the success that we reported to your International Board of Director's during our January board meeting. IFSEA while not completely out of the financial concerns we have had the past 2 plus years, we are able to represent to our membership we are in a much better position in terms of our finances. Thanks in a large part to Ed Manley, our Director of Development, International Board members Colonel Curtis "Rock" Henry and Retired Chief International Director, and International Treasurer Dave Kinney we are nearing the ability to say IFSEA is good to go financially. So, what do we do from here and where are we going?

Certifications is clearly going to continue to move our dial and Ed, Colonel Henry and Dave Zander have great strategies tactics and action plans to further our certification programs (see leadership below). The opportunity to certify active and retired military along with students in our industry are great success stories. Moving forward certifications for incarcerated individuals and large institutional food service operators are key focusses for 2020 and beyond. These processes will not "sell themselves" and we want to encourage our board and members to network certification opportunities. Please reach out to Ed Manley as his email information is always published in our monthly newsletter.

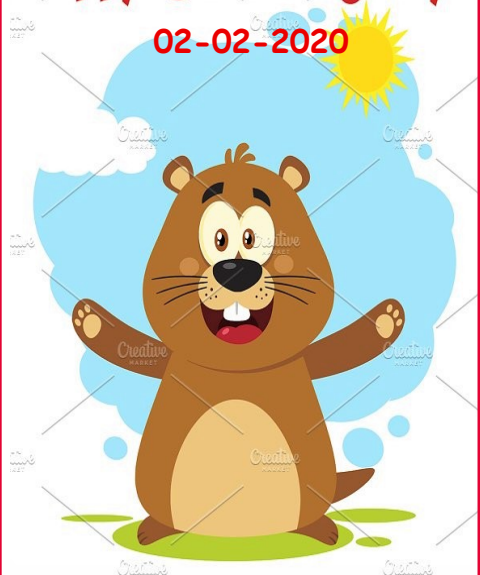
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Happy Groundhog Day!

02-02-2020



SOMETHING TO THINK ABOUT

Nothing is impossible, the word itself says "I'm possible"!

2020 IFSEA OFFICERS AND DIRECTORS

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Life on the Weil Side!

Richard F. Weil, CFE Chairman of the Board



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Bonus revenue leap year! February having an extra day for making revenue is a good thing this year adding 3.5% in extra revenue opportunity for you with leap year. This coupled with four Friday's and four Saturday's in February is a great opportunity to enhance the top and bottom lines. How do you lead your team to take advantage of this?

2020 is about leadership. I have recently had the following published article about leadership that I would like to share with the association, our members and readers.

LEADERSHIP

Utilizing the senses sustaining as an effective leader.

2 ears

2 eyes

2 nostrils

2 sides to the brain

4 ventricles to the heart

1000's of taste buds

1 mouth!

There is a reason we only have 1 mouth, use the other senses to your maximum benefit!

Leaders enroll all to understand the businesses

Vision – Strategies – Tactics

THE VISION RELATING TO CORE VALUES AND

BELIEFS – could be a tag line, all members of the staff should be able to memorize and understand.

- Leads to purpose; when and where are you going?

- Leads to Mission; Expectation setting

- Measurable success together.

The BHAG, (BIG HARRY AUDACIOUS GOAL) could even be things larger than yourselves that a group can only achieve together.

STRATEGIES - Things that create the ideas and solutions going forward – Building engagement –

“Complaining without a solution is simply just whining” Teddy Roosevelt

Tactics/Action Plans -Specific, measurable, accountable, realistic, and timely (SMART)

Want to help your organization and team through greater and effective leadership now and moving forward into 2020? To be sure you don't just have words when you talk about your Vision, core values and beliefs, as the leader you have actions that do speak louder than words. Enjoy your successful February!

IFSEA DEVELOPMENTS
THE DIRECTOR OF DEVELOPMENT
ED MANLEY, MCFBD, MCFE, CHP



Certifications:

Certified Food Associate (CFA) - After a successful roll out of certifications with the state of Florida during 2018, at the end of 2018 we had the state of Florida modify IFSEA's certification program within the state of Florida pending new applications in 2020. We believe we had exceeded the Director's budget, so now they can budget properly for our certification. We have IFSEA re-submitted for the fall of 2020 and are cautiously optimistic with having IFSEA in the state of Florida back up and running this fall. These funds ultimately come from a \$12 billion federal grant, which is available to all states, and we have reached out to 46 of them.

