

2 UNIQUE



KELLI LEWTON

Only a handful of chefs are truly 'Masters'

Out of the over 2 million chefs/cooks in the enormous food industry, fewer than 80 belong to the prestigious fraternity called Master Chef.

The governing body of the culinary profession is the American Culinary Federation. There is criteria for different levels in our profession ranging from Certified Cook, Working Chef, Executive Chef, all the way to Master Chef. Certified Master Chef examinations are held every year, or so, and cost somewhere in the neighborhood of \$5,000. It encompasses 10 days of testing. I wouldn't say the only great chefs in the United States are the 80 or so Master Chefs on file. There are many chefs who for their own reasons do not subscribe to American Culinary Federation criteria, and don't feel it is a necessary goal in their professional life. But I'll tell you, I have the good fortune to know the Michigan Master Chefs, and let me tell you, these guys can cook!

Jeff Gabriel, Certified Master Chef

Jeff is a full-time instructor at Schoolcraft College in Livonia, and the chef owner of the Farm Restaurant in Port Austin. At the Farm, he and his wife, Pam, cook up some amazing, wholesome, homestyle dishes, such as chicken and dumplings. Jeff and Pam live in Port Austin with their son, Michael.

When asked what was his favorite meal to prepare, Jeff's response was - "We like to keep things simple and we're very health conscious. I like to make one pot dishes, especially soups made with beautiful fresh stocks or miso with vegetables, and on occasion, meat with a crusty loaf of the special Farm baked bread, and we're happy folks."

Dan Hugelier, Certified Master Chef

Dan is recognized as well as respected locally and internationally for his accomplishments in the culinary profession. He seems to be a master of all including ice carving, cooking, consulting and a student of everything. Dan has also chosen after many years of running a restaurant in the restaurant world, to settle into the quiet community of Fenton where he lives with his wife, Katie, and son, Eric. Dan said he is looking forward to soon picking wild Michigan morels and asparagus. As Dan enjoys hunting, his favorite meal to make is game of any kind.

Joe Decker, Certified Master Pastry Chef

Schoolcraft College is lucky to have Joe in their lineup. I choose the term lineup as Joe is a huge athlete who enjoys running, swimming and baseball.

Joe lives in Howell with his wife, Cathy, and their three sons, Aaron, Ryan and Kevin. Awards from Joe's culinary competitions sit right next to his son's trophies. One is just as important as the other. Joe enjoys breaking away from pastry making at home to make sushi.

Leopold Schaefer, Certified Master Chef

Leopold's roots are in Switzerland where he started working in the hotel/bakery by his home. He is best known for his long-standing position at the Machus Red Fox. He currently teaches international cooking at Schoolcraft College, and lives in Bloomfield with his wife Margrit. At home he enjoys preparing her favorite - Muesli.

Mike Russel, Certified Master Chef

Mike likes in Rochester with his wife and daughter. He recently opened

Please see UNIQUE, B2

LOOKING AHEAD

What to watch for in Taste next week:

- Focus on Wine
- Baking Basics

BALANCING YOUR DIET REDUCES CANCER RISK

PEGGY MARTINELLI-EVERTS
SPECIAL WRITER

It has been said that once you've been diagnosed and treated for cancer that you never know whether you've had cancer or you have cancer. Either way, cancer is frightening. It is the second leading cause of death in the United States. There is no clear scientific evidence that diet can cure cancer, but there is overwhelming agreement that a nutritionally balanced diet can greatly reduce your risk of developing certain forms of cancer and can improve your overall health if you do have cancer.

Diet is important because there is research to show that certain components in the diet can actually promote specific cancers. For example, a high intake of dietary fat, smoked, salt cured or nitrate containing meats, and excess calories, are potent contributors to cancer and other chronic diseases.

Cancer is actually a group of diseases with multiple causes in which abnormal cells grow and spread. There are three major phases in cancer development.

