

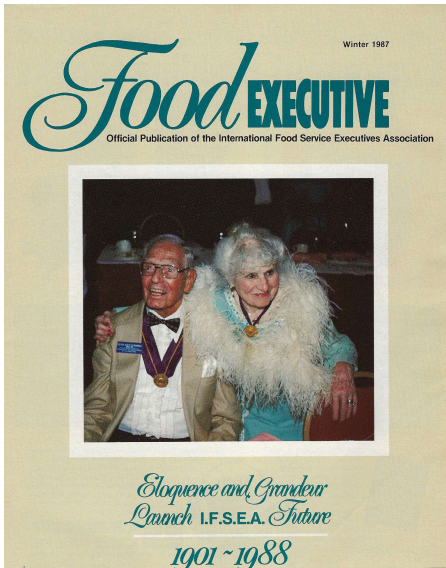


# IFSEA NEWS

*Fresh and Bold!*

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

## From the Ed Manley Archives



## June 2022 IN THIS ISSUE

6 Types of Salt	14
Did You Know	6,9
Ed's Archives	1
Father's Day	19
Flash Back	16
From the Vine	12
Life on the Weil Side	2
Looking Ahead/w Manley	3
Mind of a Millennial	4,5
Officers and Directors	17
Recipe Box	10,11
Warning	15
Why Salt has disappeared	13



## SOMETHING TO THINK ABOUT

Your life is your message to the world.  
Make sure it's inspiring.



## *Life on the Weil Side!*

Richard F. Weil, MCFE, MCFP Chairman of the Board

### **At the 2022 National Restaurant Association Show with Ed Manley**

I had the pleasure and honor to accompany Ed Manley to the National Restaurant Association Show this past month in Chicago. We were able to network with multiples of people both familiar and unfamiliar with IFSEA, FSI and GFI. The highlights of our trip included Ed attending the Military Awards dinner on the Friday night prior to the opening of the show. Meeting up with IFSEA long time friend and member Mario Ponce, a former IFSEA student scholarship winner from the University of Central Florida and a successful restaurateur in the Chicago land area with three restaurants. Also, able to chat with recently retired Past International Chair Laurel Schutter who has had a fabulous career in hospital food service and best to her for a most deserving wonderful retirement! Ed attended the big NRA reception with 400 plus in attendance while I attended my Alma Matter's reception on a Chicago River evening with the Hilton College of Global Hospitality Leadership from the University of Houston. (I was the oldest alum on the boat from 1978, ouch)

Ed and I had the great pleasure of meeting with the 'Pui Tak Institute' leadership in Chicago's China Town to provide information and support for their wonderful organization. We are excited to be able to further our initial conversations with them and will have more updates for everyone later this summer on an exciting new certification path for CFM for this wonderful organization that provides so much needed training and staffing of qualified food service managers.

Ed and I met with Mario Ponce as noted above and Mario hosted Ed with his first ever tasting of "whole baby octopus" and he loved it. We saw multiples of technology innovations at the show and spent time learning about many new facets that the industry will no doubt evolve towards as many of these ideas create greater scale of affordability for operators. Yes, we did see robots on the show floor as well as so many automated "arms" of technology for the kitchen, bar area and even servers.

Ed and I had quality time together talking about IFSEA of past, present and most assuredly the future. While Ed is 80 years young now, we have set the sail in motion for a transition plan for 2023 and a completion of Ed's transition in 2024. We will have much more to detail for everyone later, but know we are full speed ahead with our transition plan that we will communicate with the IFSEA board at our summer board meeting and announce greater details at our annual meeting this October.

The best part of spending time with Ed is his insatiable quest for knowledge and passion for teaching and furthering the industry. Ed has always been passionate and for sure opinionated but watching Ed in action is a privilege, and I consider it my honor to have been to the show accompanying a true legend of our industry. Thank you, Ed Manley, for being the champion that you are. You are not only a professional, but a true friend.

# LOOKING AHEAD WITH MANLEY

Ed Manley, MCFBD, MCFE, CHP President Emeritus



## Won't You Come and Just Cheer?

The following is an edited excerpt from a poem and article our illustrious President Emeritus Ed Manley wrote for our IFSEA newsletter many years ago. Enjoy.

We still have hundreds of plus members as I write this prose - Where they all are, no one really knows. We saw them when they joined once, or they wouldn't be in, but you know, I don't believe we've heard from them again!!!

They gave us their \$ when they paid their annual dues - But like the preacher, we struggled to fill up the pews. We offered networking, education, involvement and a sense of belonging, - And some have joined in, and they loved it, said they'd come back again. But they wondered out loud, with all this good cheer - Why in the world isn't everyone here???

Do they feel they're not needed, because they just come and sit? Don't they know it's no team, with no right fielder on it? So, they catch no flies, gets no hits in a pinch - Are they any less proud when the pennant they clinch? Do they feel that the team doesn't need any help? If the cheerleaders quit, would the quarterback yelp??

We're in this together, we each fill a hole - Be it a pitcher or catcher or cheerleader's role.

So the next time we give you a calling to be there - When we show the young students and members, someone really does care - Or the next time we ask you to come to a call - Even if, Facebook you like us, you have no time to waste.

Come join the call, take the time, if just for a minute - Show us that we're not the only ones in it. We're providing networks for scholarships, education and more - We've got lots of big hits, but we're all too often failing to score. You're out there, we think, but we'd rather be sure. Your thoughts on the subject just might be the cure. The choices are many, the deciders are few - It could be what's missing, is no one but you!!!

