



The Roving Chef



The Art of Healthy Eating

Food for Thought

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A year and a half ago I opened up my Roving Chef business. You might ask what exactly is The Roving Chef? I cook and deliver gourmet meals for busy people. Imagine coming home from work tired and hungry. Opening the door a wonderful aroma of home cooked food tingles your senses, your stomach growls in anticipation that a freshly prepared meal awaits to satisfy your appetite. The Roving Chef has been by! In addition to providing

daily meals, I cater, plan and organize events.

I have thoroughly enjoyed my first year as the Chef. I have met some wonderful people who have come to trust my judgment and menu selections.

What do a lot of my clients have in common? Time, or I should state the lack of it. Time has become a precious commodity in today's society. There never seems to be enough of it. Balancing home and work can be very challenging. Linda Duxbury, a business professor at Carleton University co author of the study, Seeking Work-Life Balance, found 1 in 4 Canadians works more than 50 hours a week.

Guilt is another issue that many battle. The

days of June Cleaver are over. The luxury of planning and preparing the evening meal has been replaced with fast foods and take-outs; convenience overrides quality. While reviewing a list of veggies that her family would eat, one of my clients suddenly stopped after the 12th no, and with a look of failure in her eyes said, "I guess I've been a bad mother".

The point is it's not always easy to eat healthily. It is however vitally important to at least make the effort towards achieving a healthier lifestyle. Not only is a healthy diet crucial for human development, it also helps reduce the risk of chronic disease and obesity. The Canadian Food Guide is an excellent source of reference.

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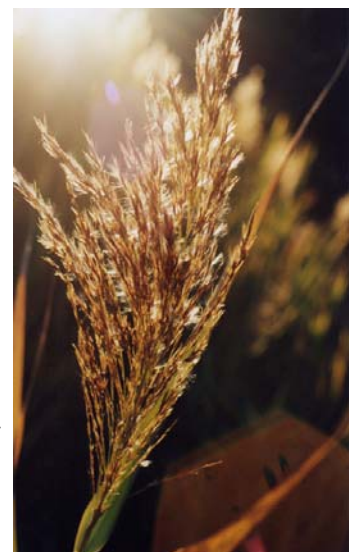
A Gift or Treat, It's Wonderful to Eat



Special occasions will always be part of our lives, babies, birthdays, weddings, anniversaries - the list is endless. The

challenge to find the "perfect gift" can be quite daunting. Thoughts of trudging through the mall searching through countless stores can dampen any one's spirit. The solution? Call The Roving Chef. Whatever the occasion, the gift of a meal is always appreci-

ated. Faces say it all, often surprised, people are elated upon receiving their gift of a gourmet meal. New brides can also benefit from a series of cooking lessons carried out in the comfort of their own kitchen. **Call 905-853-2966**



Reducing Fat From Your Diet

Many people are confused about fat. Low fat, low carbs, low calorie, what does it all mean? Everyone needs to eat some fat for good health, however in general we tend to eat too much. High fat foods can run up the calorie count very quickly. The Canadian Health Network recommends that you should aim for less than 30% of your total caloric intake from fat. This represents about 60 grams of fat daily for the average woman and 90 grams for the average man.



In order to reduce the amount of fat in your diet you have to be able to recognize it. Chicken skin and the

fat surrounding meat are examples of easily recognizable fats. Unfortunately fat is not always that visible, baked goods and cheeses are often full of hidden fats. Oil, margarine, butter and salad dressings also contribute to your daily fat intake.

Health Canada has several suggestions geared at reducing the fat from your diet.

- Buy 2% or skim milk .
- Choose leaner meats, and remove skin from poultry.
- Eat legumes (chick peas, lentils, etc) as a meat alternative at

least once a week.

- Cut back on the amount of oil you use in preparing foods.
- Use non-stick pans.
- Go easy on spreads and sauces.
- Eat lots of fruit & veggies.
- Choose lower fat processed meats, salad dressings, mayonnaise and snack foods.
- Eat out less, prepare the majority of your meals at home.

