

New Western Cuisine.



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Health is Wealth



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常驻在曼谷和纽约的田博华是全球最著名的品酒顾问之一，他为众多的连锁酒店及餐厅提供咨询。还参议过许多国家重要的餐饮会展以及项目。大量相关的著作及评论发表，在业界，一时洛阳纸贵。

Wine & Dine A Recipe for Good Health 美酒美食 解密健康

Forget exotic "health tonics" and exotic western "super vitamins" that promise eternal vigor, but are for the most part, unproven wastes of money. Exercise regularly; eat a healthy, well-balanced diet, rich in fresh fish, green, leafy vegetables (anti-oxidants) and whole grains; and always enjoy one or two generous glasses of a favorite wine with your evening meal and good health will most certainly be yours.

In order to insure a satisfying variety of tasty but healthy dishes that pair beautifully with many of your favorite wines, try writing the next week's menu, including the wine you would like to enjoy each evening, and posting it in the kitchen for the cook's easy reference. And in case you'd like to see my next week's menu, here's what I'm having next week (and the food I eat EVERY week):

忘记那些诡异的“健康灵药”，将西方那些好吃“提供永久活力”的“超级维生素”扔到一边，最重要的是，守住无需浪费的钱财。有规律的锻炼，饮食健康均衡，多食鲜鱼、青菜、多叶蔬菜（抗氧化）、各种谷类，再晚餐的时候享受一两杯葡萄酒，健康必定属于你。

要确保菜品美味健康，可以搭配你最爱的葡萄酒，不妨准备一份下周的菜单，包括整周的酒单，准备好了就可以交给厨师作为参考。这里与您分享我下周的菜单，其实这几乎就是我每周的菜单):

Next Week's Daily Food 下周每日菜谱

Breakfast

½ medium banana (for potassium)
4 egg whites cooked in Extra Virgin Olive

Oil (for 114 grams/4 ounces lean protein)
OR
228 grams/8 ounces no fat cottage cheese (equivalent of 114 grams/4 ounces lean protein)
fresh mushrooms cooked in Extra Virgin Olive Oil (antioxidants)
with Grey Poupon Dijon Mustard (one heaping teaspoon, 8 grams/.28 ounces)
1 slice whole wheat toast with reduced fat olive oil spread (instead of butter) and Smucker's Sugar Free Strawberry or Raspberry Preserves
black coffee
早餐
半个中等大小的香蕉（补充钾）
4个鸡蛋，以橄榄油烹制（提供144克/4盎司精蛋白）
或
228克/8盎司脱脂松软奶酪（提供114克/4盎司精蛋白）
新鲜蘑菇用初榨橄榄油烹饪（抗氧化）
配法国第戎芥末酱（1茶匙、8克/0.28盎司）
1片全麦面包配脱脂橄榄油（代替黄油）
斯马克不含糖草莓酱或者木莓酱
黑咖啡

Lunch
none
午餐
无

Snacks

Raisins (Natural Sugars, Potassium, Iron, Calcium)
Pitted Prunes (Potassium, Vitamin A)
小点
葡萄干（自然糖、钾、铁、钙）
西梅（钾、维生素A）

Mid-Afternoon

(2) organic wholegrain rice cakes (unsalted) & (2) Low-fat mozzarella cheese sticks with Heinz Chili Sauce
下午三点左右
2片有机全麦年糕（不含盐）& 2片低脂奶酪条配亨氏辣椒酱

Dinner

114 grams /4 ounces (drained weight) tuna (fresh or canned, packed in spring water) (protein)
fresh steamed or micro waved broccoli (antioxidants);
or fresh steamed or micro waved green beans (antioxidants)
fresh salad greens, bean sprouts, cucumber, tomato & radish
with 25 raisins (for flavor & sweetness)
with Praise (Kraft or Goodman Fiedler) Low Fat Italian Dressing
(made from Italian herbs & a splash of lemon juice for your salad & vegetables)
½ medium baked potato with reduced fat olive oil spread
and bacon flavored soy bits & reduced fat parmesan grated topping;
or with Grey Poupon Dijon Mustard; OR
60 grams/2.12 ounces of brown rice
OR
½ Subway Tuna "submarine" sandwich on a whole wheat roll
with lettuce, tomato, cucumber, green pepper, onion (no cheese)
Subway Olive Oil as dressing
Plus (from your kitchen) Smucker's Natural Peanut Butter spread (3 tablespoons) over the lettuce
(Smucker's Natural Peanut Butter contains only peanuts & 1% or less of salt)
Plus (from your kitchen) Praise (Kraft or Goodman Fiedler) Low Fat Italian



Dressing

(made from Italian style herbs & a splash of lemon juice for additional flavor)

(And I drink plenty of FIJI Water* all day)
(FIJI Water is a Member of "1% for The Planet")

