

2 UNIQUE



KELLI LEWTON

Food for love casts a spell

On Feb. 14, untold numbers of Americans will observe Valentine's Day by presenting a symbol of their love. Some in the form of cards or jewelry, but the most popular form is chocolate.

By giving gifts of chocolate we will be paying unwitting homage to the power of food as a part of the mystic and magic of love.

Food nourishes our body, soul, mind and spirit. It can also be an instrument to demonstrate intentions such as the love that goes with making chicken noodle soup for a beloved sick one, or the suggested passion of chocolate covered strawberries and champagne on a nightstand.

Food has a long history as a tool of sorcery and spell casting — many in the name of love! Throughout the centuries there are numerous accounts of the sorcerers of the stove. Witches and their supernatural counterparts in other cultures were often the purveyors of hidden wisdom.

This is accompanied by the traditional image of witches busily stirring, brewing and simmering over their cauldrons. Tales tell of women who would hold and coddle their bread dough in romantic fashion while chanting the name of their would-be husband or lover. After baking, a woman would share the bread with this man in hopes that he would ingest her feelings and love with the grain and be forever "under her

Please see 2 UNIQUE, B2

Hearts Afire — Dinner for 2

Celebrate Valentine's Day with someone special. Indulge yourselves with a simply romantic dinner to go — to be reheated in your own kitchen. The students of the Schoolcraft College Culinary Arts program, and chef/owner Kelli Lewton of 2 Unique Caterers, Inc., with Breadsmith Bakeseries present this specially prepared menu.

A ROMANTIC PRELUDE

- Citrus marinated shrimp served with a tropical passion fruit salsa
- Brise kisses garnished with fruited chutney in phyllo cups
- Young baby field greens tossed with dried cherries and walnuts presented with a savory heart shaped croûton and a raspberry vinaigrette dressing

GETTING HOTTER

Chicken or Salmon Wellington, folded with fresh herbs, spinach and wild mushrooms wrapped in puff pastry. Served with aromatic winter vegetables and accompanied by heart baked rolls from the Breadsmith Bakery.

BE MINE

Our special chocolate Chambord heart dessert. The cost per couple is \$35.95. A portion of the proceeds will go toward the Schoolcraft College Culinary Arts program, Student Fund and the Beaumont Pediatric Cancer Survivor Scholarship Fund. Please have a credit card number for reservations. Cash or check welcome at time of pick up. Orders must be placed by Thursday, Feb. 12. To fax your order, send your name, daytime phone number, home phone number and choice of entrée — Chicken Wellington or Salmon Wellington — to 2 Unique Caterers (248) 642-6803 or call (248) 642-5240.

LOCATIONS AVAILABLE FOR PICK-UP

- All dinners must be picked up between 10 a.m. and 4 p.m. Saturday, Feb. 14. Please indicate the pickup location when you place your order.
- 2 Unique Caterers — 1250 Kensington Road, (between Big Beaver and Long Lake Road) Bloomfield Hills — (248) 642-5240
- Breadsmith of Bloomfield — 3592 W. Maple, (northeast corner of Maple and Lohrer), Bloomfield Hills — (248) 540-8001
- Breadsmith Cafe of Farmington Hills — 32990 Middlebelt (southeast corner of 14 Mile Road and Middlebelt) — (248) 855-5808
- Breadsmith of Troy — 5069 Livorno (northwest corner of Long Lake and Livorno), Troy — (248) 879-8997
- Schoolcraft College (Waterman Building) — 18600 Haggerty (corner of Haggerty and Eight Mile Road) — (734) 462-4400 Ext. 5423 or (734) 462-4491.

LOOKING AHEAD

What to watch for in Taste next week:

- Focus on Wine



EAT SMART FOR A Healthy heart

BY PEGGY MARTINELLI-EVERTS
SPECIAL WRITER

With Valentine's Day just around the corner, the grocery stores are filled with chocolate hearts, cakes, gooey desserts, and other irresistible sweets. But if you, or someone you love, is at risk for heart disease, the damage that these wonderful confections can cause may not be worth the moment of pleasure.

