

The Food Pro's Guide to

Dining Out With a Smile

With Cat Cora





Dear friends and fellow food lovers,

Food is my life, my passion. Whether it is down-home chili in a diner somewhere in the Deep South or haute cuisine served in the fanciest restaurants in Paris, I find inspiration in food.



My devotion to food has also made me more aware of how food affects our health, and I'm really excited to partner with Sensodyne ProNamel to create The Food Pro's Guide to Dining Out With a Smile. This guide will not only educate people on oral health, but will show them how to truly enjoy food.

I knew by the age of 15 that I wanted to incorporate my love of food into a career, but it was a meeting with Julia Child many years ago at a book-signing that really encouraged me to follow my dream and become a chef. I had already completed my academic training in related fields – biology, nutrition, and exercise physiology – but food was always the topic that

put a sparkle in my eyes and made my mouth water. Julia recognized my fervor and mentored me. It was with her recommendation that I attended the Culinary Institute of America.

Food is such an integral part of the fabric of our lives that I feel truly blessed that it's my vocation as well as my passion. I'm always eager to share my knowledge and tips with my readers and viewers – in Bon Appétit magazine, in my cookbooks and on Iron Chef America. The greatest compliment I think I've ever received was when I was named Teacher of the Year by Bon Appétit in 2006. I'm excited this booklet will allow me to teach and share my knowledge with even more people.

In the Guide, we'll cover tips for dining out like a real pro, from how to navigate around a restaurant with a daunting menu, to how to enjoy eating out with children, to how to entertain one special person or an entire softball team.

We'll also discuss how to stick to a healthy regimen while maintaining a beautiful smile. I hate to use the "D" word because as we all know, it's never really a "diet," but it's about a way of life, lifestyle changes, and choices. Some of our favorite healthy foods and drinks, like fruits, sports drinks and teas are also high in acid which over time can take its toll on your tooth enamel and may lead to a condition called acid wear. Using a toothpaste like Sensodyne ProNamel will help you balance your favorite foods with protecting your teeth!

I have also included tips on the items that are staples to stock in your pantry, so you can "cook from the hip," as I call it (and as I have titled my second book); how to enhance the flavor of food; and how to entertain like a pro.

I hope you'll enjoy reading this guide as much as I enjoyed creating it.

Cat Cora

Cat's Insider Tips For Dining Out Like A Pro

Make no mistake about it: As much as I love to cook and entertain, I do enjoy a “night off” where I am able to experience a new restaurant, fresh flavors, and the fare of innovative chefs. When I’m dining out, I ask as many polite questions as I can of the server to learn about another chef’s style and menu – whether it’s how large the portions are or how things are prepared. Even when I am at a restaurant, I still seek to make my dining out experience a healthy one. So, over the years, I have developed methods that allow me to eat well without worrying about overindulging. Here are just a few of my tips:

Enjoying Your Meal With A Smile!

- Share your meal with someone else at the table or order several appetizers for the whole group to taste, rather than one huge one yourself.
- Don’t be ashamed to eat only half your dish and ask to take the rest home in a doggie bag, particularly if you know that the rest of the meal is going to be heavy...and if you’ve been eyeing the dessert cart.
- Protect your teeth from acids in foods: Many healthy foods and drinks can be acidic and, unfortunately, those acids can be damaging to tooth enamel. Don’t skip that glass of wine

or citrus-infused entree; instead protect your tooth enamel from the acids in your favorite fare by brushing those pearly whites with a toothpaste like Sensodyne ProNamel, which protects against acid wear by re-hardening the tooth surface.

Feeling Like An Insider

If your city has many trendy and “hot” restaurants, you may find it hard to get a reservation.

- Try “making friends” with the hostess or receptionist who takes the reservation calls. Calling first thing in the morning, when the reservation line opens, can also help you snag a reservation.
- Explain that you have guests from out of town and that everyone wants to eat at this restaurant, and only this restaurant.

Once you get to the restaurant, knowing who’s who in the restaurant can also help you enjoy your meal.

