



San Joaquin Section
Institute of Food Technologists

Green Sheets Winter 2021

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If you have any questions, comments, or suggestions, please feel free to contact us at: sanjoaquinift@gmail.com



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President-Elect's Message



Season's Greetings to You All!

Let me start off by saying "WOW!" It's hard to think that another year has just flown by with what feels like a blink of an eye and what another wonderfully crazy year at that.

I am so glad we were able to host a couple events this year, whether virtually or in person. And to top it off, you all came out and showed tremendous support for our students during the SJIFT 23rd Annual Golf Tournament, it was our best yet! I won't go into detail here, because our Golf Chair, Scott Nichols, has worked hard to put together the Golf Report shared later in the Green Sheets.

Some of our board members have even put together and shared some of their favorite holiday recipes. So be sure to try them out and tell us what you think, or even submit your recipe to be featured in the Spring 2022 Green Sheets.

So, as we bring this year to a close, let me say thank you to you all for your continued support. And please, reach out to

any of us if there are any events you'd like to see us host, ideas on how to better serve you, our members, or if you'd like to get more involved with our section.

Wishing You All the Best,

Kimberly Peretto

2021-22 SJIFT President-Elect

Product Development Technologist II

California Natural Color

Fresno State Food Science and Culinology Club Update



Dear SJIFT Members,

As the year comes to a close, the Food Science & Culinology Club and I wish everyone happy holidays!

We had a wonderful time volunteering and getting to meet so many food industry professionals at the SJIFT 23rd Annual Golf Tournament this past October.

In November, we held a movie night featuring "The Food That Build America" and provided snacks shown in the episode.

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We hope to move forward into the spring semester with the Sacramento Food Expo, Las Vegas Artisan Bakery Expo, Winter Fancy Food Show, and other industry events for our students.

Thank you to all the professionals supporting our students, and, again, happy holidays.

Sincerely,

Lauren Davis

2021-22 SJIFT CSU Fresno Student Liaison

Upcoming Events

SJIFT 2021 Winter Event

Come out and join us for our 2021-2022 Winter Event, which includes a plant tour and a dinner with a speaker! We are working on getting this event put together and will provide updates as soon as we can.

Date: Late January/Early February

Location: TBD

Speaker: The Almond Board

Professional's Trivia Night

Come on out for great fun, networking, and some healthy competition testing out your knowledge with some food trivia!

This is not a member only event and we encourage members to bring out their colleagues, plus-ones, and friends to join in on the fun. SJIFT will be providing the appetizers.

Date: TBD – Spring 2022

Location: Crow & Wolf Brewing Company

526 Spruce Ave

Clovis, CA 93611

Time: 6:30 – 8:30pm

SJIFT 24th Annual Golf Tournament



We are all excited about this year's outcome and look forward to an even better tournament in 2022, so mark your calendars!

Date: October 2022

Location: Dragonfly Golf Club

43369 Ave 12

Madera, CA 93636

Time: TBD

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Previous Events

Professional's Trivia Night

The SJIFT held a Professional's Food Trivia Night in mid-September at Amalgamation Brewing. The night consisted of eating tacos, catching up with friends, discussing what it means to be in the food industry, and answering questions from the new generation of food scientists.

Three Fresno State Students were able to come out and interact with the SJIFT Board Members and Industry Professionals. These students were given the opportunity to network, get to know us, and ask any questions they had about finding jobs, working in the Covid era, and what it was we loved most about our jobs.

The night concluded with a challenging game of Food Trivia, held on the Kahoot Trivia platform. Fresno State Student, Chao Yang, emerged victorious, which is no small feat considering he went up against industry professionals who have 6+ years of experience on him!

We would like to thank all of you that could make it out to this fun event, and we look forward to our next trivia night being held in the Spring 2022.

Date: September 17, 2021

Location: Amalgamation Brewing

6585 N Santa Fe Ave

Fresno, CA 93722

SJIFT Holiday Dinner

As we do every year, we celebrated and thanked our wonderful SJIFT volunteers with a Holiday Dinner. And let us just say thank you again to all you beautiful members who volunteer your time to help keep the San Joaquin Section up and running!

This year we held our celebration at Trelio in Old Town Clovis. For those of you who have not been, we all highly recommend that you do so. The food, wine list, and service are above and beyond fantastic. (Shout out to Trelio for an awesome experience!)