What's wrong with our zoom calls, you'd be there to tell - Instead of just fleeing, and giving us, oh well - That's the end of my story and I hope it's quite clear - It's often lonely out there sometimes in IFSEA land, won't you come and just cheer, and be part of our plan!

# From the Mind of a Millennial

Alysha Brooks, MCFBD, MCFE, CHP  
Director of Development



Around November, I was talked into joining TikTok. I really wasn't sure about being in front of a video, but I knew that it was necessary to grow. Figuring out what to post was the hardest part! I would spend time trying to think of ways to be both entertaining and educational.

Then one day I noticed the comments on my videos from servers were helpful. I shared one and the comments started filling up with more helpful advice. At the same time, I had servers asking me for advice and obviously I don't have all the answers so...



I began a series, "Server to Server Advice" and I literally take replies from the servers commenting and share them with a trending song. Just to show you, these two videos got so much attention and it took me zero effort to make.

I can't even believe the amount of support my page is receiving! After taking a small social media break and just posting funny videos, I jumped back onto the advice series and in just one week I have gained 802 new followers and it's still growing.

In a way this idea came from IFSEA and what we do. We work together to help each  
*(Continued on page 5)*

# From the Mind of a Millennial

Alysha Brooks, MCFBD, MCFE, CHP  
Director of Development



*(Continued from page 4)*

other find answers, resources, mentors and so much more. I am apart of IFSEA to this day for that reason. I've always felt this need to help others and this series does just that, just like IFSEA.

My videos were at first meant to help people find certifications, then I began doing skits and relatable content, and now I get to help others get the advice they are looking for. Working in foodservice, training isn't always a priority so new servers are being thrown into busy Friday nights with very little to no skills or knowledge to help them succeed.

The questions I get make me feel horrible for these individuals that are simply trying to do their job, but nobody has helped them along they or showed them how!

One young lady asked a few questions but this one stuck out to me, "How do we approach a table that's talking? I always hate going up to them and knowing I just basically cut someone off in the middle of a sentence."

To answer this, I did a 5 second skit of walking up to a table and quietly waiting until someone makes eye contact. The video analytics showed that several servers agreed with my approach, and some didn't BUT the number of first-time servers that reached out... amazing!

The best part? The amount of support from OTHER servers!

My hope is not only to help these new and even experienced servers answer questions, BUT to bring some excitement back into the industry at such a rough time. These servers who would usually complain about being a server are stepping up and saying, "well I do it this way," or "have you tried this?"

As my page grows, I am excited to begin doing live videos which are almost like zoom calls. Due to the nature of TikTok, I feel that creating a tunnel to other platforms like Clubhouse would be a more professional way for IFSEA to help these individuals, but I do feel there is a way to connect the two.

If anyone reading this has any ideas from the outside looking in, I am all ears! Shoot me an email at [trainingbyalysha@gmail.com](mailto:trainingbyalysha@gmail.com).

Do you have a TikTok account? Find me! User name @alyshabrooks and my account name is All Things Foodservice. Happy summer everyone!

# ? Did ? You ? Know ?

## June is Iced Tea Month

### *HISTORY OF ICED TEA*

### *AND SWEET TEA*

By: What's Cooking America  
by Linda Stradley

#### 18th Century

1795 – South Carolina is the first place in the United States where tea was grown and is the only state to ever have produced tea commercially. Most historians agree that the first tea plant arrived in this country in the late 1700s when French explorer and botanist, Andre Michaux (1746-1802), imported it as well as other beautiful and showy varieties of camellias, gardenias and azaleas to suit the aesthetic and acquisitive desires of wealthy Charleston planters. He planted tea near Charleston at Middleton Barony, now known as Middleton Place Gardens.

#### 19th Century

1800's – English and American cookbooks shows us that tea has been served cold at least since the early nineteenth century, when cold green tea punches, that were heavily spiked with liquor, were popularized. The oldest recipes in print are made with green tea and not black tea and were called punches. The tea punches went by names such as Regent's Punch, named after George IV, the English prince regent between 1811 until 1820, and king from 1820 to 1830.

By the middle of the nineteenth century, American versions of this punch begin to acquire regional and even patriotic names, such as Charleston's St. Cecilia Punch (named for the musical society whose annual ball it graced), and Savannah's potent version, Chat-ham Artillery Punch.



Iced tea's popularity parallels the development of refrigeration: The ice house, the icebox (refrigerator), and the commercial manufacture of pure ice, which were in place by the middle of the nineteenth century. The term "refrigerator" was used for the first patented ice box in 1803 and were common in the mid 19th century in the United States.

1839 – The 1839 cookbook, *The Kentucky Housewife*, by Mrs. Lettice Bryanon, was typical of the American tea punch recipes:

"Tea Punch – Make a pint and a half of very strong tea in the usual manner; strain it, and pour it boiling (hot) on one pound and a quarter of loaf sugar. (That's 2 1/2 cups white sugar) Add half a pint of rich sweet cream, and then stir in gradually a bottle of claret or of champagne (sic). You may heat it to the boiling point, and serve it so, or you may send it round entirely cold, in

*(Continued on page 7)*

# HISTORY OF ICED TEA AND SWEET TEA

*(Continued from page 6)*

glass cups.”

1879 – The oldest sweet tea recipe (ice tea) in print comes from a community cookbook called *House-keeping in Old Virginia*, by Marion Cabell Tyree, published in 1879:

“Ice Tea. – After scalding the teapot, put into it one quart of boiling water and two teaspoonfuls green tea. If wanted for supper, do this at breakfast. At dinner time, strain, without stirring, through a tea strainer into a pitcher. Let it stand till tea time and pour into decanters, leaving the sediment in the bottom of the pitcher. Fill the goblets with ice, put two teaspoonfuls granulated sugar in each, and pour the tea over the ice and sugar. A squeeze of lemon will make this delicious and healthful, as it will correct the astringent tendency.”