- Location, location, location – if you see a table where you really want to sit, don’t be afraid to ask the maître de if you can be seated there.
- If you don’t know a lot about wine or just want to try something different, the sommelier can be a great resource.

Hitting The Road

Facing the endless array of fast food stands and wafting aromas of cinnamon buns through the airport makes eating well while traveling difficult. I travel a great deal and have discovered that there is very little that is “good” to eat in airports – that is to say, “good” for you. Here are a few tips to travel like a pro:

- The key is to plan ahead. When I prepare dinner the night before, I cook something that carries well and I make enough so that I have extra for my trip. I pack everything in an air-tight container and then place it in a 3-ounce sealed, plastic bag. I also bring 3-ounce baggies of healthy treats, like almonds, salt-free pretzels and fruit.
- If I do eat at the airport, I always look for the Asian-cuisine kiosk. I think it's one of the healthiest choices. I ask for steamed rice, and then get a mix of chicken and vegetables and ask the server to drain all the excess sauce. I end up with a meal that is fairly light and healthy.
- If I'm at a coffee shop, I ask for an egg-white omelet with veggies, light cheese, dry toast (you can always put something on it, and when you do it yourself, you can control the amount). I always skip the home fries and ask instead for a fruit substitute, or anything else that is more nutritious – like cottage cheese.
- Once you arrive at your destination, check with the hotel concierge who will know the latest, trendiest restaurants, or the best ones, say, for sushi, or Italian, or French, and so on. The Zagat guides are always a dependable source, and cover over 83 major markets; there are also Zagat resources for 95 international destinations. Similarly, Yahoo® and Google™ will provide answers to the majority of your searches. Local city magazines and newspapers can also be great resources, and they'll usually have the latest reviews.
- Some of my personal favorite eateries include Prune in New York for brunch and the Slanted Door in San Francisco for Vietnamese cuisine. Then, there are the “destination” restaurants that are nationally famous, like Bryant's for BBQ in Kansas City and Chez Panisse, Alice Water's renowned temple to gastronomy in Berkeley.

Setting The Mood For Romance

Again, whether you are in your hometown or on the road, do some investigating ahead of time or ask the locals about restaurants that provide a romantic backdrop for two. Look for beautiful gardens for warm-weather dining al fresco, or with cozy fireplaces or snug banquettes in the wintertime. Find restaurants that may have live jazz, or strolling violinists, or a pianist tickling the ivories on a baby grand. A great bottle of wine or heavenly dessert can bring romance to any meal – so, choose a restaurant that is known for its wine list (remember my tip about using the sommelier!) or dessert menu.

Dining Out On A Diet

Like most people, I also watch my diet when dining out, because there are so many things that you cannot control in a restaurant – portion sizes, sauces, calories, and so on; “meal plans” can easily be sabotaged.

- Two things that I always do: order all sauces on the side and ask that sautéed vegetables be steamed.
- At dinner, skip the mashed potatoes, because you have no idea what ingredients they use, so ask for a side of salad, baked potato or rice instead.
- Use condiments like lemon or vinegar, a few drops of oil, or seasonings, instead of a rich salad dressing (like blue cheese) when watching your weight.
- As I mentioned before, the acids in some of the healthiest foods and drinks can soften and wear away tooth enamel over time and lead to sensitivity. Check out pages 29-30 for tips on protecting your tooth enamel.

Dining Out With Children

Much as we love to teach them new things and help them experience the world, taking children to a restaurant can be a bit of a challenge. I think it's a great idea to start them out early in restaurants so that they learn about (and master!) the dining-out experience. Here are some tips to help you navigate the waters, to ensure that your experience is a good one:

- Check that the restaurant is, indeed, child-friendly. Are there high chairs and does it have a child's menu? That means that it is regularly frequented by families with kids – a good sign.
- Place your child's order immediately upon sitting down and tote along lots of things to keep your kids busy...coloring books, building toys, paper dolls, regular dolls, "to-do" or "think" books/activity games, toy trains, or pocket-size cars. You know which toys will usually be the "magic" ones. Merry minds and happy hands don't get cranky that easily.
- When kids get to the stage where they think that a knife is a play sword, it's time to instill the lesson about how "valuable" a restaurant experience is, how "good" behavior is appreciated outside the home, and how even superheroes remember to put down their weapons at the dinner table.

