



The Everyday Gourmet

Making Healthy Food Taste Great

Bill Briwa, Chef-Instructor

Connie Guttersen, Nutrition Instructor

The Culinary Institute of America



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Bill Briwa, C.E.C., C.H.E.

Chef-Instructor
The Culinary Institute of America
at Greystone

A 1980 graduate of The Culinary Institute of America (CIA), Chef Bill Briwa has worked in the hospitality industry for over 30 years and is a Certified Executive Chef and Certified Hospitality Educator. In addition to being the resident chef for The Hess Collection winery in California's Napa Valley, Chef Briwa owned and operated his own bistro and worked at Thomas Keller's award-winning restaurant The French Laundry. He was also the executive chef for The Wine Spectator Restaurant at The CIA at Greystone and served as an officer on the board of the St. Helena Farmers' Market. As culinary chair of the 2004 Napa Valley Wine Auction, Chef Briwa helped raise more than five million dollars for local charities. In addition to his work as a cook and chef, he has worked as both a baker and pastry chef. His writing on food and wine, olive oil, and cooking has been featured locally and in *Fine Cooking*, *Mise en Place*, and *Sunset* as well as in the trade publications *Flavor & the Menu* and *Practical Winery & Vineyard Journal*.

As a Chef-Instructor at the CIA, Chef Briwa has developed curricula and has taught cooking, flavor dynamics, gastronomy, and food-and-wine pairing full time for the past 15 years. He has traveled to both teach and study cooking across the United States and to China, Mexico, South and Central America, Europe, and around the Mediterranean. In addition, he is part of the Industry Services Group at the CIA and works closely with a broad range of corporate clients to help them realize their culinary goals.

Chef Briwa has been a speaker at many professional conferences, and he takes part in the Healthy Kitchens, Healthy Lives conference held twice each year at The CIA at Greystone. The conference is copresented by Harvard School of Public Health and the CIA. Chef Briwa has collaborated with



Dr. Connie Guttersen, an instructor at the CIA and author of *The Sonoma Diet*, on numerous presentations on nutrition and cooking, including a course on the science of healthy cooking produced by The Great Courses. In 2003, Chef Briwa was a judge for the American Cheese Society, and in 2005, he presented on gastronomy at the annual conference of the International Association of Culinary Professionals (IACP). In 2005, 2006, and 2007, he presented at the International Foodservice Manufacturers Association's (IFMA) Chain Operators Exchange (COEX) conference, and in 2008 and 2009, he spoke at the National Restaurant Association (NRA) Show in Chicago, Illinois. Chef Briwa also presented at Beyond Extra Virgin IV, a conference on superpremium olive oil, in Verona, Italy.

Over the last 30 years of cooking and teaching, Chef Briwa has taken one short break from the stove to become a puppeteer. He lives in Yountville, California, with his wife and a border collie—both of whom think highly of his cooking. ■



Connie Guttersen, R.D., Ph.D.

Nutrition Instructor
The Culinary Institute of America
at Greystone

Professor Connie Guttersen, R.D., Ph.D., is a Nutrition Instructor at The Culinary Institute of America (CIA) at Greystone and a registered dietitian and culinary professional. She is also the nationally and internationally renowned author of *The Sonoma Diet*, a *New York Times* best seller. Professor Guttersen served as an instructor on nutrition and food science at Texas

Christian University, where she earned her undergraduate degree in Nutrition and Dietetics. She received her Ph.D. in Nutritional Physiology from Texas Woman's University.

A leading expert on the health benefits of diets inspired by Mediterranean, Latin American, and Asian cuisines, Professor Guttersen has spent her career focusing on the development of flavorful and nutritious approaches to healthy eating and weight reduction. Her first two best sellers, *The Sonoma Diet* and *The Sonoma Diet Cookbook*, present recipes and meals that promote weight loss while still celebrating the pleasures of good food. The success and following of *The Sonoma Diet* created a trend in the way that people think about eating.



With the publication of *The New Sonoma Diet*, Professor Guttersen incorporates a whole-health lifestyle approach with the latest nutrition science, focusing on foods to maintain and improve vitality, heart health, and overall health. *The New Sonoma Cookbook* includes new power foods, new recipes, and a new food philosophy.

