

## Dawson Sales Company Is Celebrating 50 years of Business!

# DU NC FOOD TRENDS DU NC

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### The Rise of Raw cooking



The trendy culinary technique of “raw cooking”, also called “un-cooking”, is being practiced by the world’s most famous chefs including Wolfgang Puck, Thomas Keller, and Charlie Trotter. Raw cooking refers to the technique preparing quality fruits and vegetables at temperatures no higher than 108° F. Raw cooking is designed to prevent active enzymes and heat-sensitive, natural compounds from being destroyed. Another benefit of raw cooking is the protection of textures, flavors, colors, and aromas of natural foods.

Source: *Prepared Foods Newsletter*, August 11, 2004.

### Slimmer Sodas



The American Journal of Clinical Nutrition recently published a review supporting the idea that consumption of high-fructose corn syrup (HFCS) may be contributing to obesity. HFCS is commonly used to sweeten soft drinks and fruit juices. The consumption of HFCS increased 1,000 percent between 1970 and 1990, mirroring America’s rapid rise in obesity.

Besides drinking diet-soda, other options exist for soda cravers:

1) **Try a mid-calorie drink.** The new sugar-

reduced sodas contain a blend of HFCS and artificial sweeteners.

2) **Go au natural.** These sodas contain less or no sugars.

3) **Make your own.** Mix fruit juice with club soda to quench your thirst.

Source: *Health*, July/August 2004

### USDA Mad Cow Policy Change



The U.S. Department of Agriculture changed its policy regarding the announcements of positive Mad Cow Disease test results. The agency will now wait until two rounds of testing are completed before informing the public. If

either test results is positive, the USDA will announce the result as inconclusive and follow-up with confirmatory testing at the National Veterinary Services Laboratory.

Source: *Prepared Foods Newsletter*, August 09, 2004.

## Perfect Pair: Seafood & Wine



Pair the clean flavor and texture of fish with wines to match!

### Pan Grilled Sole

The mild flavor and body of flatfish such as sole taste best with white wines that are light, dry, and snappy. Pinot grigio is ideal as well as other Italian whites.

### Grilled Salmon

The rich substantial taste of salmon pairs best with a wine of weight, depth, and good acidity. Be adventurous by pairing with pinot noir, which has become popular on the West Coast.

### Crab Cakes

The seasonings and binding of the cakes are factors when deciding on a wine. Serve traditional crab cakes with white Burgandy made from Chardonnay grapes. You may opt for California Chardonnay – be sure it is not too oaky.

### Poached Halibut

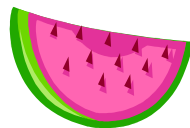
Simply prepared halibut works best with a range of white wines such as white Bordeaux. These medium bodied wines have a dry, citrus, fresh flavor.

### Sauteed or Grilled Shrimp

The fresh, clean, herbal flavor of sauvignon blanc wine is a great compliment to shellfish in general. A traditional European pairing with sautéed shrimp is manzanilla sherry from Spain.

Source: *Cooking Light*, August 2004

## Mouth-Watering Watermelon



This juicy fruit favorite is a good source of lycopene, a red pigment in plants with antioxidant properties.

Lycopene protects skin cells from free radical damage caused by sunlight and other health benefits. A study by the USDA's Agricultural Research Service shows that watermelon may be a better source of lycopene than tomatoes. (Tomatoes need to be heated to be absorbed in significant amounts.)

Source: *Organic Style*, August 2004.

## Alpha-Rich Apricots



Apricots are rich in alpha- and beta-carotene, which are vital in healthy eyes, skin, bones, and hair. Apricots are also good sources of vitamin A&C, potassium, and fiber. Select fresh apricots over canned. Look for fruits that are fragrant, slightly soft, and golden-orange with no green patches. They will not ripen off of the tree. Eat as soon as possible!

Source: *Health*, July/August 2004.

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