February is a month we celebrate love and matters of the heart. It is also a good time to think of our own heart, and the hearts of those we love.

Our cardiovascular system performs the amazing task of delivering oxygen and nutrients to every cell in our body. Our heart adjusts to changes in our activity level, exposure to cold, anxiety and eating. Even our ability to love and feel emotions is ascribed to our heart. The heart is a powerful muscle, but if diseased, can cause the most life-threatening of illnesses. Heart disease is the number one killer of men and women in this country.

Some of the risk factors for heart disease are beyond our control. These include increasing age, family history and race. African Americans have a three- to four-fold increased risk of developing heart disease than white Americans because they have higher blood pressure levels.

Other risk factors are directly under our control. If you have any of the "unchangeable" risk factors, it is even more important to reduce your risk from the "changeable" factors.

The four major changeable risk factors for heart disease are: smoking, high blood cholesterol, high blood pressure and physical inactivity.

To focus on cholesterol, it is important to understand that our body makes, stores and uses all of the cholesterol we need.

Some of us are very efficient at keeping cholesterol (from the foods we eat) out of our arteries. Others need to control food choices to help our body control blood cholesterol levels.

There are two main types of cholesterol. LDL cholesterol is like a garbage dump and deposits its cholesterol onto artery walls. This increases the build up of plaques, and increases your risk of heart disease.

HDL cholesterol is like a garbage truck that carries cholesterol away from your arteries and back into storage in your liver. Exercise can help you raise your "good" cholesterol. Controlling the amount of saturated fat you eat can help you lower your total cholesterol.

Other things we can do to promote a healthy heart include controlling our salt intake, specifically sodium as in sodium chloride or table salt.

Salt is one of the most abundant food additives. Salt helps cure meats and fish, is used in pickling vegetables such as olives and sauerkraut, enhances the leavening of baked goods and makes just about everything we eat taste better.

Americans eat about nine pounds of salt per person per year, nearly two times the amount our body needs to be healthy. Many people are salt sensitive and all this excess salt contributes to their susceptibility to high blood pressure. (The precursor to a stroke). If you are not salt sensitive now, it doesn't mean you won't be in the future. So it is prudent to try to keep your salt intake at a reasonable level. Plus, if you are currently eating a lot of sodium rich foods, you're probably not eating enough fruits and vegetables.

Changing eating habits is never easy, but sometimes it's a matter of life and death. A friend has a husband with heart disease. To help him eat correctly, and make the right choices, she has learned new cooking techniques. She continually experiments in the kitchen to find the best tasting low-fat, low-sodium recipes. Although her husband lusts for a huge 12 ounce, juicy steak with a butter- and sour cream-filled baked potato, he knows that the food she serves is a far better way to show her love.

So this Valentine's Day, light the candles, put on some soft music and enjoy an intimate meal with that special person. But instead of high fat foods, enjoy each other's company today and for years to come, with a sensible, heart-healthy diet.

Peggy Martinelli-Everts of Clarkston, is a registered dietitian and director of clinical operations for HDS Services, a Farmington Hills-based food service and hospital management company. Look for her story on the second Sunday of the month in Taste.

See recipes inside.

TAMARA GRAVES/STAFF ARTIST

HEALTHY HEART CHART

To lower fat and cholesterol:

- Enjoy fat-free or low-fat milk and dairy products.
- Use low-fat sandwich meats.
- Remove the skin from poultry before eating. Choose lean cuts of meat (look for "loin" or "round" in the cut).
- Choose vegetarian toppings for pizza, and eat vegetarian meals as often as possible.

- Eat commercially prepared cakes and cookies in moderation because they are usually made with saturated fats such as hydrogenated vegetable and tropical oils.

- When using more than one egg in a recipe, replace every other egg yolk with a teaspoon of polyunsaturated vegetable oil.