Certified Food Manager (CFM) – We created this about 20 years ago and I thought this was a good name for a certification aimed at junior less experienced people. In 2019 federal legislation came out which identified 3 ways a person could show state auditors that they are qualified to run food service in a nursing home and long term care, one of which, having nothing to do with IFSEA, was be a Certified Food Manager from a nationally recognized organization. Low and behold, we've sold over 200 to one company which will purchase 500 during 2020 and they most likely will be re-selling for us to other companies.

Certified Culinary Professional (GFI – CCP) – The hands on part (Level 1) we do in our classes. Level II-III is hands-on and to date we have not conducted this class. Now we have an ACF sanctioned online culinary certification program called "Rouxbe", which Colonel Henry will start marketing shortly. The Kae deBrent Hodges fund seeded the \$3,000 to get us into the program, which converts to 9 languages at the push of a button for each.

Classes – Business with classes has been slow, only 2 completed in 2019, so we are moving in new directions. I have a class next month at Camp David. Colonel Henry is working on a big program for transitioning soldiers at Fort Lewis, and we are working hard on Navy and Army COOL.

GFI – Working with Dick Weil to transition from SUNY Morrisville to the University of South Florida in Sarasota to put their weight behind the validity of the GFI certifications, of which there are 9 and more are coming. IFSEA and GFI share evenly the revenue from all IFSEA and GFI certifications, which allows me the opportunity to not play favorites – IFSEA makes money on all of them.

Additional items for Director of Development Report – I've put forward the MeetUp concept, which only Hawaii is doing as best I know, and I held the 2nd one in South Florida this past Monday – not terrible and thank you to Jaynee Peterson, and Jack Kleckner Board members for attending? Other things I've put out haven't worked yet, and I've been too busy with certifications to push them – among those are IFSEA Education Travel, IFSEA Senior Mentoring. This is where SOMEONE could step up and run those programs so I can spend all my time putting IFSEA in a stronger financial status.

? Did ? You ? Know ?

EGGS BENEDICT

Eggs Benedict is an American breakfast or brunch dish, an open-faced sandwich consisting of two halves of an English muffin topped with a poached egg, bacon or ham, and hollandaise sauce. The dish was first popularized in New York City.

Origin and history

There are conflicting accounts as to the origin of Eggs Benedict.

Delmonico's in lower Manhattan says on its menu that "Eggs Benedict was first created in our ovens in 1860." One of its former chefs, Charles Ranhofer, also published the recipe for Eggs à la Benedick in 1894.

In an interview recorded in the "Talk of the Town" column of The New Yorker in 1942, the year before his death, Lemuel Benedict, a retired Wall Street stock broker, said that he had wandered into the Waldorf Hotel in 1894 and, hoping to find a cure for his morning hang-over, ordered "buttered toast, poached eggs, crisp bacon, and a hooker of hollandaise". Oscar Tschirky, the maître d'hôtel, was so impressed with the dish that he put it on the breakfast and luncheon menus but substituted ham for the bacon and a toasted English muffin for the toast.

Eggs Benedict with smoked salmon in place of Canadian bacon, also known as Eggs Royale

A later claim to the creation of Eggs Benedict was circuitously made by Edward P. Montgomery on behalf of Commodore E. C. Benedict. In 1967 Montgomery wrote a letter to then The New York Times food columnist Craig Claiborne which included a recipe he said he had received through his uncle, a friend of the commodore. Commodore Benedict's recipe—by way of Montgomery—varies greatly from Ranhofer's version, particularly in the hollandaise sauce preparation—calling for the addition of a "hot, hard-cooked egg and ham mixture".

Several variations of Eggs Benedict exist:

Eggs Blackstone substitutes streaky bacon for the ham and adds a tomato slice.

Eggs Blanchard substitutes Béchamel sauce for Hollandaise.

Eggs Florentine substitutes spinach for the ham or adds it underneath.[8] Older versions of eggs Florentine add spinach to poached or shirred eggs.

Eggs Chesapeake substitutes a Maryland blue crab cake in place of the ham.

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? Did ? You ? Know ?

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EGGS BENEDICT

Eggs Mornay substitutes Mornay (cheese) sauce for the Hollandaise.

Eggs Trivette adds Creole mustard to the Hollandaise and adds a topping of crayfish.

Eggs Omar (also known as a steak benedict) substitutes a small steak in place of the ham, and sometimes replaces the hollandaise with béarnaise.

Eggs Atlantic, Eggs Hemingway, or Eggs Norvégienne (also known as Eggs Royale and Eggs Montreal in New Zealand) substitutes salmon or smoked salmon for the ham. This is a common variation found in Australia, New Zealand, Canada and the United Kingdom, and in Kosher restaurants that cannot serve bacon or any pork products. This is also known as "Eggs Benjamin" in some restaurants in Canada.