Cat's Insider Tips For Dining In Like A Pro

I like to call my cooking style "simple gourmet" – I try to make dishes that are simple and easy, yet flavorful. I want people to prepare phenomenal meals with what they have on hand so they can really enjoy their meals and the time they have to spend with their families.

Creating That Special Night-out Feeling At Home

There are many small things you can do to elevate the ambience of an at-home meal to make it seem like a night out. Sometimes, I even employ techniques that I usually reserve for company, just for us, to make a meal (even leftovers) feel more special.

- Just using cloth napkins and placemats does a dress-up trick, and looks and feels a lot nicer than paper. Also, try using a few special pieces of china – grandma's serving pieces, or a crystal decanter (even for lemonade), or mom's beautiful silver flatware.
- I love to have a candle-lit dinner, but never use scented candles – they can interfere with the taste of the food. No candles on hand? Use your dimmer switch to create mood lighting!
- Do something a little different: eat outside, eat by the fireplace, eat by the pool, eat earlier so you can watch a movie as a family later on, or eat in the dining room if it's usually reserved for company.

- Make a centerpiece just for you. Even an array of vegetables or fruits in a bowl can add color. At holiday time, evergreens and pinecones; in the summer, seashells, toy boats, and netting; and in the spring, floating flowers in various-sized, clear-glass containers, perhaps with tinted water (use food coloring). Never let a centerpiece spoil the sightlines around a table, though.
- Serve in a more festive way. I love to make these pork skewers with avocado tzatziki. To make it feel more special, I serve the sauce in a small juice glass and lay a skewer over the top.

Pork Skewers with Avocado Tzatziki

Marinating pork overnight in a combination of lemon juice, orange juice, and spices makes it succulent. I use boneless center-cut extra-thick pork chops for this dish. If you don't have time to marinate the pork overnight, try to do so for at least 3 hours before grilling (but even if you have only 30 minutes, you'll still get a little tangy flavor).

Threading the skewers with chunks of fresh lemon and orange, with their peels still on, adds a dash of color that complements the pork – and you can squeeze the juice from the grilled fruit over the meat for an extra hit of flavor. (Thread other fruit on the skewers if you like – try cherry tomatoes or even kumquats.) If the weather isn't cooperating, you can cook the skewers under the broiler.

2 pounds boneless pork, cut into 1½-inch strips or cubes
 8-10 8-inch wooden skewers, soaked in cool water for at least 1 hour
 3 unpeeled lemons, cut into small wedges
 2 unpeeled orange, cut into small wedges
 6 pita rounds, each sliced into 2 half-moons
 Iceberg or romaine lettuce, shredded
 Avocado Tzatziki



Marinade

1/2 cup plus 3 tablespoons extra-virgin olive oil
1/4 cup fresh lemon juice (from 2-3 large lemons)
1/4 cup fresh orange juice
1/2 teaspoon crushed red pepper flakes
1 teaspoon chili powder
2 tablespoons minced garlic
1/2 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper

For the Marinade

In a large bowl, combine the olive oil, juices, red pepper flakes, chili powder, garlic, salt, and pepper. Add the pork and stir to coat. Cover and refrigerate overnight or at least for 30 minutes.

Preheat the grill.

Thread skewers with 3 or 4 pieces of marinated pork, alternating with wedges of lemon and orange. Reserve the marinade.

To grill the Pork:

Place skewers on an area of the grill with no direct flame. Brush with the reserved marinade during the grilling, until the meat is browned on the outside but still slightly pink inside, 4 to 5 minutes per side, or to desired doneness.