A sought-after media personality, Professor Guttersen has appeared on national broadcast programs, including the *TODAY* show, *The View*, *Fox & Friends*, *Extra*, and CNBC's *Power Lunch*, and has contributed to articles in *USA TODAY*; the *Los Angeles Times*; *O, The Oprah Magazine*; *More*;

Woman's World; *Us Weekly*; and *The New York Times*, discussing healthy food combinations and the joy of eating flavorful foods.

Professor Guttersen's many accomplishments include developing the standards of care for a medical obesity treatment center in Bellevue, Washington. She also has consulted with a broad range of corporations and Fortune 500 companies—including Kraft Foods, Nestlé, Marriott, Radisson, Hyatt, Bush Brothers, and Panera Bread—on food trends and on the topic of world flavors as healthy inspirations. As a guest speaker of the nationally acclaimed Healthy Kitchens, Healthy Lives program, which is copresented by the Harvard School of Public Health and the CIA, Professor Guttersen stresses the importance of flavor as a health issue in the latest treatments for obesity and metabolic disorders. In addition, she has collaborated with Chef Bill Briwa, a Chef-Instructor at The CIA at Greystone, on numerous presentations on nutrition and cooking. Chef Briwa is the instructor of *The Everyday Gourmet: Rediscovering the Lost Art of Cooking*, produced by The Great Courses.

Professor Guttersen lives in Northern California's wine country with her husband and two children. ■

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This course focuses on cooking techniques, ingredients, and flavor. Shopping lists for ingredients are included, but the proportions will be up to you! Our Chef-Instructor encourages you to taste and experiment to become a more confident and competent cook.





Adding Flavor with Healthy Oils

Lesson 3

Regardless of what you think you might know about fats and oils, plant oils are actually vital to your health, and they are also important for flavor development. Gone are the days when fat-free or even low-fat diets are synonymous with a trimmer waist or healthier life. What really matters is the quality of the fats and oils that you consume—not the quantity. In this lesson, you are going to learn which fats are healthy and how to use those healthy fats in your cooking.

Healthy Fats and Oils

Healthy plant oils may actually be the best prescription to a happier and healthier mind. Your brain is more than 60 percent fat, so it shouldn't surprise you that choosing healthy oils like omega-3 fatty acids can actually boost your mood and health.

Research has shown that plant oils contain antioxidants, which are key components that decrease inflammation, one of the most common triggers of many diseases, such as diabetes, certain types of cancers, and possibly Alzheimer's disease. Choose your oils carefully, and you may even find that they help you keep a slimmer and trimmer waste.

Can a Low-Fat Diet Make You Fat?

A study found that women who ate the most amount of fat were the least likely to be obese while those who ate a very low-fat diet were most likely to be obese. Surprisingly, the study found almost an inverse relationship between fat consumption and putting on extra weight.

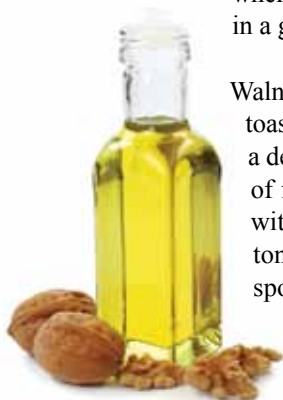
People tend to be afraid of fat, but it is a great ingredient. It helps bring heat to food in an even, controlled way, but more importantly, it tastes good. In fact, there are a few very flavorful oils that are healthy, such as olive oil, walnut oil, and toasted sesame oil.

Olive oil is a healthy fat, but in addition to being healthy, it has a lot of flavor. When you sip some olive oils, they may make you cough a few times—whether you

want to or not—and that's not a bad thing. That peppery, vegetal, bitter quality is something that people try to create in an olive oil. The flavors of olive oils

run the gamut from very buttery, soft, and nutty to green, bitter, pungent, and peppery.

There is a regional style to olive oil, so if you like soft oils, try an olive oil from the south of France. Typically, in France, the olives are allowed to ripen a little bit more, resulting in a softer, rounder, more buttery oil. Spanish oils tend to be a little bit soft and fruity but not quite as peppery and aggressive as olive oils. If you like a peppery quality in your olive oil, look for olive oils from Tuscany, where the olives are harvested early in the season, resulting in a green, peppery, aggressive, and often bitter oil.



