

Food from page B1

perfect, I was in heaven and ate at that restaurant for the remaining four nights of my trip. Each meal was as good as the one served the night before.

"Simplicity and care. That's all it takes to be a good cook. You don't need intricate recipes with many ingredients, which take all day to shop for. A few key staples, and care in selecting your menu, is all it takes. It doesn't hurt to be on a tropical beach either."

Emily's is hosting an Italian

Wine Dinner on Thursday, Feb. 26. Call me for details, (248) 949-0505.

Rick Halberg, chef/owner of **Emily's Restaurant in Northville** lives in Farmington Hills with his family. He has established a reputation as one of Michigan's outstanding chefs. Rick is an extensive traveler, and is known for his fine French inspired Mediterranean and Italian cuisine. Look for his column on the third Sunday of the month in Taste.

Energy from page B1

al intake can have an impact on psychological factors such as motivation, and attentiveness.

Skipping meals is not good for children or adults. Hughes is certain her students eat breakfast before coming to school, but occasionally someone will forget to bring their lunch.

"We won't allow kids to skip lunch," said Hughes. "If someone forgets to eat, we'll make sure they have a lunch. Once in a while we get a family who thinks the best thing is for their child to skip lunch so they won't forget it again. But we don't believe it. We've got a job to do, and children need good steady nourishment so we can do it."

"Children who don't eat breakfast miss out on more than 25 percent of their daily nutrient requirements."

"The bottom line is you're going to feel better if you have your breakfast," said Gale Cox, a registered dietitian and Health Programs Coordinator for Botsford General Hospital in Farmington Hills.

"You will do better in school if you're charged, and your energy level is high. You might wake up feeling good, but around 9 a.m., 9:30 a.m. or 10 a.m. your ability to concentrate will be diminished if you don't eat breakfast. Your concentration will be off, and your energy level won't be as high."

If she had to choose between

being on time for an important meeting or eating breakfast, Cox said she would eat breakfast, but admits many people wouldn't.

"A lot of people think from the neck up and totally abandon their body. They don't think about it—it's not a priority," said Cox. "You have to make breakfast a way of life. You have a responsibility to the world and to yourself."

"If you want your children to be healthy, you have to set a good example."

"You can't leave it up to the kids to eat breakfast," said Cox. "They won't do it. Plan ahead. Provide foods that appeal to kids. Oatmeal is a favorite in the winter, but cereal with milk, and toast spread with a lower fat margarine, or a bagel with a lean piece of Canadian bacon are good choices as well."

"There's no reason kids have to eat traditional breakfast foods, any food that appeals to them is fine."

Besides cereal, Cox suggests low-fat sausage on a bun, hard cooked eggs, or low-fat cottage cheese. "There's a lot to pick from," she said. "Take five minutes to jot down a plan. Figure out what you want your kids to have for breakfast the night before. Have cereal on the shelf ready to go. Make breakfast an established way of life. If it's important to you, it will be important to your kids."

Take comfort in hearty fare

See related For the Love of Food column on Taste front.

BRAISED SHORT RIBS WITH RED WINE

- 4 (16 ounce) portions of meaty short ribs, trimmed of excess fat
- 1 medium onion, chopped
- 1 large carrot, chopped
- 2 stalks celery, chopped
- 2 bay leaves
- 2 sprigs each rosemary and thyme
- Crushed black pepper to taste
- 1 bottle dry red wine

1 quart rich meat stock
1 cup canned whole tomatoes and juice
Duck fat or vegetable oil as needed

Salt and pepper to taste
Marinate short ribs in wine, herbs, pepper and vegetables overnight, or at least 8 hours.
Preheat oven to 325°F.
Drain meat from marinade and dry, reserve marinade and drained vegetables. Reduce wine by 1/2 and strain through a fine mesh strainer into meat stock. Bring liquid to simmer.

Heat fat in heavy sauté pan and brown meat well on both sides. Season well with salt and pepper and set in a suitable size baking dish with a tight fitting lid.

Pour off excess fat in sauté pan and add reserved vegetables. Over medium heat, soften vegetables. Add tomatoes and pour over meat. Add the meat stock, cover and braise until meat is ready to fall off the bone, about 2 hours.

Remove meat from liquid and reduce until saucy. Meat can be removed from bone to serve if desired.