1884 – This may be the first printed recipe using black tea, which has become so universal today, and could also be the earliest version of pre-sweetened iced tea, the usual way of making it in the South today. Mrs. D. A. (Mary) Lincoln, director of the Boston Cooking School, published Mrs. Lincoln’s Boston



Cook Book: *What to Do and What Not to Do in Cooking* in 1884. On page 112, there it is: iced tea, proving that the drink was not just a Southern drink.

“Ice Tea or Russian Tea – Make the tea by the first receipt, strain it from the grounds, and keep it cool. When ready to serve, put two cubes of block sugar in a glass, half fill with

broken ice, add a slice of lemon, and fill the glass with cold tea.”

1890 – Professor Lyndon N. Irwin, of Southwest Missouri State University and a member of the St. Louis World’s Fair Society, found an article from the September 28, 1890 issue of the Nevada Noticer newspaper regarding the 1890 Missouri State Reunion of Ex-Confederate Veterans. This article clearly states that iced tea had been around prior to 1890. The article states the following:

“The following figures will convey some idea of the amount of provision used at Camp Jackson during the recent encampment. There were 4,800 pounds of bread, 11,705 pounds of beef, 407 pounds of ham, 21 sheep, 600 pounds of sugar, 6 bushels of beans, 60 gallons of pickles, and a wagonload of potatoes. It was all washed down with 2,220 gallons of coffee and 880 gallons of iced tea. The committee expended \$3,000, a little in excess of the amount subscribed, for the entertainment of the old soldiers.”

1893 – The 1893 Chicago World’s Fair, also called the Columbian Exposition, had a concessionair that grossed over \$2,000 selling iced tea and lemonade.

The Home Queen World’s Fair Souvenir Cookbook – Two Thousand Valuable Recipes on Cookery and Household Economy, Menus, Table Etiquette, Toilet, Etc. Contributed by Two Hundred World’s Fair Lady Managers, Wives of Governors and Other Ladies of Position and Influence, compiled by Miss Juliet Corson includes a recipe for variations on serving iced tea.

1895 – The Enterprising Manufacturing Co. of Pennsylvania distributed its popular recipe booklet called *The Enterprising Housekeeper* by Helen Louise John-

*(Continued on page 8)*

# HISTORY OF ICED TEA AND SWEET TEA

*(Continued from page 7)*

son. In the recipe booklet, they advertise their popular ice shredders and its many uses. One use was “for your iced tea.”

## 20th Century

1900s – After 1900, iced tea became commonplace in cookbooks, and black tea began replacing green as the preferred tea for serving cold. The preference for black over green tea in an iced beverage came with the import of inexpensive black tea exports from India, Ceylon, South America, and Africa.

1904 – It was at the 1904 World’s Fair in St. Louis that iced tea was popularized and commercialized (not invented). Due to the hot summer of 1904, people ignored any hot drinks and went in search of cold drinks, including iced tea. Because of this, it changed the way the rest of Americans thought of tea, thus popularizing iced tea.

Most historians mistakenly give credit to Richard Blechynden, India Tea Commissioner and Director of the East Indian Pavilion, as being the creator of ice tea at the 1904 World’s Fair in St. Louis. In the East Indian Pavilion at the Fair, Blechynden was offering free hot tea to everyone. Because of the intense heat, it was soon realized that the heat prevented the crowd from drinking his hot tea. Blechynden and his team took the brewed India tea, filled several large bottles, and placed them on stands upside down – thus allowing the tea to flow through iced lead pipes. This free iced tea was very much welcomed by the thirsty fairgoers. After the fair, Blechynden took his lead pipe apparatus to New York City, offering free iced tea to shoppers at Bloomingdale Brothers Department Store, demonstrating iced tea is a desirable summertime drink.

According to the book *Beyond The Ice Cream Cone – The Whole Scoop on Food at the 1904 World’s Fair*

by Pamela J. Vaccaro:

“Both hot tea and iced tea appeared on most restaurant menus at the Fair – at the Barbecue, Fair Japan, the Old Irish Parliament House, the Louisiana and Texas Rice Kitchen, Mrs. Rorer’s East Paviloin Cafe, and so on. It is highly unlikely that all these restaurants jumped on the bandwagon of Blechynden’s “new idea,” and scurried to the print shops to have their menus reprinted!

What really “stirs the pot” is that “Richard Blechynden” was listed as an official concessionaire (No. 325) “to serve tea in cups and packages” at the Chicago World’s Fair in 1893 – 11 years before the one in St. Louis. The financial records from the exposition do not list any ledger entries for Blechynden – which raises the question of whether he actually showed up or was just late with his report. But, if he had been there, it would have been odd that he would not have realized that his product was already being sold in hot and cold versions. It would likewise be odd that, in the 11 intervening years, he would have been totally oblivious to the drink’s inclusion in cookbooks and on menus.”

1917 – By World War I, Americans were buying special tall iced tea glasses, long spoons, and lemon forks. By the 1930s, people were commonly referring to the tall goblet in crystal sets as an “iced tea” glass.

1920 to 1933 – The American Prohibition (1920-1933) helped boost the popularity of iced tea because average Americans were forced to find alternatives to illegal beer, wine, and alcohol. Iced tea recipes begin appearing routinely in most southern cookbooks during this time.