- Blend low-fat cottage cheese with a

- little lemon juice and skim milk for a great tasting sour cream substitute.
- Enjoy ice milk and sherbet rather than full-fat ice cream

To lower salt and sodium:

- Cook foods without added salt or don't salt foods at the table.
- Watch out for the salt in processed foods such as noodle and rice mixes, stuffing mix, frozen dinners, and

- canned vegetables. Choose fresh or home prepared more often.

- Tenderize meats with seasoning and vinegar rather than meat tenderizer.

- Try the lower sodium versions of some of your most commonly eaten foods. There are dozens of items on the market today.

Holy mackerel! Fat fish are good for you



MAIN DISH MIRACLE

MURIEL WAGNER

It's no secret that substituting fish or shellfish for meat helps to lower your cholesterol. That's the kind of fat that has been associated with increased risk of heart disease and various cancers.

Even fat fish such as salmon and sardines have a lower saturated fat content than the lowest fat cuts of beef.

But fat fish such as salmon, mackerel, albacore tuna, herring or sardines have another health benefit. They're high in Omega-3 fatty acids. Unlike saturated fat, the Omega-3 fatty acids lower both cholesterol and triglycerides.

To help my patients take advantage of these health benefits of fish, I modified a favorite recipe for salmon loaf to preserve the low saturated fat content of the salmon.

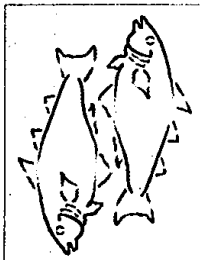
Evaporated skim milk and egg whites are substituted for the whole milk and eggs in the original recipe. Rinsing the canned salmon several times with water substantially lowers the sodium content. You might want to

make rinsing other canned fish standard procedure if sodium is a concern.

One of my favorite accompaniments with salmon loaf used to be a creamy egg sauce that had lots of butter. Instead of this fat and cholesterol-laden addition, my revised recipe includes two fat-free versions of traditional tartar and dill sauce. These sauces make interesting taste contrasts, and can be served either singly, or side by side with salmon loaf. As you know, regular tartar sauce, substantially increases the fat content of any fish or seafood dish because of the high fat content of the mayonnaise it contains.

Serve salmon loaf with unpeeled, steamed new potatoes, fresh asparagus, and a squeeze of lemon juice for a taste of spring.

Speaking of spring, have you entered your favorite main dish salad recipe in



the contest being sponsored by the American Heart Association of Michigan.

The recipe should contain no more than a 3 ounce portion per serving of protein such as lean meat, chicken, fish, legumes or soy, and fat-free, or reduced fat dressing, which is within American Heart Association dietary guidelines.

Recipes must be typed or clearly written. Include your name, address and a daytime phone number where you can be reached.

Send recipes to: American Heart Association of Michigan/Recipe Contest, 16310 W. 12 Mile Road, Southfield, MI 48076, or fax (248) 557-8533. Deadline for entry is Monday, Feb. 25. Five finalists will be chosen, and asked to prepare their salads for judging at the "Ask a Nutrition Expert — The Registered Dietitians," a free educational event noon to 4 p.m. Sunday,

March 8, at Tel-Twelve Mall in Southfield.

The winning recipes will be featured in the Observer & Eccentric Taste section on Sunday, March 15, and in a brochure to be produced by the American Heart Association of Michigan.

First prize is a gift certificate for two for lunch at the Golden Mushroom in Southfield. Second place is two cookbooks selections from the American Heart Association. Third place is one cookbook from the American Heart Association.

All five finalists will receive a subscription to my "Eating Younger" newsletter, which is filled with tips, recipes and nutrition information. If you have questions, call me, (248) 350-1150.

Muriel G. Wagner is a registered dietitian and nutrition therapist with an office in Southfield. She publishes "Eating Younger," a quarterly newsletter filled with recipes and nutrition tips. To subscribe, send a check or money order for \$13.50 to Eating Younger, P.O. Box 69021, Pleasant Ridge, MI 48069.

Look for Muriel's column in Taste on the second Sunday of the month. See recipes inside.