

IFSEA CHRONICLES

IFSEA is a legacy organization, dedicated to further developing students, military and it's members by providing continuing education and professional certifications to the foodservice and hospitality industry leaders."

CHAIRMAN'S CORNER



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

October
2024

THE MANLEY METHOD



Ed Manley, MCFBD, MCFE, CHP
President Emeritus

The new normal is simply that, not that normal

IFSEA members and even if you are retired, if you feel that nothing has been “normal” in your life or for that matter in the food service and hospitality industry since Covid, you are not alone. Even as the pandemic subsided and restrictions were lifted, many markets in various industries could hardly maintain consistency—not with customers, profits, or demand. The macroeconomic environment has been volatile and unpredictable, and all businesses—including, and even especially, the restaurant industry—are baffled with how to keep up.

The restaurant industry is laden with trends, and wise business operators will find the right balance between considering trendy ideas and maintaining a consistency that guests can count on. In an uncertain economic environment, making adjustments is important. We all have lived and worked through many periods of economic unrest and have developed strategies for succeeding. Recently, [Nation’s Restaurant News \(NRN\)](#) posted

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Happy October, time for things to cool down and prepare for the new year, and we're doing just that. But first, following up on my note last month, I had this picture on my shelf and finally looked at the back to see, "what is that?" This really illustrates how important it was to be President of an IFSEA Branch back in the day before all associations started struggling for members. I was a new Food Service Director at the Naval Hospital in Orlando, and right away I was asked to be President of the Orlando IFSEA Branch. My father flew in, the Commanding Officer (later Admiral), and head doctors from the hospital came for a celebration at my house, and then we all went to the meeting where I was installed, January 1979, 45 years ago. A great and memory filled part of my life.

We’ve not given up getting back to some semblance of those days for IFSEA. While we don’t have tremendous numbers of members today, we do have purpose. Here’s what’s cookin’. IFSEA’s CFM (Certified Food Manager) has helped over 2000 nursing home

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Food For Thought

Every day you wake up
you have a new job to be better than yesterday.



Chairman's Corner

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

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about a white paper from consulting firm [AlixPartners](#), which offers strategies for navigating the current economy—advice which aligns with many of our own IFSEA's members thoughts and even tried and true processes. The paper, "Restaurant resilience: Turning challenges into opportunities," was available exclusively to attendees of [Prosper Forum](#) in Florida in August. "The consulting firm (AlixPartners) unpacks what is pressuring consumers, including credit concerns and loan delinquencies," writes NRN. "A JPMorgan survey found that over 70% of low-income consumers and 67% of middle-income households are struggling because of those factors, for instance. As such, the restaurant industry's sales have plateaued while traffic has dissipated."

When consumers are faced with growing financial pressure and even hardship, restaurants are immediately relegated to the "luxuries" column. While some QSR may maintain average customer levels, even the traffic may reduce as people work to lighten their expenses.

"Our customer is very hypersensitive on price right now: 82% said the price of a menu item influences their decision of whether or not to order it, 77% use deals or value offers to gain access to restaurants they couldn't normally afford, and 69% would eat out just about every day if they could afford to," says IHOP's chief marketing officer Kieren Donahue. My view on this from a higher level is that tighter budgets coupled with higher unemployment rates and rising debt demonstrate that a decrease in dining-out is very driven by the economy, not a social trend.

I really take a great deal of learning here as to combat this, AlixPartners offers up four strategies: evolving menu offerings, enhancing the consumer experience, investing in employees, and implementing balanced pricing. While I believe that these strategies are foundational to any restaurant business plan, they are also beneficial for focusing economically-driven adjustments to meet consumers' needs—great advice for business, and menu development. IFSEA members and their colleagues should think strongly about these four strategies to battle the current economic storm.

"AlixPartners' data shows that consumers support smaller menus that may alleviate operators' inflationary pressures. Accordingly, a sharpened focus on core offerings has become a bigger priority for many concepts, including and especially McDonald's," writes NRN. When it comes to crafting a financially conscious menu for customers, menu engineering processes can save money for both the customer and the operator. "Other menu opportunities include add-ons and select limited time offers that can build excitement and generate traffic. These menu initiatives should be more strongly supported by digital marketing and loyalty programs," according to AlixPartners.

These strategies are beautifully complimented by some variable pricing methods further noted by AlixPartners, "when applied reasonably...are widely accepted by consumers, with 71% of Gen Z supporting the practice. Revenue management platforms and artificial intelligence are effective in providing such a solution, while communication is also critical to avoid consumer backlash."