1928 – In the southern cookbook, *Southern Cooking*, by Henrietta Stanley Dull (Mrs. S.R. Dull), Home Economics Editor for the Atlanta Journal, gives the recipe that remained standard in the South for decades



# HISTORY OF ICED TEA AND SWEET TEA

*(Continued from page 8)*

thereafter. It is a regional book that very much resembles the many “church” or “ladies society” cookbooks of that era.

“TEA – Freshly brewed tea, after three to five minutes’ infusion, is essential if a good quality is desired. The water, as for coffee, should be freshly boiled and poured over the tea for this short time . . . The tea leaves may be removed when the desired strength is obtained . . . Tea, when it is to be iced, should be made much stronger, to allow for the ice used in chilling. A medium strength tea is usually liked. A good blend and grade of black tea is most popular for iced tea, while green and black are used for hot . . . To sweeten tea for an iced drink-less sugar is required if put in while tea is hot, but often too much is made and sweetened, so in the end there is more often a waste than saving . . . Iced tea should be served with or without lemon, with a sprig of mint, a strawberry, a cherry, a slice of orange, or pineapple. This may be fresh or canned fruit. Milk is not used in iced tea.”

1941 – During World War II, the major sources of green tea were cut off from the United States, leaving us with tea almost exclusively from British-controlled

India, which produces black tea. Americans came out of the war drinking nearly 99 percent black tea.

1995 – South Carolina’s grown tea was officially adopted as the Official Hospitality Beverage by State Bill 3487, Act No. 31 of the 111th Session of the South Carolina General Assembly on April 10, 1995.

## 21st Century

2003 – Georgia State Representative, John Noel, and four co-sponsors, apparently as an April Fools’ Day joke, introduced House Bill 819, proposing to require all Georgia restaurants that serve tea to serve sweet tea. Representative John Noel, one of the sponsors, is said to have acknowledged that the bill was an attempt to bring humor to the Legislature, but wouldn’t mind if it became law. The text of the bill proposes:

(a) As used in this Code section, the term ‘sweet tea’ means iced tea which is sweetened with sugar at the time that it is brewed.

(b) Any food service establishment which served iced tea must serve sweet tea. Such an establishment may serve unsweetened tea but in such case must also serve sweet tea.



# Recipe Box

## How to Make the Best Iced Tea

5 expert tips to make the best, healthiest iced tea.

By: Carolyn Malcoun

Baby, it's hot outside. And a perfect drink to cool down is a frosty glass of iced tea. Plus, as Joyce Hendley reported in *EatingWell Magazine*, studies show if you drink tea regularly, you may reduce your risk of Alzheimer's and diabetes, plus have healthier teeth and gums and stronger bones. How? Tea is rich in antioxidants called flavonoids, which are most potent when tea is freshly brewed.

Another benefit of brewing your own iced tea? When you make your own iced tea at home instead of using a powdered mix or buying it bottled or from a fast-food restaurant or coffee shop, you'll save money. Plus you can control the calories by limiting how much sweetener you add (or by not adding any at all).

### Tip 1. Use Fresh Tea

Look for fresh tea at a tearoom or a market with high turnover, because the oils that give teas their flavor break down over time. Opt for loose tea rather than tea bags, as tea leaves need room to expand to release their flavors. If you use tea bags, look for larger ones shaped like pyramids, which give the leaves more room to bloom. Look for brands that list the region where the tea comes from so you know exactly what you're getting.

### Tip 2. Start With Spring or Filtered Tap Water

Mineral water contains too many minerals that can create off-flavors when they come in contact with compounds in the tea leaves, and mineral-free distilled water produces a flat-tasting brew.

### Tip 3. Turn Up (or Down) the Heat

Use boiling water (212°F) to brew black, herbal and darker-colored oolong teas. But use cooler water (170°

to 180°F) to brew green, white and lighter oolongs teas. Brewing teas that need cooler temps with boiling water can result in bitter or astringent flavors.

### Tip 4. Use Just Enough Tea

Use 1 1/2 to 2 teaspoons per cup of water when brewing teas with bigger leaves or flowers, like green tea or chamomile, and 1 teaspoon per cup for teas with denser, compact leaves, such as most black teas. If you want to make iced tea and don't have time for the tea to cool down, brew it double-strength to compensate for the resulting water from melting ice cubes. Or cool it to room temperature and refrigerate until cold.

### Tip 5. Steep Long Enough to Release Flavors, But Not So Long That Tannins and Other Bitter-Tasting Compounds Dominate

Heartier teas, like black teas and darker oolongs, should steep for 3 to 5 minutes, while green, white and lighter oolong teas need just 2 to 3 minutes. Herbal tisanes and infusions have fewer tannins, so there's less risk of oversteeping.

### A Tea Health Tip to Remember

Regardless of the variety of tea you brew, maximize the power of its flavonoids by drinking it freshly brewed. If you want to keep a batch of cold tea in your refrigerator, "add a little lemon juice," recommends Jeffrey Blumberg, Ph.D., director of the Antioxidants Research Laboratory at the USDA Human Nutrition Research Center on Aging at Tufts University in Boston. The citric acid and vitamin C in that squeeze of lemon—or lime or orange—help preserve the flavonoids.

# Recipe Box

## Beet and Arugula Salad serves 4



Recipe By: The Inquisitive Vegetarian

- 2 pounds beets, trimmed
- 4 small garlic cloves, minced
- 1 1/2 teaspoons salt
- 5 tablespoons fresh lemon juice, or to taste
- 1/2 pound arugula
- 1 (8 ounce) package feta cheese, thinly sliced
- 16 pitted kalamata olives
- 1/4 cup olive oil, divided

### Directions

Place beets into a large saucepan and pour in enough water to cover the beets by 1 inch. Bring to a boil, reduce heat to medium-low, cover, and simmer until the beets are easily pierced with a fork, about 15 minutes. Drain and let cool.