Huevos Benedictos substitutes sliced avocado and/or Mexican chorizo for the ham, and is topped with both a salsa (such as salsa roja or salsa brava) and hollandaise sauce.

Eggs Hussarde substitutes Holland rusks for the English muffin and adds Bordelaise sauce.

Irish Benedict replaces the ham with corned beef or Irish bacon.

Eggs Cochon, a variation from New Orleans restaurants which replaces the ham with pork "debris" (slow roasted pork shredded in its own juices) and the English muffin with a large buttermilk biscuit.

California Eggs Benedict substitutes sliced Hass avocado for the ham. Variations include adding sliced tomato.

Avocado Toast Benedict substitutes toast for the muffin and sliced avocado for the ham.

New Jersey Benedict substitutes Taylor Pork Roll in place of ham.

Eggs Woodhouse includes two eggs and artichoke hearts, creamed spinach, bechamel sauce, Ibérico ham, black truffle and beluga caviar. The recipe is featured in the book *How To Archer*, inspired by the television series *Archer* on FXX.

Eggs Zenedict, a specialty of restaurants in the largely-defunct Canadian retail chain Zellers. Poached eggs on a toasted scone with peameal back bacon (Canadian bacon), smothered in a sundried tomato Hollandaise sauce.

Recipe Box

Smoked Salmon Dill Eggs Benedict

Serves 2



1/4 cup butter, softened
2 tablespoons fresh dill
1 teaspoon lemon zest
1 pinch cayenne pepper
salt and ground black pepper to taste
1 teaspoon white vinegar
1 pinch salt
4 eggs
2 English muffins, split and toasted
4 ounces sliced smoked salmon
1 pinch cayenne pepper
salt and ground black pepper to taste
4 small fresh dill sprigs

Stir butter, dill, lemon zest, cayenne pepper, salt, and black pepper in a bowl until combined. Set aside.

Fill a large saucepan with 2 to 3 inches of water and bring to a boil over high heat. Reduce heat to medium-low, pour in vinegar and a pinch of salt. Crack an egg into a bowl then gently slip the egg into the water. Repeat with remaining eggs. Poach eggs until whites are firm and yolks have thickened but are not hard, 4 to 6 minutes. Remove eggs from water with a slotted spoon, dab on a kitchen towel to remove excess water, then transfer to a warm plate.

Generously spread each English muffin half with dill butter. Top with a layer of smoked salmon, then 1 poached egg. Season with cayenne pepper, salt, and black pepper to taste. Garnish with a dill sprig and serve.

Inside-Out Eggs Benedict

Serves 2



1/4 cup butter, divided
4 slices bread
2 tablespoons chopped fresh parsley
1 tablespoon grated Parmesan cheese
1 teaspoon Dijon mustard
1 clove garlic, chopped
1 dash ground black pepper
2 slices bacon, or to taste
2 eggs

Set oven rack about 6 inches from the heat source and preheat the oven's broiler.

Spread 1 tablespoon butter over bread slices. Place buttered side-down in a grill pan; cook until crispy, about 3 minutes. Place 2 bread slices grilled side-down on a baking sheet.

Combine the remaining 3 tablespoons butter, parsley, Parmesan cheese, mustard, garlic, and pepper in a bowl. Spread over bread on the baking sheet.

Broil in the preheated oven until golden brown, about 4 minutes.

Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain bacon slices on paper towels.

Place eggs in the same skillet; cook over medium-high heat until whites are set on the bottom, 2 to 3 minutes. Flip over to cook the other side until whites are completely set, about 1 minute more. Layer bacon and eggs over the broiled bread and top with the 2 grilled slices.

Recipe Box

Tex-Mex Eggs Benedict with Grilled Potato Slabs and Avocado-Lime Hollandaise

Servings: 2

Avocado-Lime Hollandaise:

- 1 ripe avocado, pitted, peeled
- 1/4 cup fresh lime juice, or more to taste
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons water
- Salt to taste

Eggs Benedict:

- 2 large russet potatoes
- 2 teaspoons extra-virgin olive oil
- Salt and black pepper to taste
- 4 large eggs
- 1/2 cup thinly sliced red onion
- 1 teaspoon minced garlic
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1/2 large bell pepper, thinly sliced
- 1/2 cup corn kernels, fresh or frozen (thawed)
- 1/2 cup drained canned black beans
- 2 teaspoons adobo sauce from chipotle peppers

Place hollandaise ingredients (avocado, lime juice, 3 tablespoons olive oil, water) in your blender and turn on until smooth. Scrape the sides as needed. Add salt to taste. The sauce should be thick and creamy, but if needed add a bit more lime juice, oil, and/or water to get it moving more. Refrigerate until ready to use.