The articles referenced and the information presented by highly respected industry experts confirm my belief that focusing on the core menu is important to stay at the top of the mind for consumers. Bundling and promotions of these key items are often the reason that guests think about your restaurant. Key in on these core items and provide your guests with all the best reasons to patronize your businesses more often. No matter how your business operation is performing today, take the time to really drill down on your menu and these strategies.

Settling in during the fall and the last few months of 2024 and recognizing the new normal is how we look at things including our association. Ed Manley's article this month touches upon what IFSEA continues to mean. Our menu of offerings remains with our core; certifications, students, and military.... we continue to stay strong overall. Wishing all our IFSEA members and friends a pleasant October and looking forward to the positivity that the holidays will bring.

THE MANLEY METHOD

Ed Manley, MCFBD, MCFE, CHP President Emeritus



Continued from page 1

managers earn certifications to help them obtain and keep jobs since 2018. I'm holding a class next month for ProStart teachers around Nevada, earning these wonderful stewards of young minds our hardest certification. This prepares these teachers to allow IFSEA to become a state approved process in teaching students to earn in the state of Nevada IFSEA's Certified Food Associate (CFA) for students. We did this successfully a few years ago also in the state of Florida.

Our Kae deBrent Hodges fund is sponsoring the registration fee for the first 10 teachers in Nevada to sign up. Long time board member Dave Zander and I are going to the national CTE (Career and Technical Education) meeting in Phoenix later this month in October to learn more and provide/sell more CFA certifications.



I am currently working with the Las Vegas Mayor's office and others to get the MCFBD Symposiums going for homeless veterans again and expecting Chef Robert Irvine to join that effort with me. I have added CFM to the 9 certifications in that program – free for the vets. And we created a Healthcare subset. We're not done, give us your ideas please.

Finally, and this will be updated in the November newsletter, I will be attending along with my wife Shar, Daughter Debbie from Michigan, and Chair of IFSEA Richard Weil the Enlisted Aide of the Year award October 1 at the Pentagon as well as the Red White and Blue dinner hosted by Chef Robert Irvine. More updates and pictures next month.

Enjoy the beautiful fall weather!



IFSEA annual meeting reminder

The 2024 annual meeting celebrating our 123rd anniversary of IFSEA

Date: Thursday October 17 4 PM Eastern Time

Zoom: Richard Weil is inviting you to a scheduled Zoom meeting.

Topic: IFSEA Annual Meeting Zoom Call Agenda Below

Join Zoom Meeting

<https://us02web.zoom.us/j/89864846117?pwd=OVCrYtq7lQX5KgbotCIIfgpvcLPpkK.1>

Meeting ID: 898 6484 6117

Passcode: 400630

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Agenda

October 17, 2024, via Zoom Call see above

Call Meeting to Order	Chairman Richard Weil	4:00 PM
Roll Call and establish quorum	Intl Treasurer Dave Kinney	
Assignment of meeting officers	Richard Weil	
Secretary	David Kinney	
Sgt at Arms	Dave Zander	
Parliamentarian	Ed Manley	
Acknowledgement of dignitaries	Richard Weil	4:10 PM
Consent Agenda approval	Richard Weil	4:13 PM
Approval of November 8 2023, Minutes	Richard Weil	4:14 PM
Chairman’s Report	Richard Weil	4:15 PM
President Emeritus Report	Ed Manley	4:20 PM
	Includes Military update, certifications	
Treasurer’s Report with 2025 Budget	David Kinney	4:30 PM
Newsletter Report	Matt Trupiano	4:40 PM



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IFSEA annual meeting reminder

Worthy Goal report and call for donations	Dave Orosz	4:45 PM
Scholarship Report	Dr. Ernie Boger	4:50 PM
Kae de Brent Hodges Report	David Kinney	4:55 PM
Archives Report		5:00 PM
Officer and Board Nominations and election see below		
Installation of board and officers	Richard Weil	5:05 PM
New Business –	Richard Weil	
Necrology Report	Richard and David Kinney	5:10 PM
Other Business Open Forum	Richard Weil	
Adjourn		5:15 PM

Alphabetical Board Nominations by first names for the Slate and Officers Slate for 2024-2025

1- year terms:

- David Kinney
- Ed Manley
- Jayne Ricci
- John Chapman
- Markos Mendoza
- Molly Warren
- Richard Weil

Scholarship Committee Chair: Dr. Ernie Boger

Advisory Board Members by last names:

- Larry Brown
- Donna Foster
- Stan Gibson
- Jack Kleckner
- Brian Kunihiro
- Robert Matthews
- Dave Orosz
- Laurel Schutter
- Grant Thompson
- Matt Trupiano

Additionally, all **Past Chairs** and any other members with the **DODG** designation are always welcome to attend and participate in all board meetings and will always be welcome to engage and their individual and collective inputs are **most welcome always!**

SPECTACULAR STEWS



DEVILISH DESSERTS



WITCH'S CAULDRON BEEF STEW (50 SERVINGS)

- 15 LBS. BEEF CHUCK, 1" INCH CUBES
- 2 CUPS R.L. SCHREIBER BEEF BASE
- 3 CUPS R.L. SCHREIBER ONION SOUP BASE
- 2 CUPS R.L. SCHREIBER PAPRIKA
- 1 CUP R.L. SCHREIBER GARLIC POWDER
- 3 TBSP R.L. SCHREIBER THYME LEAVES
- 5 LBS POTATOES, PEELED & DICED
- 4 LBS CARROT, PEELED & SLICE
- 5 GALLONS WATER
- 3 LBS CELERY, SLICED
- 5 LBS ONIONS, DICED
- SALT & PEPPER TO TASTE

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What Is Gluten and What Does It Do?

By Selvi Rajagopal, M.D., M.P.H.

What is gluten?

“Gluten is a protein found in the wheat plant and some other grains,” explains Rajagopal.

Gluten is naturally occurring, but it can be extracted, concentrated and added to food and other products to add protein, texture and flavor. It also works as a binding agent to hold processed foods together and give them **shape.**

Where does gluten come from?

In addition to wheat, gluten also comes from rye, barley and triticale (a cross between rye and barley). Sometimes it’s in oats, but only because the oats may have been processed with other foods that contain gluten. Oats themselves don’t contain gluten.

What does gluten do to your body?

Humans have digestive enzymes that help us break down food. Protease is the enzyme that helps our body process proteins, but it can’t completely break down gluten. Undigested gluten makes its way to the small intestine. Most people can handle the undigested gluten with no problems. But in some people, gluten can trigger a severe autoimmune response or other unpleasant symptoms.

An autoimmune response to gluten is called celiac disease. Celiac can damage the small intestine. Some people who don’t have celiac disease still seem to feel sick after eating foods that contain gluten. They may experience bloating, diarrhea, headaches or skin rashes. This could be a reaction to poorly digested carbohydrates, not just gluten. These carbs, called FODMAPS, ferment in your gut. People with sensitive guts may experience discomfort from that fermentation, not necessarily from gluten.

Research suggests that some people could have small intestines that don’t work properly. The lining might be too permeable, allowing some undigested gluten, bacteria or other substances to go through the lining and into the bloodstream, causing inflammation.

Is gluten bad for you?

“There’s a lot of confusion about gluten being an evil food. Gluten isn’t inherently bad for most people,” says Rajagopal. “We, as humans, have consumed gluten for as long as people have been making bread. For centuries, foods with gluten have been providing people with protein, soluble fiber and nutrients.”

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Did You Know?

Gluten in itself, especially gluten found in whole grains, is not bad for healthy people whose bodies can tolerate it. However, grains like wheat are often stripped down to make processed foods such as snack crackers and potato chips. “These refined products have very little resemblance to the actual wheat plant, which is actually highly nutritious,” explains Rajagopal. “They tend to contain things like white rice flour and starches, but not whole grains.”

Many people who adopt a gluten-free diet but still eat processed foods find they continue to have weight gain, blood sugar swings and other health issues. So it’s not the gluten in foods that’s causing their health issues, but the sodium, sugar and other additives in processed foods.

Who should avoid gluten?

Rajagopal says gluten can be harmful to people with: Celiac disease, an autoimmune disease that causes damage to the small intestine in people who consume gluten.

Non-celiac gluten sensitivity (gluten intolerance), which is gastrointestinal irritation caused by gluten in people who don’t have celiac disease.

Wheat allergy, an allergy to wheat, but not to all grains or to gluten itself.

Gluten ataxia, a rare neurological autoimmune disorder that causes your body to attack parts of your brain in response to gluten.

What should I do if I think I have a gluten problem?

Talk to a physician if you think gluten could be affecting your health. Your doctor may suggest blood tests to detect celiac disease or a wheat allergy. Before cutting gluten out of your diet, work with a registered dietitian to build an eating plan that’s right for you.

