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**CHEVALIER RESTAURANT**

*Live music*  
6:30-10:00pm  
Wednesday evenings

Open 7 nights a week 5pm-10pm  
960 MORAGA ROAD  
LAFAYETTE  
www.chevalierrestaurant.com  
925-385-0793

**Early Bird Dinner 5-6pm**

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**TERZETTO CUISINE Cafe**

1419 Moraga Way, Moraga Shopping Center  
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**Free Entree Special**

Get a free entree with the purchase of another entree of equal or greater value. (Maximum value is \$8.95 lunch & \$14.95 dinner.)

**open on Thanksgiving day from 12 - 9 serving dinner including Turkey and all the trimmings - reserve now!**

Petar's is open for lunch Monday through Saturday from 11:30 to 4:00 and open for dinner nightly.

**Petar's RESTAURANT & PUB**

925-284-7117

Petar's Restaurant is located in the heart of Lafayette at 32 Lafayette Circle.

\* Regular menu only, not valid with daily board specials, early dinner menu or with any other specials or promotions. (soup & salad sides are not considered entrees) - Exp. Nov., 15, 2008 -

**Delectable Fresh Wild Salmon using a recipe imported from Canada**

By Susie Ivanosch

This week I received an email from a Lamorinda reader, who enjoys Brussels sprouts and happens to be a good steward of our environment too!

Kathy Sylvester (of Orinda) wrote, "Your recipe in the Lamorinda Weekly looks wonderful ... one small suggestion, instead of using a baggie to incorporate the salt and oil with the sprouts, how about just a bowl or even using the cookie sheet and your hands? We are not going to get very far with improving the environment if we keep using plastic bags as disposable items."

I thought that was an excellent suggestion, and though I am somewhat addicted to the use of Ziploc baggies, I'm going to go get my hands greasy and give her

ideas a try.

Kathy also suggested that waxed paper bags can work for many of the things we normally use baggies for and they can go into your "green garbage." She gets the Waxtex brand of these bags at Diablo Foods.

Speaking of Diablo Foods, I went in the other day to pick up some fresh wild salmon because a friend of mine had described "the most wonderful" salmon dish she'd had while vacationing in Victoria, British Columbia.

She said it was pecan-crusted, served on a bed of Asian noodles, with a hint of maple and topped with green onions cut into very thin pieces that were baked to a crispy texture. So, naturally I asked if she'd inquired about the recipe and

she said, unfortunately it never occurred to her to do such a thing.

Since I make a regular habit of doing just such a thing, I asked her for the name and number of the restaurant so I could phone the chef myself. This dish sounded too good to pass up. By the time I got home, the recipe was waiting in my inbox. Now, that is service!

Thanks to Chef Lisa Hartery of Nautical Nellies Steak and Seafood House for sharing this fabulous dish!

**NAUTICAL NELLIES STEAK AND SEAFOOD HOUSE**  
Telephone: (250) 380-2260  
Fax: (250) 380-2261  
Address:  
1001 Wharf St. @ Broughton  
Victoria, British Columbia V8W1T6

**PECAN SALMON**

SERVES 4  
4 Salmon Fillets, boneless and skinless (6 oz. each)

**HONEY BALSAMIC DRESSING**

- 1 cup honey (or maple syrup)
- 1 cup balsamic vinegar
- ¼ cup canola oil
- 2 tablespoons sesame oil
- 1/2 bunch green onions, cut in 1/4" slices
- 2-3 cloves garlic, minced
- 1 teaspoon salt
- 1 teaspoon crushed chilies

**PECAN CRUST**

- 1 cup pecans, roasted
- 3 tablespoons butter, softened to room temp
- 3 tablespoons brown sugar (demerara preferred)

**VEGETABLE NOODLE BASE**

- 1 large bunch sui choy, (Napa cabbage) chopped
- 1/2 bunch green onions, cut on a bias
- 18 pieces snow peas, julienne
- 1 large tomato, small dice
- 1 package chow mein noodles (1 pound), cooked
- Lime, fried leeks and maple syrup for garnish

**Method**

**Dressing**

In a large mixing bowl combine the honey and the vinegar. Gradually whisk in the canola oil until well incorporated. Add all remaining ingredients and mix well. The dressing can be made ahead of time and will hold refrigerated for two weeks.

**Crust**

Toast the pecans in a moderate oven, 250-300 degrees for 5 minutes or until they start to release their oils. Remove from the oven and cool completely. Place the nuts in a food processor and pulse to rough chop. Add the butter and brown sugar. Pulse until mixture comes together, being careful not to make a paste. Heat oven to 425 degrees.

**Salmon**

Rub the fillets with a little olive oil. Season with salt and pepper. Sear in a large, hot sauté pan, approximately 45 seconds to a minute per side, depending on the thickness of the salmon. Place seared salmon on a baking sheet, skin side down, and crumble the pecan crust over each fillet. Place the salmon in the oven for 5-7 minutes. (Again, time in the oven depends on the thickness of the fish, be careful to not overcook the salmon.) While the salmon is baking, return the searing pan to medium high heat. Add the first three vegetables and stir fry quickly. Add the diced tomatoes and toss to warm through. Pour the dressing into the pan, 2 ounces per serving, 1 cup total. Heat through. Add cooked and drained chow mein noodles and toss through. Divide among four bowls. Remove salmon from the oven. Place a piece of salmon on each dish. Garnish each dish with fresh lime, fried leeks and a drizzle of maple syrup.