Peel beets, cut into 1/4-inch thick slices, and cut slices in half. Place into a bowl.

Smash garlic with salt in a small bowl using a spoon until the mixture becomes a paste. Stir lemon juice into garlic paste. Retain about 1 tablespoon lemon dressing in a small bowl and pour the remaining lemon dressing over beets; toss to coat.

Divide arugula between 4 plates; top each plate with beets, feta cheese, and olives; drizzle salads with olive oil and retained lemon dressing.

## Scallops with Arugula, Lentils, and Butter Beans serves 4



Recipe by: Chef John

- 1 pound scallops
- 2 tablespoons olive oil
- 1 teaspoon sweet paprika
- 1 pinch cayenne pepper
- salt and freshly ground black pepper to taste
- 1 clove garlic, crushed
- 1 (12 ounce) bottle butter beans, rinsed and drained
- lemon, juiced
- 1/2 teaspoon Italian seasoning
- 1 1/2 cups cooked lentils
- 1 cup arugula, or to taste

1

### Directions

Toss scallops, olive oil, paprika, cayenne pepper, salt, and black pepper together in a bowl until scallops are completely coated.

Heat a nonstick skillet over high heat. Cook scallops in hot skillet until browned, about 3 minutes per side. Reduce heat to medium and transfer scallops to a bowl.

Cook and stir garlic in the same skillet until fragrant, about 30 seconds. Add butter beans, lemon juice, and Italian seasoning; cook and stir until beans are slightly golden, 1 to 2 minutes. Stir cooked lentils and arugula into skillet; cook and stir until arugula begins to wilt, about 30 seconds.

Pour any accumulated scallop juices from the bowl over arugula; stir scallops into lentil mixture and cook until heated through, about 1 minute. Season with salt and black pepper.



# From the Vine

## **Piquepoul, Picpoul**

Piquepoul, Picpoul, or Picapoll is a variety of wine grape grown primarily in the Rhone Valley and Languedoc regions of France as well as Catalonia, Spain. It exists both in dark-skinned (Piquepoul noir) and light-skinned (Piquepoul blanc) versions, as well as a very little grown Piquepoul gris. Piquepoul blanc is the most common of the Piquepouls, with 2,500 acres cultivated in France in 2000, and an increasing trend.

Piquepoul tends to bud late and has some sensitivity to powdery mildew.

Piquepoul has a long history in the Languedoc region, and along with Cinsault and Clairette blanche is one of the oldest domestic grape varieties of that region. It was blended with Clairette blanche to produce the wine Picardan in the 17th & 18th centuries.

After the Great French Wine Blight, when large shifts in varieties planted took place, Piquepoul lost popularity due to its susceptibility to fungal diseases such as powdery mildew and its low yield.

Piquepoul wines

In Languedoc, Piquepoul blanc is used both for blending and for varietal wines. Red wines produced from Picpoul noir are high in alcohol, are richly scented, but have a very pale colour, which has made the variety more popular as a blending ingredient than as a producer of varietal wines.

Both the blanc and noir versions of Piquepoul are permitted blending grapes for the production of Châteauneuf-du-Pape. However, in 2004 only 0.15% of the appellation's surface was planted with the Piquepoul varieties.

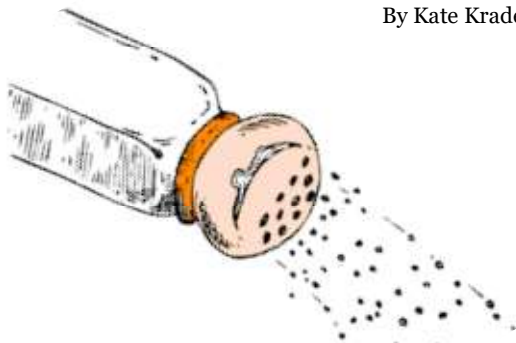
In the New World, Piquepoul is being successfully grown in the foothills of the Chiricahua Mountains (5000 feet above sea level) in the Willcox AVA of southern Arizona. It is also grown in the Red Mountain AVA of eastern Washington State.

Piquepoul blanc is being grown in Sonoma, California, Texas Hill Country AVA and Texas High Plains AVAs.

In Australia, Piquepoul blanc was first planted in 2013 and the first commercial release of wine was in 2017. Cuttings of the variety were imported for the wine's suitability for drinking

# Why Salt Has Disappeared From Restaurant Tables

By Kate Krader, Bloomberg May 16, 2018



It should be a triumphant time for salt in New York. The biggest restaurant opening of the year has been that of Nusr-Et, better known as Salt Bae. It's named for chef Nusret Gökçe, who accumulated 13 million Instagram followers—and the nickname Salt Bae—for his theatrical method of seasoning steaks.

Meanwhile, sugar has replaced salt to reign again as the most polarizing item in your pantry. (See: New York State Senate Bill S162, which proposes safety warnings for sugar-sweetened drinks).

Salt even features in the décor at Chefs Club NYC, where a 1,300-pound chunk of pink Himalayan salt hangs above the dining room, encased in a glass box.

Yet there's none on the tables below the display. A recent visit to the SoHo spot made me realize it's been a long time since I've seen salt on a restaurant table in New York.

Salt shakers, once ubiquitous at fancy restaurants, have vanished. That's deliberate, say top chefs, and there are a few explanations why.

