

# The Roving Chef



## The Secret of Good Living

### Food for Thought

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lar exercise and a healthy diet comes to mind, especially when the “extra” winter bulge prevents one from fitting into spring clothes. Sometimes making the necessary lifestyle changes can be quite daunting. What we need to keep in mind is that the move towards healthier living doesn’t need to be a major disruption.

The secret is moderation and balance. It’s much easier to slowly change poor habits, while gradually adapting a healthier lifestyle. Initial perseverance will lead to an increase in energy, fitness and overall well being.

Diets aren’t always the answer. Experts now believe that trendy food regimens just don’t work. Atkins, The Zone, Scarsdale, Protein Power have been best sellers for the past 4 decades. Andrea Miller a registered dietitian at Sunnybrook and Woman’s College Health Sciences Centre questions weather these diets actu-

ally work. A recent article in The Toronto Star stated that initially people do loose weight on these programs, mainly because they lower their caloric intake. However Miller says the same weight loss would occur if we simply cut back on the amount that we normally eat.

Generally Canadians are use to a wide assortment of foods. Diets that restrict certain food groups often lead to boredom. Lacking variety many people loose interest in their chosen diet and fall back into poor eating habits.

The way to Good Living is not about turning your life upside down. Small changes for the better can be made one at a time. The equation is simple; eating healthier food and doing more exercise ultimately gives your more energy.

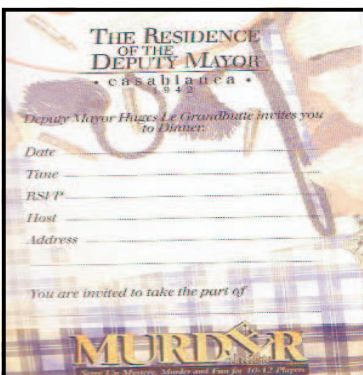
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Spring is a time of renewal. From the tiny shoots that heroically push their way up through the barren soil, to the birds that fly hundreds of miles returning to nest in familiar surroundings, everything appears vibrant and alive. Longer days and shorter nights encourage us to be more active as warmer temperatures lure us outdoors.

For some, the question of regu-

### Murder She Wrote



Move over Angela Lansbury, The Roving Chef is at the helm.

Our lives are so busy, our days so full of things that must be done, we often lose sight of some of the important fundamentals like having FUN.

Chase away the winter blahs

by booking your own murder mystery evening. The Roving Chef handles every aspect of the event from invitations to character profiles, costume suggestions and complementary menus.

A wonderful way to relax and laugh with friends.



## You Are How You Eat

One of my greatest pleasures is knowing that the food I prepare is appreciated and enjoyed by all. I take considerable time choosing the freshest products and selecting interesting and healthy recipes. I want my clients to have the ultimate taste experience. However that's as far as I can take the gastronomical adventure. The next stage is totally up to you.

In a recent issue, the *Journal of the American Medical Association* reported that how we eat is often more important than what we eat by reprinting advice from a 1904 issue. The results were based on the finding of Pavlov and gastric secretion in dogs. Pavlov said that "food eaten without relish and without

appetite, although in itself most nutritious and supposedly easy of digestion, may remain for hours in the stomach undigested". In today's fast paced society we are often forced to eat on the run. The gastric juices that we, and Pavlov's dogs need for proper digestion are stimulated by the appearance, smell and taste of food.

How many times have you walked into a room filled with the fragrant aroma of food and heard your stomach growl? We immediately start feeling hungry and anticipating the impending meal. By eating on the go, at your desk or in front of the television set we deny ourselves these important senses that trigger the digestive process. Pavlov concluded

that when food is eaten while the mind is diverted, especially in the case of anger, anxiety and stress it sits undigested in the stomach. When food sits undigested it rots, causing physical distress and gas, therefore atmosphere is vital to the enjoyment of your food.

Allowing yourself the time to sit, relax and savour the appearance and aroma of your meal will greatly enhance your dining experience. Not only will it encourage proper digestion but it will help you to centre and relax, dissipating the stress created by our hectic lives. So next time you dine don't forget to light the candles and put on your favourite tunes!