And of course, we were so involved in conversation, laughter, and enjoying great company that we completely forgot to get a group photo! (But of course, we have pictures of the entrées!)

Date: December 16, 2021

Location: Trelio Food and Wine

438 Clovis Ave #4

Clovis, CA 93612



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Your 2021-2022 Board Members' Favorite Holiday Recipes

Ginger Molasses Cookies



Submitted by Your President-Elect:
Kimberly Peretto

Cookie Recipe:

- 2 ¼ Cup All Purpose Flour
 - 1 Cup Dark Brown Sugar, packed
 - ¾ Cup Butter, salted softened (1 ½ sticks)
 - 1/3 Cup Molasses
 - 1 Egg
 - 1 tsp Baking Soda
 - 1 tsp Ground Ginger
 - 1 tsp Ground Cinnamon
 - ½ tsp Ground Cloves
 - ¼ - ½ Cup Sugar, granulated
1. In a large bowl, combine 1 ¼ cups flour with the brown sugar, butter, molasses, egg, baking soda, ginger, cinnamon, and cloves using an electric mixer until fully incorporated.
 2. Stir in the remaining cup of flour.

3. Shape the dough into 1-inch balls and roll in the granulated sugar to coat.
4. Place the dough balls 2 inches apart on an ungreased cookie sheet.
5. Bake at 375°F for 8 to 10 minutes or until edges are set and the tops are crackled.
6. Let cookies cool on the cookie sheet for a minute or two and then removed to a wire rack to finish cooling.
7. Enjoy! They go great with a hot cup of cocoa or coffee!

White Chili

Submitted by Your Immediate Past President: *Scott Nichols*

Chili Recipe:

- (4) 15oz cans Great Northern Beans, drained
- 2lbs. Boneless Skinless Chicken Breast
- ½ Cup Butter, salted (1 stick)
- 2 Cups Half & Half
- 6 Garlic Cloves, Crushed
- 3 Medium Yellow Onions, diced
- 2 tsp Ground Cumin (or to taste)
- ¼ tsp Ground Cloves
- 1 tsp Ground Oregano
- (2-4) 4oz cans Ortega Mild Green Chilis, diced
- (2) 15.8oz Chicken Broth or Stock
- 20oz Monterey Jack Cheese, grated
- ½ Cup Sour Cream, whole fat

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- ¼ tsp Ground Cayenne (or to taste)
 - All Purpose Flour (optional)
1. Salt and pepper chicken breasts and set aside.
 2. Melt butter in frying pan.
 3. Add onions and garlic and cook onions until translucent (garlic will get brown during this time)
 4. Transfer the cooked onions and garlic to a plate and add the chicken breast to the frying pan, adding more butter if necessary. Brown chicken breast on both sides, over medium heat.
 5. Cook until tender, no pink, about 20 min. Take out chicken, and when cool shred the chicken and set aside.
 6. To a crock pot, add the onions and garlic, drained beans, cumin, cloves, oregano, chilis, chicken broth, cayenne, cheese, and half & half.
 7. Over high heat, stir well so it starts to thicken, then turn to low heat setting.
 8. Stir in shredded chicken.
 9. After cooking for minimum of 4 hours, if the sauce is thinner than desired, you can make a roux by adding all-purpose flour to about ½ to 2/3 cup of the chili broth. Add back to the crock pot.
 10. Let cook over low heat all day (minimum 4-6 hours). Serve with extra cheese, sour cream, or green onions.

Brown Butter & Toffee Chocolate Chip Cookies

*Submitted by Your Treasurer: Kady
Francone*

English Toffee Recipe:

- ½ Cup Butter, unsalted (1 stick)
 - ¾ Cup Sugar, granulated
 - ½ Cup Light Brown Sugar, packed
 - ½ tsp Kosher Salt
 - 1 tsp Vanilla Bean Paste
 - ¼ tsp Baking Soda
1. Combine butter, granulated and brown sugars, kosher salt, and 2 Tbsp. water in a large heavy saucepan fitted with candy thermometer. Cook over medium-high heat, swirling pan occasionally, until thermometer registers 300° (toffee should be a deep golden brown), 7–9 minutes.
 2. Remove toffee from heat and carefully stir in vanilla. Sprinkle baking soda evenly over surface and stir just until incorporated (be careful not to overmix). Quickly scrape mixture onto a parchment lined baking sheet and tilt from side to side to spread mixture slightly; let cool 10 minutes. Chop into ¼-inch pieces.



