



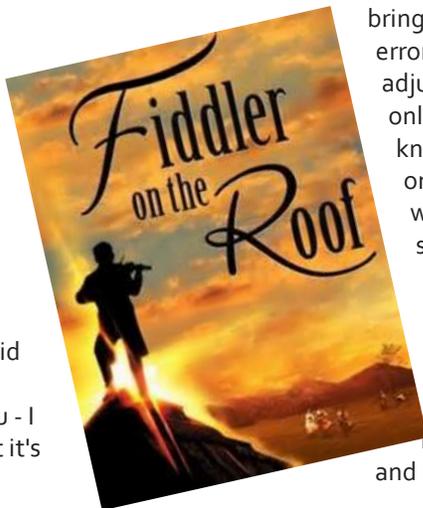
# STAPH Meal: Society To Always Procure Healthfully Newsletter

OFFICIAL NEWSLETTER OF DR. MIKE: AMERICA'S CULINARY INTERVENTIONALIST

IN THIS ISSUE: FOOD VALUE PART II

## When Tradition Trumps Science

"Here in Anatevka we have traditions for everything... how to eat, how to sleep, even, how to wear clothes... You may ask, how did this tradition start? I'll tell you - I don't know. But it's a tradition...."



As another recently published study brings to light past transgressions and errors; we appropriately tack and adjust our course. However, we can only reach our destination by knowing where we are. And we can only know where we are, by seeing where we have been. A brief synopsis of the story involving fat, saturated fat, animal fat, polyunsaturated fat, vegetable oils, cholesterol, and cardiovascular disease over the last century is both intriguing and illuminating.

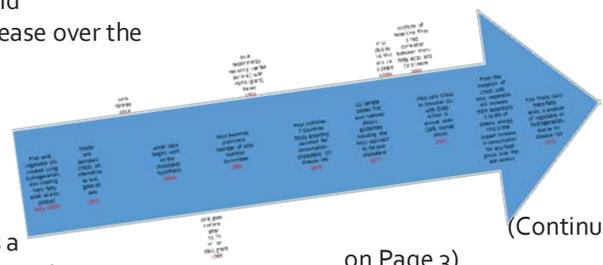
developed an inexpensive way to turn normally liquid vegetable oils into semi-solid and solid products through the addition of hydrogen; a process known as hydrogenation. Enterprising businessmen William Procter and James Gamble watched the lightbulb illuminate; literally. The soap and candle making duo realized that the invention of the lightbulb was going to seriously impact their bougie business, so they looked to alternatives.

-Tevye; Fiddler on the Roof

Ask most any cardiologist about saturated fat, cholesterol and heart disease and they will tell you it is SCIENCE, not tradition, which drives their decision making. But influences; political, financial, and even egotistical, can subtly bend the will and direction of the purest intellectual pursuit.

The figure to the right gives a brief timeline of some of the major events and highlights that accompany this topic from over the last century. However, a more detailed description provides a deeper understanding of why we flounder in our current dietary doldrums.

In the early 1900s a German chemist by the name of Wilhelm Normann



(Continued on Page 3)

IT'S A CODE DELICIOUS!



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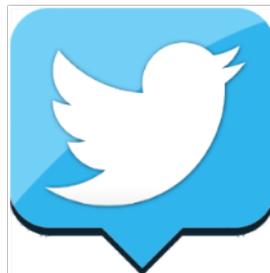
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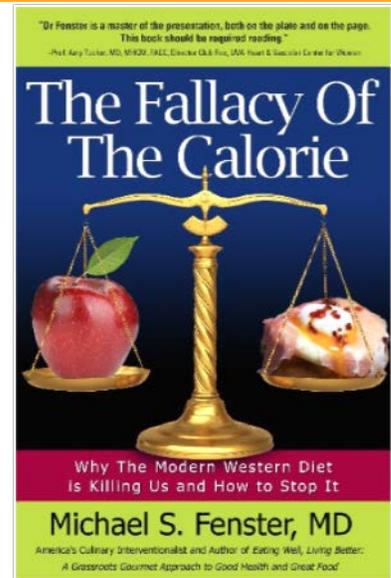
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Call in during Code Delicious with Dr. Mike every Wednesday 2 to 3 pm Eastern with questions or comments. Better yet, Tweet us @WCWD!



### The Fallacy of The Calorie

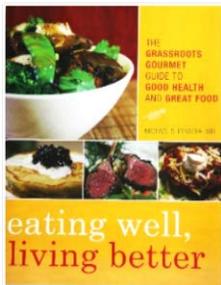
If you don't have a copy of Dr. Mike's latest book, the critically acclaimed *The Fallacy of The Calorie: Why The Modern Western Diet is Killing Us and How to Stop It*, click on this link to head over to Amazon.com and get it! [The Fallacy order link](#)

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PSYCHOLOGY TODAY

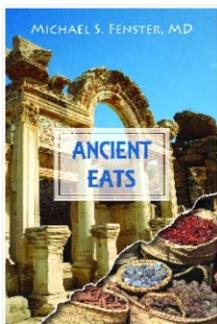
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The amount of cholesterol lowering seen by substituting polyunsaturated vegetable oil for saturated animal fat



22%

The increase in mortality risk for each 30mg/dl DROP in cholesterol

Ramsden, C. E., Zamora, D., Majchrzak-Hong, S., Faurot, K. R., Broste, S. K., Frantz, R. P., . . . Hibbeln, J. R. (2016). Re-evaluation of the traditional diet-heart hypothesis: analysis of recovered data from Minnesota Coronary Experiment (1968-73). *BMJ*, 353:i1246 <http://dx.doi.org/10.1136/bmj.i1246>

Because the meat-packing industry in Cincinnati, Ohio (then known as Porkopolis) controlled the lard and tallow needed for candles and soap, P&G had secured their own supply of raw materials and by 1905 owned eight cottonseed mills in Mississippi. With the help of another German chemist, E. C. Kayser, P&G was able to transform the liquid cottonseed oil into a solid that resembled lard.

