

# Chef Steve Allen wins Pritikin Culinary Classic

By Ethel Simmons  
staff writer

Chef Steve Allen of the Golden Mushroom in Southfield was awarded Best of Show in the first Pritikin Culinary Classic recently at Schoolcraft College in Livonia.

Allen took first place in both the Dinner in My Restaurant category and the Mystery Basket category. His prize is a two-week stay at the Pritikin Longevity Center in Santa Monica, Calif.

For Dinner in My Restaurant, chefs created a menu and prepared the courses they would serve in their restaurant. For the Mystery Basket, each chef had to select from ingredients provided in a mystery basket, and then prepare the food.

Every recipe was required to follow the guidelines of the Pritikin program for healthy eating.

Ed Janos of Too Chez in Novi received second place for Dinner in My Restaurant and Steven Schopen of the Whitney in Detroit, third place. Schopen also placed second among Mystery Basket winners and Jeff Gabriel of Les Auteurs in Royal Oak, third.

A category called Four Local Favorites (People's Choice) included as winners Ed Janos of Too Chez, Pat Dunn of the Van Dyke Place in Detroit, Jeff Baldwin of Norm's Eton Street Station in Birmingham and James Kowalski of Opus One in Detroit.

ROBERT PRITIKIN, director of the Pritikin Longevity Centers, headquartered in California, was on hand for the event.

While the 19 chefs prepared their dishes in the Schoolcraft College kitchen, Pritikin talked to the Observer & Eccentric about the Pritikin program. It was started more than 20 years ago, by his late father, Nathan, and was "thought of as a very effective Rx (prescription)" for people with medical problems who were concerned about their health.

"The Hollywood set started going through the program the last eight years," Pritikin said, "and we had the Who's Who of Hollywood." The



JIM JAGDELD/STAFF PHOTOGRAPHER

Juliette Jonna of Merchant of Vino and assistant Jeff Randall work on her entry of stuffed catfish fillets, turkey barley, and mixed greens with a cherry-vinaigrette dressing.

top tri-athletes in the country were next to be attracted to the program because, "It gave them more endurance."

One of the main points of the Pritikin program is to reduce fat intake to 10 percent of the individual's total diet. That's the only diet that's ever shown reversal for patients with coronary disease, Pritikin said, contrasting results of four recent studies that indicate a 30-percent-fat diet, recommended by the health community, has led to regression of coronary disease, in some instances.

"People are starting to say, 'May-

be your diet's not so extreme,'" he pointed out.

ALTHOUGH MANY people think that tasty food and healthy food are not compatible, "You can follow the healthiest diet and it can be tasty," Pritikin said.

The chef's competition is part of the Pritikin Systems Inc. current "Eat Healthy! Live Healthy" campaign in metropolitan Detroit. Pritikin products are sold in groceries and Kroger, A&P, Farmer Jack and Shopping Center Markets are participating in the project.

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