To oven-broil the pork:

Set an oven rack about 6 inches from the broiler. Preheat the broiler. Put the skewers on a highly oiled baking sheet and place under the broiler. After 3 1/2 minutes, turn the skewers over and brush with the reserved marinade. Broil for another 3 1/2 minutes, brush again with the marinade, and broil for 1 to 2 minutes more, or until meat is browned on the outside but still lightly pink inside.

Serve immediately in pita pockets topped with shredded lettuce and avocado tzatziki.

Avocado Tzatziki

Makes 2 to 3 cups

Here's a California twist on a classic Greek condiment. Adding avocado to the tzatziki gives it a richer flavor and color. Excellent with any kind of grilled food, this goes on the table when I serve lamb, chicken, pitas, meatballs, and fried fish. Straining the yogurt through cheesecloth for 30 minutes and discarding the liquid will make it thicker, but you can skip this step.

2 cups plain yogurt (see above)
1/2 cup extra-virgin olive oil
1 tablespoon fresh lemon juice
1 teaspoon minced garlic
1 teaspoon kosher salt
1 cup peeled, seeded, and grated cucumber (1 large cucumber)
1 avocado, peeled and diced

In a medium bowl, stir together the yogurt, olive oil, lemon juice, garlic, and salt. Add the grated cucumber and the diced avocado and mix well. Refrigerate, preferably for at least 1 hour, before serving.

Dining With Friends

I entertain a great deal, and the highest compliment that people can pay me, even if they say nothing, is what I see on their faces when they first taste my food. That "oh-wow" look in their eyes, that says it all. That's a reward which we all want when we entertain, but even if you achieve it, it's no reward at all if you're frenzied when you have friends over. I always try to organize my entertaining chores so that it's a breeze.

Now, of course, I'm a food professional, so you might be thinking, "Sure, easy for you to do." But, I assure you, it's easy for you to do, too. Here are some fool-proof tips to help you avoid that frazzled feeling as you prepare for company:

- Plan ahead. Sounds trite, but it's key. Make lists of all the things that you need to do and when they need to be done. A week ahead, a day ahead, the morning of. Include things as mundane as making ice, if your fridge doesn't have an icemaker and you're not planning to buy it.
- Doing things as far in advance as possible – like making relishes and pies ahead of time and doing any chopping – will give you more time to focus on the details on the day-of. The day before should be reserved for last-minute things. If it's Thanksgiving, for example, the day before is reserved for seasoning the turkey.
- Entertaining ideas: Serve hors d'oeuvres on wicker trays, lined with washed lemon leaves; kids' beach pails are fun for serving tall things like celery, asparagus; for iced tea, make ice cubes with a sprig of mint in each one; in autumn, affix crudités to a pumpkin or squash with toothpicks and skewers; use a milk jug for an arrangement of dried flowers or small, clear-glass, laboratory bottles for a series of buds; for outdoor dining, give each guest a colorful, but inexpensive fan, perhaps tied with a ribbon together with the flatware.
- Also, plan the menu at least a week in advance. Ask for early RSVPs, so you have a head count. Also picking dishes that are easy to adjust to the number of guests can make entertaining easier. I love making this Orange Fennel and Olive salad because you can easily make more or less of this depending on the number of people you are serving.

Orange Fennel and Olive Salad

Serves 4 to 6.

A vibrant combination of juicy oranges, aromatic fennel, and intensely flavorful olives, this is a great salad any time you have vegetarians at the table. (Meat-eaters love it too.)

A mandoline makes quick work of slicing oranges and the fennel, but if you don't have one, follow the simple directions below. You can easily make more or less of this salad depending on the number of people you're serving: just allow one orange per person.

If your grocery store has an olive bar, look for pitted kalamatas. To pit the olives yourself, you have two options. For a neatly halved olive, make an incision all the way around the olive lengthwise with a small paring knife. Gently twist apart the olive halves and discard the pit. The faster pitting method is to press down on the olive with the flat of a large knife blade. Apply slow pressure until the olive splits or the pit comes to the surface. Then cut the olive in half. You'll feel the knife edge gently hit the pit, which will pop right out.

