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## Low in cholesterol — high in flavor

St. Valentine's Day 1981 has passed. The hearts that have been coming to my mind this year remain. They are not those adorning Valentine cards but are multi-colored and appear on bright signs with the names of different cities.

These signs line the hallways of the seventh floor of Detroit's Harper-Grace Hospital. Their purpose is two-fold: to brighten what would otherwise be long, unbroken stretches of corridor and to orient the patients who take their walks there, regaining strength after surgery. The surgery from which they are recuperating is open-heart.

The prognosis for most is excellent. Within a relatively short time these patients are encouraged to resume normal activities — housekeeping, sports, work. Except for an impressive scar, some lingering chest and back aches and a lifetime dependency on blood-thinning medication, life can go on as before.

My mother underwent open-heart surgery at Harper-Grace this past year which accounts for my unusual association with the heart this St. Valentine's Day. Apparently, an undiagnosed case of rheumatic fever during childhood had permanently damaged her heart. Her father, having experienced similar heart damage, had died at the age of 55. The last five years of his life were spent as an invalid.

THE VAST difference in the prognosis for the two is the good news, demonstrating how far medical science has come in treating heart disease. From being virtual death sentences a few years ago, many heart disorders now respond to what is becoming common, albeit dramatic, surgery.

This leaves the bad news. Cardiovascular disease has reached epidemic proportions in this country. Hundreds of



## A Question of Taste

By Hilary Keating Callaghan

thousands of people annually die of heart disease. Particularly hard hit are males between 40 and 45 years of age.

Compounding the tragedy of these premature deaths is the fact that so much heart disease is preventable. It springs not from congenital disorders or from childhood diseases, but from lifestyle.

Most of us can readily rectify the factors that contribute to heart problems: consuming excessive salt, saturated fats and cholesterol, being overweight, smoking, and failing to exercise sufficiently. Few of us act on what we know. The reason is often simply habit.

We are accustomed to a diet high in saturated fats, which are primarily those which are solid at room temperature such as meat fats, butter, hydrogenated vegetable fats and coconut oil. We are unwilling to trade marbled beef for poultry and fish, butter for corn oil margarine, salt for herbs.

WHAT IS NEEDED here, as when trying to break any habit, is a new pattern to fill the void. The emphasis should be less on sacrifice and more on the pleasures of the new habit. Fortunately, this is easy to achieve in changing to a healthier diet. As the link between diet and heart disease becomes more firmly established, more and more cookbooks are appearing which offer tempting menus and recipes for low cholesterol dishes.

One such book is Carol Cutler's "Haute Cuisine for your Heart's Delight." Having asked for the heart of your valentine,

this is the perfect guide for the care and feeding of that heart.

The recipes in "Haute Cuisine" include many classic French dishes (traditionally rich with butter, cream, fats, oils, and eggs), revamped in order to drastically reduce their cholesterol content. The results are still delicious with the bonus of being a much lighter cuisine than the original.

Aesthetics aside, a shift to low-cholesterol cooking certainly is a gift of love and concern than boxes of chocolates or special meals of steak, lobster, potato with sour cream and cheese cake.

The shift would represent, not an isolated special meal, but a lifetime commitment. This gift might very well be one of life for your "heart's delight."

### ROLLED FILETS OF SOLE

2 tbsp. polyunsaturated margarine  
 1 tsp. minced shallots  
 1 lb. mushrooms, thinly sliced  
 salt and pepper  
 3 tbsp. polyunsaturated margarine  
 1 tsp. parsley  
 1/2 tsp. tarragon  
 6 filets of sole  
 1/2 lemon  
 salt and pepper  
 1/4 cup vermouth  
 1/4 cup dry white wine

Melt 2 tbsp. of margarine in a small skillet, add the shallots, and simmer gently for about

a minute. Add the sliced mushrooms, mixing them well with the shallots. Sprinkle with a little salt and pepper, cover the skillet, and simmer gently for about 3 minutes.

