

# Stay away from a la mode

Food and nutrition issues have become a national pastime, with the battle cry of "You are what you eat!"

Food, of course, enables our bodies to operate and function by providing energy, building blocks to support growth and repair of tissues, and providing nutrients to keep our systems running smoothly. The role of nutrition from the foods we eat helps us to reach our potential for growth and development and maintenance of good health. The bottom line is to choose more nutritious foods for better health.

Avoid foods such as a la mode, au gratin, basted, bisque, buttered and escalloped, when checking recipes or eating out. Casseroles, pan-fried, sautéed or creamed also could spell trouble for the health conscious.

High-fat soups include cream soups, chunky soups and peas with ham. A medium-fat soup choice would be beef noodle, black bean, chicken noodle or chicken vegetable. Lower in fat choices are chicken bouillon, vegetable, vegetarian, gazpacho or onion.

**CREAM SOUPS** are the most common ingredient in many soups and not great nutritionally. Beware of the high sodium content in most

canned soups. For a casserole opt for the low-sodium version or make your own casserole base. Replace cream soups with chicken stock, wine or a combination and thicken with cornstarch or arrowroot.

Add your own mushrooms and you have an unbeatable cream of mushroom base for a casserole. For a richer soup base, combine non-fat dry milk with chicken stock.

High-fat meat choices are bacon, tuna in oil, rack of lamb, luncheon meats and spareribs. A medium-fat choice would be eggs, ham, veal or beef roast. Even lower in fat are chicken or turkey, lean beef, fish, scallops, oysters and crab. Basting any meat product with butter adds fat. Instead, baste with tomato or lemon juice, stock or wine. Use a non-stick spray or non-stick skillet to avoid adding more fat.

High-fat dairy products include American cheese, blue, Brie, Swiss, brick and cheddar. Medium-fat cheeses are cheddar, cottage cheese, sour cream, feta, mozzarella, Lorraine or Alpine Swiss. Choose instead a lower fat such as Laughing Cow, skim milk, one percent milk, low-fat cottage cheese or yogurt.

Substitute Neufchâtel for cream cheese, and use cold skimmed evaporated milk with a touch of honey and



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vanilla for a super whipped topping for desserts. It takes longer to whip but the nutritional gains are worth the extra time.

**RECIPES CALLING** for sour cream or mayonnaise will usually allow you to substitute plain, low-fat yogurt or low-fat cottage cheese that has been blended smooth. This makes a low-calorie treat for baked potatoes. Add a few chives or grated Parmesan cheese for a taste delight.

Other high-fat food choices are avocados, butter, mayonnaise, margarine, almonds, pecans, cashews, coconut, olives, oils and shortenings. Medium-fat choices are Brazil nuts, peanuts and salad dressings. Even lower in fat are sunflower seeds and reduced-calorie salad dressings. Use safflower oil, corn oil or olive oil for salads or cooking. They are valuable sources of polyunsaturated and monounsaturated fats.

Points to consider when buying a margarine or spread: The first ingredient listed on the carton should be a liquid vegetable oil. Always look for a higher percentage of polyunsaturated fat to saturated. A ratio of 2:1 or 2:1 is good. Choose tub margarine over stick. The tub has less fat because it is made with water, and less saturated fat is needed for soft brands.

Try legumes (dried beans and peas) as a main dish or a meat substitute for a very high-nutrition, low-fat, low-cost meal. Use brown rice instead of white, whole wheat pasta, and whole grain crackers instead of saltines.

When baking, use a little more vanilla and spices in a recipe. This will help cut down on sugar. The vanilla and spices give the impression of sweetness and have very few calories. Use some healthy substitutes to make your favorite recipes even better and more nutritious.

## Cook and celebrate each season

AP — Seasonality refers to cooking in harmony with the seasons.

It means shaping a menu to celebrate the bounty of fresh produce available at particular times of the year.

Seasonality creates excitement. Without it, thoughts of the first ripe strawberry of spring would be hollow. It's the anticipation that builds during the wait for that first ripe, juicy and luscious berry that makes the first bite such a thrill.

Few others embrace the concept of seasonality with more enthusiasm than certified master chef Ron De Santis. "I'm always thrilled when fresh local corn hits the stands at the farmer's market. It is so sweet and juicy, you can eat it raw while driving home," De Santis said.

"Consider an example from the world of wine. Without seasonality, Beaujolais nouveau would just be another young, fruity red wine. Instead, the culinary world awaits the first bottle like a couple awaiting their firstborn."

