



SECOND EDITION

ESSENTIALS *of*
NUTRITION
for CHEFS

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Essentials of Nutrition for Chefs looks at nutrition through the lens of food. The authors present what chefs, food writers, educators and other culinary professionals need to know to prepare delicious food that nourishes both body and soul. Expertly organized and clearly written, the text provides guidance on healthful cooking techniques, flavor, communicating nutrition messages and meeting the needs of health-conscious diners. The pages are brimming with charts, resource lists, case studies, best practices, analysis of current and emerging issues, and advice from chefs and nutrition experts.

The Authors

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The amount of grains a person should eat depends on age, sex and level of physical activity. Recommended daily amounts range from 6- to 8-ounce equivalents for adults. Most Americans consume enough grains, but not enough whole grains. At least half of all grains eaten should be whole grains. Serving whole-grain breads, rolls and crackers is a start; whole-grain pastas, pancakes and pizza dough, brown rice, oatmeal and barley are excellent menu additions. The *Dietary Guidelines* suggest that we lower our intake of refined grains and substitute whole grains for them when possible.

A Serving of Grain Is . . .

- ½ cup cooked rice or other grain
- ½ cup cooked pasta
- 1 ounce uncooked pasta, rice or grain
- 1 ounce bread slice
- 1 very small muffin
- 1 ounce ready-to-eat cereal
- ½ cup cooked hot cereal
- 1 4½-inch pancake
- 1 small round or square cracker
- 1 small tortilla



Source: www.choosemyplate.gov

casebycase

'Health Through Food'

At New York's Upper-East-Side, 150-seat Rouge Tomato (www.rougetomatenyc.com), Executive Chef Jeremy Bearman and Culinary Nutritionist Kristy Lambrou, MS, RD, CDN, follow a 90-page charter called SPE®, which stands for Sanitas Per Escam – Latin for Health Through Food. Its primary objective is to enhance the nutritional quality of meals without compromising taste.

The brainchild of Belgian entrepreneur Emmanuel Verstraeten, whose dream was to offer food that is both delicious and nutritious, SPE combines cutting-edge research with international health standards and is kept up to date by a scientific committee of world-renowned nutrition experts and scientists. SPE guidelines revolve around three key elements:

- Sourcing: selecting ingredients seasonally, locally, and with a focus on nutritional characteristics
- Preparation: using specific cooking techniques that preserve the integrity and nutritional qualities of the ingredients
- Enhancement: optimizing nutritional value by the synergy of product combination and menu diversity

Emmanuel Verstraeten created the Rouge Tomato concept in Brussels and exported the concept to New York in 2008, where within months the restaurant was awarded one Michelin star. He recently launched SPE Certified (www.SPEcertified.com), a certification and consulting company dedicated to assisting all foodservice operators (commercial and non-commercial) address

consumer concerns about sustainability, nutrition and health. Rouge Tomato and SPE Certified have been featured in Time magazine, in leading business publications and on major television networks.

"Chef Jeremy Bearman and I are a true collaborators," says Kristy. "I not only calculate full nutrition analysis for each dish before it goes on the menu, I am also in the kitchen on a daily basis working side by side with the cooks, giving me a complete understanding of our food preparation from start to finish.

"Our goal is to deliver quality calories in a nutrient-dense, great-tasting meal," Kristy continues. "Our guests get 40% of the daily value for vitamins and minerals and 3 to 4 servings of fruits and vegetables in a 3-to-4 course meal."

All of Rouge Tomato's seafood is sustainable; all meet is grass fed. Whole grains, cruciferous vegetables and a fatty fish are always on the menu. No butter or cream is used in entrees and appetizers and only limited amounts in desserts. The restaurant emphasizes food synergies whereby ingredients eaten together are more powerful than when eaten separately. For example, combining flavonoid-rich foods with other ingredients containing vitamins C and E increases the body's antioxidant capacity, resulting in a nutritionally superior dish.

"For us," Kristy explains, "it's not about what you can't use; it's thinking about what you can use -- about balance, portions and preparation. We look at produce for our inspiration, and then we consider what else to put on the plate to boost nutrient density and maximize taste."

Wild Mushroom Farrotto

Chef Jeremy Bearman, Rouge Tomato

New York City, New York

Yield: 10 servings

This is a variation of the classic risotto using farro, a whole grain from the wheat family. The hearty, nut-like flavor compliments the wild mushrooms.

Farro:

- Farro 1 ½ cup
- Mushroom stock, unsalted 5 cups

Mushroom puree:

- Olive oil ¼ cup
- White mushrooms, diced 2 cups
- Oyster mushrooms 1 cup
- Hen of the woods mushrooms 1 cup
- Other wild mushrooms such as chanterelle, king oyster, or porcini 1 cup
- Shallots, sliced 1 cup
- Garlic, chopped 3 cloves
- Salt ½ teaspoon
- Madeira wine 1 cup

Sauteed mushrooms:

- Hen of the woods mushrooms 2 cups
- Oyster mushrooms 2 cups
- Other wild mushrooms 2 cups
- Canola oil for sauteing ¼ cup
- Thyme leaves, fresh 1 tablespoon
- Garlic 4 cloves
- Salt ¼ teaspoon
- Black pepper, ground to taste
- Parmesan, grated 1 cup

1. **For the farro:** Soak the farro in cold water for 12 to 24 hours and drain. Place the farro and the mushroom stock into a small stock pot. Simmer until tender, approximately 45 to 60 minutes. Keep the stock covering the farro at all times. Strain residual liquid from the farro and reserve. Spread the farro on a sheet tray to cool.
2. **For the mushroom puree:** In a large sauce pot, heat the olive oil until just before smoking. Add all of the mushrooms, season with salt and cook on high heat constantly stirring until all of the moisture has been released. Once they have begun to brown, turn the heat down to low and add the shallots and garlic. Sweat the shallots and garlic for about 5 minutes and add the Madeira. Cook on medium heat until all of the liquid is evaporated and the mixture is dry. Transfer the mixture to a blender and blend until smooth. Reserve.
3. **For the sauteed mushrooms:** Heat the canola oil in large saute pan until just before smoking. Add the mushrooms and pieces of garlic and saute until nicely browned. Just before removing, add the thyme and saute with the mushrooms. Season the mushrooms with salt and pepper, place the mushrooms on a dry towel to drain any excess oil.
4. **For the farrotto:** In a sauce pot, add about 5 cups of the cooked farro and about 1 cup of the reserved liquid. Heat the mixture constantly stirring. Add about 2 cups of the puree, along with the parmesan and stir until mixture hot. It should be the consistency of a risotto. Add more liquid or stock and if you want it creamier. Check the seasoning and adjust if necessary.
5. Serve farrotto immediately as the mixture will tend to tighten up as it sits. Garnish with the sauteed mushrooms.

Per Serving

Calories	270	Cholesterol	6 mg
Fat	13 g	Sodium	470 mg
Saturated Fat	3 g	Carbohydrates	34 mg
Trans Fat	0 g	Dietary Fiber	4 mg
Sugar	3 g	Protein	9 g