CELERY ROOT - POTATO PUREE

- 1 pound peeled and diced celery root (weigh celery root before buying to make sure it's 1 pound)
 - 2 pounds peeled and diced potatoes (about 4 medium potatoes)
 - 1/2 cup milk
 - 8-10 tablespoons whole unsalted, softened butter
 - Salt and pepper to taste
- Boil potatoes and celery root separately until tender. Put both through a ricer or mash until fairly smooth. Add milk and soft butter, season to taste.

Get a healthy start with breakfast

See related story on Taste front.

CREAMY MAPLE CRANBERRY OATMEAL

- 3 1/2 cups skim or low-fat milk
- 1/4 teaspoon salt (optional)
- 2 cups oats (quick or old-fashioned)
- 1/2 cup dried cranberries
- 1/3 cup maple flavored syrup, regular or light
- 1/4 cup toasted wheat germ

In medium saucepan, bring milk and salt to a gentle boil. (Watch carefully.) Stir in oats, cranberries and maple syrup. Return to a boil, reduce heat to medium. Cook 1 minute for quick oats, 5 minutes for old-fashioned oats or until most of the milk is absorbed, stirring occasionally. Let stand until desired consistency. Stir in wheat germ.

Drizzle oatmeal into four cereal bowls. Spoon with additional syrup, if desired. Serve with milk or yogurt, if desired. Serves 4.

Microwave directions: In 3-quart microwavable bowl, combine all ingredients except wheat germ. Microwave on HIGH 6 to 7 minutes for quick oats and 9 to 10

minutes for old-fashioned oats or until most of the liquid is absorbed. Let stand until desired consistency. Stir in wheat germ. Serves 4.

Recipe compliments of Quaker Oats.

WHOLE WHEAT PANCAKES

- 1 1/2 cups whole wheat flour
- 1 1/2 cups all-purpose flour
- 2 1/4 teaspoons baking powder
- 3 large egg whites
- 1 1/2 cups skim milk
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1 1/2 cups mashed very ripe banana (about 3 medium or 17-18 ounces before peeling)
- 2 teaspoons vegetable oil

In a small mixing bowl, stir together flour and baking powder until well blended. Set aside.

In a large mixing bowl, whisk together egg whites, milk, vanilla, salt, banana and oil. Pour liquid ingredients into dry ingredients and stir with a wooden spoon or rubber spatula just until blended.

Spray a large nonstick skillet or griddle with nonstick cooking spray. Heat over medium-high heat until hot enough to evaporate a drop of water immediately upon contact.

Spoon batter by 1/4-cup measure onto hot skillet or griddle. Cook until pancakes are slightly dry around edges and bubbles appear on top, about 2 minutes. Using a spatula, carefully turn over and cook for 2 minutes more, until lightly browned. Repeat with remaining batter. (You may need to spray skillet or griddle with nonstick cooking spray between each batch. Lower heat to medium if pancakes are browning too quickly.) Keep pan-

cakes warm in a low oven while you cook remaining batches. Makes 16 pancakes.

Serve with maple syrup or jam, or roll them up in fajita-style with a thin layer of peanut butter or a sprinkling of cinnamon and sugar.

Recipe from: "Eating Thin for Life," by Anne M. Fletcher, (A Chapters Book Houghton Mifflin Company, 1997, \$14).

Wine from page B1

diners are scheduled at Sarasota's hottest eateries where top chefs team up with the hottest vintners for dazzling dinners. The cost is \$75-200 per person depending on the restaurant chosen.

Get some sleep that night because Friak, April 24, is jam packed starting with a Vintage Golf Classic (\$150 per player), Suncoast Showcase Luncheon (\$36), Seminars (\$20-40) and topped off by a gala Black-tie Vintner Reception, Dinner and Dance (\$300 per person).

Rise for a Showcase Brunch on Saturday, April 25, followed by spirited bidding at the charity auction benefiting disadvantaged children and youth. A casual buffet dinner and dance concludes the day, (\$150 per person all day) on a touch-ton Sunday's event is the Legg

Mason/Wilson Vintage Tennis Challenge beginning 10 a.m. at The Resort at Longboat/Key Club (\$100 per person).

And it's all for charity! In its first eight years, Florida Winefest & Auction has donated \$1.8 million to its benefit charity programs helping disadvantaged youths lead self-sufficient and productive lives.

What's all this interest in Florida about? The state's wine consumption is third highest in the United States, bested only by California and New York. Florida's restaurant scene showcases wine in grand fashion.

Look for Focus on Wine on the first and third Sunday of the month in Taste. To leave a voice mail message for the Healds, dial (734) 953-2047 or a touch-ton phone, mailbox 1864.



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