

The Magazine of Food & Health

EATING WELL[®]

light & lovely

Desserts to drive you **wild**

hot tamales,
soups, stews
& other
spicy
little
numbers

Almond Tea
Baked Pear,
page 66

a red
meat you
can eat
(Hint: It's as low
in fat as chicken)

and...
Super-Rich Low-Fat Potato Dishes



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EATING WELL
REAL FITNESS
VIETNAMESE COUDES
VENISON
LOW CAL DESSERTS
PASTA MAKEOVERS
TARTARUS/FRUIT/NOV 1996



LOW-FAT PRODUCTS TRIMMING THE BIRD

FRANKENMUTH, MICHIGAN—Nobody likes a scrawny chicken, but what about one that's meatier, juicier—and 75 percent lower in fat than your average bird?

Christopher Schmitt of Snowbird Farms Enterprises is betting his new multimillion-dollar poultry-processing plant that he's got the right recipe for such a super fowl. He's put his pampered poultry on a special diet: corn, soybeans and alfalfa (hold the growth hormones, steroids, pesticides and animal by-products). His chickens have less fat but 10 to 15 percent more breast meat than the industry average. The breast meat actually qualifies as fat-free, according to FDA guidelines.

So far, sales have been chirpiest in high-income areas. Not surprising, given that the low-fat birds cost an extra 50 cents to a dollar per pound.

—Kathleen Bond Borie

care about the West," says Charlie Trotter, owner/chef of the *très* chic Charlie Trotter's restaurant in Chicago, where buffalo is featured on the menu dozens of times a year. "I like buffalo because of its flavor."

Buffalo meat, despite its significantly lower fat content, tastes very much like beef, but costs about twice as much—a result, industry spokespeople say, of pure supply and demand. Estimates put the total number of buffalo in North America at 150,000, fewer than the number of cattle slaughtered in just two days. Add to that an ever-increasing clamor around the world for the meat, and it becomes clear why it costs more, and why more and more ranchers are starting to raise these shaggy cash cows.

In New Rockford, at least, the impact of the buffalo resurgence on the economy has been dramatic. The buffalo-packing facility here has had to double its capacity to keep up with demand, creating even more jobs in a state that has a lower population than it did in 1930. Says rancher Dennis Sexhus, "The local car dealer is selling a lot more new cars these days."

—Kathy Witkowsky

Buffalo meat is not yet widely available. To order, call the North American Bison Cooperative: (701) 947-2505.

GLOBAL MARKETS

Pasta Dumping

WASHINGTON, D.C. AFTER YEARS OF LEGAL wrangling by American, Italian and Turkish pasta manufacturers, the fettuccine has finally hit the fan.

Last summer, the International Trade Commission (ITC) announced that to protect U.S. pasta producers against unfair competition, tariffs would be levied against pasta imported from Italy and Turkey. Foreign companies were found guilty of dumping—selling products at below their actual cost of production, or at prices less than those charged in home markets—both violations of American and international trade law.

The ITC decision is the result of a suit

SCHOOL LUNCHES

CAFETERIA CENSUS

CHICAGO, ILLINOIS—If you live in the Windy City, you might just want to have your kids bag lunch. According to a study of U.S. school lunches conducted by the Physicians Committee for Responsible Medicine, public schools in Chicago are at the bottom of the lunch pail.

The study found that while lunchtime for some students means a choice of healthy, balanced meals, other kids are given mostly high-fat, high-cholesterol foods.

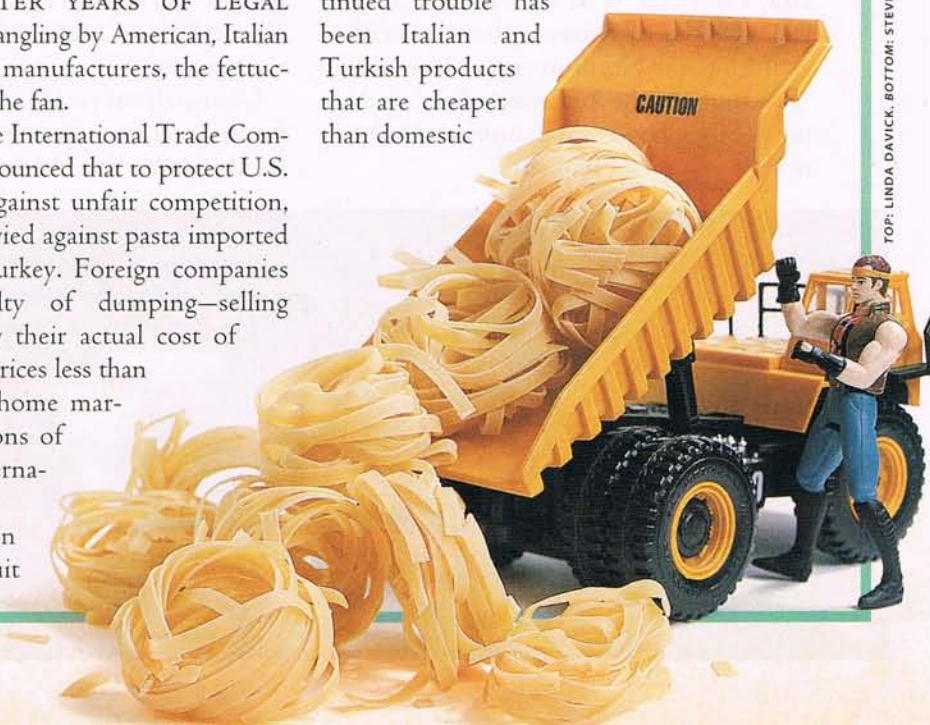
The best public-school lunches turned out to be in Dade County, Florida, where students can opt for healthy breakfast foods, low-fat vegetable side salads and fruit plates, and a daily vegetarian entrée. Not so in Chicago, where cafeterias offer a steady diet of high-fat foods like fried chicken, pepperoni pizza and corn dogs.

