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Select a budget: Monday, May 3, 2010 Go

BC-MCT-FOOD-BJT — food editors (1800 words)

McClatchy-Tribune News Service
Food Budget for Monday, May 3, 2010

Updated at 8:25 a.m. EDT (1225 UTC).

TOP STORIES

What a long strange trip it's been as notions about food change over four decades

FOODCHANGES.MS—We tend to think of Earth Day as a celebration of the three Rs (reduce-reuse-recycle). But many of the rallying cries of those '70s activists were food-related, from how we grew it to how we picked it, sold it and cooked it.

At the time, no one realized it was the beginning of a food revolution, since much of the action took place out of the public eye — in kitchens and co-ops, at farms and farmers markets. There were no leaders and certainly no celebrities in those early days, just regular folks scooping up bulk foods and bringing their own reusable containers to stores in a modest effort to change the world. It truly was a "people's" revolution that occurred so quietly and completely that outrageous actions became mainstream in what seems to have been the blink of an eye.

1900 by Lee Svitak Dean. MOVED
TEXT | HTML | PHOTOS

Breadwinner: Baking it at home is an art

BREAD.DE—Mary Schuon doesn't bother with the grocery's bread aisle much. Instead, she bakes her own. For the past decade, the South Rockwood, Mich., woman has made a French-style baguette a couple of times a week for her family — from scratch and without a bread machine.

"I've always loved to bake and loved fresh bread," says Schuon, 49, who kneads her dough with a stand mixer. "And I like to know what is in what I am eating."

But what sets Schuon apart from other bread makers is phyllo dough: While others cringe at the thought of having to work with the delicate tissue-thin sheets of dough, Schuon makes hers from scratch.

Why bother making your own phyllo dough, when inexpensive store brands work just fine? "It was an art that I didn't want to be lost because no one else in the family does it," she says. 1800 by Susan M. Selasky in Detroit. MOVED
TEXT | HTML | PHOTO

Flavors fade as we age, but there are ways to compensate

TASTE.MI—The table is set for company: Villeroy and Boch china, Hepp silverware, fresh flowers in a crystal vase. The wait staff is clad in impeccable white and black, and a dark-suited director of dining services greets many of the bejeweled diners by name.

At Aventura's Classic Residence by Hyatt, dining is about more than food. It is intended as a sensual experience, complete with gourmet dishes and well-appointed surroundings. In this affluent community, the Culinary Institute of America-trained chef faces three challenges: aging palates, health-related food restrictions and a demanding clientele accustomed to the finer things in life, including well-prepared meals.

"I must find the balance between certain health concerns and changing tastes and the variety and quality they are used to," says executive chef Robert Ibgui, whose 24-member staff prepares about 500 meals a day.

900 by Ana Veciana-Suarez in Miami. MOVED
TEXT | HTML | PHOTO

Cinco de Mayo celebration is all about food

CINCO.DE—A sure sign that Cinco de Mayo (May 5) is upon us is May's collection of food magazines featuring a plethora of Mexican fare. From tacos to tostadas to even making your own flour or corn tortillas, the recipe offerings make a terrific theme for entertaining at home.

900 by Susan M. Selasky. DIVERSITY. MOVED
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OTHER RECIPES AND STORIES

20 questions for ... food writer Kim Severson

BOOK-20QUESTIONS:MCT—Kim Severson has been a food writer for The New York Times since 2004. Previously, she was a food writer and editor at the San Francisco Chronicle, where she won national awards for news and feature writing, including the Casey Medal for Meritorious Journalism in 2002. "Spoon Fed: How Eight Cooks Saved My Life" (April) is her memoir recounting the tough life lessons she learned from a generation of female cooks including Marion Cunningham, Alice Waters, Ruth Reichl, Rachael Ray and Marcella Hazan.

Her ideal guests at the Ritz, she tells 20 Questions, would be Gertrude Stein, Eleanor Roosevelt and Lucille Ball. 1150 by PopMatters.com. (Moved Wednesday as an entertainment story) MOVED

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[TEXT](#) | [HTML](#) | [PHOTO](#)**A taste of Italian Alps**

[LIDIA-SALAD:TB](#)—This unusual salad from “Lidia Cooks from the Heart of Italy: A Feast of 175 Regional Recipes,” by Lidia Matticchio Bastianich, is based on fontina, a creamy, nutty tasting cow’s milk cheese from the region of Valle d’Aosta in the Italian Alps.

“With a chunk of fontina or other fine cheese and some tasty vegetables ... you have the basis for a zesty Alpine salad any time of the year,” she writes.

The success of the salad is dependent on the quality of the cheese. Look for real Italian fontina at specialty cheese markets or Italian grocery stores. Bastianich advises using freshly roasted bell peppers, but you could use jarred.

400 by Joe Gray. [MOVED](#)[TEXT](#) | [HTML](#) | [PHOTO](#)

[TASTINGS-FROSTINGS:TB](#)—How sweet it is: Canned vanilla frostings are not all created equal.

600 by Judy Hevrdejs. [MOVED](#)[TEXT](#) | [HTML](#) | [PHOTO](#)**Turmeric: A spice for a healthy life**

[TURMERIC:TB](#)—Turmeric, a tawny orange-gold spice that is an integral part of curry powder and ballpark mustard, has been garnering some nice press lately—and not just among foodies.