Dietary Changes for Celiac Disease

Celiac Disease Autoimmune

Celiac disease is a disorder that damages your small intestine and keeps it from absorbing the nutrients in food. The damage to your intestinal tract is caused by your immune system's reaction to gluten. Gluten is a protein found in wheat, barley, and rye. Some oats may be contaminated by gluten.

When you have celiac disease, gluten causes your immune system to damage or destroy villi. Villi are the tiny, fingerlike tubules that line your small intestine. The villi’s job is to get food nutrients to the blood through the walls of your small intestine. If villi are destroyed, you may become malnourished, no matter how much you

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eat. This is because you aren't able to absorb nutrients. Complications of the disorder include anemia, seizures, joint pain, thinning bones, infertility, long-term (chronic) diarrhea, low vitamin levels, and cancer.

Lifestyle changes to cope with celiac disease

A gluten-free diet is the only treatment for celiac disease. You'll have to stay away from gluten for the rest of your life. Even the smallest amount will trigger a reaction that can damage your small intestine. Eating a gluten-free diet means a new approach to food. A gluten-free diet often means not eating most grains, pasta, cereals, and processed foods. This is because they often contain wheat, rye, and barley. You'll need to become an expert at reading ingredient lists on packages. Choose foods that don't have gluten. You can still eat a well-balanced diet with many different foods. You can have meat, fish, rice, fruits, and vegetables. You can also have prepared foods that are marked gluten-free. Be especially careful about condiments, dressings, and gravy, because these may contain gluten. Prescription and over-the-counter medicines may also contain gluten.

You can find gluten-free bread, pasta, and other products in just about every grocery store. Gluten-free dishes are on menus at all kinds of restaurants. But remember that gluten can be hidden in many foods. This includes foods served that a restaurant says are gluten-free. This is why preparing your own food is often the best way to go.

Tips for following a gluten-free diet

Here are steps to take when getting gluten out of your diet. Know terms for hidden gluten. Stay away from einkorn, emmer, spelt, kamut, wheat starch, wheat bran, wheat germ, cracked wheat, and hydrolyzed wheat protein. Steer clear of emulsifiers, dextrin, mono- and di-glycerides, seasonings, and caramel colors. These all can contain gluten.

Check the labels of all foods. Gluten can be found in food items you'd never suspect.

Here are some that are likely to have gluten: Beer, ale, and lagers, Bouillon cubes, Brown rice syrup, Candy, Chips, potato chips, Cold cuts, hot dogs, salami, and sausage, Communion wafers, French fries, Gravy, Imitation fish, Matzo, Rice mixes, Sauces, Seasoned tortilla chips, Self-basting turkey, Soups, Soy sauce, Vegetables in sauce.

Rethink your grains

Stay away from all products with barley, rye, triticale (a cross between wheat and rye), farina, graham flour, semolina, and any other kind of flour. This includes self-rising and durum not labeled gluten-free. Be careful with corn and rice products. These don't have gluten, but they can sometimes be contaminated with wheat gluten. This can happen if they're processed in factories that also make wheat products. Look for such

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a warning on the package label. Go with oats. Recent studies suggest you can eat oats if they are not contaminated with wheat gluten during processing. Check with your healthcare provider first.

Use potato, rice, soy, amaranth, quinoa, buckwheat, nut, or bean flour instead of wheat flour. You can also use sorghum, chickpea or Bengal gram, arrowroot, and corn flour. Tapioca starch extract is another choice. These act as thickeners and can be used for leavening.

More ideas for a gluten-free lifestyle

Here are ideas to help make the transition to a gluten-free diet:

Separate all kitchen items used for preparing gluten and gluten-free foods. These include cooking utensils, cutting boards, dishes, forks, knives, and spoons.

When eating out, if you're not sure about the ingredients in a dish, ask the chef how the food was prepared. You can also ask whether a gluten-free menu is available. Most restaurants have a website where you can look at the menu before you go.

Ask your pharmacist if any of your medicines contain wheat or a wheat byproduct. Gluten is used in many products from medicines to lipsticks and lip balms. Manufacturers can give you a list of ingredients if they are not named on the product. Many herbals, vitamins, supplements, and probiotics contain gluten.

Watch your portion sizes. Gluten-free foods may be safe and good for you, but they're not calorie-free.

If you still feel symptoms on your gluten-free diet, double check that you're not still getting small amounts of gluten hidden in sauces, salad dressings, and canned soups. Also double check food additives. These include modified food starch, preservatives, and stabilizers made with wheat. Medicines that are in tablets or capsules may be contaminated with gluten. The risk of your medicines containing gluten is very small. But if you are concerned, discuss this with your healthcare provider.