Seasonality is a wonderful gift of nature, and there should be much joy in preparing the foods of each season. During autumn and winter, longer and slower cooking methods are preferable because more time is spent indoors, out of the cold. If one has to spend more time inside, there can be no finer place to be than in a warm, cozy kitchen perfecting a casserole, braise or hearty stew.

**THINKING AHEAD** to warmer pastures, consider the young, tiny fruits and vegetables of spring and summer at their peak freshness. When summer brings its heat and humidity, grilling, sautéing and stir-frying are the chosen methods. After all, at that time of year no one wants to spend hours in a hot kitchen, so the method of cooking is like the season — hot and fast.

The concept of seasonality in modern times gets a little blurry. Today asparagus is available at Christmas and raspberries for Valentine's Day. With the marvels of modern transportation, South American countries export their summer crop for everyone to enjoy in the United States throughout the cold months. There are now opportunities to prepare and eat foods that were previously reserved for special times of the year.

Though this is a temptation for any cook, we all should remember that foods are part of the wondrous cycle of the earth and are best left to come and go naturally. Absence does truly make the heart, and palate, grow fonder.

As a final note, it should be stated that cooking with the seasons is economical. Not only is seasonal produce of the highest quality, it is available at the best possible prices. Whether fruits and vegetables come into season, supply is high and prices

lower. This is an important consideration at any time of year.

### BLANQUETTE OF VEAL WITH WINTER VEGETABLES

2½ pounds boneless veal shank or shoulder, cubed  
1½ cups white veal stock prepared from the bones of the shank or shoulder 1 day ahead (water may be substituted)  
1 bay leaf  
1 sprig thyme  
1 whole clove  
12 mushroom stems (reserve caps for stew)  
12 parsley stems, tied together with string  
1 medium rutabaga, peeled and cut into 1-inch chunks  
4 carrots, peeled and cut into 1-inch chunks  
3 medium turnips, peeled and cut into 1-inch chunks  
12 pearl onions, peeled  
3 tablespoons butter  
¼ cup all-purpose flour  
½ cup heavy cream  
Lemon juice to taste  
Flour to taste  
Salt to taste  
1 tablespoon chopped parsley

Place veal in a stewpot and add veal stock. Bring the stock slowly to a light simmer. Carefully skim any impurities that rise to the surface. If skimming isn't done, blanquette will not have proper color.

Add the bay leaf, thyme, clove, mushroom stems and parsley stems. Simmer very gently for about 1½ hours. Remove the seasoning and discard. Remove the meat; keep warm.

Cook the vegetables in the broth. Start with the rutabaga, carrots and turnips, as they take the longest cooking time, about 10 to 12 minutes. When they are done, remove them from the broth and keep warm with the meat. Add the 12 mushroom caps reserved from the stems to the broth; cook about 2 to 3 minutes. Remove the mushroom caps from the broth; keep warm with the meat.

Combine the 3 tablespoons butter and ¼ cup all-purpose flour in a saucepan. Cook, stirring over medium to low heat, until the mixture begins to color. Add the butter-flour mixture to the broth a little at a time, whisking between additions to prevent lumps from forming. Simmer the sauce for 20 minutes; strain.

Return the sauce to a simmer and add the cream. Season with lemon juice, nutmeg and salt. Return the meat and vegetables to the pot and reheat very gently. Sprinkle with chopped parsley. Serve with rice pilaf. Makes 6 servings.

By The Culinary Institute of America

## Guilt-free, by using egg substitutes

AP — Today, Americans are as likely to know their blood cholesterol count as they are their shoe size. In order to control their cholesterol intake, many people have resigned themselves to doing without eggs. With store-bought or homemade egg substitutes you can enjoy your favorite egg dishes guilt-free.

### COMMERCIAL SUBSTITUTES

Look for frozen and refrigerated egg substitutes in your supermarket. These products are based mostly on egg whites and contain less fat than whole eggs and no cholesterol. Both plain and flavored versions are available.

Check package directions before using any egg substitute. Although none contain cholesterol, the

number of calories and grams of fat they contain vary.

### HOMEMADE SUBSTITUTE

You also can reduce fat and cholesterol in your recipes by using 2 egg whites for each whole large egg called for.

If the recipe needs a little richness and more color, next time try using 2 egg whites plus 1 whole egg for every 2 whole eggs.

Depending on egg prices, it may be less expensive to buy whole eggs and use only the whites than to buy commercial egg substitutes.