"One out of every four kids is obese," says Dr. Andrew Nicholson of the Physicians Committee, "so serving low-fat and vegetarian foods is very important. Schools can help kids get on the path to life-long good health."

—M.B.

brought by the three largest U.S. manufacturers: Borden, Gooch Foods and Hershey Foods. According to Julia Kinnaird, president of the National Pasta Association (NPA), the macaroni triumvirate was not seeking punitive measures. Says Kinnaird, "The complaint was brought to restore fairness to the marketplace."

The NPA claims that the source of the continued trouble has been Italian and Turkish products that are cheaper than domestic



TOP: LINDA DAVICK. BOTTOM: STEVEN MARK NEEDHAM.

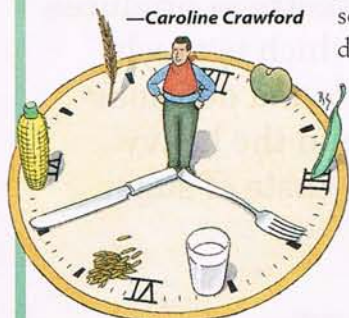


EATING TRENDS
MINI MEALS

WASHINGTON, D.C.— According to a study by the Food Marketing Institute and *Prevention* magazine, 40% of Americans now eat four or more meals a day, many of which are grabbed on the run; 12% report they regularly eat in their cars.

But this isn't necessarily a bad thing. People who spread their caloric intake throughout the day have a more healthy body-weight distribution and lower cholesterol levels.

—Caroline Crawford



brands. American manufacturers contend that imports cost less because, unlike American producers, many foreign pasta makers benefit from government subsidies that allow them to sell at prices that don't truly reflect costs. As a result, domestic producers say they have been unable to raise prices and have thus been forced to absorb cost increases of durum wheat, pasta's primary ingredient.

But foreign manufacturers are not taking the ruling sitting down. De Cecco, one of the largest Italian importers, has appealed the case. Declares Raffaella Quieti, marketing developer for De Cecco's importer, Prodotti Mediteranei, Inc., "The huge industrial conglomerates want to drive Italian pasta from the U.S. market and deny the consumer the right to choose."

With any decision on the appeal probably a year away, the immediate impact of this trade battle on the American consumer could be higher pasta prices. If foreign manufacturers pass along the cost of the tariffs to purchasers, some industry analysts expect domestic producers would raise their prices as well.

But the price of imported pasta doesn't necessarily have to rise. The cost of the tariffs might be absorbed by middlemen or foreign manufacturers who could lower prices in their home markets and thereby avoid dumping penalties here.

—Marilyn Myers



His avo-cation? Catching avocado bandits.

FOOD CRIMES

Crop Cops

SAN DIEGO, CALIFORNIA

THE AVOCADOS GROWN in Southern California are known as green gold, and with good reason: last year's crop was worth a cool \$104 million. But a rash of agri-robberies has growers seeing red. The thieves' fleshy haul has cost avocado farmers an estimated \$10 million a year.

Most of the pilfered fruit ends up on the black market. With avocados extremely popular in nearby Mexico and the Southwest—and with the groves not far from the metropolitan area of San Diego and the Mexican border—bandits have yielded to the temptation of harvesting some major guacamole.

But now growers in at least one county—San Diego—are fighting back. They've joined forces with the Sheriff's Department to form a team

GOOD STUFF

FEAST YOUR EYES

Here are two stunning new publications, a benefit cookbook that is anything but bookish, and a whimsical and richly illustrated work on the art and science of eating, that would do honor to both your kitchen counter and your coffee table. Together, these books represent a long overdue convergence—of art and fashion, of style and substance, and of high- and low-brow—that celebrates the importance of food in our daily lives.

Feast for Life (Collins Publishers San Francisco, 1996; \$35), a fund-raising cookbook for two AIDS organizations, is a clever and classy romp through the

favorite recipes of more than 100 celebrities and top chefs. Where else could you find Brenda (wife of Norman) Schwarzkopf's Seafood Lasagna, super-chef Daniel Boulud's Short Ribs Miroton and David Letterman's Nachos Imperiales Especial all in the same place?

The American Institute of Wine & Food's *Wine, Food and the Arts, Volume 1* (cover art, far right) is a lively yet serious look at food and eating through the

works of writers, artists, chefs, food historians and children. Feel your taste buds tingle as Anne Sexton describes a martini as "clear as tears." (\$26; to order: 415-255-3000.)

—David Grist

