

MONDAY, MARCH 11, 1996

TASTE

B

TASTE BUDS



CHEF LARRY JONES

Irish eyes smile on traditional dishes

Have you heard the one about the only thing an Irish cook has in the kitchen? "Luck?"

Contrary to popular belief, Irish cooks know a little more than how to make boiled potatoes, steaming platters of cabbage, and stew.

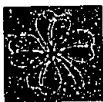
I grew up in Wyandotte, and all the Irish attended St. Patrick's Church, including the McNamoras (no relation to our Wayne County executive) who lived about five doors down from us on Sycamore Street. I went to school with Karen McNamara, whose younger brother Dave was part of the Sycamore Street version of "Our Gang." He was the only kid on the block with hair the color of carrots and enough freckles to go around for everyone on the block.

I remember the McNamoras because on March 17, the entire block got caught up in the traditional Irish St. Patrick's Day celebration. Wearing something green was generally accepted, even if your name didn't start with "Mc."

The Cozy Corner (the local watering hole around the corner) served green beer and Momma cooked a corned beef and cabbage in her upright (barrel shaped) roaster.

Locally, interested cooks can learn quite a bit from a cookbook published by the Detroit Chapter of the Irish American Cultural Institute. The cookbook contains "Irish Country House Breakfast and Pub Grub" recipes, which reflect the theme of the group's fifth annual Irish Cooking School held at Botsford Inn on March 2. Call (810) 540-6687 for information on how to get your copy.

Another stop that should be on every Irish lover's list is The Irish Baker, Jack Derrig, 5472 Schaefer (Between Michigan Avenue and Ford Road) in Dearborn, (313) 584-2444. If you shop at upscale markets around town, you've undoubtedly seen The Irish Baker's famed shortbread in bakery sections. If you haven't tried it, it's a die for.



This unbelievably little store, in addition to supplying Irish baked goods, is a great place to find gifts imported from the Emerald Isle.

Ireland is not known as a cooking school destination, but if you're looking for an authentic Irish cooking school, I'm hearing nothing but accolades from the folks who have taken courses at Darina Allen's Ballymaloe Cookery School in Shangarry, County Cork, Ireland. Her skills as a teacher, her wonderful manner, and the layout of the school rivals the best French culinary academies. Accommodations at Allen's-in-law's Ballymaloe House are nothing short of dazzling. You can phone them at 353 (21) 064-6785 or fax them at 353 (21) 064-6909 for more information.

No visit to Ireland is complete without a stop. You don't have to sign up for months or weeks at a time either - if you visit Ireland is in your future, check it out!

Of course, I can remember jumping into the old family Fairlane Ford and heading on down to Ronnie's Meats at the Eastern Market in Detroit for the best corned beef. Many folks think that the entire Eastern Market burned down last fall when in fact, it was only the Great Central Market which housed meat dealers, some restaurants, and a local fish market.

Well, good news for the folks who remember Ronnie's - they have reopened, and are once again selling the best corned beef money can buy. Tom Bedway and the folks at Ronnie's want you to know they are still alive and doing business about a mile north of their old site at 1448 Kirby (313) 874-5706. Ronnie's is three blocks north of Warren Road off of Russell Street (next to Thorn Apple Valley) and is open for business Monday through Saturday 9 a.m. to 5 p.m. Remember what the locals say - "everyone has a little bit of Irish blood in them," and if you can't make corned beef and cabbage, try something with an Irish twist like Irish Soda Bread, shortbread, braised cabbage or smoked salmon.

See Larry Jones' family-tested recipes inside. Chef Larry is a free-lance writer for the Observer & Eccentric Newspapers. To leave a voice mail message for him dial (313) 953-2047 on a touch-tone phone, then mailbox number 1886.

LOOKING AHEAD

What to watch for in Taste next week:

- C. Vincent Shortt shares country inn favorites.
- Creating a Domain with vision of great wines.



Celebrate
National
Nutrition
Month



Food
is not
the enemy.
Make peace with
your refrigerator.

Eat less, exercise more to lose weight

BY PEGGY EVERTS • SPECIAL WRITER

So often people ask me how to lose weight. I used to tell them about calories and the body's ability to use fuel. Now I give a simple answer - to lose weight, eat less, exercise more.

Many people are not satisfied with that explanation. They want complicated diets or specific foods. They want a prescription for losing a certain amount of weight. They want calorie tables and meal plans. Just like when they pick a certain pain reliever for a headache, or laundry soap to remove a stain. People want a method to lose weight, and they want it to work quickly. Unfortunately, it didn't take them two weeks to put 30 extra pounds on, and it won't take two weeks for it to come off.

So the advice to eat less and exercise more is simple, but important. It involves more than just counting fat grams and getting on the scale. In some regard, losing weight starts with making some changes within.

March is National Nutrition Month, and a good time for putting some healthful habits into practice. Here are some of my suggestions for healthy lifestyle changes.

■ Get back to enjoying food. Someone once said "eating is one of life's greatest pleasures." Food is not the enemy. Make peace with your refrigerator.

■ Go for moderation in eating and life. Beware of any diet that requires you to eat only certain foods or to make major changes in your lifestyle. Accept the fact that you need to make some sensible changes, and that you must get

some physical exercise.

■ Learn the facts about good nutrition. Don't act impulsively, but search for answers. Read to improve your knowledge and beware of "sensational" claims.