4 large navel oranges
1 medium fennel bulb or 2 baby fennel bulbs
2 shallots, finely diced or cut into thin slices
6-8 kalamata olives, pitted and halved (see above)
1/4 cup extra-virgin olive oil
1 1/2 tablespoons fresh lemon juice
1 teaspoon sea salt
1/2 teaspoon freshly cracked black pepper

Peel the oranges and cut each orange in half along its equator, then cut into quarters. (I like to do this in a big wooden bowl to catch all the juice.) Cut thin slices of each quarter – each piece of orange



in the salad will be a quarter of an orange wheel. Reserve juice to toss into the salad.

Wash the fennel and remove the green stalks and any bruised or discolored outer leaves. With a chef's knife, slice across the bulb as thinly as possible, or use a mandoline. Add the fennel slices to the bowl with the orange segments. Add the shallots and olives to the bowl.

In a separate bowl, whisk together the olive oil, lemon juice, and salt. When you're ready to serve the salad, pour the dressing over the orange mixture and toss gently. Transfer the salad to a colorful serving bowl or platter. Sprinkle with cracked pepper.

Cat's Note: Cracked pepper adds more intense sparks of flavor than ground pepper. You can crack peppercorns by wrapping them in a few layers of plastic wrap and pounding them on a cutting board with a tenderizing mallet or a hammer.

Cooking Like A Pro

One of the reasons I titled my book *Cooking from the Hip*, is because I want to encourage people to use what they already have in the house. I don't think it's good to have recipes that force you to search for things like truffles, hard-to-find or pricey items. Having said that, here are a few staples that I think every pantry should have:

- Canned and frozen foods can be great to have on-hand so you can whip up a meal at a moments' notice. I keep different kinds of beans like pinto, kidney, and black beans in my pantry.



- Spices are a must: Cinnamon is both savory and sweet and you'd be surprised at all the things it works with; fresh oregano is ideal for many dishes, but I use almost as much dried as I do fresh; cumin is wonderful for "revving" up flavor; chili powder also adds a punch; basil is a favorite, but if you cannot get fresh, then use dried; fennel is also a terrific flavor-enhancer; garlic, of course, and even garlic powder, which is good for marinades; and black pepper (I prefer cracked, as it adds more punch).
- Red wine or sherry vinegar (again, it's all about flavor); oil, especially extra virgin olive oil and even a small bottle of sesame oil, which will add a smoky, nutty flavor; I always have a can of tomato paste, which is good for thickening things; and because I think they're so versatile, rice – wild, brown, and basmati; honey is always good to have on hand; staples should also include sugar and flour.
- When you go to the store, make a list and stick to it. Before you ever leave the house, inventory your cabinets. You would be surprised how much money you can save by making the list at home and checking your pantry first.

Lemonade Cookies

Makes 4 dozen cookies.

It's like a magic trick to pull a can of lemonade out of the freezer and say to the kids, "Do you think we can make this lemonade into cookies?"

If you want to make the cookie dough ahead of time, it can be refrigerated for several days if you seal it in two layers of plastic wrap. Dough straight from the refrigerator should bake for about 12 minutes; dough at room temperature bakes in 8 to 10 minutes.

1 6-ounce can frozen lemonade concentrate
1/2 pound (2 sticks) unsalted butter, softened
1 cup sugar, plus extra to sprinkle over the cookies
2 teaspoons finely grated lemon zest (optional)
2 large eggs
2 1/2 cups all-purpose flour
1 teaspoon baking soda
1/8 teaspoon salt

Preheat the oven to 375°F.

Fill a large bowl with warm water and plop in the unopened can of lemonade to thaw while you mix the cookie dough.

In a large bowl, cream together the butter and sugar with a hand mixer. Add the lemon zest, if desired. Add the eggs one at a time, beating well after each addition. Continue beating until the mixture is light and creamy, 4 to 5 minutes, then set aside. In a separate bowl, whisk together the flour, baking soda, and salt.