Walnut oil is also very healthy for you. The walnuts are toasted before the oil is extracted, and if you smell it, it has a delicious aroma. Walnut oil is a powerful oil that has a lot of flavor. Typically, you will find that blending walnut oil with an oil that is more neutral, such as canola oil, will help tone it down. Be very careful with walnut oils because they spoil quickly. They oxidize and go rancid; for that reason, it's a great idea to buy small quantities of it and keep it refrigerated, which will guarantee that it stays fresh for as long as possible.

Toasted sesame oil is a very dark oil that is usually reserved for Asian food—specifically Chinese stir-fries, but sometimes it is used in Japan as well. Not surprisingly, toasted sesame oil smells just like toasted sesame seeds. Because it is such an aromatic oil, it is most often reserved as a garnishing oil.

Types of Fats and Oils

All fats and oils have the same number of calories, but the way that they differ is how they affect your health, so it is important to focus on the quality of fats and oils as opposed to the quantity.

Saturated fats include the solid fats, such as butter, cream, lard, and even coconut and palm oil. Saturated fats are the fats that you want to limit because they are solid at room temperature, and they promote the aggressive steps toward heart disease and maybe even diabetes.

Partially hydrogenated oils are non-naturally-occurring fats and should be avoided entirely. They are found in margarines, shortenings, and many processed foods. Partially hydrogenated oils are associated with just about every negative health condition imaginable. The food industry has made great strides in trying to eliminate these from processed foods and snack foods, but



you should still look for the words “partially hydrogenated oils” on ingredients lists and know to avoid those foods.

Polyunsaturated oils are the most common type of fat that many people eat. They are referred to as seed oils or omega-6 fatty acids. Seed oils are very common and are obtained from sunflower seeds and pumpkin seeds, for example. Soybean oil and corn oil are also seed oils.

Another type of polyunsaturated oil is omega-3, and omega-3 fatty acids are highly recognized for their anti-inflammatory properties, which means that omega-3 fatty acids help reduce the risk of heart disease and maybe even diabetes. They definitely help boost your mood. Recent studies are looking at the role of omega-3 fatty acids in helping to boost your immune system.

Omega-3 fatty acids are typically found in marine sources, such as salmon, mackerel, tuna, and herring. These are also the most powerful forms of omega-3 fatty acids. If you don't like or don't eat seafood, then you can also get omega-3 fatty acids from plant sources, such as walnuts, which are a very rich source of omega-3 fatty acids. In modern times, eggs are a popular source of omega-3 fatty acids. Both brown and white eggs are available with omega-3 fatty acids. Flaxseed also contains omega-3 fatty acids, but in addition, it is filled with vital nutrients and fiber.

Monounsaturated fats are the most flavorful of all the fats, and monounsaturated oils are the everyday oils that you might cook with. For example, canola oil is very popular and rich in monounsaturated oils—as are avocado and peanut

Shopping for Olive Oil

When you are shopping for olive oil, you will find that there are many different choices. Look for oils that don't stay on the shelf for an extremely long time. When you check the label, note that the “extra-virgin” designation is an indicator of quality. Make sure to also check the back label for a vintage date. Typically, oils will last for one or two years. After that, they begin to decline in flavor, and ultimately, they will go rancid. A vintage date is a good indicator that the producer is interested in quality.

oils. Extra-virgin olive oil is a unique oil because it is made directly from the fruit through a cold-press process, which means that you get all of the benefits of a monounsaturated oil but also the additional health benefits that are contained within the fruit of the olive. Many of these benefits are related to anti-inflammatory compounds. Extra-virgin olive oil is delicious and very healthy.

Another category of monounsaturated oils that are popular is nuts. All nuts offer health benefits, but because nuts are high in calories—even though they are nutrient-rich sources of calories—learning how to balance your portions of nuts with the health benefits they offer is key. One ounce of nuts eaten every day has been associated with a 50 percent reduction of heart disease. In the Mediterranean, Asia, and Latin America, nuts are associated with healthier body weight.

Current studies are taking a closer look at why nuts are not found to be related to obesity, even though they are calorically rich. For example, studies of almonds are finding that nuts may be related to satiety, which means that they satisfy hunger. Perhaps they curb your appetite to help you get through a weight-loss plan. Research is also looking at the possibility that not all of the calories from nuts are absorbed.

There are health benefits in all nuts—from omega-3 fatty acids found in walnuts to rich antioxidant sources found in pistachios and powerful amino acids, such as arginine, found in peanuts. If you like peanuts, peanut butter, almond butter, tahini, or even almond milk, the benefits and flavor are just waiting for you.