### CHECK THE NUMBERS

One large whole egg contains 75 calories, 5 grams fat and 213 mil-

ligrams cholesterol.

Two large egg whites contain 34 calories, 0 grams fat and 0 milligrams cholesterol.

Two egg whites plus one whole egg contain 114 calories, 6 grams fat and 274 milligrams cholesterol.

Two ounces of egg substitute contain 25 to 60 calories, depending on the brand, and 0 to 3 grams fat. None contain cholesterol.

### USING SUBSTITUTES

You easily can use substitutes in most recipes for yeast breads, muffins, cakes, cookies, egg casseroles, sauces, puddings and custards.

Egg substitutes are not recommended for use in cream puffs or popovers — they won't puff or pop.

Use ¼ cup egg substitute in place of 1 large whole egg. 2 tablespoons instead of 1 large egg yolk.

### UNCOOKED OR SLIGHTLY COOKED RECIPES

Egg substitutes are pasteurized. This makes them a perfect alternative in recipes that traditionally are made with uncooked eggs, such as mayonnaise, Caesar salad dressing and eggnog.

Pasteurization destroys salmonella bacteria. Reports of egg-linked salmonella infections have surfaced in the northeastern United States.

The elderly, infants and young children, pregnant women and those already seriously ill are most vulnerable to salmonella.

## Ways to take care of turkey leftovers

AP — You can't say "turkey" without "leftovers."

Patrick Augustyn of New York's Samplings restaurant takes leftover turkey and transforms it into turkey hash, while Georgia's Homestyle Cooking, a takeout shop in New Haven, Conn., draws inspiration for its turkey tetrazzini from James Beard's "Beard on Pasta."

Margaret Fox, chef-owner of Cafe Beaujolais in Mendocino, Calif., combines turkey and spinach in a sauce and serves it over frites. She prefers the flavor of smoked turkey, but says plain turkey or smoked pork can also be used.

### TURKEY HASH

½ Spanish onion, diced  
¼ green pepper, diced  
¼ clove garlic, minced  
2 pounds cooked turkey, puréed in food processor  
½ cup processed American cheese (such as Velveeta cheese), softened  
½ teaspoon curry powder  
¼ cup heavy cream

### TURKEY TETRAZZINI

6 tablespoons unsalted butter or margarine  
6 tablespoons flour  
2 ½ cups chicken stock  
1 cup milk  
½ teaspoon Tabasco or hot pepper sauce  
Salt and pepper to taste  
¼ cup sherry  
4 cups cooked turkey  
2 sweet red peppers, diced  
1 pound spaghetti, cooked

¾ cup bread crumbs  
¼ cup grated Parmesan cheese

Melt the butter in a heavy saucepan, stir in flour. When cooked and bubbling, gradually stir in the stock, stirring until thickened. Add the milk, season with hot pepper sauce, salt, pepper and sherry; then add the

turkey and red peppers. Arrange pasta in a buttered baking dish. Spoon the sauce over the pasta. Cover with the bread crumbs and cheese. Bake in a 475-degree oven until topping is glazed and bubbling; Serve hot. Makes 6 to 8 servings. (Recipe from: Georgia's Homestyle Cooking)

## Angel cake is low in fat

AP — Yes, you can enjoy the taste of chocolate without overdosing on fat calories. Cocoa powder gives rich flavor but contains little fat, so go ahead and indulge in this delectable chocolate dessert. Other ingredients sharing the credit for keeping this dessert low in fat are angel cake mix and evaporated skim milk.

### CHOCOLATE ANGEL CAKE WITH CHOCOLATE SAUCE

1 package angel cake mix  
¼ cup sherry  
¼ cup sugar  
¼ cup unsweetened cocoa powder  
¼ cup evaporated skim milk  
4 teaspoons cornstarch

½ cup evaporated skim milk  
1 teaspoon vanilla

Prepare cake mix according to package directions, except sift ½ cup cocoa powder and stir into dry ingredients.

For sauce, in a small saucepan mix sugar, ½ cup cocoa powder and cornstarch. Add milk. Cook and stir until thickened and bubbly. Cook and stir 2 minutes more. Remove from heat. Stir in vanilla. Serve warm or cool. Makes 12 servings.

Nutrition information per serving: 225 cal., 5 g pro., 53 g carb., 2 g fat (8 percent of calories from fat), 0 mg chol., 281 mg sodium.

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<b>Nutra-E Vitamin E Skin Cream</b>	4 OZ.	<b>\$359</b>
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NOT ALL STORES CARRY ALL ITEMS