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Cookie Recipe:

- 2 Tbsp Black Chia Seeds +2/3 Cup Water
- 227g Butter, salted (2 sticks)
- 250g All-Purpose Flour
- 1 tsp Baking Soda
- ½ tsp Kosher Salt
- 215g Dark Brown Sugar
- 73g Sugar, granulated
- 2 tsp Vanilla Extract
- 80g English Toffee, ¼ inch pieces
- 216g 50% Cocoa Dark Chocolate, cut into fine & large chunks
- Flaky Sea Salt

1. Combine Chia Seeds and water, stir to break up seeds. Allow to sit at least 15 minutes to gel.
2. Meanwhile, cook butter in a medium saucepan over medium heat, stirring often, until it foams, then browns, 5–8 minutes. Scrape into a large bowl and let cool slightly, about 10 minutes (an instant-read thermometer should register 125°).
3. While butter cools, whisk flour, baking soda, and kosher salt in a medium bowl.
4. Add brown sugar and granulated sugar to browned butter. Using an electric mixer on medium speed, beat until incorporated, about 1 minute. Add gelled chia seeds and vanilla, increase mixer speed to medium-high, and beat until mixture lightens and begins to thicken, about 1 minute. Reduce mixer speed to low; add dry ingredients and beat just to combine. Mix in toffee pieces and

chocolate wafers with a wooden spoon or rubber spatula. Let dough sit at room temperature at least 30 minutes to allow flour to hydrate. Dough will look very loose at first but will thicken as it sits.

5. Place a rack in middle of oven; preheat to 375°. Using a 1-oz. ice cream scoop, portion out balls of dough and place on a parchment-lined baking sheet, spacing about 3" apart (you can also form dough into ping pong-sized balls with your hands). Do not flatten; cookies will spread as they bake. Sprinkle with sea salt.
6. Bake cookies until edges are golden brown and firm but centers are still soft, 9–11 minutes. Let cool on baking sheets 10 minutes, then transfer to a wire rack and let cool completely. Repeat with remaining dough and a fresh parchment-lined cooled baking sheet.
7. Do Ahead: Cookie dough can be made 3 days ahead; cover and chill. Let dough come to room temperature before baking.

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Winter Chili

Submitted by Your Member-At-Large: Amber Hall

Chili Recipe:

- ¼ Cup Kidney Beans
 - ¼ Cup Black Eyed Peas
 - ¼ Cup Red Beans
 - ¼ Cup Black Beans
 - 2 Jalapeños, chopped
 - 1 Medium Onion, chopped
 - (1) 10oz Can of Tomatoes with Green Chili
 - (1) 6oz Can Tomato Paste
 - 3 Tbsp Worcestershire Sauce
 - 1 Pack Bacon, sliced
 - 3 Tbsp Chili Powder
 - 1 Tbsp Smoked Paprika
 - 1 Tbsp Garlic Salt
 - 1 Tbsp Black Pepper
1. Prep-Clean beans by adding them to a pot and fill water 2 inches above. Let set over night. Dump the water out, rinse the beans, and refill with water 3 inches above.
 2. Add the tomato paste, tomatoes with green chili, chopped onion, chopped jalapeños, sliced bacon, Worcestershire sauce, and seasoning to the beans.
 3. Mix all ingredients over high heat and bring to a boil. Boil for about 20 minutes.
 4. Reduce heat to medium and cook for 2-3 hours or until beans are soft, stirring occasionally.

5. Note: If the beans start to stick to the bottom of the pan, lower heat.
6. Serve with sour cream, cheddar cheese, or some chopped red onions.

Christmas Crunch Bar

Submitted by Your CSU Fresno Student Liaison: Lauren Davis

Crunch Bar Recipe:

- 1 column of saltines
 - 2 sticks butter
 - 1 cup light brown sugar
 - 1 12-oz. package chocolate chips
1. Preheat oven to 400°F
 2. Layer Saltines on a foil-lined 10x15" pan.
 3. Boil butter and brown sugar for 3 minutes; quickly pour butter-sugar mixture evenly over saltines.
 4. Bake for 7 minutes (watch carefully).
 5. Remove from oven and spread chocolate chips on top.
 6. Cool in refrigerator.
 7. Break into pieces after fully cooled for convenience.
 8. Keep stored in the fridge until ready to eat.



