

TASTE

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TASTE BUDS



CHEF LARRY JANES

Nutritionist designs healthy eating plans

You might say that our first get together was a little "strained," to say the least. Gail Posner, a Southfield-based registered dietitian and nutritionist, and I were asked to "duel it out" with other participants in November on a 9 a.m. "Company" segment on Channel 7.

I took the stage with a heart-stopping calorie-laden feast while Posner and another local nutritionist exchanged ideas on how to railroad me into executing an equally tasty and healthier counterpart.

Duelling frypans

All this was recorded for posterity and if you missed the show, allow me to summarize it by saying that it boiled down to "dueling frypans."

Posner extolled the virtues of fat-free sour cream while I stirred in the real stuff. If it weren't for John Kelly and Marilyn Turner holding reins, we might have ended the segment gaggling on each other's spoons.

Our second encounter happened on a snowy Wednesday in December when I accompanied Posner and a few of her clients on a guided nutrition tour of the Shopping Center Market in West Bloomfield.

We were cordial face to face, but I'm sure we were both questioning each other's sanity as we walked the aisles reading labels and checking the fat content of everything from applesauce to zucchini.

Last week I met Posner again, face to face, on her turf at her office in Southfield. With both of us coming off a week's worth of flu, we talked candidly, and I might add amiably, about her growing practice as a personal nutritionist for the masses. I came away impressed and enlightened. Here's a summary of what I discovered.

Personal nutritionists

Personal nutritionists are now do rigour and about as "in" as personal trainers. People like you and me, with an eye focused on healthy eating, are turning to nutritionists for that "one-on-one" personal counseling needed to change our eating habits.

Posner was quick to point out that not anyone can call himself a nutritionist, but that there are few registered dietitians like herself who can actually design a diet — forget that term — eating plan. Posner claims that "diets" automatically conjure up a subliminal message of deprivation and that she prefers the term "eating plans."

When you visit someone like Posner, you'll be counseled, and given an eating plan designed just for you.

On subsequent visits you'll discuss goal setting, menus, exercise, behavior modification, shopping tips, and everything else that it takes to do with maintaining a healthy eating lifestyle. You'll lose weight and become more informed about nutrition.

Healthy tips

Here are some tips that Posner recommends for those of us who want to maintain a healthy lifestyle:

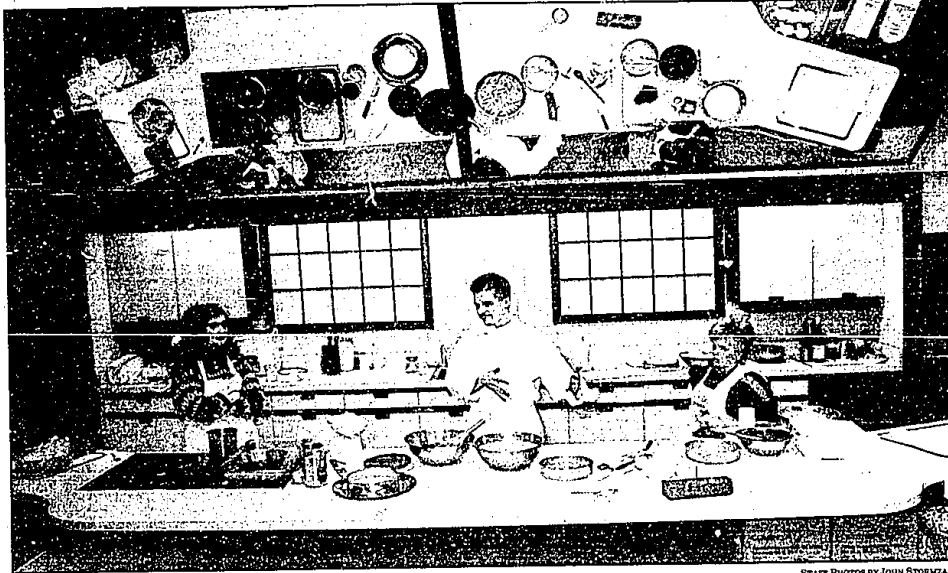
- Exercise three times a week and work up a sweat that lasts 20 to 30 minutes.
- Drink at least 8 glasses of water a day.
- Cut down on your daily intake of fat, and learn to control the quantities of food you eat.
- Learn healthy cooking techniques like grilling, broiling, poaching and baking — all with minimal amounts of fat.
- Learn to read labels. Just because a product claims to be "light" and "lower fat" doesn't necessarily mean that it's good for you. There is no legal definition of "lite." A healthy eating lifestyle should include limiting your daily fat intake to not more than 30 percent of total calories ingested.
- Increase dietary fiber to include 6-8 servings a day of fiber-rich whole grains, legumes, vegetables and fruits.
- Think before you eat, and ask yourself "what will eating this do to my body?"

If you're interested in visiting a nutritionist, Posner recommends you seriously check out their credentials. Only registered dietitians have the letters "R.D." after their name.

Misinformation from someone who bills himself as a nutritionist can be hazardous to your health and expensive. Don't take the chance of following a diet that slows your metabolism, or waste money on unnecessary vitamin supplements, that do more harm than good.

A registered dietitian knows that a well-balanced eating plan seldom includes supplements and specific food products. It helps people make healthy food choices.