Preheat your grill to 375 degrees F. Slice the potatoes lengthwise into 1/3-inch-thick slabs. Drizzle with 2 teaspoons olive oil and rub over both sides. Generously top with salt and pepper. Place on the grill for about 12-15 minutes. Flip and continue to grill until fork tender, about 15 minutes. If your potatoes finish before you're done cooking the vegetables, turn the heat off on the grill with the lid shut and leave them there to stay warm until you're ready.

My egg poaching method: While the potatoes grill, place about 4 inches of water in a large pot. Heat over high with the lid on until the water simmers. Uncover



and reduce heat so the water is just barely simmering a few small bubbles. Maintain this heat throughout the poaching process. Place 2 paper towels on a large plate. Crack 1 egg in a small bowl. Gently swirl your water with a spatula in one direction and slowly pour the egg into the center of the pot. Gently swirl the water a few times around the egg then let it be for 4 minutes. Carefully remove with a slotted spoon and drain on the paper towels; repeat for each egg, using the same water.

Heat a pan over medium with a drizzle of oil. Place the onion in the pan with a good pinch of salt and let it cook, stirring every minute or so, for about 8 minutes. Add the garlic, cumin, and chili powder and cook for another minute. Return the pot of water to just below a simmer. Add the bell pepper to the pan and cook for another 3-4 minutes, stirring once in a while, until just starting to soften. Add the corn and black beans and cook until hot. Stir in the adobo sauce and turn to low.

Place all eggs gently back in the warm water and let them reheat for no longer than 1 minute. Place potato slabs on 2 plates with the veggie mixture over top. Remove eggs with a slotted spoon or place on the paper towel to drain the water and then place them on top of the veggie mixture (2 for each serving). Top with the avocado hollandaise, salt, pepper, and hot sauce if desired. Serve immediately.

RANdom STuff

Some Health Benefits of Pickle Juice

1. It soothes muscle cramps.
About 1/3 cup of pickle juice is all it took to have this effect.
2. It helps you stay hydrated.
Pickle juice can help your body recover to it's normal electrolyte levels more quickly.
3. It's a fat free recovery aid.
Pickle juice contains no fat, but can have some calories.
4. It contains antioxidants.
Pickle juice has significant amounts of vitamin C and K, two key antioxidants.
5. It helps control blood sugar levels.
The vinegar helped regulate blood sugar levels after the meal in people with type 2 diabetes.
6. It sweetens your breath.
Both dill and vinegar have antibacterial properties.

BENEFITS OF A GOOD VOCABULARY!

I recently called an old Engineering buddy of mine and asked what he was working on these days.

He replied that he was working on "Aqua-thermal treatment of ceramic, aluminum and steel under a constrained environment."

I was impressed until, upon further inquiry, I learned that he was washing dishes with hot water under his wife's supervision.

Eating just 2 Pistachios before bed...



Helps with deep sleep as they are the most melatonin rich food ever recorded.
Eating a whole handful of Pistachios is like a high-dose melatonin supplement!



The Quick Brown Fox jumps over the lazy dog uses every letter in the english language





Happy

Valentine's

Day!

February

February is the second month of the year in the Gregorian calendar and its predecessor, the Julian Calendar, and is the only month that has less than 30 days. It was named after the Latin word februum, which means purification because the month was a time for purification.

Middle English - Februarius

Latin name - Februarius mensis - Month of February

Old English - Solmonath - mud month

History of February

The old Roman calendar considered the winter season a monthless period, and the year consisted of only 10 months. The month of February was added, along with January, around 700 BCE, so that the calendar would reflect a standard lunar year of 355 days. February became the second month of the year around 450 BCE, although it was originally the last month of the year.

February was shortened to either 23 or 24 days at certain intervals in the Roman calendar, and a 27-day intercalary month was inserted after February to realign the year with the seasons. As part of the Julian calendar reform, the intercalary month was abolished and every fourth year was declared a leap year where a 29th day was added to February.

Second Month

February is the second month of the year in the Gregorian calendar and its predecessor, the Julian calendar and consists of 28 days in common years and 29 days in leap years. It did not exist in the 10-month Roman calendar. It is considered the seasonal equivalent of August in the opposite hemisphere. It is the only month that can pass without a single full moon.

February starts on the same day of the week as March and November in common years. During leap years, February starts on the same day of the week as August. Once every six years and twice every 11 years, the month of February will have only four full seven-day weeks, where the first day of the month starts on a Sunday and ends on a Saturday.

February's birth flower is the violet and the common primrose.



The birthstone for February is the amethyst which symbolizes piety, humility, spiritual wisdom and sincerity.