\*Susie's notes: In translating from metric to U.S. measurements, there may be a slight variation. To make the fried leeks, I cut them into julienne strips, tossed with marinade and scattered outside of the fish while baking. They turned out crispy and were perfect as a garnish atop the fish. I also used about half the amount of maple syrup/honey called for in the marinade along with a teaspoon of soy sauce.

This recipe is available on our web site. Go to: [www.lamorindaweekly.com](http://www.lamorindaweekly.com)

Susie can be reached at [suziven@gmail.com](mailto:suziven@gmail.com)



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**10 Ways to Lose Weight During the Holidays**

By Tsingis

As the days shorten and weather becomes cooler, there is a natural tendency, probably borne of mammalian instinct, to hibernate slightly, eat more and spend less time outdoors. It also happens to be holiday time, which encourages the same set of activities, all of which can cause weight gain. How can you beat the holiday weight gain blues? We have some research-based suggestions for success:

- 1) Plan Your Indulgences - Eat before going to a party. Just a small balanced, healthy snack will leave room for the party food. With stabilized energy, it's easier to not overeat.
- 2) Take small portions of what you most want to eat - and skip the lesser quality foods. Serve yourself a small amount of the higher calorie foods that you crave on that buffet table, along with plenty of vegetables and fruits. Or, given the choice between a candy bar or a high quality chocolate, go for the good stuff (just less of it).
- 3) Do Not Skip Meals - The usual party strategy is to not eat much until that evening's event. The resultant low blood sugar level causes the liver to dip into muscle stores for energy. That evening, overeating occurs due to hunger, and the liver stores the excess intake as fat. (This is also called the "Sumo wrestler's diet," because as you guessed it, this

type of eating causes weight gain). Eating every 4 hours keeps hunger and cravings at bay.

- 4) Eat more slowly - The brain communicates satiation to the stomach if given the chance. Most Americans have finished a meal and cleared the table before those signals (which take about 20 minutes) have been sent.
- 5) Learn when to stop eating - French women use this as their dieting strategy, and it works. Most people fill their plates to an already-accustomed level, and then eat what they served themselves. The French either under-serve themselves food, and/or deliberately leave food on their plate. Hence, they eat the foods they like, but small portions of them (they also interact a lot during a meal, which slows down their eating speed).
- 6) Hide the food - In his book "Mindless Eating", researcher Brian Wansink found that leaving snacks out in the open caused 71% more consumption of those snacks! Apparently visual clues stimulate the brain's hunger center, creating the "See-Food" diet. Every time we see food, we have to decide whether or not we want to eat it. Out of sight, out of mind, holds true here.
- 7) Use small plates and bowls - Wansink's research lab tested the effect of bowl size on consumption, and discov-

ered that people using large server ware ate up to 59% more than those using smaller dishes and bowls. Large server ware makes regular portions look so small that it's natural to compensate by overfilling and hence, overeating. One of their studies found that even masters-level nutrition grad students (who'd attended many lectures on bowl size and increased consumption), unconsciously overate when exposed to high volumes of food. Set your table for reasonable-sized eating, and it will happen.

- 8) Stay hydrated - Have you ever had a craving for ice cream, when you were really only thirsty? Dehydration may activate both the thirst and hunger centers of the brain, since natural foods such as fruits and vegetables contain a fair amount of water. Drink water, stay thinner.
- 9) Drink from taller glasses - Similar to food, beverages trick the eye depending on what they are served in. Think tall, thin glasses. A diet camp's experiment found that campers who were allowed to pour their drinks into short, wide glasses poured 74% more than their tall-glass buddies. The brain via the eye, measures the volume of what one is to consume. A tall glass tricks the eye, giving the impression of a higher volume. Bartenders know this and use it to their advantage; so can you.

10) Stay active - Exercising early in the morning tends to result in the most success. If you can, find a buddy to whom you commit meeting 4 - 5 times weekly, and stick with it. A 1 hour walk is an ideal way to get fresh air, some vitamin D on the skin, improve circulation and energy, and prevent weight gain.

It's much easier to avoid gaining those holiday 5 pounds than to take them off next year. At Lamorinda Nutrition we help people stay on track with good nutrition and long term health goals through the holidays. We're offering a 10% discount on a new patient first appointment if scheduled before December 1st. Call us at (925) 254-1080 for an appointment.



Dr. Theresa Tsingis, D.C., M.S., maintains a nutrition practice at 89 Davis Rd., #180, Orinda. She specializes in weight loss, digestive and hormonal disorders, and children's nutrition. Dr. Tsingis can be reached at [drtsingis@comcast.net](mailto:drtsingis@comcast.net) or (925) 360-2729.