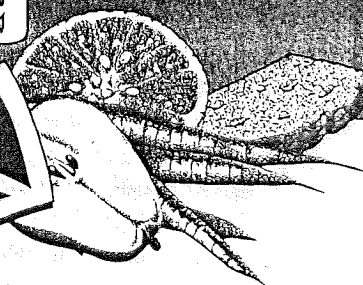


Healthy Eating



John & Mary McDougall's



Creative Cooking for a New Millennium

ERIC TUCKER LEARNED YOUNG THAT FOOD = HEALTH, for as a teenager he was both hypoglycemic and a long-distance runner. But although he cooked in many restaurants as a young man, it was not until the 1980s that Eric felt a need to do something more "health-supportive." By 1990, he had enrolled in the Natural Gourmet Cookery School in Manhattan, and by the fall of 1994, he had become executive chef of San Francisco's Millennium, one of the premier vegetarian restaurants in the U.S. There, Eric has been wowing a growing clientele—including myself—with low-fat gourmet fare that shuns animal products and oils. "At Millennium," he says, "we definitely dispel the stereotypes about low-fat, plant-based cuisine." How does he do it? Keep reading...—JM

Eric, how'd you get interested in cooking?

Well, my parents were "foodies," and they had me weaned on restaurants in Manhattan and New Jersey. By age five, they tell me, I was eating sushi and cooking scrambled eggs and pancakes at home. I've always been fascinated with the variety and diversity of food. So every time I thought about changing routes in high school and college, I always end up coming back to food.

Inside This Issue

Dining Out

What the longest-lived people on earth eat: why non-dairy milks make sense. 2

Dining In

Sneak preview: recipes from The Millennium Cookbook. 3

I went to a four-year hotel/restaurant management school in Rochester, N.Y.. But the management-end of things didn't appeal to me, so for most of the 1980s I was cooking in New Jersey restaurants.

What made you decide to focus on healthy, plant-based cuisine?

By 1990, I was at a point where if I was going to stay in the business, I wanted to be doing something that was more health-supportive and health-oriented vs. just slopping a steak on the grill. That's when I decided on the Natural Gourmet Cookery School in Manhattan.

Millennium is a vegan restaurant, which means no animal products at all. Any other parameters?

We try to use as many organic in-

gredients as we can. I'd say just about all our grains and beans and flours are organic. In the summer, most of our produce is organic, and by the winter, this falls to 40% to 50%.

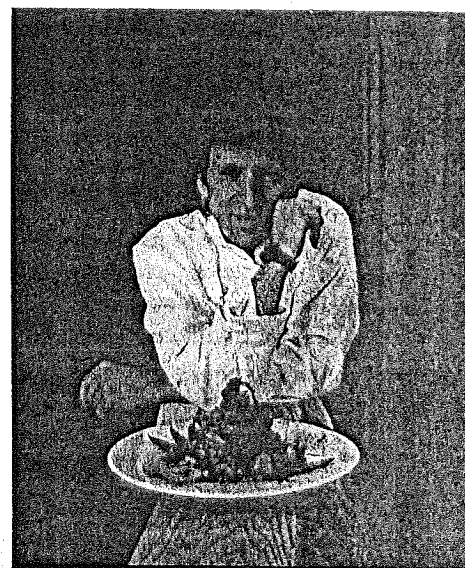
Also, a third of the menu is very low-fat. I'd say that we're one of the most friendly restaurants for anyone with diet restrictions. We get tons of special requests all the time. So we try to stay abreast of that kind of stuff.

What's your own diet like?

My diet is definitely predominantly plant-based. But some of the time, I do eat animal products, especially if I'm at a fine restaurant.

How do you hit the mark? There's that American palette out there

continued on back page



October Turning Japanese

Eating out Japanese not only delights the senses, but it's usually very healthy, too. After all, the Japanese are the longest-lived people on earth, thanks no doubt to their traditional starch-based diet (mostly rice, noodles and vegetables). While many Japanese restaurants in the U.S. have Americanized their menus to focus on meat, chicken and fish, most still don't use dairy products, and very few items are deep-fried (tempura, deep-fried vegetables, being the main exception).

Waiter, Please Sushi

We're not talking raw fish, here, but cooked or raw vegetables rolled in rice and/or seaweed. Nigiri is a plain rice roll with a vegetable center; maki means there's an outer covering of seaweed. Ask if there's a vegetarian combo sushi platter, so you don't have to order pieces one by one.