Or you could call **The Roving Chef!**



Which Is Better, Margarine or Butter?

The controversy rages on. Both butter and margarine contribute 100% of their calories from fat. One serving of butter 1 tablespoon (14 gms) contains 11 grams of fat and 100 calories. Margarine is the same. Butter is made from animal fat and contains more saturated than unsaturated fat. Saturated fat is associated with increased levels of cholesterol. Margarine is made from vegetable oils and tends to be higher in polyunsaturated fat. Polyunsaturated fats help to lower

“The most important thing to remember is both butter and margarine are 100% fat

cholesterol if used in place of saturated fat. However they still contain a lot of calories. This might suggest that margarine has the advantage. However production methods tend to confuse the issue. Hard or hydrogenated margarines contain trans fats which act the same as saturated fats and may contribute

to high blood pressure and heart disease.

At the end of the day the debate continues. The best choice? All things in moderation. Whether you use butter or margarine use them sparingly. From a practical note, butter burns more easily than margarine, so when using it to sauté or grease be extra careful to watch the temperature. Also remember butter is made from cream which means it perishable and needs refrigeration.

Healthy Snacks

The majority of people can't get through the day without snacking. Infact recent research suggests that as many as 7 out of 10 Canadians indulge in at least I snack between meals; you're not alone in your carving for the munchies. The important thing to remember is to make those snacks count by choosing foods from 1 of the 4 food groups. Grains, Vegetable & Fruits, Milk Products and Meat & Alternatives. Also try to limit high fat and



salty snack foods.

Some ideas for healthy snacks:

- Sliced fresh fruit with plain yogurt
- Tuna Melts—English Muffin halves topped with tuna, grated cheese, and broiled.
- Lower fat dips such as humus, tzasiki, red pepper on toasted tortilla flatbreads, pita bread or sliced veggies.
- An 8oz glass of vegetable juice.



- 1 oz. roasted almonds or walnuts. Walnuts are high in omega 3 an essential fatty acid that helps in lowering cholesterol, and building brain tissue & nerve cells.
- Celery sticks with peanut butter.
- Hard boiled egg.
- A small box of raisins contain no fat and 130 calories
- Frozen Fruit Bars

How My Garden Grows

When I was a little girl I used to take great delight in helping my dad with his garden. My job was plucking the bugs off the potato plants. For each beetle collected I earned a penny. Despite my valiant efforts the Colorado Beetles were never totally annihilated. Back in "those days", pesticides were accepted as a viable method of keeping insects under control. In-between my bug picking the plants were



**My greatest tool has been
Persistence.**

sprinkled with white powder which reminded me of snow.

My fascination with gardening grew, and for the past 8 years I have slowly nurtured a plot of soil into a thriving productive vegetable patch. My father is no longer alive, but in my heart I know he would be proud of my endeavors. The only difference between the two of us is my garden is totally organic. Mulching, weeding and

thoughtful planting have resulted in pesticide free vegetables which my clients benefit from. My greatest tool has been persistence. I still hand pick pests from my plants, but over the years, like the weeds, their numbers have greatly diminished.

The benefits of organic fruits and vegetables are insurmountable. It's with a certain amount of pride that I boast to my clients that their veggies are organically produced from the garden of

The Roving Chef.