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SJIFT 2021 Golf Report

The 23rd annual SJIFT Golf Tournament made a comeback on Thursday October 14 after a year hiatus due to Covid. We held the tournament at the beautiful Dragonfly Golf Course in Madera. We had a beautiful day with 112 golfers participating in the festivities. We also had about 150 folks come to the dinner event that evening. We were so pleased with Dragonfly that we will return next year!

This year exceeded all of our expectations on participation and fund raising. Through the generosity of our sponsors and golfers, we raised \$26,000 to use towards our philanthropic programs for Food Science and Culinology Students at Fresno State! This brings our 23-year total to \$202,182. We could not do this without your support!

*We wish to thank our major sponsors: **Matt Gallinetti** of **Vitusa Products** was a Full Scholarship Sponsors this year, and he also signed up 24 golfers!! **Kimberly Peretto** of **California Natural Colors** was a Semester Sponsor, and **Bill Smittcamp** of **Wawona Frozen Foods** was our Lunch Sponsor.*

*We also thank our Eagle Sponsors: **David Hickok** of **Ruiz Foods** for supporting the “Ruiz No Whining Hole” where lucky winners received a great bottle of Fresno State wine, and our other Eagle Sponsors: **David Vargas** of **Hydrite Chemical Company** and **Larry Day** of **Nationwide Boiler**. **Joyce Igasaki** of **Virginia Dare***

*provided a Birdie Sponsorship and **Christopher Stuart** of **T. Hasegawa Flavors** was our \$10,000 Hole in One Sponsor. Our on-course Sponsors this year were **Harbor Williams** of **Grain Processing Corporation**, **Julie Brown** of **O.C Flavors**, and **Larry Schneider** of **The Good Feet Store**.*

*We had a new **Beer Sponsor** this year, **Don Anderson** of **Crow and Wolf Brewery**, who provided a wonderful selection of beer and ales for us to enjoy on the course and at dinner.*

*We wish to thank our 17 Tee Box Sponsors: **Dave Plowman** of **APAC Chemicals**, **Dale Killen** of **Barney’s Fine Foods**, **Julie Inman** of **Beneo, Inc.**, **Skylar Handley** of **Brenntag Pacific** (Skylar provided two Tee Sponsorships), **Jennifer Solgonick** of **Gadot Biochemical Industries**, **J.C. Stubblefield** of **Gold Coast Ingredients**, **Robin Becker** of **Jungbunzlauer, Inc.**, **Michael Byrnes** of **Northstar Chemicals**, **Julie Brown** of **O.C. Flavors**, **Gary Jue** of **Orchard Choice/Valley Fig Growers**, **Meena Haidari** of **Palmer Holland**, **Jeff Martin** of **Quadra Ingredients**, **Daniel Alexander** of **Sabater/BDS Natural Products**, **Greg Beauregard** of **Sealed Air**, **Rowen Tych** of **Univar**, and **James Karibian** of **US Cold Storage**.*

From: Scott Nichols, SJIFT Golf Chair

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News in the Food and Beverage Industry

3D MEATLESS LAMB HITS STEAKHOUSE MENUS AND MORE VEGAN FOOD NEWS OF THE WEEK

From vegan lamb on fine-dining menus to Cardi B’s dairy-free (but booze-forward) whipped cream, we’re serving up the best in vegan food news.



The rest of this article can be found at: <https://vegnews.com/2021/12/vegan-food-news-of-the-week-december-3>

People are paying top dollar for cocktails with no alcohol in them

The non-alcoholic beverage industry skyrocketed this past year as consumers shift from booze-filled nights to prioritizing their health and wellness.

While some people are cutting back entirely, others are switching to beverages that taste like their favorite tipples, but without the alcohol. Once thought to be a passing — even mockable — trend, non-

alcoholic wine, beer and more recently spirits are now found in bars, restaurants, and grocery stores around the world.



The rest of this article can be found at: <https://www.cnbc.com/2021/12/09/more-are-drinking-alcohol-free-cocktails-beer-and-wine-heres-why.html>

Coloring Foodstuffs Market to surpass US\$ 922.3 Mn as Demand for Clean-label Food Products Grows

An exhaustive survey on the coloring foodstuffs market by the Future Market Insights (FMI) provides insights into the key factors facilitating the growth in the market. It also examines growth prospects for the market across various segments on the basis of form, extract type, and end user. The report offers in-depth insights into scope for market expansion in the assessment period, 2021-2031.