Some of the options: vegetarian futo maki (cucumber, mushroom, avocado, and radish); yasai maki (assorted vegetable roll); hiyashi wakame (sea-

weed); kappa maki (cucumber); and shitake maki (black mushroom).

Eat sushi with chopsticks or your hands, not with a fork. The rolls are served with a side of soy sauce (hopefully without MSG), slivers of ginger (to clear the palette between sushi courses) and wasabi, a green horseradish mustard that can be mixed into the soy sauce. But go easy—wasabi is mouth-burning hot! Also, don't soak the roll in the soy sauce; dip a corner in very lightly.

Appetizers

Gyoza (Japanese-style pot stickers), ordered steamed, not fried; Japanese pickles, and mozuku (marinated Japanese kelp).

Soups

In addition to miso, which is not filling and quite salty, you'll find the hearty udon, made with wide noodles (refined-wheat flour) and vegetables in a seasoned broth (no oil). Ask them to skip the animal products. There's also norisui, a clear broth with seaweed (leave out the fish powder).

Salads

Seasoned vinegar is used as dressing (never oil). Sunomono is mostly cucumbers served with tangerine slices. Wakame is made from seaweed. You can also order a standard green salad with vinegar dressing.

Main Courses

If you still have room, there are dozens of combinations of cooked vegetables, rice, noodles and tofu. The starches include soba (cold buckwheat noodles), typical Japanese noodles and, of course, steamed white rice. Ask if there's a vegetarian sauce (without oil) you can pour over your dish. An example: Japanese mushrooms sautéed in a light ginger-soy sauce served over soba noodles.

Side Dishes

Hiyayakko (cold tofu) and endamame (cooked salted soybeans).

Dessert

Try chilled lee chee (Japanese fruit), fresh fruit or sorbet.

Non-Dairy Milks: A Better Alternative

It's no wonder more and more people are turning to non-dairy milks. For one thing, they're becoming more popular than ever. For another, they're becoming more popular for a reason. Many people who would otherwise avoid dairy products are finding that non-dairy milks are high in calcium and other nutrients which promote healthy, youthful skin, reduce the risk of osteoporosis, and may even help prevent cancer, including breast, colon, and prostate cancer.

12 In non-dairy milks, the nutrients are supplied by either soy or rice. Soy is not tolerated by most people in the world, causing digestive problems and gas. Cow protein is the leading cause of adverse reactions to our immune system. The minor reactions are usually to soy, but the major reactions are to cow protein. These reactions (called autoimmune disorders) can

lead to a variety of conditions, including asthma, eczema, and other allergic reactions. They can also lead to more serious conditions, such as diabetes, heart disease, and even cancer.

For those who are allergic to cow's milk, there are two types of non-dairy milks: soy-based and rice-based. Soy is the most common, and it's also the most nutritious. It's made from soybeans, which are high in protein and calcium. Rice-based milks are made from rice, and they're also high in protein and calcium.

The Options

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When you're looking for a non-dairy milk, it's important to look for one that's made from natural ingredients and doesn't contain any artificial flavors or sweeteners. This will ensure that you're getting the most healthful and nutritious option available.

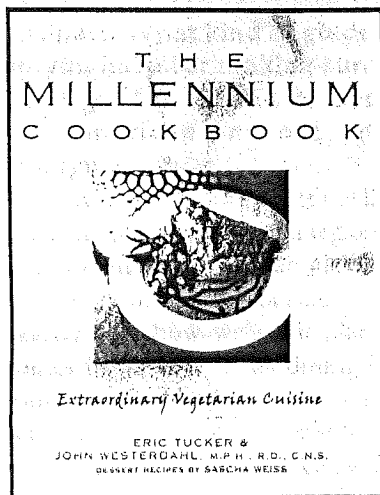
It's naturally 35% to 40% and often, this is the reason I recommend them for cold drinks. Whiteness beverages (tea and coffee) are for use in cooking.

If you're watching your weight, then go with non-fat, non-dairy milks with no oil and little sugar. One of my favorites is *Earth's Best Milk Soy Light* made by Earth's Best Foods from maltodextrin (rice and corn), soy milk, and soy protein. Nutrition per serving: 70 calories, 0.5 g fat, 14 g carbohydrates, with only 1 g sugar, and 2 g protein. This product is a powder that you mix with water.

Another good option is *Pacific Foods Rice Non-Dairy Milk* made from filtered water and brown rice. Nutrition per serving: 70 calories, 0 g fat, 17 g carbohydrates, with 1 g sugars, and 1 g protein.