300 by Judy Hevrdejs. [MOVED](#)[TEXT](#) | [HTML](#) | [PHOTO](#)**More restaurants are trying to do the green thing**

[ENV-RESTAURANT:KC](#)—Moonlighting as a bartender and waiter has given Jerame Gray a behind-the-scenes look at restaurant waste—everything from wine bottles to take-out cartons, paper napkins to plastic coffee stir sticks.

“Food waste in restaurants is big,” Gray says. “I think it’s important for people to recognize their waste patterns.”

But how to change those waste patterns?

Say a restaurant goes through lots of foam take-out cartons. Time for more eco-friendly packaging? Typically, biodegradable packaging costs more, and bottom-line-conscious restaurants might balk at making the switch. A more doable alternative might be to reduce the portion sizes. Goodbye excess packaging. At the same time, the restaurant takes a bite out of food costs and starts whittling away at the nation’s obesity epidemic.

1200 by Jill Wendholt Silva. [MOVED](#)[TEXT](#) | [HTML](#)**Three simple recipes for children to make**

[KIDS-RECIPES:ND](#)—These recipes are all designed for kids to make (with supervision, depending on their age). TIP: Cut a tiny wedge in the top of a strawberry slice to form a pretty red heart, which can be used to decorate any of these dishes.

600 by Marge Perry. [MOVED](#)[TEXT](#) | [HTML](#)

[COOKINGCHANNEL:AK](#)—Cooking Channel will debut on May 31.

150 by Lisa Abraham. [MOVED](#)[TEXT](#) | [HTML](#)**Chicago’s Alinea restaurant ranks No. 1 in U.S., No. 7 in the world**

[UST-TOPRESTAURANT:TB](#)—Alinea is the seventh-best restaurant in the world. Better still, it’s the best restaurant in America.

In Europe, hands are wringing and ink is flowing over the news that Spain’s El Bulli has been supplanted by Denmark’s Noma as No.1 on Restaurant Magazine’s annual World’s 50 Best Restaurants list, announced April 26 in London.

In Chicago, corks are popping on Halsted Street because No. 7 Alinea (it was No. 10 last year) is the highest-ranked restaurant in the United States. Actually, the highest-ranked restaurant in North America.

450 by Phil Vettel. (Moved Monday as a travel story.) [MOVED](#)[TEXT](#) | [HTML](#) | [PHOTO](#)**NUTRITION, FOOD SAFETY**

[NTR-EATFORLIFE:KC](#)—Garam Masala Grilled Chicken and Vegetables contains a world of exotic flavors.

600 by Jill Wendholt Silva. [MOVED](#)[TEXT](#) | [HTML](#) | [PHOTO](#)**TRENDS, NEW PRODUCTS**

[COOKQA:CH](#)—Ask a cook: Lumpy cheese in the macaroni.

150 by Kathleen Purvis. [MOVED](#)[TEXT](#) | [HTML](#)

[TIDBITS:MS](#)—Tidbits: Salt some away?

350 by Al Sichernan. [MOVED](#)[TEXT](#) | [HTML](#)**WINE & BEER****Old Tom gin is new again**




[WBS-OLDTOMGIN:TB](#)—A few years ago, the spirits nostalgia train brought the return of Old Tom gin, a style popular in the 18th and 19th centuries but so wiped out by the mid-20th century that, when distillers resurrected it, no one was sure how to make it.

Old Tom is generally agreed to be a sweeter gin, which, in some cases, simply means adding some form of sugar. But an Oregon distiller believes he has come up with the most accurate version yet—and he doesn’t add a grain of sugar.

450 by Josh Noel. [MOVED](#)[TEXT](#) | [HTML](#) | [PHOTO](#)

[WBS-WINE:MI](#)—Before the heat sets in, break out the zins while you grill.

450 by Fred Tasker. [MOVED](#)[TEXT](#) | [HTML](#)

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[WBS-UNCORKED:TB](#)—South Africa’s wine regions boast wide array.

750 by Bill Daley. MOVED

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[WBS-WOW:LA](#)—Wine of the Week: 2008 Domaine Ricard ‘Les Trois Chênes’ Touraine Blanc.

150 by S. Irene Virbila. MOVED

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#### FIXTURES

[CORNER:MI](#)—Cook’s Corner: Newly popular vanilla paste has an intense flavor.

950 by Linda Cicero. MOVED

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[FASTFOOD-BEEFSANDWICHES:TB](#)—Fast Food: Pot roast lives again.

250 by Carol Mighton Haddix. MOVED

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[QUICKFIX:MCT](#)—Festive paella needn’t be all-day effort.

450 by Linda Gassenheimer. MOVED

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[RECIPE-FINDER:BZ](#)—Recipe Finder: Fresh dill gives soup a balanced flavor.

500 by Julie Rothman. MOVED

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[SOS-QUINOASALAD:LA](#)—Culinary SOS: Bowled over by a quinoa creation.

600 by Noelle Carter. MOVED

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[VEGCHEF:FL](#)—A chef’s vegetarian awakening.

650 by Steve Petusevsky. MOVED

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#### NOT MOVING

[COCINA:MI](#)—New column from culinary historian with Spanish flavor. DIVERSITY. PHOTOS. (Moves approximately every third week.)

[SHELF:TB](#)—Off the Shelf: photos. NOT MOVING this week.

[TECHNIQUES:MI](#)—Carole Kotkin. NOT MOVING this week.

[EDGYVEGGIE:MI](#)—The Edgy Veggie. NOT MOVING this week.

#### STAND-ALONE GRAPHIC

HEALTHY LIVING, a color, 2 col. x 3.5 graphic on food and nutrition, moves every Monday. The filename will use the precede LIVING-.

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