Measure out 1/2 cup of thawed lemonade and set the rest aside. Add about one third of the flour mixture to the creamed butter and sugar. Stir, then add about one third of the 1/2 cup lemonade. Continue adding the flour and lemonade alternately, stirring after each addition, until the mixture shows no streaks of flour. Beat on low speed with the mixer just until all the ingredients are combined.

Drop rounded teaspoonfuls of the dough 2 inches apart on an ungreased baking sheet.

Bake the cookies, checking them after 8 minutes. When the edges are just starting to brown, remove the cookies from the oven. (The centers will look soft.) Using a pastry brush, immediately brush the top of each cookie very lightly with a little of the remaining lemonade concentrate, then lightly sprinkle with sugar. Transfer the cookies to a rack and allow them to cool completely.

Watching Your Weight: Dishes And Tips For Healthy Eating

It's always a challenge to stay on a food plan, but becoming a vigilant consumer helps. Here are a few ideas for making healthy and tasty choices:

- I always like to get as much fresh – and healthy – seasonal food into the kitchen as possible, so we hit the farmers' markets. But, even when I'm in a grocery or supermarket, and when I can afford it, I always look for the organic products, first and foremost in the meats and poultry departments (after you've tried them, you'll realize they really do taste better). Always shop the perimeter of the supermarket first, as that's where the fresh foods are.
- I usually shop for the "lighter" products, versus the "full-fat" products. There are alterations you can make to recipes, like using a "light" variety cream cheese instead of the calorie-rich real deal. Try substituting sorbets in place of cream-rich ice cream.
- Remember that many healthy foods and drinks may wear away your tooth enamel. Take a look at pages 29-30 for tips on taking care of your pearly whites!
- When possible, I also love to cook with fresh herbs and vegetables. To keep them fresh, I take them out of the grocery store bag and wrap them in a moist paper towel and then seal them in a plastic bag or in some kind of container with air vents. This recipe for glazed baby carrots and fresh dill is a great side dish – if you don't have fresh carrots, prepeeled bagged baby carrots will work.

Glazed Baby Carrots and Fresh Dill

Serves 6 to 8

Glazed with champagne or apple cider, lemon, dill, and just a hint of brown sugar, these carrots have a completely different personality from the ones you pack in school lunches. This recipe works best with long, slender baby carrots. If you only have regular carrots on hand, don't make a special trip to the market: just cut them crosswise into thirds. Although the prepeeled bagged baby carrots don't have the same tenderness as farmers' market carrots, you can use them in a pinch.

2 tablespoons extra-virgin olive oil
2 tablespoons unsalted butter
2 pounds baby carrots, peeled
1/2 cup chicken stock
1 cup very dry champagne or apple cider
1 tablespoon light brown sugar
2 tablespoons fresh lemon juice, plus several paper-thin slices for garnish (cut before juicing the lemon)
1 1/2 tablespoons minced fresh dill, plus dill sprigs for garnish



In a large skillet over medium-high heat, heat the olive oil and butter. Sauté the carrots just until they begin to brown, 7 to 9 minutes. Add the stock and champagne or cider. Cover and cook over medium heat until the carrots are almost tender but still firm, about 4 minutes.

Remove the cover, turn the heat to high, and cook until most of the liquid has evaporated, 3 to 5 minutes. Add the sugar and toss gently to coat the carrots and help the sugar dissolve. Remove from the heat. Add the lemon juice and minced dill and toss well. Garnish with lemon slices and dill sprigs and serve.

Option: Vegan

Use 3 tablespoons olive oil and omit the butter. Substitute 1/4 cup fresh orange or tangerine juice for the chicken stock and increase the champagne or cider to 1 1/4 cups.

Cat's Note: I never toss out wine. When there's a little left in the bottle, I store it in the fridge and use it when I want to deglaze a pan or add some richness to meat sauces and soups or make a marinade sing. Leftover wine is an especially good glaze for vegetables.