See Larry Janes' family-tested recipes inside. To leave a message for Chef Larry, dial 953-2047 on a Touch-Tone phone, then mailbox number 1935.



STAFF PHOTOS BY JOHN STORZGAND

Delicious dessert: Chef Marcus Haight of the Lark restaurant in West Bloomfield explains how to make ganache for one of his favorite pastries, a chocolate cashew cake, at the Michigan Chef Series at Kitchen Glamour in West Bloomfield. Kitchen assistants Kathleen Frantz (left) and Nancy Bayer listen to his instructions.

First-class chefs share expertise

Whether you're a sophisticated cook or a novice, attending classes taught by popular area chefs is an enjoyable way to expand your culinary expertise.

BY KEELY WYGONIK
STAFF WRITER



Cooking is a lot like sewing — it's easier when someone shows you how to do it. I'll never forget how frustrated I was the first time I whipped egg whites for a cake.

These questions raced through my mind as I energetically beat the whites with a brand-new whisk in a stainless steel bowl. "How long are you supposed to whip them? What are they supposed to look like? What does it mean when a recipe says 'whip until light?'"

"Cooking is visual," said Chef Marcus Haight of the Lark Restaurant in West Bloomfield. "When people see how something is supposed to be done once, they can do it themselves. When I show people how to whip egg whites, I pass the bowl around so they'll know how something should look."

Haight found his way through the snow and sleet Sunday, Feb. 21, to teach a class in the "Michigan Chef Series — Your Recipe For Success,"



Paying attention: Cooks take notes to savor every morsel of information Chef Marcus Haight gives them about the art of pastry making.

at the Kitchen Glamour store in West Bloomfield.

He is also one of eight popular area chefs who participating in the "5th annual Chef's Seminar for Sophisticated Cooks," 8:30 a.m. to 4:30 p.m. on Monday, March 8, at Schoolcraft College, 18600 Haggerty Road in Livonia. (See Cooking Seminars chart inside for details.)

Also participating are Chef Mary Brady of Diamond Jim Brady's, Novi; Chef Milos Cibulka of the Golden

Mushroom, Southfield; Brian Polcyn, The Pike Street Restaurant, Pontiac; and Ed Janos, presently a chef without a kitchen. He plans to open his own restaurant "Avenue Diner" in the former Juke Box restaurant in Royal Oak in June.

"It's fun to share your knowledge. You learn a lot by teaching," said Ed Janos who will be preparing dishes from his new format menu for the restaurant at "Mystery Sunday!" a class in the Kitchen Glamour chef series



Cooking lesson: Chef Marcus Haight explains how to make Creme Anglaise Sauce.

12:30 p.m. Sunday, March 7. "If you teach, you're also teaching yourself."

Other chefs in the Kitchen Glamour series include Peter Loren of Opus 1, Detroit, 12:30 p.m. Sunday, March 21; Kathy Ruis, Rowe Inn, Ellsworth, 12:30 p.m. Sunday, April 18; Brian Polcyn, Pike Street, Pontiac, 12:30 p.m. Sunday, April 25, and Chef Milos Cibulka, 6:30 p.m. Monday, May 3.

See **FIRST-CLASS, 2B**

CHEF'S SECRETS

College cooking teacher does his homework



Technique: Chef Richard Teeple shows Jihan Jacobs and Charles Horosco how to slice watermelon for a fruit salad in the kitchens at Henry Ford Community College.

BY KEELY WYGONIK
STAFF WRITER

Richard Teeple's recipe for success is a work-in-progress. An executive chef instructor at Henry Ford Community College in Dearborn, Teeple graduated from Schoolcraft College's culinary arts program, earned a bachelor's degree in food service management at Madonna University, and a master's in education from Eastern Michigan University.

"I'm still going to school," said Teeple. "I take one class a semester. I just finished a specialty class at Oakland Community College in characteris (making sausage, ham, smoking meats). You have to keep up. I tell my students that. You've got to keep going back to school to keep current in the job market."

In addition to schooling, Teeple learned his trade working at area restaurants and hotels including the Detroit Athletic Club, the Drawbridge Restaurant in Northville, the Raleigh House, the Cooper House, Holiday Inn, and Chuck Muer Corp.

On the job he worked with two local Certified Master Chefs, who are also instructors at Schoolcraft College — Leopold Schnell and Milos Cibulka.

"I feel fortunate to have studied under these chefs. They were patient, and took the time to show me cook-

'You've got to keep going back to school to keep current in the job market.'

Richard Teeple
culinary instructor

ing techniques and style. I want to do the same thing with my students."

Teeple recently earned his professional certification from the American Culinary Federation Education Institute. To earn certification, he was evaluated in 13 different areas of cooking, supervision and administration of a commercial kitchen. Basic cooking skills in over 100 areas were also evaluated.

He is known locally for his ice carving talent. For the second year in a row, he was selected by the Michigan Winter Ice Festival and the Japan Ice Carving Association to compete in the spectacular World Ice Carving Competition in Asahikawa, Japan, Feb. 6-12. He, and his teammate, Ted Wakar of Canton, an executive chef at Ford Motor World Headquarters Penthouse, placed for the judge's award. They were one of three U.S. teams entered in the competition. Their sculpt-

See **COLLEGE, 2B**