The Comforts of Fall

Fall conjures up visions of brightly coloured leaves, frosty mornings, pumpkins, crunchy apples, fireside gatherings and comfort foods. Hearty soups & stews, freshly baked loaves, and the aroma of preserves all add to the ambiance of the season. I have a couple of easy fall type recipes that I would like to share with you. The first is a Pumpkin Loaf that was passed down via my grandmother

Harvest Pumpkin Loaf

1 cup of pureed pumpkin
2 eggs
1 cup of white sugar
1/2 cup of oil
1 1/3 cups flour
1/3 cups water
1/3 cup raisins
1 tsp baking powder
1 tsp sea salt
1/2 tsp allspice & nutmeg

Method

In a mixing bowl add flour, baking powder, baking soda, salt, allspice, nutmeg. Boil 1/3 cup of water, add raisins, let sit. In another mixing bowl add sugar, oil, beat on low until mixed, then add eggs one at a time mixing after each addition. Next add pumpkin and flour, beat well. Stir in raisins and water. Place in a greased loaf pan and bake at 350F for 1 hour. Adjust time if using a convection oven



Soup to Sing For

Blues Brothers Soup

1 1/2 large bunches of broccoli or cauliflower
5 large potatoes
2 purple onions
3 cloves of garlic
8 cups of stock -(your choice beef, veggie or chicken)
Salt/pepper
Blue cheese

Method

Cut broccoli or cauliflower in small chunks, (I always save my broccoli stalks specifically for the soup pot).

Place in large pot. Cut up onions and potatoes add to pot with garlic. Toss with olive oil sauté for 5 to 10 minutes on medium heat, careful not to burn. Add stock, cover and simmer for 30 minutes until broccoli

and potatoes are just tender. Remove from heat and puree. I find the easiest way to puree is with a hand held grinder, placed right in the pot. Season to taste with sea salt and freshly ground pepper. Crumble blue cheese (use as much as you desire) into pot and stir. Just before serving, add spoon full of sour cream/or yogurt to centre of soup bowl, and sprinkle with chopped parsley. Makes a great lunch!



The Roving Chef

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Gourmet Meals for Busy People

- Special lunch & dinner programs
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Going away for the weekend skiing, horse-show, cottage? Want a break from cooking? Call The Roving Chef to discuss a complete weekend meal package or check the web site for an extensive list of frozen ready-to-go meals.

Roving Chef Event Calendar

Friday August 27th—Moonlight Dinner. Personalized Astrological Insights with World Famous Astrologer Robin Armstrong and after dinner telescope viewings of the Moon! 8:00 pm \$50.00 RSVP Kennedy & Aurora Rd. 905-853-2966

Sunday September 12th—Brunch at The Farm. Singer Songwriter Nanci Ahern stopping in Toronto on route to west coast will be performing songs from her recent CD release, (once you hear Nanci sing you will be hooked as a fan for life) 12:30 to 3:00 \$38.00 RSVP 905-853-2966

Sunday September 19th—Workshop & Lunch at The Farm. Glenys Dixon International Motivational Teacher will hold a creative writing workshop for beginners, no experience required just bring your imagination. 12:30 to 3:00 \$38.00 RSVP 905-853-2966

Sunday September 26th—Brunch at The Farm.

Astrologer Robin Armstrong will speak on “Relationships” using the horoscopes of those attending 12:30 to 3:00 \$38.00 RSVP 903-853-2966

Sunday October 17th—Workshop & Lunch at The Farm. Inspirational Speaker Glenys Dixon will do a workshop on “Discovering Your Soul’s Mission”. 12:30 to 3:00 \$38.00 RSVP 903-853-2966

Sunday October 24th—Brunch at The Farm. Astrologer Robin Armstrong will share his insights on the horoscopes of those attending . 12:30 to 3:00 \$38.00 RSVP 903-853-2966

Sunday November 14th—Workshop & Lunch at The Farm. Glenys Dixon teacher, will do a workshop on “The Tarot” which will reveal your life’s purpose. 12:30 to 3:00 \$38.00 RSVP 903-853-2966

Sunday November 28th—Brunch at The Farm. With Astrologer Robin Armstrong 12:30 to 3:00 \$38.00 RSVP 903-853-2966

* Brunch menu posted on the web, shortly before each event.

A Man For All Seasons



He watches over my garden in Spring & Summer



Fall



Winter