First - an irreversible genetic alteration that takes place inside a cell. Then, if this cell is stimulated by a promoting agent for a long time, the cell will become malignant. Finally, the last and most lethal stage, occurs when tumor cells metastasize, that is, colonize and grow in sites in addition to the site of origin. Although cancer can occur anywhere in the body, the most com-

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mon sites are the lungs, colon, rectum, skin, breast and prostate. Cancer research and recommendations focus on cancer prevention, risk reduction and early detection.

Cancer prevention

Scientists believe that all forms of all cancers are associated with a few lifestyle factors that we can control. These include diet, smoking, and exposure to the sun. Other factors associated with cancer prevention are environmental pollutants like automobile exhaust, charcoal barbecues and manufactured chemicals, radon, medical x-rays, and occupational pollutants like asbestos and vinyl chloride.

Risk reduction

It's never too late to reduce cancer risk. Cancer does not occur due to a single event, but it is a process that may take decades to develop. Cancer risk rises with regular exposure to cancer-causing agents over many



years. Cancer occurs most commonly as we age, and is therefore considered "the penalty for aging," that's why it is important to begin a healthy lifestyle today to reduce your risk of cancer in the future.

Early detection

Follow your doctor's advice regarding tests for cancer. In many cases the earlier cancer is found, the more likely the treatment will be effective. A healthy diet can make a big difference. Check out these cancer promoters and cancer protectors.

Cancer promoters

Fats: Fat has been studied more thoroughly and linked more frequently to cancer than any other factor in our diets. Too much fat, whether saturated or unsaturated, leads to a higher risk of colorectal, breast and prostate cancer. Fat is believed to be involved with both early abnormal cell changes and helping existing tumors to grow.

Salt or nitrate-cured or smoked foods: People who eat these foods regularly, and in large amounts, appear to have an increased risk for cancer development. Occasional charcoal grilling doesn't significantly increase cancer risk, however, you should avoid eating charred food. Also, let the meat juices drip away before eating.

Alcohol and tobacco: Excessive amounts of alcoholic beverages have been linked to a number of cancers. People who smoke cigarettes and drink alcohol have a tremendously increased risk of mouth and esophageal cancer.

Cancer protectors

Fiber: Fiber is the indigestible part of plant food. It seems to lower your risk of bowel cancer because it helps your body rid of food wastes quickly, which will reduce your exposure to cancer-causing chemicals. Fiber may also help lower your risk of heart disease, and is beneficial for diabetes control. Increase your fiber intake slowly to give your intestines time to adjust, and drink plenty of water to help the fiber "work" and move smoothly through the colon. If you eat an extremely high fiber diet, you lessen your body's absorption of minerals such as zinc, iron, magnesium and calcium. Fortunately, fiber rich foods (but not supplements) are rich in these minerals to help compensate for losses.

Please see CANCER, B2



fiber

TRY FOR 20-35 GRAMS DAILY

Higher fiber foods in a typical serving:

- Dried peas, beans, lentils
4-7 grams per 1/2 cup
- 100 percent bran cereal
7-10 grams per 1/2 cup
- Cabbage, corn, broccoli, Brussels sprouts
2-3 grams per 1/2 cup
- Raisins, dates, figs, prunes
2-3 grams per 1/4 cup
- Air popped popcorn
1 gram per 1 cup
- Strawberries, apples
3 grams per 1 cup strawberries, or 1 medium apple

FOODS RICH IN vitamin A

- Apricots
- Carrots
- Spinach
- Broccoli
- Kale
- Sweet potatoes
- Cantaloupe
- Mustard greens
- Winter squash
- Tomato Juice

FOODS RICH IN vitamin C

- Broccoli
- Citrus fruits/juices
- Red/green peppers
- Turnip greens
- Brussels sprouts
- Cantaloupe
- Kiwi fruit
- Strawberries

less fat

20-30% OF DAILY CALORIES

To keep total fat within 20-30 percent of daily calories, use the following table to determine fat grams for different calorie levels.