Since hydrogenated cottonseed oil resembled lard, why not sell it as a food? Thus Crisco (CRYStalized Cottonseed Oil) was introduced to the American consumer in 1911. In 1924 The American Heart

Association was formed. In 1948, thanks to the being the beneficiary of the P&G sponsored "Walking Man" radio contest, the AHA went national with a \$1.75-million-dollar windfall. A national fund raising campaign in 1949 netted another \$2.7 million and the AHA never looked back



Following World War II, Ancel Keys, who held PhDs in biology and physiology became interested in the rise of heart disease in the United States and the dearth of a similar phenomenon in post war Europe. He proposed the cholesterol hypothesis as the cause. This was the idea that saturated fat in the diet, mostly from animal sources, caused an increase in blood cholesterol levels. The

## Food Value

(Continued from Page 1)

increased cholesterol in the blood resulted in atherosclerosis. This was the suggested origin of cardiovascular disease (CVD) morbidity and mortality.

The die was cast and Keys vaulted to national and international acclaim. In 1961 he was on the cover of Time Magazine and appointed to the prestigious and influential AHA nutrition committee. Later that same year the AHA issued the first ever dietary recommendation to replace animal fats in the diet with plant based alternatives. The proposition was solidified when Keys published his Seven Countries Study in 1970; purportedly demonstrating beyond question the causal effect of animal (saturated) fat consumption, cholesterol and heart disease.

HEALTHY BYTES BY THE NUMBERS



30mg/dl

(Follow the link to [Psychology Today](#) to read the complete article)

# Culinary CPR!

## Castelvetro Olive Tapenade Crusted Chilean Sea Bass

### Yellow, Red and Orange Cherry Tomato Escabeche

By Chef Luca Paris

#### *The Best of Both Hemispheres!*

##### TAPENADE:

- Castelvetro olives 2 cups
  - Capers 2 tsp rinsed
  - Anchovies 2 chopped
  - Lemon 1, use the zest only
  - Garlic 1 tsp diced
  - Sun dried tomatoes 1/3 cup diced
  - Extra virgin olive oil 4 Tbs
- 
- Chilean Sea Bass 4 (6 oz) portions
  - Grape tomatoes (assorted colors) 1 pint cut in half
  - Kosher salt
  - Black pepper
  - Sherry vinegar
  - Extra-virgin olive oil 4 Tbs

#### **Directions:**

In a standard blender, add the Castelvetro olives, capers, anchovies and extra virgin olive oil. Blend until the mixture is a smooth puree. Place mixture in a bowl and add zest of one lemon and chopped sun dried tomatoes folding it together. The tapenade should resemble a light paste, not to soupy; it will solidify better if refrigerated overnight. This tapenade can be held for a few weeks in the refrigerator if you top it with some olive oil and cover tightly.

This recipe allows for some extra tapenade, great on crostini and a spread on panini

Heat a sauté pan on medium high heat, add 1 tablespoon of olive oil let warm. Add the sea bass that have been seasoned with black pepper. Sear each side of the fish for 3 to five minutes then remove and place in a oven proof pan. Top each piece with a few spoons full of the tapenade. Place the fish in a preheated 250-degree oven to keep warm until you have prepared the escabeche.

Escabeche is a simple preparation of a pickled vegetable. In the same pan you cooked the fish add the remaining 2 tablespoons of olive oil and warm on medium high heat. Add the pint of halved tomatoes (you can replace with diced plum tomatoes also). Add a touch of salt and the vinegar to the pan and turn off heat. Let the vinegar evaporate and infuse the tomatoes as it reduces.

When plating, Moroccan cous cous makes a great accompaniment. Spoon the cous cous on the plate and lay the tomatoes around the cous cous and



the drizzle sauce on the plate, Place the fish over the cous cous and enjoy the experience!

#### The Analysis

This dish merges the best of two hemispheres. Escabeche is the name for

a number of dishes that can be found in both Mediterranean and Latin American cuisines. This is likely due to the Spanish influence on cuisine in the New World during their colonization period. While commonly applied to fish there are also a number of chicken, rabbit or pork preparations as well.

The key is procuring a quality protein. Chilean sea bass is also known as Patagonian Toothfish. This fish, which is delicious and nutritious has been the subject of illegal over harvesting in recent years. Check with your supplier to make sure that it is regulated through the Commission for the Conservation of Antarctic Marine Living Resources (CCAMLR) and verified through The Coalition of Legal Toothfish Operators, Inc. (COLTO). This is a toothfish fishing industry body whose members represent over 90% of the legal toothfish catch worldwide.

According to the Monterey Bay Aquarium on its Seafood Watch list the best sources of Chilean Sea Bass are Heard Island and McDonald Islands Fishery (Australia), Macquarie Island Fishery (Australia), Falkland Islands Fishery.

The beautiful, seasonal flavors of this recipe blend the techniques (and Mediterranean health benefits) of the Old World with the sumptuous textures and tastes of the New. This is what true fusion cooking can accomplish!

## GRAND ROUNDS



### The Doctors

Dr. Mike on the April 20<sup>th</sup> episode of The Doctors; sharing pasta and beef chimichurri recipes!



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### Kitchen Rounds

Dr. Mike discussing the finer points of beef and pasta on The Doctors



### Set Up

Dr. Mike hanging out pre-taping getting the food shots just right!