As you and your family become experts in reading food and product labels, you'll be able to find hidden sources of gluten before they can cause a problem. You might also get more ideas from joining a support group that can help you adjust to your new way of life. These are great places to find delicious recipes. You can make gluten-free cookies and banana bread to biscuits, trail mix, and grits.



Hazelnuts

The hazelnut (*Corylus maxima*) also known as filbert, blooms and pollinates in the middle of winter. The nuts begin to grow in the spring, and they are allowed to ripen until they fall off the trees and are then harvested. These trees can keep producing nuts for several hundred years.



Names - Hazelnut and Filbert: One theory of the origin of the name '*filbert*' is that it comes from St. Philibert, a 7th century Frankish abbot, whose feast day is August 20, which happens to be in the middle of the nutting season in Europe. Hazel is the older European name.

The Hazelnut (Filbert) was designated as the Official Nut of Oregon in 1989. Over 95% of the U.S. commercial production of the nut is in Oregon's Willamette valley.

May Be Good for the Heart Eating nuts has been shown to protect the heart. In hazelnuts, the high concentration of antioxidants and healthy fats may increase antioxidant potential and lower cholesterol levels in the blood. One month-long study observed 21 people with high cholesterol levels who consumed 18–20% of their total daily calorie intake from hazelnuts. The results showed that cholesterol, triglycerides and bad LDL cholesterol levels were reduced.

Participants also experienced improvements to artery health and inflammation markers in the blood.

Moreover, a review of nine studies including over 400 people also saw reductions in bad LDL and total cholesterol levels in those who ate hazelnuts, while good HDL cholesterol and triglycerides remained unchanged.

Other studies have shown similar effects on heart health, with results demonstrating lower blood fat levels and increased vitamin E levels. Moreover, the high content of fatty acids, dietary fiber, antioxidants, potassium and magnesium in hazelnuts seems to help normalize blood pressure.

In general, eating 29 to 69 grams of hazelnuts per day has been linked to improvements in heart health parameters.

Let's Get Cooking!

another great recipe from
The Trupiano Kitchen

Quiche Lorraine (Gluten Free)

12 servings

2 gluten free pie shells (Marine Pie Co. brand is great)
16 slices cooked and crumbled bacon
1 small onion, minced
8 oz. shredded sharp Cheddar cheese
16 oz. Shredded Swiss cheese
1 cup grated Parmesan cheese
8 large eggs, lightly beaten
2 cups (16 floz) heavy whipping cream
1 cup milk
1/2 tsp. ground nutmeg
1+1/2 tsp salt
1/2 tsp ground black pepper
1 TBLSP. butter



Preheat oven to 350 degrees

Meanwhile, cook bacon until crispy. Remove to paper towel on a plate to remove excess grease.

Remove most of the grease from the pan and add onion and butter.

Add onion and sauté for 2 minutes until translucent.

Layer bottom of pie crusts with Cheddar and Swiss cheeses, top with crumbled bacon and sautéed onion.

Lightly mix together and spread evenly.

Mix the eggs, cream, milk and spices in a bowl. Gently stir and evenly pour into pie shells to evenly mix all together.

Bake at 350 degrees for 45 minutes to 1 hour, depending on your oven, until center of the quiche is just set. It's ok if center jiggles slightly, it will continue cooking after it is removed from oven.

Half way through, if crust is browning too much you can place strips of aluminum foil over it while it finishes cooking. (I don't usually need to do this)

Remove from oven and allow to cool for 10 to 15 minutes before slicing if serving immediately.

If serving later, cool completely, cover and freeze.

If refrigerated or frozen, bring to room temperature and heat at 350 degrees for 15 to 20 minutes or, until center reached at least 165 degrees.

Individual slices may be heated in microwave on high for about one minute or until 165 degrees.

Pairs well with strawberries, cucumbers, grapefruit and celery seed dressing.

Let's Get Cooking!

another great recipe from
The Trupiano Kitchen

Chicken Parmesan (Gluten Free)

Serves 6

4 boneless, skinless chicken breasts, cut in half lengthwise, pounded thin, about 1/4 to 1/2 inch thick, using flat mallet or rolling pin.
2 cups Aleia brand seasoned breadcrumbs.***
1/2 cup olive oil
3 eggs, well beaten with small amount of water
Spaghetti or Marinara sauce of your choice
Parmesan cheese, grated
8 slices of Mozzarella cheese
1/2 cup water
Fresh Basil leaves, chopped for garnish (optional)



Place olive oil in a fry pan large enough to not crowd chicken breasts.