晚餐

114克/4盎司 (沥干物重) 金枪鱼 (新鲜或者罐装, 以泉水泡制) (蛋白质)
新鲜蒸煮或者微波西椰菜 (抗氧化)
或者新鲜蒸煮或者微波绿豆 (抗氧化)
新鲜蔬菜沙拉、豆芽、黄瓜、西红柿、胡萝卜

配25颗葡萄干 (调味和甜味)

配Praise (卡夫或者Goodman Fiedler) 低脂意大利酱汁

(以意大利香草和柠檬汁搭配沙拉)

脱脂橄榄油配半个中等大小烤土豆

培根和脱脂帕玛森干酪碎点缀;

或者法国第戎芥末酱; 或者60克/2.12盎司高粱米

或者

半个赛百味金枪鱼“潜水艇”三明治全麦卷

配生菜、西红柿、黄瓜、青椒、洋葱 (不是奶酪)

赛百味橄榄油作为汁

加上 (来自你家厨房的) 斯马克天然花生酱 (3汤匙) 放到生菜上

(斯马克天然花生酱只含花生和不超过1%的盐)

加上 (来自你家厨房的) Praise (卡夫或者Goodman Fiedler) 低脂意大利酱汁

(由意大利风格的香草和柠檬汁做成用于增加味道)

(每天我会喝大量的斐济水)

(斐济水是“1%为星球”组织成员)

Next Week's Daily Wines

Monday

Domaine Helan Mountain Premium

Collection Chardonnay 2008, Yin

Chuan, China

Tuesday

Nederburg Winemaster's Reserve
Sauvignon Blanc 2010, Coastal Region,

South Africa

Wednesday

Gerard Bertrand Viognier 2009,
Reserve Especial, IGP Sud de France

Thursday

Brancott Estate Pinot Noir 2008,
Marlborough, New Zealand

Friday

Nederburg Winemaster's Reserve
Pinotage 2009, Western Cape, South
Africa

Saturday

Domaine Helan Mountain Special
Reserve Cabernet Sauvignon 2008,
Yin Chuan, China

Sunday

Gerard Bertrand Reserve Speciale
Syrah 2008, IGP Sud de France

下周的酒单

星期一

贺兰山美域特选系列雪当利2008

中国银川

星期二

尼德堡酒庄特酿白苏维翁白葡萄酒2010

南非滨海区

星期三

法国伯通酒庄维欧尼特酿珍藏白葡萄酒
2009

法国南部

星期四

Brancott酒庄黑皮诺2008

新西兰马尔堡

星期五

尼德堡酒庄特酿品乐塔吉2009

南非西开普敦

星期六

贺兰山美域特选系列卡本尼苏维翁2008

中国银川

星期天

法国伯通酒庄特酿珍藏席拉2008

法国南部

whole grains (for healthy fiber & germ) and modest amounts of starch (brown rice or medium baked potato) with natural sugars from small amounts of banana and raisins can be translated across cultures and cuisines with whatever spicing and healthy flavoring adjustments necessary, but always limiting refined sugar, excessive sodium (salt); and greatly reducing all saturated, trans, mono & poly unsaturated fats to but "trace" amounts; and completely eliminating all partially-hydrogenated (toxic) oils from one's diet. And please, easy on the soy sauce. ☺

As for the wines, these are universal, but since everyone has a different "palate", be advised that "Beauty is in the eye of the beholder": It is for each person to decide the wines that appeal to them on any given occasion and with whatever cuisine. So, keeping in mind the basics for good nutrition and always having a favorite wine or two with dinner, by all means, wine & dine yourself to the best of good health. I am **Red Owl**, over & out.

这是一份西式菜谱, 并不适合中国人或者亚洲人; 然而鲜鱼、瘦肉、绿蔬、蘑菇、初榨橄榄油、全谷物 (健康纤维和细胞)、适量淀粉 (黑米或者中等大小烘焙土豆) 搭配天然糖 (来自少量香蕉和葡萄) 等, 这样的食材是不分文化和国界。不过要记住, 糖与钠的摄入都要适量, 尽可能减少所有的饱和脂肪、反式脂肪、单不饱和脂肪、多不饱和脂肪的摄入, 完全剔除菜谱里所有的部分氢化油。当然, 在酱油的使用上也要适当控制。☺

就葡萄酒来说, 虽然是共通的, 但是鉴于每个人的喜好不同, 建议还是遵从“情人眼里出西施”, 无论是何种场合、何种风格的菜肴, 只有你自己才能决定哪款酒最适合你。因此, 只需将营养的基本要素记在心中, 依次搭配自己最爱的那款酒即可。务必, 在美酒美食中找到自己的健康秘诀。我是**红色猫头鹰**, 一直在这里。

I realize that this is a western foods diet, not very Chinese or Asian; however, the basics of fresh fish and lean meats, green vegetables and mushrooms, Extra Virgin Olive Oil,