## Shakers Mostly Held Cheap Salt

The No. 1 reason salt shakers are gone is the quality of the product they held: fine, iodized salt that costs about \$1 a pound at supermarkets and delivers a harsh blast of saline that can blemish the food it's supposed to accent. In this era of elite seasonings, when a restaurant like Estiatorio Milos boasts of hand-harvested sea salt from the Greek islands, an old-school salt shaker isn't retro—it's shameful. "The days of those nasty little salt shakers with the ancient grains of rice are long gone," declares Josh Capon of Bowery Meat Co.

## Chefs Don't Like Ceding Control

Another reason salt isn't immediately available to customers: As chefs have gained in fame, they want to be the ones adding it. "If you go to good restaurants, chefs like to be in charge of the seasoning," says Capon.

The lack of salt within reach has become more striking as French restaurants have come back into vogue. If salt is missing, it's more noticeable in an omelet or a roast chicken than in Mission Chinese Food's spicy Chongqing chicken wings.

"I call it the big Dorito effect," says chef Andrew Carmellini, whose restaurants include Locanda Verde, Little Park, and Brooklyn's Leuca.

"There's been so much umami in foods, so much acid and heat, there's no room for salt."

## Tables Are too Crowded

There's no salt on the tables at Carmellini's restaurants. He says all the waiter stations have it ready, on request. "At a restaurant like Locanda, where a lot of dishes like pasta and main courses are shared, and there's so many plates and platters, it takes clutter off the table," he says.

I keenly felt the absence of salt at Chefs Club NYC. The new chef-in-residence, Sota Atsumi, who made a name for himself at Paris's Clown Bar, offers dishes such as "lobster with couscous and 40 spices." In spite of the name, it needed seasoning. A modest amount of salt arrived in a small bowl; I almost had to ask for more. "What the chef-in-residence wants, the chef-in-residence gets," says Aaron Arizpe, the culinary curator at Chefs Club. "That holds true down to every detail, including whether or not salt is on the table." He adds that he personally appreciates salt on the table. "I go out to eat for pleasure, not moderation, and not an education. If I find it pleasurable to add salt to a dish, it should be my prerogative to do so."

## It's Not a Good Look

There's also the style quotient. No one has created an all-purpose replacement for those little shakers. Some chefs favor salt grinders, but that utilitarian aesthetic doesn't work for every dining room. Others offer photogenic little bowls with flakes of pricey salt, such as Maldon. Those get expensive, since the salt has to be replaced for each new set of guests. They also get stolen. "Little dishes of salt tend to disappear," says Capon. "It's almost as if they have legs. People like small things."

Chef David Burke concurs. "At a previous restaurant, we had beautiful salt and pepper shakers worth about \$50 each at the tables," he says. "They were almost all stolen within a few months. We learned our lesson."

One of the few places in New York where salt was waiting when I sat down is the new Simon & the Whale, at the Freehand Hotel. Owner Gabriel Stulman offers it at all his restaurants, including Joseph Leonard and Fairfax.

"If I had to guess why you don't see salt more often, I would say chef ego: 'My food is seasoned; you don't need to season it,'" says Stulman. He also notes how prohibitively expensive it is to throw out salt. "But you're not going to keep salt on the table that someone you don't know touched. That's gross."

There's salt on the table at Eleven Madison Park, currently the world's No. 1 restaurant. Chef Daniel Humm was so taken with the product he found years ago at the Amagansett Sea Salt Co., he now has a standing weekly order.

Note, however, that this lovely salt is served with EMP's bread course. And then it's whisked away.

# 6 Types of Salt and How to Use Them

## Kosher Salt

Use it for: All cooking. Kosher salt dissolves fast, and its flavor disperses quickly, so chefs recommend tossing it on everything from pork roast to popcorn.

Origin: Either the sea or the earth. Widely sold brands include Morton and Diamond Crystal, which are made using different methods. Kosher salt got its name because its craggy crystals make it perfect for curing meat—a step in the koshering process.

Texture: Coarse. Cooks prize crystals like these; their roughness makes it easy to pinch a perfect amount.

## Crystalline Sea Salt

Use it for: Adding a pungent burst of flavor to just-cooked foods. These crystals will complement anything from a fresh salad to a salmon fillet.

Origin: Coasts from Portugal to Maine, California to the Pacific Rim.

Texture: Fine or coarse. The size of the irregular crystals affects how fast the salt dissolves. It varies in color, depending on the minerals it contains (iron-rich red clay, for example, gives Hawaiian sea salt a pinkish hue). These natural impurities can add subtly briny, sweet, or even bitter flavors to the salts.

## Flaked Sea Salt

Use it for: Bringing a complex flavor to steamed vegetables or shellfish. Take a pinch, crush the crystals between your fingertips, and let them fall on freshly cooked food. This salt will add a hint of briny flavor.

Origin: England's Essex coast is where the most popular brand, Maldon, is harvested.

Texture: Soft, sheer, pyramid-like flakes. This is the fastest-dissolving of all of the salt grains.

## Fleur de Sel

Use it for: A special-occasion table salt. Spoon it into a salt cellar to be pinched, then sprinkled over food just before eating. Delicately flavored, it adds a perfect hint of saltiness to freshly sliced tomato or melon.

Origin: Coastal salt ponds in France. The caviar of sea



salt, fleur de sel is hand harvested. Conditions have to be just right (lots of sun and wind) for it to "bloom" like a flower on the surface of the water.

Texture: Crystalline, which means that fleur de sel melts slowly in the mouth. Its earthy, pleasing flavor lingers on the tongue.

## Rock Salt

Use it for: Making ice cream and deicing. Rock salt is paired with ice in old-fashioned hand-cranked ice cream makers to regulate the temperature. You can also use it to deice your sidewalks and driveway in the winter months.