■ Get some physical activity every day. This can be a challenge especially here in the Motor City area in the winter. As a start, add movement to your day. Do some stretches in the shower, stand up straight and tall and stretch your arms above your head. Vacuum with gusto. Be the one to "run" the garbage to the curb. Sit on the floor and stretch out while you're playing with your kids. Park far from the door and use the opportunity to add steps to your day. And, of course, always take the stairs, not the elevator. Then, when you're ready, 30 minutes of exercise on most (preferably all) days of the week. Start slowly, building up your strength and fitness improve.

■ Don't sit down. Staying upright is one key to a long life. Find activities that you can enjoy with others. A business associate of mine started square dancing and finds it to be both physically and mentally challenging. Her husband enjoys this exercise far more than riding a stationary bike so now they dance twice a week. Recently they tried ballroom dancing lessons and are enjoying that as well. Check out your Parks and Recreation department, they offer all kinds of activities that will keep you on your feet.

■ Follow the recommendations on the Food Guide Pyramid. The Food Guide

Pyramid visually shows you how to create a good diet. The foundation is grains, followed by fruits and vegetables, then smaller servings of meats and dairy, and fats and sweets only for added calories.

This way of eating is actually quite different from how most of us are accustomed to eating. In the U.S. meat takes center-of-the plate, vegetables are sometimes given only as garnish and desserts are high in sugar, fat and calories. Try to make grains and vegetables the highlight of your meal with "meat on the side." Build fruits and dairy products into desserts, and never add extra fats or sugars to foods. Eat this way as often as possible.

■ Don't gain as you age. Adding pounds, a few each year, puts us at risk for heart disease, high blood pressure, stroke, diabetes, certain types of cancer, and other illnesses. While it is not necessary to be as skinny as a model, we must pay attention to our body weight and not continue to gain weight throughout adulthood.

So the advice to eat less and exercise more starts with a few simple changes applied to every meal, every day.

Ent well - live well

Peggy Everts of Clarkston is a registered dietitian and director of clinical services for HDS Services, a 30-year-old Farmington Hills-based food service and hospitality management company specializing in food service management for hospitals, long-term care facilities, businesses, private clubs and schools.

Health tips
from cyber-space

The new "Nutrition and Your Health: Dietary Guidelines for Americans" details how you can improve your diet.

The "Guidelines" can be downloaded from the home page of the USDA Center for Nutrition Policy and Promotion. The CNPP home page on the World Wide Web may be accessed at <http://www.usda.gov/cnpp/guide.htm>.

You can also order a copy by sending \$5 cents by check or money order, made payable to the Superintendent of Documents to Consumer Information Center, Department 375-C, Pueblo, Colo. 81008.

Local Hospital Weight-Loss Programs:

■ Botsford General Hospital. Classes offered at the Botsford General Hospital Health Development Network, 39750 Grand River Ave., Novi. For more information call (810) 477-6100.

ABC of Weight Loss - Registered dietitian will work with you individually for three months to set up a realistic weight loss plan. Fee is \$95, call for appointment.

Nutritional Tune-Up - Get your diet in gear. Focus on vegetarian, low-fat, low cholesterol, or diabetic menus. Fee \$30 for individual consultation.

Weight to Go - One-hour individual consultation with a registered dietitian to evaluate your activity, weight-loss history and establish reasonable goals. The \$75 fee includes three months of weekly follow-up calls by a dietitian.

Weight on the Run - Conducted by an exercise physiologist and nutritionist, this 12-week program starts

with a fitness assessment and nutritional consultation, followed by three weekly monitored workouts and weekly nutritional consultation. The fee is \$275, which includes enrollment in the class ABC of Weight Loss. Call (810) 477-6000.

Cooking Demonstrations - Feature Chef Larry Jones, "Microwaving Meals in Minutes," 7 p.m. Thursday, March 14. "Healthy Eating for the Whole Family," 7 p.m. Thursday, March 21. There is a \$5 fee for both classes and preregistration is required. Call (810) 477-6100.

■ Crittenton Hospital, 1101 W. University Drive, Rochester, (810) 662-5630. Computerized Diet Analysis Recommendations - Includes two visits with a registered dietitian. The fee is \$75.

Individualized Nutrition Counseling - Provided by registered dietitian, offered by appointment for needs such as basic nutrition, vegetarian nutrition, special dietary

restrictions and more. The fee for two counseling sessions is \$60. The fee for follow-up is \$40. Measure your weight loss progress every week. The fee is \$25 for 15 Weight-Ins.

Weight Management Center - Offers a variety of programs to help you reach and manage a healthier weight. Call for more information. Nutrition Health Fair - 8:30 a.m. to 3 p.m. Thursday, March 28 at the hospital. No charge for fair, \$7 per person fee for cholesterol HDL finger stick test.

■ Garden City Hospital, 6245 N. Inkster, Garden City.

Outpatient Nutrition Counseling - To help patients understand the diet prescribed by their doctor. For appointment, call (313) 458-4209 weekdays, 8 a.m. to 5:30 p.m. Doctor's prescription (referral) required. Initial sessions last 45 minutes to one hour. There is a fee for this service.

Why Weight - Support group for adults wanting to improve eating habits and lose weight. Meets 7 p.m. Mondays in Classroom 3 at Garden City Hospital. Call Kathy Grant (313) 721-6024 for information.

■ St. Mary Hospital, 36475 Five Mile Road, Livonia, (313) 655-8600.

Individual Nutrition Counseling - Available by a registered dietitian who reviews your medical and diet history, assesses your nutritional needs, and provides education. One-hour sessions by appointment only. There is a fee for this program.

Nutrition Checkpoint - Series of four private, brief appointments with a registered dietitian. Follow-up to previous nutrition counseling. Dietitian evaluates your progress, makes recommendations, and helps you focus on a specific goal with each appointment. There is a fee for this program.

• See related story & recipes inside.