Remember: Finding a non-dairy milk isn't the end of trying several different options. —MM

October Recipes by Eric Tucker



Forget this, I'd rather have a heart attack." That's what people are apt to say if vegetarian cuisine doesn't deliver on taste and looks. The following elegant recipes, culled from *The Millennium Cookbook*, deliver that and more. Due out November 1998 (Ten Speed Press), the book is co-authored by Eric Tucker and Millennium nutritionist John Westerdahl.—JM

Onion and Apple Soup with Relish

An onion soup that takes on an Asian flavor with the addition of fresh ginger. Try this soup with pears instead of apples.

Servings: 6

Ingredients

4 large yellow onions cut into thin slices (6 cups)
2 cups dry red wine (or nonalcoholic)
3 apples (4 cups)
1/4 cup minced fresh ginger
2 teaspoons "Sucanat" or unrefined sugar
2 teaspoons minced fresh tarragon
1 teaspoon minced fresh thyme
1/2 teaspoon ground black pepper
8 cups vegetable stock
1/3 cup dark miso
1 tablespoon balsamic vinegar
1/2 cup wild rice, cooked (1 cup when cooked)

Sea salt to taste

Apple, Sesame, and Ginger Relish (recipe follows)

Directions

In a soup pot, combine the onions and red wine. Cook, covered, over medium heat until the onions soften, about 15 minutes. Add the apples, ginger, Sucanat, tarragon, thyme and pepper. Cook another 5 minutes, then add the vegetable stock. Reduce heat and simmer for 40 minutes to 1 hour.

Whisk the miso and add the balsamic vinegar and wild rice. Add salt. Serve each bowl of soup topped with 1 tablespoon of the apple relish.

Nutritional information per serving: 227 calories (12% from fat), 5 g protein, 45 g carbohydrates, 3 g fat, 0 mg cholesterol, 427 mg sodium, 5 g fiber.

Apple, Sesame and Ginger Relish

Servings: Makes one cup.

Ingredients

1 apple, peeled, cored and finely diced
2 stalks scallion, finely diced
1/4 cup fresh lemon juice
1 tablespoon sesame seeds, toasted
1 tablespoon minced fresh ginger
1/2 teaspoon ground black pepper

Directions

Toss all the ingredients together in a bowl.

Saffron and Butternut Squash Risotto

Chanterelle mushrooms and winter squash are a classic fall combination. Saffron and cumin flavor this risotto and give the dish a Mediterranean touch. At the restaurant, we serve this with braised greens and a wedge of our cumin and rosemary chickpea flat bread.

Servings: 6

Ingredients

2 yellow onions, finely diced
2 cloves garlic, minced
1/4 cup dry sherry, nonalcoholic wine, or vegetable stock
8 ounces chanterelle mushrooms, halved
4 cups finely diced butternut squash (1 medium squash)

1 teaspoon dried thyme
2 teaspoons ground cumin
1/3 teaspoon saffron threads
1 cup light vegetable stock
2 cups Arborio rice (risotto)
6 cups light vegetable stock or mushroom stock, simmering
2 teaspoons minced fresh winter savory, oregano or marjoram
2 cups cooked chickpeas, chestnut limas, or pinto beans
1 cup corn kernels, pureed with 1 cup soy milk or rice milk
2 teaspoons sea salt
1 teaspoon ground pepper

Directions

In a large sauté pan or skillet, sauté the onions and garlic in the sherry over high heat until the liquid evaporates. Reduce heat to medium and add the mushrooms, squash, thyme, saffron and 1 cup vegetable stock. Simmer until most of the stock is evaporated and the squash just begins to soften.

Stir in the rice, mixing well to incorporate the ingredients. Add 2 cups stock and cook, stirring frequently, until most of it is absorbed. Continue to add stock, 2 cups at a time, until all of it is absorbed or the rice is al dente. Add the tomatoes, savory, beans and corn puree. Cook for 5 more minutes, or until the risotto is thick and creamy. Add the salt and pepper. Remove from heat and serve.

Nutritional information per serving: 464 calories (8% from fat), 13 g protein, 94 g carbohydrates, 4 g fat, 0 mg cholesterol, 785 mg sodium, 11 g fiber.

Millennium Fruit Crisp

We serve this dessert throughout the year with a gamut of different fruit combinations. In the fall, we use apples, pears, ginger and perhaps some figs.

Servings: 8

Ingredients

Oat Topping
2 cups rolled oats
2 teaspoons ground cinnamon (optional)
1/4 teaspoon sea salt
1/3 cup maple syrup

Recipes continued bottom of next page

Healthy Eating For Dynamic Health

Continued from front page

that you have to satisfy to stay in business. What kind of guidelines do you have for making sure you don't get too far out or become too American and not unique enough?