Origin: Mined from deposits in the earth, rock salt is not sold for use directly on food. It's usually packaged in an organic, unprocessed form.

Texture: Large, chunky, nonuniform crystals. Minerals and other harmless impurities can give it a grayish color.

## Pickling Salt

Use it for: Brining pickles and sauerkraut. It will also brine a turkey, but beware: Pickling salt is far more concentrated than the more commonly used kosher salt, so you'll need to use less.

Origin: Like table salt, pickling salt may come from the earth or the sea. But unlike table salt, it isn't fortified with iodine (a nutritional need for humans) and doesn't contain anticaking chemicals, both of which would turn pickles an unappetizing color. Virtually 100 percent sodium chloride, it's the purest of salts.

Texture: This variety is fine grained, like table salt.

**WARNING**  
**Dad Jokes**  
**Ahead**

**WHY DOES THE CHICKEN COOP ONLY HAVE TWO DOORS?**



**IF IT HAD FOUR, IT WOULD BE A CHICKEN SEDAN.**

Why did the coffee file a police report?



**It got mugged!**

**MY DOG HAS NO NOSE**



**HOW DOES HE SMELL?**



**TERRIBLE!**



What do you call two monkeys who share an Amazon account?

Prime mates.



PONLY.COM

# FLASH BACK



## 1937

**LED BY A STELLAR LINEUP OF** Charlie Gehringer, Hank Greenberg, Mickey Cochrane, Billy Rogell, and rookie Rudy York, the 1937 Detroit Tigers were a formidable force. In fact, for a few seasons in the 1930s, the Tigers were on fire, nabbing the American League pennant in 1934 and winning the World Series in 1935. Taking in the action on opening day, April 20, 1937, are young fans William and Josephine Ford, flanked by their parents, Edsel and Eleanor Ford, at what was then known as Navin Field. The family had reason to smile — the Tigers edged Cleveland, 4-3, that day. Edsel and Eleanor were pillars of the city's automotive and cultural world. He was the only child of Henry and Clara Ford, was a sterling automotive designer, and served as president of Ford Motor Co. from 1919 until his death in 1943. Eleanor (nee Clay) was the niece of retailing giant J.L. Hudson. Both Edsel and Eleanor were avid art collectors and generous philanthropists. Eleanor died in 1976 and left an endowment so that the Cotswold-style Grosse Pointe Shores home she and her husband built in the 1920s would be open to the public. The Tigers ended the 1937 season in second place in the American League, behind the New York Yankees. That year was significant for the Tigers in two other respects. On May 25, catcher-manager Mickey Cochrane was hit in the head by a ball from the unfortunately named Yankee pitcher Bump Hadley. The injury nearly killed Cochrane, and his playing career was over. Also, 1937 marked the last year the stadium would be called Navin Field. At the start of the 1938 season, the Tigers' home was rechristened Briggs Stadium, after owner Walter O. Briggs. That appellation would last until 1961, when it became Tiger Stadium. —George Bulanda



## 2022 IFSEA OFFICERS AND DIRECTORS

<b>Board</b>	<b>Position</b>	<b>Email</b>
Richard Weil	Chairman	<a href="mailto:richard@nrcadvice.com">richard@nrcadvice.com</a>
Ed Manley	President Emeritus	<a href="mailto:ed@ehmanley.com">ed@ehmanley.com</a>
David Kinney	Treasurer	<a href="mailto:daveearlkinney@gmail.com">daveearlkinney@gmail.com</a>
Alysha Brooks	Chair Elect	<a href="mailto:albrooks.491@gmail.com">albrooks.491@gmail.com</a>
Brian Kunihiro	Director	<a href="mailto:brianifsea@gmail.com">brianifsea@gmail.com</a>
CSC (Chief) David Zander	Director	<a href="mailto:dazsr66@gmail.com">dazsr66@gmail.com</a>
Dave Orosz	Director	<a href="mailto:dave@orosz.us">dave@orosz.us</a>
Donna Foster	Director	<a href="mailto:drfhealth2@gmail.com">drfhealth2@gmail.com</a>
Dr. Ernest Boger	Director	<a href="mailto:epboger@umes.edu">epboger@umes.edu</a>
Grant Thompson	Director	<a href="mailto:attgrant@rogers.com">attgrant@rogers.com</a>
Jack Kleckner	Director	<a href="mailto:jack.kleckner@ecolab.com">jack.kleckner@ecolab.com</a>
Jayne Peterson	Director	<a href="mailto:jpeterson@rlsinc.com">jpeterson@rlsinc.com</a>
Jesus Guillen	Director	<a href="mailto:jrguillen01@yahoo.com">jrguillen01@yahoo.com</a>
John Chapman	Director	<a href="mailto:puravida94@msn.com">puravida94@msn.com</a>
Julius Harrison	Director	<a href="mailto:jlshrrsn@aol.com">jlshrrsn@aol.com</a>
Larry Brown	Director	<a href="mailto:larry.brown@affinitysales.com">larry.brown@affinitysales.com</a>
Laurel Schutter	Director	<a href="mailto:laurelschutter@iammorrison.com">laurelschutter@iammorrison.com</a>
Matt Trupiano	Director	<a href="mailto:mattifsea@gmail.com">mattifsea@gmail.com</a>
Michelle Hackman	Director	<a href="mailto:michelle@its-go-time.com">michelle@its-go-time.com</a>
MSG Anica Long	Director	<a href="mailto:anicalong900@gmail.com">anicalong900@gmail.com</a>
Richard "Dick" Hynes	Director	<a href="mailto:dickhynes.dbassociates@gmail.com">dickhynes.dbassociates@gmail.com</a>
Robert Mathews	Director	<a href="mailto:robertifsea@gmail.com">robertifsea@gmail.com</a>
MSG Curtis Ladue	Director	<a href="mailto:Curt.LaDue@gmail.com">Curt.LaDue@gmail.com</a>
SFC Kathleen Willis	Director	<a href="mailto:chefbigkat22@gmail.com">chefbigkat22@gmail.com</a>
Shawn McGregor	Director	<a href="mailto:smcgregor1@cfl.rr.com">smcgregor1@cfl.rr.com</a>
Stan Gibson	Director	<a href="mailto:scgibson32@gmail.com">scgibson32@gmail.com</a>