Cooking For Kids

As a busy mother, I know that cooking for kids can be almost as challenging as dining out with them! Here are some of the tips that I have found useful:

- Whenever we have a problem with particular foods, I try to make them sound more appealing or exotic and use the foreign name, say, "haricots verts" for string beans.
- Introduce your child to the interesting cuisines that you may favor, the types of restaurants that are in your lexicon. For example, early on, I introduced my son to spices on his cereal,

things like ground ginger and cinnamon, so that when we started to go to more Asian-inspired restaurants, he would be more familiar with interesting flavors, not just sugar. This helps develop an appreciation and taste for other cuisines, but remember that children's palates are sensitive, so start gently, and if your efforts are a hit, add to your child's "taste" vocabulary over time.

- One of my family's favorite dishes is this Crispy "Fried" Chicken. To make it more kid friendly, you can omit the spices or just add a hint of the spices that the recipe calls for.

Crispy "Fried" Chicken

This chicken tastes fried but does away with all the grease. The secret is to lock in the moisture by dredging the chicken pieces in flour and dipping them into buttermilk that you've spiced up with paprika, cayenne, mustard, and sage. Then you roll the pieces in cornflakes.

- 2 teaspoons extra-virgin olive oil
- 1 2½ to 3-pound fryer, cut into pieces
(2 breasts, 2 thighs, 2 legs, 2 wings)
- ½ cup all-purpose flour
- 1 teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 2 cups cornflakes
- ½ cup light buttermilk
- 1 tablespoon Dijon mustard
- ⅛ tablespoon cayenne pepper (optional)
- 1 teaspoon paprika
- ½ tablespoon finely chopped fresh sage or ½ teaspoon ground sage

Preheat the oven to 425° F.

Pour the olive oil into a baking pan large enough to hold the chicken pieces in a single layer without crowding. Using your fingers, rub



the oil over the dish so that it's completely but lightly coated.

Rinse the chicken in cold water and pat dry. In a wide bowl or on a large plate, season the flour with the salt and pepper. Dredge each chicken piece in the flour until it's completely coated. Loosen excess flour and discard the extra.

Crush the cornflakes by placing them in a big resealable plastic bag, carefully pressing the bag to push out the air. Seal the bag (leaving as little air inside as possible) and crush the flakes using a rolling pin. Pour the crushed flakes into a wide bowl or onto a large plate.

In a bowl large enough to dip the chicken pieces, mix the buttermilk, mustard, cayenne (if using), paprika, and sage. Give each floured chicken piece a good buttermilk bath all over, then roll in the crushed flakes.

Arrange the chicken pieces in the prepared baking pan. Bake for 15 to 20 minutes, lower the heat to 375°F, and bake for another 25 to 30 minutes, until cooked through and crispy. (The juices should run clear when the meat is pierced with a knife.) Serve.

About Acid Wear And Sensodyne® ProNamel™

One of the reasons I was especially pleased to be working with Sensodyne ProNamel on the Guide is because I love acidic foods. I'm of Greek heritage and Greek food – what I think of as a “sunny” cuisine – is my soul food. It's always been that for me and I adore it, because the flavors are so rich and intense – all those tomatoes, cucumbers, vinegars, citruses, and such wonderful herbs. In general, it's the acids in our foods that tend to add a lot of flavor, without adding “offending” fat. So, I lean heavily on things like citrus, vinegar reductions, balsamic syrups, wine reductions, tomato sauce, salsas, and so on, as they are all terrific flavor-builders. But, they can all contribute to acid wear.

What Is Acid Wear?

According to dental professionals, acid wear is a significant oral-care concern in the 21st century. It occurs when the protective layer of tooth enamel gradually softens and wears away through repeated exposure to acidic foods and drinks (hence the name). Over time, acid wear can weaken enamel and cause so much discoloration that it ultimately can change the appearance of teeth and also result in painful tooth sensitivity. And unlike starfish that can regenerate new “arms,” enamel doesn't come back; once lost, it cannot be replaced. Therefore, it's all the more important to be proactive and take steps to minimize the risk of future damage.