In bowls large enough to fit the largest cutlet, Dip both sides of chicken breasts in the egg mixture and then the breadcrumbs.

Place on a plate and set aside for 15 to 20 minutes to allow the breadcrumbs to firm up and not fall off while frying.

Begin cooking vegetable, salad and side of gluten free pasta (if serving) while waiting.

Over medium heat, preheat the oil in the fry pan and carefully place the chicken breasts in the pan and immediately turn over so the breadcrumbs get coated in the oil.

Cook over medium heat until lightly browned. Turn over and lightly brown the second side.

Spoon spaghetti sauce over chicken, top each cutlet with a slice of Mozzarella cheese and sprinkle well with Parmesan cheese.

Carefully add the 1/2 cup water to the pan and immediately cover so steam forms. Reduce heat to medium low.

Cook 1 or 2 minutes more to melt cheese.

Remove cutlets to a plate and garnish each with chopped basil. (Optional)

Serve with green beans or asparagus and buttered gluten free noodles or your choice of gluten free pasta.

*** If using plain breadcrumbs, place 1+3/4 cups plain breadcrumbs in a bowl, add 1/4 cup grated Parmesan cheese, 1 TBLSP oregano, 1 TBLSP dried basil, 1/2 to 3/4 tsp. garlic powder. Mix well.

Wine Time!



A gluten free diet means missing out on some of the good things in life. But, does it mean you have to cut out wine? Wine is made from fermented grapes which don't include gluten. But, some winemakers do add other ingredients during the winemaking process. And, this could result in a wine containing traces of gluten.

If you're concerned about traces of gluten being found in a wine, you would be better off looking for a gluten free wine brand. These wines have been approved as safe to drink by gluten intolerance wine drinkers around the world. But, before we list the best gluten free wine brands, read on to find out more about wine and gluten contamination.

What You Need to Know About Gluten Free Wine

The FDA regulations state a food product is gluten free when it's below 20 parts per million (ppm). The Alcohol and Tobacco Tax and Trade Bureau have used the FDA guidelines to allow for "gluten free" labeling on any alcoholic beverages as long as they meet this requirement. The Gluten Free Certification Organization will certify any food product with a gluten level below 10ppm.

While wine is naturally made with red and white grapes, some byproducts may be added during or after fermentation. These substances are used to clarify the wine, also known as fining. However, the final product of these wines, including those aged in oak barrels, will have a gluten content of well below 5ppm, making them safe for people with celiac disease.

Winemakers may also add flavoring or coloring agents to the drink especially if they're producing wine coolers or dessert wines. These drinks should be avoided if you're gluten intolerant and you can rather stick with naturally made wine.

Most wines, including sparkling wine and champagne made in France, are considered gluten free, meeting the FDA requirements. And, if a byproduct has been used, the winemaker needs to ensure that all possible gluten contamination has been removed in the final product for it to be recognized as a gluten free wine.

To determine if a wine is gluten-free, look for wines made with 100% grapes or those labeled as "certified gluten-free." Avoid flavored wines and wine coolers, as they may contain added ingredients that could introduce gluten.

Check the label for any additives or flavorings that might not be gluten-free. Stick to pure, unadulterated wines from reputable wineries known for offering gluten-free options. While most traditional winemaking methods result in naturally gluten-free wines, it's essential to remain vigilant about potential cross-contamination risks and additives.

RANdom STuff

STRESS DIET

BREAKFAST:

1/2 Grapefruit
1 slice Whole Wheat Toast
8 oz. Milk

LUNCH:

4 oz. Lean Broiled Chicken Breast
1 cup Steamed Zucchini
1 Oreo Cookie
Herb Tea

MID-AFTERNOON SNACK:

Rest of the package of Oreos
1 quart Rocky Road Ice Cream
1 jar Hot Fudge

DINNER:

2 loaves Garlic Bread
Large Pepperoni and Mushroom Pizza
Large Pitcher of Pepsi
2 Milky Way Candy Bars
Entire Frozen Cheesecake eaten directly from the freezer

Violet M. Taylor

Insurance companies are warning campers if your tent is stolen during the night you won't be covered



Breaking News!

Rare worn down pencil belonging to William Shakespeare has been unearthed. Experts not sure if the pencil is 2B or not 2B