- 1,000 calories: Sedentary women, older women, children 4-6 - 36-53 grams.
- 2,200 calories: Sedentary men, older men, active women, teenage girls, children 7 and older - 49-73 grams.
- 2,800 calories: Active men, very active women, very active teenage girls, teenage boys - 62-93 grams.



Fabulous frittata delicious way to salute spring

MAIN DISH
MIRACLE



MURIEL WAGNER

One of my favorites for a quick lunch or dinner used to be an omelet with cheese, ham, or a deli meat like salami or corned beef in addition to the eggs.

My omelets today are no less flavorful, but are substantially fat and cholesterol reduced. I still find them a tasty solution to a harried

schedule, because the ingredients can be kept available in the fridge and on the pantry shelf.

Omelets are main courses that are ready to eat before I can even think of what to "order in." Besides, they taste better than most ready prepared main courses. They also fill the bill for easy to prepare treats for a weekend brunch or lunch.

The ingredients have changed to meet my "Eating Younger" goals of lower cholesterol and fat. One whole egg and two whites still makes a pretty yellow omelet. You can save 212 milligrams of cholesterol, 5 grams of fat, 1.6 grams of saturated fat, and 40 calories by using egg whites instead of a whole egg. Try this substitution for scrambled eggs too.

If high cholesterol is one of your health concerns, you might use a commercial egg substitute. But why bother when egg whites will serve the same purpose at one fourth the price? You can even color the egg white yellow by adding a pinch of turmeric. This herb gives mustard its yellow color and can be found at your local bulk food store. You probably know that two egg whites will stand-in for a whole egg in a recipe.

I've suggested using tomatoes, onions and green peppers in my Tuna Frittata recipe, but you can substitute your favorites. It's important to partially cook and drain the vegetables so that the omelet doesn't become watery.

Lately, I have been trying a processed cheese made from tofu. With all the new studies pointing to isoflavones in soy to help prevent cancer, I've been looking for a source that I could regularly include in my diet. The cheese is low in fat (2 grams) and has no fat or cholesterol. It's perfect in this recipe.

I used tuna in the recipe because of its low calorie, high protein and Omega-3 fatty acid content. But you could substitute cooked chicken, some of the reduced fat turkey sausage or deli meats. The frittata has enough flavor so that it could also go solo as a vegetarian dish.

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.

TUNA FRITTATA

- 2 eggs and 4 egg whites
- 3 fresh plum tomatoes, sliced and seeded
- 1/4 cup onion, diced
- 1/2 red or green bell pepper, cut in strips
- 3 slices non-fat Cheddar cheese or tofu cheese
- 1 can (6 1/2 ounces) white albacore tuna, water-packed, rinsed, drained and flaked
- 1 teaspoon caraway seeds
- 1/2 teaspoon dried thyme
- Garnish: Fresh parsley or chopped green onions

Place tomatoes, onions and pepper strips in microwave-safe dish. Cover. Cook in microwave on high for 1-1 1/2 minutes. Drain liquid. Add thyme and flaked tuna.

Spray a 9-inch skillet with non-stick spray. In a bowl whisk together the eggs and caraway seeds. Pour egg mixture into skillet, tilting and rotating the skillet to spread the mixture evenly. Cook until set.

Spoon the vegetable/tuna mixture onto the egg pancake. Top with cheese. Cover skillet and heat on low for about 2 minutes, or until cheese melts. Cut into 4 serving pieces. Transfer to a plate, using a broad spatula.

Garnish with chopped green onions or parsley. Serves 4.

Nutrition facts per serving: Calories: 210; Fat: 2.5g; Saturated Fat: 0.8g; Cholesterol: 106mg; Sodium: 401mg.

Food Exchanges: 3 lean meat; 1 vegetable; 1/2 milk