What Causes Acid Wear?

Everyday food – things like fruits and salad dressings and beverages, such as fruit juices, wine, and soft drinks are the culprits. Although many of the foods that can cause acid wear are usually thought of as healthy foods – fruits and energy drinks, for example – they can, nonetheless, have a demineralizing effect on enamel; the acids weaken the outer layer of the enamel. They can all contribute to softening the surface of tooth enamel and ultimately lead to acid wear.

Acid Track

	HIGH ACIDITY	MEDIUM ACIDITY	LOWER ACIDITY
Foods	Grapefruits Berries Pomegranates	Apples Cottage Cheese Tomatoes	Bread Beans Vegetables
Beverages	Energy Drinks Sodas Apple Cider	Buttermilk Orange Juice Wine	Mineral Water Milk

Signs Of The Times

While early stage acid wear can only be diagnosed by a dental professional, some telltale signs to look out for are:

- A “twinge” from hot or cold foods, drinks or temperatures may be an early indication of wear or tooth sensitivity.
- The appearance of slightly “glassy” or transparent teeth near their biting edges could be another early sign.
- Rounded edges, or denting on the chewing surface can be a sign of acid wear in the later stages.
- Loss of brightness as the enamel wears away and the underlying dentin shows through can be a sign of acid wear in the later stages.

Palatable Tips For Acid Wear Prevention

What Can You Do Right Now?

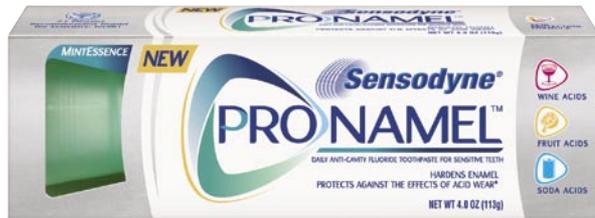
Before you start to actually see signs of acid wear, New York-based dentist Dr. Lana Rozenberg shares a few things you can do to head off the problem at the proverbial pass:

- Don’t swish acidic drinks around in your mouth; swallow them quickly. If you can, drink them with a straw, directed away from the teeth, so they have less contact with the surfaces of your teeth.
- Brush before eating or wait at least an hour after meals to brush, since the enamel on your teeth is softened by acidic foods, and brushing could cause damage.
- While you are waiting to brush, drinking water or chewing sugarless gum, which promote the production of saliva, can help clean your teeth.
- Get regular dental check-ups and follow your dentist’s or dental hygienist’s advice.
- Use a soft-bristled toothbrush and a gentle toothpaste. To test your toothpaste, rub some between your fingers and if it feels gritty, or like a facial scrub, then do not use it, as it will be too abrasive for your teeth.

- An ideal product is Sensodyne ProNamel, which helps protect tooth enamel each time you brush. It is pH-neutral or non-acidic to minimize acidity in the mouth and has a high fluoride uptake to harden enamel and make it more resistant to acid attacks.

Why ProNamel?

YOUR PARTNER IN HELPING TO PREVENT ACID WEAR



Sensodyne ProNamel is specially designed to help protect teeth from the effects of acid wear and from future acid attacks.

- It's formulated to be low in abrasion so it's gentle on your teeth.
- It's pH-neutral or non-acidic to minimize acidity in the mouth.
- It has a high fluoride uptake to harden enamel and make it more resistant to acid attacks.

- It contains the maximum strength FDA-approved sensitivity ingredient (5% potassium nitrate) to help relieve and prevent tooth sensitivity commonly associated with acid wear. Brushing at least twice a day with Sensodyne ProNamel can help you to strengthen your enamel – and keep your teeth as healthy and beautiful as they can be. Sensodyne ProNamel can't reverse any dental problems already caused by acid wear, but it can harden your enamel and help to protect it from further damage.

How Can I Learn More?

Log on to www.catcorafoodpro.com for more information.





www.catcorafoodpro.com