### Did You Know?

**"If exercise was a drug, it would be the most prescribed medicine in the world" Nat. Institute of Aging**

- According to the Canadian Pediatric Society, most food advertising on children's TV shows is for fast foods, soft drinks, candy and pre-sweetened cereals, while commercials for healthy food make up only 4% of those shown.
- In Canada, 46 per cent of adults are overweight or obese. Over the past twenty years, obesity rates for Canadian kids have tripled.
- Per ounce, Chicken McNuggets contain twice as much fat as hamburger.
- We can live for several weeks without food, but only a few days with-

out water. People who lead moderately active lifestyles lose 6 to 8 cups of water a day. Do you drink your recommended 6 to 8 cups a day?

- In a recent study involving 500 women across Canada, only 12% were meeting the recommended daily intake of 1000 mg of calcium. Are you getting enough?

- In a recent study involving more than 6000 men from Sweden, those men who regularly ate higher fat fish (2 to 3 servings a week) reduced their risk of prostate cancer by 50%
- In a study from U of T, a flaxseed muffin consumed daily by woman diagnosed with breast cancer, significantly slowed the growth of cancer cells. In a study from Duke University eating flaxseed daily as part of a low-fat diet, significantly decreased the growth of cancer cells in men with prostate cancer. Have you had your serving (1 tablespoon) of flaxseed today?

## My Friend Herb, the Egg and Honey Man

Herb Jones, his wife and their dog Tilley live down the road from me on St. John's side road. I'm a frequent visitor to their place; Herb sells "happy eggs" and honey. Happy eggs or more commonly known as Free Range come from chickens who have the freedom to walk around not confined to small cages like commercial operations. The eggs are extremely fresh, in fact I've been around some mornings when they have just been collected from the nest. I use Herb's eggs in all my cooking. Eggs are low in fat (only 4.5 gms) and calories (70), and high in quality protein (6 gm.). Eggs contain all the essential amino acids your body needs for

cell growth and repair. Eggs are also a good source of bone-building vitamin D, plus iron and B12. Eggs are also low in saturated fat (1.5 grams). Eaten in moderation, EGGS are a good thing.

I go through jars of Herb's honey. It is one of the secret ingredients in my salad dressing. Honey that has been collected from bees local to your area has been proven to help with allergies. The bees collect pollen from plants that are responsible for causing allergies. It's presence in the honey will often act as an immune booster.



Herb sells local honey and fresh eggs on St. Johns just west of Kennedy Rd.

## How My Garden Grows



My clients reap the benefits of organic vegetables



I hear the squawking of geese and I start to feel anxious. I associate their honks with Spring and gardening. There is something extremely special about vegetable gardening. Not only is the food nutritious, delicious but it's also a work of art. Planning and preparing the soil, seeding and watching the tiny sprouts slowly pushing up through the earth, growing into healthy plants uniquely different from their neighbour the next

row over is definitely an enriching experience.

This will be the ninth year of practicing organics in my garden. Over the years persistence with pests, weeds, feeding the soil, rotating crops has greatly paid off. The garden is now an example of the balance of natural forces.

So often pesticides are used to solve insect problems. Unfortunately the destructive pests as well as the beneficial insects are destroyed in this process. Like anything in life, the secret to a successful garden is balance harmony and commitment..

## The Excitement of Spring

Spring has always been one of my favourite seasons. It's a time of rebirth—dreary landscapes become alive with green. Colourful flowers sway in warm spring breezes. People talk about "Spring Fever" with a sparkle in their eyes. The comfort foods of winter are replaced with thoughts of Asparagus, Fiddleheads, Rhubarb, and fresh garden herbs. I have a couple of Spring recipes that I would like to share with you. The first is an Asparagus dish that receives rave reviews

### Asparagus Asiago

1 large bunch of fresh Asparagus trimmed



1 small tin of artichokes or hearts of palm

1/2 cup mayonnaise

1/2 cup grated Asiago

### Method

1. Place artichokes (hearts of palm) in a food processor or chop by hand), pulse several times until lightly chopped. Add grated Asiago and mayonnaise and lightly blend.
2. Place trimmed Asparagus in water or steamer, bring to boil for 2 to 3 minutes and remove—Asparagus should still be slightly crunchy.
3. Place Asparagus in an oven proof dish, spread the Asiago cheese mixture on top (cheese leftovers can be saved in plastic container in fridge for a week). Put in 425 F preheated oven and cook for approximately 10 to 12 minutes. Cheese should be melted and bubbly and Asparagus should be tender. Serve and watch the reviews!