Quesadilla with Salsa

Ordinarily, people use white flour tortillas when they make quesadillas. The problem with white flour tortillas is that there is no fiber left in them, and a lot of the nutrition has been robbed from that grain. Healthier options include

Shopping List

proportions to taste

eggs
assertively flavored cheese,
such as sharp cheddar
or fontina
salt
ground black pepper

olive oil
whole grain tortilla
avocado
salsa



corn tortillas and whole grain tortillas. Typically, when making a quesadilla, a tortilla is placed on the heat and a massive amount of cheese is mounded on top. However, you can replace some of the saturated fat that is found in cheese with egg.

To make a healthier quesadilla, use eggs that have been raised to have healthy omega-3 fats in them. You can find that information on the egg carton. Because you are getting rid of some of the cheese and replacing it with egg, choose a cheese that is not mild but has a bold flavor, such as sharp cheddar or even fontina.

Start by cracking a few eggs into a bowl. Whip them and season them with a little bit of salt and pepper. In a hot pan, cook the eggs in olive oil, a healthy



fat. Choose an olive oil that has a lot of flavor, and don't be shy about adding a good amount of it to the pan. The eggs will cook very quickly, and you can even pull the pan off the heat toward the end because there will be enough heat in the pan to finish cooking the eggs.

Once they are fully cooked, remove the eggs from the pan and put a tortilla in it. Turn the heat up slightly and top the tortilla with some assertively flavored cheese—but don't use very much. While

Why Grind Flaxseed?

If you eat flaxseed whole, it will go through your entire system and will not break down. To get the benefit of it, it needs to be ground up. However, once it's ground, it will oxidize and turn rancid very quickly. If you buy it ground, keep it in the freezer and just take it out when you need it. If you buy it whole, grind it only when you are going to use it.

you are waiting for the cheese to begin to melt, taste the eggs to make sure that they are properly seasoned. Once the cheese starts to melt, add the eggs to one half of the tortilla and fold the other half of the tortilla over the top of the eggs to make a quesadilla.

Once the quesadilla is browned on the outside, move it to a cutting board. The whole quesadilla is a pretty big portion, so cut it into sections. Then, put the quesadilla on a plate. If you like avocado, which is another healthy fat, you could even add some avocado to the plate.

Serve the quesadilla with salsa, which is going to make this dish taste great. From

a health perspective, adding salsa to a plate is similar to adding a salad to the plate. This quesadilla with salsa is a quick breakfast option that is delicious, easy, and full of healthy fats.

Toasting and Grinding Flaxseed

Toasting flaxseed gives it a wonderful roasted flavor. To toast flaxseed, add some flaxseed to a dry pan that is on the heat—there is no need to add fat to the pan. While the flaxseed heats, keep it moving in the pan so that it doesn't burn.

There are a few signposts along the way that will tell you when the flaxseed is done toasting. The first thing that you will notice is that it will become a little bit more aromatic, so pay attention to the way it smells. It should ultimately smell nutty and roasted. You will also see and hear the seeds pop a little bit—almost like popcorn. If the flaxseed is popping all over your kitchen, you can put a lid on the pan. Once the flaxseed is fully toasted, take it out of the pan so that it doesn't continue to cook.



Flaxseed needs to be ground up so that your body can digest it. You can grind it in a mortar and pestle, and you will get a nice workout doing so. You can also grind it in a spice grinder.

Toasted, ground flaxseed can be added to all kinds of preparations. You may use it on a cereal in the morning or on a salad, for example. It is helpful to have strategies for incorporating flaxseed into your meals across the day so that you don't have to have all of the flaxseed you want to eat for the day in one meal.

Flaxseed with Yogurt

Shopping List

proportions to taste

flaxseed
cinnamon
yogurt

fruit
honey



For breakfast, you can add some flaxseed to a bowl of cinnamon and stir them together. Then, when you put the mixture on top of a bowl of yogurt and fruit, it is as if you are adding sweet spices and

nuts to the yogurt. It smells great when the hot flaxseed hits the cinnamon. If you love the idea of adding a bit of honey to your fruit in the morning, drizzle some honey on top.

Flaxseed with Parmesan

Shopping List

proportions to taste

flaxseed
parmesan cheese

herbs, such as
parsley, chopped
ground black pepper



For lunch, mix some flaxseed with parmesan cheese. Because this combination might look a bit strange, you can disguise the flaxseed by adding some chopped herbs, such as parsley, and cracked pepper. Then, you could add this mixture to a salad, a soup, or even a pizza.

