



Wellness & the Wizard

Thoughts, Tips, and Solutions to Manage Your Health and Lifestyle



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Chef Wizard



The Culinary Wizard

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Wellness

Even though we attend wonderful parties, dinners and business lunches, we need to stay healthy and fit, while

looking our personal best.

Here are some reminders and tips to keep your metabolic furnace burning:-

1. Eat a low calorie (300-400 calories) breakfast. In the a.m. your energy stores are depleted from sleeping. High fiber with berries is a good choice.

If you exercise in the morning, add some protein.

People who skip breakfast are 4 1/2 times more inclined to be obese than regular breakfast eaters.

2. Take your (high quality, whole food) vitamins. Antioxidants help to protect the mitochondria (tiny structures found in your cells) from damage. These busy little cells convert food into fuel.
3. Eat small, healthy snacks, every 3 or 4 hours. When you avoiding eating for long periods, your body is instructed to conserve, rather than burn, energy.
4. Yoga Posture - Practice Downward Facing Dog when possible throughout your day. To learn how to do this posture -E-mail: cmlorenz@adelphia.net
5. Munch on some nuts. The protein and fiber in about 20 nuts can help to stave off hunger pangs and keep you energized throughout the afternoon. They also contain monounsaturated fats, which have been found to stimulate fat burning.
6. Laugh. It eases the stress and boosts calorie burn, up to 20%. Sometimes those annoying e-mails can contain some amusing ditties or video clips.



From the Wizard

Whether you are a laid-back, indulgent host, with guests bringing pot luck; or, you prefer to create your own culinary sensations with Rod Stewart blaring; you set out comfort food from a deli; or you book a professional catering team, February offers an eclectic backdrop for dining and at-home entertaining.

This month ushers in the ultimate day for romance for all ages - Valentine's, followed by Chinese New Year on the 18th and the glamorous Academy Awards on the 25th.

Chocolate is the sweet of choice on Valentine's Day and every day.

Chef Hubert is willing to share his decadent chocolate truffle recipe, if you feel inspired to bedazzle your sweetheart's palate.

Chocolate Bourbon Truffles

Ingredients

- 1/4 cup heavy cream
- 1/2 stick sweet butter
- 6 oz milk chocolate, chopped

- 6 oz semi-sweet chocolate, chopped (use good quality Belgian or Scharffenberger)
- 1/4 cup Bourbon whiskey
- Cocoa powder for dusting

Coating

- 1 2 oz semi-sweet chocolate, chopped
- 1/3 cup finely chopped pecans (or you can use pistachios, macadamias, hazelnuts)

Preparation

- Combine the cream and butter and bring to a simmer. Remove from the heat.
- Add the milk chocolate & semi-sweet chocolate and stir until melted and smooth.
- Mix in the whisky, pour into a bowl, chill in the fridge.
- Pipe or scoop (use a small ice cream scoop, or pastry bag) the chocolate onto parchment paper and roll into to balls, dust with the cocoa. (Use food handler gloves)
- For the coating - melt the chocolate over a water bath. Using a fork, like a spoon, dip the chocolate balls into the coating mixture, allowing excess chocolate to drip through the tines.
- Place on a parchment paper and sprinkle with the nuts. Chill.

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Chef Hubert Lorenz.



7. Getting a good night's sleep. Women who sleep only 5 hours a night are more inclined to gain 30 lbs during adulthood, even though light sleepers may eat less.
- 8.. Strength building - For every pound of muscle you build, you'll burn an extra 50 extra calories a day.
9. Learn to relax. Try soothing music. Once you feel relaxed, switch to a CD with a more energetic piece to rejuvenate.
10. Walk around in Nikken's Cardiostrides Ultra. While walking, pop up your metabolism, lose weight, improve muscle tone and cardiovascular health while you're walking, exercising, at the office, grocery shopping or around the house.



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Indulge your taste for fine cuisine with the only cookware that reduces oxidation and the formation of harmful free radicals caused by ordinary pans. Kenzen Cookware uses advanced technology to make the meals you cook more healthy. Another benefit you'll appreciate: food prepared in Kenzen Cookware retains more of its natural nutrients, including vitamins, minerals and enzymes. It is more appetizing, has more color, flavor and tastes fresher.

In durable, 5-layer stainless steel, Kenzen Cookware features even heat distribution for better results, ergonomic design and stay-cool handles. High-quality 18/10 stainless steel ensures best results and easy cleanup. And the elegant design of Kenzen Cookware is a complement to any kitchen. A lifetime limited warranty on exterior construction ensures long service. The eight-piece set includes a 2- quart, 3-quart and 8-quart covered saucepan, an 8- inch and a 10-inch open skillet. Bon Appetit!



www.nikken.com/catherinlorencz

Note: Other Liqueurs such as Grand Marnier, Cognac, Fruit or Coffee Liqueur can also be used.

An ideal wine accompaniment to any chocolate dessert is Layer Cake Shiraz. A rich, black raspberry flavor with subtle mocha overtones, this



winning, yet surprisingly reasonably-priced wine (\$15.99) from Australia's Barossa Valley is sure to please. In blind taste tests, wine merchants priced this at around \$30.

Wine Recommendation Courtesy of:

Tanya at Wine Street, La Costa 760-431-8455

Kung Hay Fat Choy!

Celebrate the year

of the Boar!



With a little thought and some preparation, it isn't difficult to offer a simple, yet tasty Chinese dinner to wow your guests.

Costco offers delightful Dim Sum, Potstickers and Orange Chicken. Trader Joe's and Henry's have soups, sauces, noodle and rice mixes that will provide a delicious homemade taste. Be sure to include condiments such as sweet and spicy chili sauce as well as soy.

For an authentic Chinese dining experience, with an incredible variety of Asian foodstuffs and extremely fresh fish, we recommend 99 Ranch Market in San Diego, on Clairemont Mesa and two locations in Irvine. If you decide to wok on the wild side, there are many good online sites that provide recipes for Chinese New Year, and year-round favorites.

Since the New Year celebration is 15 days long, culminating with the Lantern Festival, you will have numerous opportunities to prepare. Set your table with square and rectangular plates for dramatic presentations.



Garnish dishes with vivid orchid blossoms. Accent your pretty tables with Chinese hongbao -little red packets. (Keep in mind that white is considered unlucky for Chinese New Year). Tofu and bean curd are not served for this reason.

The Chef Recommends: To accompany your Chinese Feast - try a fruity Riesling, Tsing Tao or Singha Beers.

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