



Ohio Valley Section
Institute of Food Technologists

Ohio Valley IFT News

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A Message from the Chair:



WOW! I don't think any of us could have predicted that 2020 would have turned out the way that it did. As the world suddenly came to a halt, we found our lives turned upside down. We faced the challenge of creating a new normal and IT.WAS.HARD. We had to learn how to work from home, school from home and socialize from home. However, despite everything going in the world, there was one thing that continued to unite people...FOOD! The world saw a renewed interest in growing, preparing, cooking, baking and eating food. Seeing people's new found passion in food made me feel extremely proud to be a Food Scientist. I hope that you too find pride in being a part of an industry that unites people even during the hardest times.

One of the hardest parts of 2020 for the OVIFT Board was not getting to Network with our members. We miss seeing you all at our monthly events, Student Poster Competition, Golf Outing and Supplier's Expo. While we tried to stay connected through virtual events, we know it just wasn't the same. As we look toward the promises that 2021 brings, I find myself optimistic that we will have the opportunity to connect with all of you again very soon. Until then, I wish you and your families health, happiness and prosperity in the coming year!

Warmest Wishes,
Kelley Lowe
OVIFT Chair

Virtual Food Drive Ends Jan 3, 2021

Help OVIFT and the Freestore Foodbank make the holidays a little brighter by donating to our Virtual Food Drive. Click below to learn more and donate!



[Click here to donate!](#)

From our kitchens to yours:

Happy Holidays

More time at home means more time in the kitchen! Here are some holiday-time favorites from a few OVIFT board members

Sausage Wontons (Kelley Lowe)

- 1lb bulk sausage (my favorite is Bob Evan's Zesty Hot) or bulk sausage alternative (I have found that crumbling up Morning Star Farms Original Sausage patties works really well for this recipe)
 - 1 package of refrigerated wonton wrappers
 - 2 cups of shredded cheddar cheese
 - ½ cup ranch dressing
1. Preheat oven to 350F
 2. Lightly spray a mini muffin tin with cooking spray
 3. Press wonton wrappers into muffin tin so it makes a cup
 4. Bake for 4-5 minutes until the edges are just starting to brown
 5. In a large skillet brown sausage or warm sausage alternative. Drain any excess grease after cooking
 6. Combine sausage or sausage alternative, cheese and ranch dressing
 7. Spoon a rounded tablespoon into each wonton cup
 8. Bake until heated through, about 6-7 minutes

Cathy Heil recommends Emeril's [savory spinach and artichoke bread pudding](#) for a fancy stuffing option!



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Apple Cider Mule (Amy Bethel)

Fall/Winter spin on the classic Mule.

- 1Tbl of Apple Butter
- ½ tsp fresh grated ginger
- Lime wedge
- 1/3 cup Apple Cider
- 2oz Vodka (or Bourbon!)
- Ginger beer
- Cinnamon stick (for garnish)

Add Apple Butter, Ginger, Juice of Lime Wedge, Apple Cider and Liquor into shaker. SHAKE SHAKE SHAKE and strain over crushed ice in copper mug (or any mug you fancy). Top off with Ginger Beer and Garnish with Cinnamon Stick!

Amy also recommends [BA's Best Green Bean Casserole](#) for a holiday dinner side dish!

Chocolate Crinkle Cookies (Matt Teegarden)

- 1 c cocoa powder
- 2 c sugar
- 1/2 c vegetable oil
- 4 eggs
- 2 tsp vanilla extract
- 2 c flour
- 2 tsp baking powder
- 1/2 tsp salt
- 1/2 c powdered sugar

Combine cocoa powder, sugar, and vegetable oil in bowl of a stand mixer and mix to combine. Add eggs one at a time. Add vanilla. Mix flour, baking powder, and salt together then add to cocoa mixture. Mix until just combined. Cover and chill for 4 hrs.

Preheat oven to 350 F. Roll or scoop batter into 1 in balls, roll in powdered sugar, place on parchment-lined baking sheet and bake for 10-12 min.