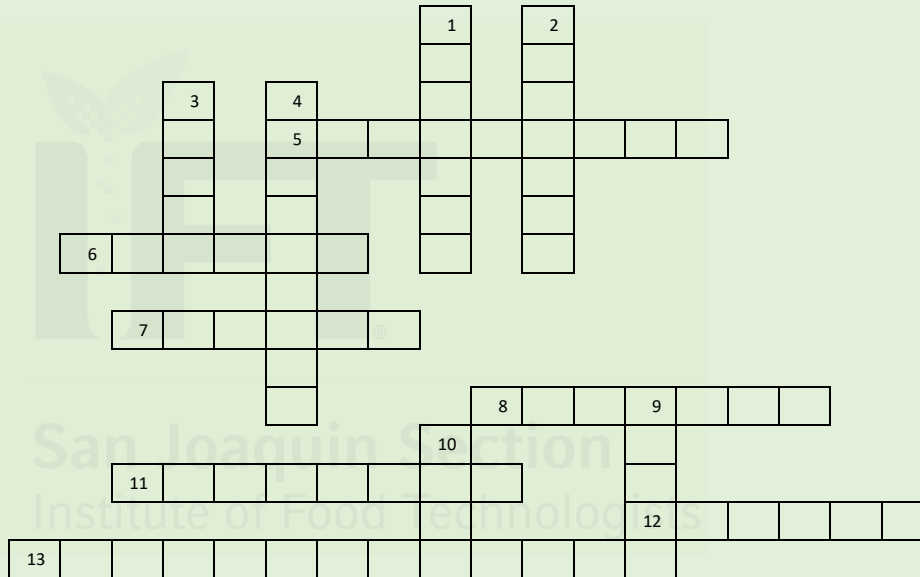
The rest of this article can be found at: <https://www.prnewswire.com/ae/news-releases/coloring-foodstuffs-market-to-surpass-us-922-3-mn-as-demand-for-clean-label-food-products-grows-895349485.html>

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SJIFT Crossword #1 – All About the Food: Answers



Down:

1. Italian dish made of stacked layers -
Lasagna
2. Sweet meringue-based sandwich cookie -
Macaron
3. Powder obtained from grinding grain
commonly used in baking - ***Flour***
4. Oven baked dish comprised of meat,
vegetable, and starchy binder - ***Casserole***
9. A fruit commonly used for making wine -
Grape
10. Fruit also called a Chinese gooseberry -
Kiwi

Across:

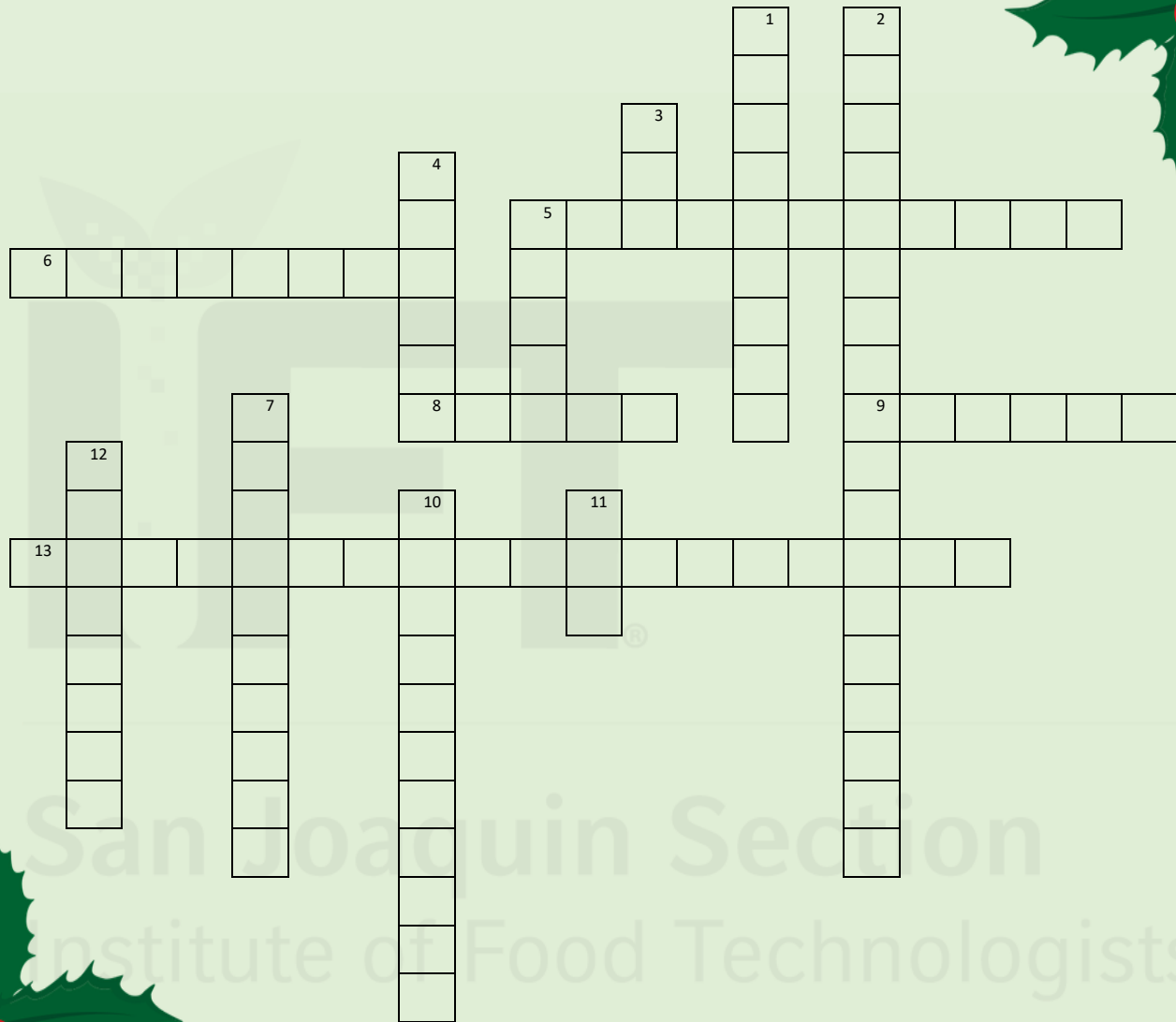
5. A vegetable also known as sparrow root -
Asparagus
6. Cereal grain commonly used in brewing -
Barley
7. A seed heavily grown in CA orchards -
Almond
8. Fried dough treat made from pâte à choux -
Beignet
11. Flavor base mix made of carrot, celery,
and onion - ***Mirepoix***
12. A fruit also known as dragon fruit - ***Pitaya***
13. Highly seasoned creamy crustacean soup -
Lobster Bisque

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SJIFT Crossword Puzzle #2 – Traditional Holiday Dishes



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SJIFT Crossword Puzzle #2 – Traditional Holiday Dishes

Down:

1. England has enjoyed these during the holidays since the 13th century, fighters returning from the Crusades brought back new, exotic spices like nutmeg and cinnamon and British cooks used them in an assortment of dishes
2. This drink is a Christmas tradition in Peru
3. A Christmas Eve dinner choice tradition in Japan that began in the 1970s
4. Is a rich, chilled, sweetened, dairy-based beverage, historically also known as a "milk punch"
5. Traditional Polish sweet bread dish which is often broken on Christmas Eve following a fast
7. An almond-flavored cake that is formed into a Christmas tree with as many as 18 layers or more
10. A side dish consisting mainly of a starchy root prepared with sweet ingredients and sometimes pecans
11. A leg cut that has been preserved by wet or dry curing, with or without smoking
12. Russia bakes or fries these yeast-leavened boat-shaped buns that can be made with a variety of fillings

Across:

5. A filled and rolled rich cake that is often decorated with meringue shaped into mushrooms or other small treats to make it look as though it were found on the forest floor
6. An edible mixture, often composed of herbs and a starch such as bread, used to fill a cavity in the preparation of another food item
8. A sauce, often made from the juices of meats that run naturally during cooking and often thickened with wheat flour or corn starch for added texture
9. A bird in the genus *Meleagris* and native to North America
13. Dorcas Reilly led the team that created the recipe whose inspiration for the dish was "to create a quick and easy recipe around two things most Americans always had on hand in the 1950s"

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