We've tried to extrapolate the flavors and ideas of certain cultural regions and fit those into our own parameters. But in terms of finding the balance, I'm not exactly sure how we do it. Part of it comes from some of us dining out at some of the finest restaurants in San Francisco and keeping abreast that way. Also, listening to our clientele, whether it's from the back of our little survey cards, or actually running into customers out on the floor or at the farmers market where I buy produce.

Any seasoning or flavoring tips?

It's important to learn a bit about ethnic cuisines, whether it's from a cookbook or actually going out to ethnic restaurants, be they Chinese, Thai, French, Italian. I've learned by figuring out what kind of seasonings within an ethnic cuisine work and why they combine those seasonings, and then I maybe play with the combinations and adapt from there.

I'd say our most popular dish is the Asian Napoleon. It's an extrapolation of a Thai curry, with coconut milk sauce seasoned with ginger and lime, but we've simplified it to focus on the lime and ginger. And we serve it with vegetables sauteed in an Asian brown-bean

sauce. We're using flavors basically from Thailand and China to make our own thing.

What's another one?

Well, there's a dish on the menu which leans toward the south of France. It's a bean stew, seasoned with sage and thyme. But what really makes it French style is a little bit of allspice and clove, like that used in the traditional, meat-based cassolets.

You've been at Millennium for four years. Is vegetarianism becoming more of an "in" thing?

Well, Millennium is continually growing. With added exposure, we get added business, and we have a cookbook coming out (see page 3). Definitely, a vegetable-based diet is becoming more and more popular. What I see a lot of is people not going 100% vegetarian but making a vegetable-based diet more of a principal part of their overall eating.

Especially in the Bay Area, we're seeing just about all the fine-dining restaurants offer quality vegetarian options, not just an afterthought to appease a small number of clients. These are well-thought-out vegetarian

and vegan dishes in restaurants such as Fleur de Lis.

What makes somebody a good cook?

Not being afraid to explore what's going to work and not work, not fearing that if you don't have a recipe in front of you, you won't be able to cook. It's having a little bit of a creative edge.

A lot of people out there are trying to become better cooks, but they're also trying to save time. Do you have any thoughts on how to reconcile the two?

One main thing I do is prepare things in advance, say a large batch of tomato sauce. I freeze it, and then I've got fresh, homemade tomato sauce anytime I want. The same can be done with vegetable stocks and soups.

If you do just a little bit of advanced planning and spend just a couple of extra hours cooking one day, you can set yourself up with a week's worth of different dishes that you can throw together in minutes, instead of spending several hours each day cooking.

When people come to Millennium, can they talk to you?

They can certainly ask, and I'll come out if I can. Or they can make an appointment to chat. I've had people at the stove call me up and say, "Well, I've got this happening, and something's not working right. What should I do?"

Where's Millennium?

Address: 245 Market St., 3rd Floor
At the corner of Market and California
Civic Center, San Francisco, CA 94102
Phone: 415/397-9860

Millennium recipes, continued from the previous page

Filling

8 cups berries and/or cubed seasonal fruit
2 teaspoons ground cinnamon
1/2 teaspoon ground nutmeg
1/4 cup maple syrup
1/4 cup fresh lemon juice
One 2-inch-piece fresh ginger
2 tablespoons arrowroot

Directions for the Oat Topping

Preheat the oven to 350. Line a sided baking sheet with parchment paper. In a small bowl, combine the oats, cinnamon and sea

salt. Stir until combined; then stir in the maple syrup. Spread the oats on the prepared pan and toast for 10 minutes, or until the oats appear dry. Let cool. Leave the oven at 350.

Directions for the Fruit Filling

In a large bowl, combine the berries and fruit. Add the cinnamon, nutmeg, maple syrup, ginger and lemon juice. Mix until combined. In a blender, combine one-third of the fruit mixture with the arrowroot and puree until smooth. Pour the pureed mix-

ture back into the bowl and mix.

Pour the fruit mixture into an ungreased 9-by-9-inch baking dish and bake for about 35 minutes, or until the mixture begins to bubble and has thickened. Remove from the oven, top with the oat topping, and bake again for 5 minutes. Remove from oven and cool for 5 to 10 minutes.

Nutritional Information per serving: 310 calories (6% from fat), 4 g protein, 69 g carbohydrates, 2 g fat, 0 mg cholesterol, 75 mg sodium, 7 g fiber.