In a small bowl, cream together the 3 tbsp. of margarine, the parsley, and tarragon. Rinse the sole filets and dry and paper towels. Rub each filet on both sides with the lemon half. Lay them on the counter skin side up (this is the darker side). Sprinkle each filet lightly with salt and pepper. Spread some of the herb flavored margarine over the entire length of each filet, then spread the mushrooms. Do not extend the mushrooms to the very ends. Roll the filets and secure the closing with a toothpick.

Select a heavy nonaluminum pan that will hold the 6 rolled filets snugly. Stand the "turbans" in the pan and pour the wines over them. Put a piece of aluminum foil directly over the filets, tucking the foil down inside the pan, then place a lid on the pan. The turbans can be prepared ahead and kept in the refrigerator for a few hours; the liquid should not be added, however, until just before cooking. About 20 minutes before serving, place the pan of "turbans" on a very low fire and heat the wines gently. As they warm up they will begin poaching the filets. Check from time to time to make certain that the wines are not boiling, for that toughens the fish. The wine should be kept just below a simmer. The filets will be poached in about 10 minutes, de-

pending on the size and thickness of the fish. Fifteen minutes should be the maximum. They are done when the flesh is white and flakes if pierced with a toothpick. Carefully remove the "turbans" to a serving platter, take out the toothpicks, and spoon some sauce over each one. Serve at once. Makes 6 servings.

### ARTICHOKE HEARTS AND PEAS

1 10-oz. pkg. frozen artichoke hearts  
 2 tbsp. polyunsaturated oil  
 1 1/2 tsp. finely chopped shallots  
 2 10-oz. pkgs. frozen peas  
 1 cup water  
 1/2 tsp. sugar  
 1/4 tsp. fresh or dried tarragon  
 1 tsp. salt  
 1/4 tsp. pepper  
 2 tbsp. polyunsaturated margarine  
 herb bouquet (4 parsley sprigs tied around 1 bay leaf)

Thaw the artichoke hearts. If they are whole cut them in half, lengthwise, then dry them on a towel. Heat the oil in a heavy skillet and add the artichoke hearts to brown quickly, turning them often so they brown evenly. Reduce the flame, add the chopped shallots, cover, and simmer for 1 minute just to soften the shallots without browning them. Add the frozen peas, water, sugar, tarragon, salt, pepper, margarine, and the herb bouquet.

Cover the skillet and simmer very slowly for about 25 minutes, or until the peas are tender. If you are making this dish in advance, simmer for 20 minutes and finish cooking at serving time. Discard the herb bouquet and spoon into a deep serving bowl. Makes 6 servings.

## save energy

Keep sunlight out in summertime. Once sunlight comes through a window, it converts to heat. Shutters or awnings are more effective in keeping a house cool than interior shades or draperies are.

## The ins and outs of buying wood

In some areas of the nation it is more common to buy firewood by the ton. If so, look for the driest wood available. There's no point in paying for extra water.

The type of wood is also an important factor. Hardwoods like oak, birch, hickory and maple burn slowly with a minimum of smoke. By comparison, softwoods are easier to ignite because they are resinous, but they burn more rapidly. Examples of softwoods will require more caution and diligent chimney maintenance.

A third category of wood comes from fruit and nut trees, such as apple, cherry, beech or pecan. These smoke with an aroma that resembles the tree's fruit. The wood often sells at a higher price than hardwoods with greater heating value, but fruit tree woods burn with a steady, pleasant flame. For the most economical fire, stick with the hardwoods. Otherwise, a combination of the woods types can be worthwhile. Softwood can make the fire start quickly, the hardwood will make it last long, and the fruit wood will add a fragrance.

Whichever type of wood purchased, make a point of learning what these woods look like when shopping. It's also important to recognize dry, aged wood, which burns evenly and well. Seasoned wood has cracks in the grain and the hollow, ringing sound produced when two logs are clapped together.

## Book lists energy loans or grants

A new publication called Conservation Dollars has been prepared to help Michigan residents who want to finance energy-saving home improvements.

The energy conservation brochure, published by the Energy Clearinghouse, lists programs offering loans or grants for such energy-saving home improvements as adding insulation or storm windows or doors.

More than 15 programs are described in Conservation Dollars, including information about the programs offered and how to apply for assistance.

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