Flaxseed with Lemon Pepper

Shopping List

proportions to taste

flaxseed
lemon pepper



The Presentation Side

When you cook a piece of fish in a pan, always choose the best side—or the presentation side—of the fish to go into the pan first, making sure to lay it in the pan away from yourself so that if it splashes, it won't burn you.

For dinner, try adding flaxseed to a spice mix like lemon pepper, which has no salt in it. The lemon pepper disguises the flaxseed so that it will barely be detected. In fact, flaxseed improves the texture of the spice. You can use the mixture as a rub on a piece of fish, such as salmon, or chicken before you put it into a hot pan with olive oil. In addition, you can add salt. You want the spices to stick to the outside of the fish so that they provide a nice crust and wonderful flavor. Once you add the fish to

the pan, regulate the heat and let it cook. Make sure that you don't cook it so hot that the spices burn.

Cooking with Nuts

Nuts are a great way to bring nutrition to your diet. Often, if you eat nuts raw, they can seem a little bit bland, but it doesn't take much time to toast them. For example, walnuts can be spread out into a shallow pan or cookie sheet and baked in the oven at about 375 degrees for 10 to 15 minutes. Monitor them for a slight change in color and a very distinctive change in texture—they will become a little bit crispy with a much deeper flavor. However, if they become too dark, they will become bitter.

You can also toss some almonds with a little bit of olive oil and put them into the oven at the same temperature for at least 15 minutes because they are denser than walnuts. To determine when the almonds are done toasting, bite into one and look for the color in the cross section to change. It should be a little bit golden and toward brown—but not too dark.

Toasted Almonds with Fried Capers and Golden Raisins

To make this fun snack, start by frying some capers by putting them into a heated pan with oil. Dry the capers before adding them to the pan by blotting them in a towel. There is a lot of moisture in capers initially, and you will see the pan begin to bubble and seethe as it comes up to temperature. Continue to cook the capers until the bubbling begins to subside, at which point you can drain them from the oil. Add the fried capers to some almonds that have been toasted in the oven with a little bit of oil. Then, add some golden raisins and





A savory snack that will satisfy your cravings.

Shopping List

proportions to taste

capers, fried
oil
almonds, toasted

golden raisins
salt



toss everything together. Season the mixture with salt while it is still glistening with oil so that the salt will stick.

If you put health aside and just think about flavor, capers are a little bit salty, and they become crunchy when they are fried. The raisins are soft and sweet, so this snack presents an interesting contrast of flavor and texture.

Muhammara with Crudités

Shopping List

proportions to taste

roasted peppers, canned,
jarred, or fresh
cumin and chili paste, Tabasco
sauce, or cayenne pepper
bread crumbs

walnuts
salt
pomegranate molasses
olive oil
crudités



Muhammara is a nut-enriched dip that comes from the eastern Mediterranean. “Muhammara” translates as “brick colored.” To make this dip, start by adding some roasted peppers, which you can even buy in a can or jar, to a food processor. Flavor the peppers with some cumin and chili paste; instead, you could use Tabasco sauce or a pinch of cayenne. This dish is really not meant to be fiery hot.

To bind the mixture, add a few bread crumbs, which don’t have to be whole grain bread crumbs because you don’t need to add too many, and there is plenty of fiber in the vegetables and walnuts that also go into this dip. Add some walnuts and then grind everything up. Stop the food processor every so often and scrape the sides so that everything grinds up evenly. When the mixture is smooth, taste it and add salt as needed.

The ingredient that makes this dish great is a product called pomegranate molasses, which is pomegranate juice that has been reduced to a syrup. It has a sweet, fruity flavor. You can find it in most grocery stores or possibly in a Mediterranean grocery store. Add a little bit of olive oil to smooth out the dip and make it just a little bit richer.

Muhammara makes a great dip that can be served with crudités—pieces of nutrient-dense raw vegetables. The unhealthiest option would be to serve this dip with pita chips made from white flour that have been fried. A better option would be to serve it with baked whole grain pita chips. Muhammara can also be used as a spread on sandwiches. For example, you can mix it with mayonnaise and use it on a grilled vegetable sandwich. Muhammara should be stored in the refrigerator.