# June is **ARUGULA** Season

Arugula is a leafy plant that belongs to the genus *Eruca* and the family Brassicaceae. It is closely related to radish, kale, and cauliflower. Arugula has a number of different names depending on what area of the world you are in. These various names include garden rocket, rucola, roquette, and colewort.

Arugula grows to a height of 3 to 12 inches and is recognizable by its small and white flowers. The leaves of arugula are lobed in nature, with 4-10 lateral lobes and a longer terminal lobe. It is grown on a large scale for commercial consumption but also exists as a wild species throughout the world. It is predominantly used in the Americas, Europe, and North Africa.

To the untrained eye, arugula might just look like fancy lettuce, arugula has a wide range of health benefits that cruciferous vegetable can enjoy.

Arugula is a leafy green plant packed with vitamins, minerals, and antioxidants. It is a good dietary choice for a healthy body and keeping the mind clear and focused. It contains high levels of folic acid and antioxidants like vitamin C, vitamin K, and vitamin A, which makes it integral in the fight against free radicals. It is packed with carotenoids, as well as many other minerals like potassium, manganese, iron, and calcium, all of which are beneficial and necessary elements in a person's diet.

Arugula contains phytochemicals, which are beneficial in preventing cancer. It is also superior to some other leafy greens because unlike other varieties, arugula is low in oxalates, which are chemicals that actually inhibit the absorption of minerals into the body. All in all, arugula is a low-calorie, nutrient-rich food

vitamins, minerals, phytochemicals, and antioxidants packed in every leaf of arugula are found to be beneficial to those who incorporate it into their diet

Arugula is a great source of antioxidants and can greatly increase a person's ORAC value (Oxygen radical absorbance capacity), which is a method for measuring antioxidant capacities. Antioxidants function to maintain a healthy balance of enzyme reactions within cells, while actively seeking out and destroying the disease-causing free radicals that can attack your system. Your immune system will also thank you for choosing arugula, because antioxidants work to bolster your heart against heart disease and heart disease.

The presence of vitamin K in arugula gives an anti-inflammatory boost to your body. Vitamin K also spurs an osteotropic activity in cells, meaning that promotes bone formation. The gradual degradation of neural pathways, found



In conditions like Alzheimer's disease, can be slowed down by an increase in intake of vitamin K. As a good source of Vitamin K, the consumption of arugula has been cited as a preventative method of such diseases.

Arugula's combinations of effects of low oxalate levels (support for more minerals into the system) and the presence of so many minerals in the plant itself make it a strong support system for healthy bones. Sufferers of osteoporosis can see improvements, and arugula can be used as a preventative step as well, ensuring bone health and strength before the age / activity-based effects of bone degeneration

Arugula is loaded with vitamins and minerals that in some way bolster the defenses of the body's immune system. The body is stimulated to create white blood cells from the copper in arugula, and the plant has a number of other ways to improve the strength of your immune system.

Vitamin C is one of the best defenses for your body to seek out dangerous, inflammatory free radicals and eliminate them from your body before they can cause real damage. This well-known vitamin is found in large quantities in arugula and helps prevent cancer and maintain good health by giving an extra push to your immune system.

## Serving Tips

**Green salad:** Mix fresh arugula, lettuce, radicchio, and parsley in a bowl. Add olive oil, salt, pepper, and some lime juice for additional flavor. You can also add other vegetables, fruits, and nuts to make your own salad.

**Cheese salad:** Mix fresh and dry arugula and thin slices of parmesan cheese in a bowl. Add sliced onion, lemon juice, salt, and pepper.

**Pasta:** Mix arugula and lime juice in a bowl. Season it with salt and pepper. Cook and drain the pasta and add the arugula mix, olive oil, and cheese.

## **The Origins of FATHER'S Day**

Since the Middle Ages, families have been honoring their paternal bonds with well wishes, lavish gifts, and family gatherings. This year marks the 112th anniversary when Sonora Smart Dodd founded what we consider the tradition of Father's Day in America. While in various parts of the world it's held on different days and often in the months of March, May, and June, the goal is all the same, to honor fatherhood. Here are 12 interesting facts you may not have known about the holiday.

Father's Day was founded on June 19, 1910, in Spokane, Washington at the YMCA by Sonora Smart Dodd to honor her father, Civil War veteran William Jackson Smart, for all his efforts as a single parent raising his six children.

It wasn't until 1972 when President Richard Nixon signed into law a permanent recognition of Father's Day.

According to Hallmark, Father's Day is the fourth-largest card-sending occasion with over 72 million cards given every year.

Consumer spending on Father's Day is expected to rise to an all-time record of over \$17 billion in 2022.

Census data shows there are more than 70.1 million dads in the U.S.

Two million fathers are single.

More than 214,000 men are stay-at-home dads. In the 1970s, only 6 men identified as stay-at-home fathers.

Today's fathers spend double the amount of time they spent with their kids in 1989, and almost triple the amount of time with their kids as fathers did back in 1965.