## A Taste of Spring

### Rhubarb Cake

1/4 cup butter at room temperature

1 1/2 cups brown sugar

1 egg

1 tsp vanilla

2 1/3 cups all purpose flour

1 tsp salt

1 tsp baking soda

4 cups rhubarb, trimmed and cut into 1/2 " pieces

1 cup sour cream

1/3 cup granulated sugar

1/2 tsp nutmeg

### Method

1. Preheat oven to 350 F. Butter a 9 x 13" pan and set aside
2. Beat butter and brown sugar until well mixed. Add egg & vanilla, mixing until combined.
3. Mix flour, baking soda and salt together. Stir in butter and sugar mix-

ture followed by rhubarb and sour cream. Make sure all is mixed. Mixture will appear dry. Spread as evenly as possible into prepared pan. Sprinkle with sugar and nutmeg and bake 40 minutes or until a toothpick inserted in centre comes out cleanly.

4. Let cool cut into squares—makes 12

*Compliments of Food & Drink*



## The Roving Chef

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Going away for the weekend, horse-show, cottage?

Want a break from cooking?

Call The Roving Chef to discuss a complete weekend meal package.

\* Pictures compliments of Randy

## What's New?

- As a result of numerous requests The Roving Chef has come up with an extensive line of **Frozen Foods** that can be ordered on line. These items are great for those nights you don't feel like cooking but still want something healthy to eat. Check the website for more information.
- I will now supply interested clients with "**Herb's Honey**" and "**Happy Eggs**". The cost of Eggs is \$2.50 and Honey \$7.50.
- "**Guess who's coming for Dinner**"? Earlier in the newsletter I spoke about the importance of atmosphere when it comes to eating and enjoying a meal. This isn't always that easy, especially when you live alone. Wouldn't it be wonderful to share your dining pleasures with a friend or acquaintance? "**Guess who's coming for Dinner**" is a new service that I am putting together—it's success will depend on your response. I am gathering names of individuals who would like to join someone new for dinner. Age and sex are not barriers. The main objective is to provide a meal and a companion for those individuals who generally dine alone. If you would be interested in participating in the program or would like more information please call or email The Roving Chef. I will schedule the meal, the time, the day—the rest is up to you!
- **Roving Chef Cooking Classes.** A great gift for brides, or people who would like to add some "zest" to their meals.

*Dear Tanis our meal was fantastic. We loved the chicken firecrackers! The mango/brie was so yummy. Dave really enjoyed himself and he actually said he wouldn't mind receiving that gift again! Needless to say, I'll be in touch near the end of the year to discuss another certificate for him.*

This email came from a smart woman who gave her husband a series of lessons for his birthday!

- Looking for an interesting spot for a Sunday Brunch? Come to the farm. Reservations are necessary.
- Mother's Day Gift Certificate are available. Give Mom a treat she'll enjoy!

## Bruni and Peter Nielsen



The Old Markham Theatre

What happens when a creative artist meets a talented green house operator? You'll find out at Peter's Gardens. Bruni and Peter have a successful business on Markham Rd. just south of Elgin Mills. Their amazing green houses open just in

time for Mother's Day.

Bruni's eye for colour and Peter's knowledge of flowers makes them a dynamic duo. Peter has designed hanging bags that last all summer long. Their colourful "towers" are a welcome addition to anyone's patio or deck.

In addition Bruni sells her art work and famous windows from this location. It was her own idea to paint

beautiful scenes on old window frames. One of my favourites is a Sun Flower that bursts alive in it's yellow radiance. She uses acrylic paint which she then varnishes leaving a finished production that can even hang outside. For more information call 905-642-9690.

If you like interesting flowers and art be sure to make a trip to Peter's Garden's.