

GOURMET RECIPES

Eat to Stay Young

Oh Yes! Help is here, and it's truly delicious. The tantalizingly named *Anti-Aging Cookbook* by Teresa Cutter has just arrived from Australia and it's everything you hope for and much more! Beauty does indeed start from within... and this book has good hard information on healthier choices for a better diet, getting the right anti-aging nutrients and essential oils, superfoods and a whole raft of absolutely gorgeous recipes!

On today's menu:

- [Restoring Pink Grapefruit and Guava "Martini"](#)
- [Gazpacho with Avocado Lime Salad](#)
- [Baked Salmon Steaks with Udon Noodles and Coriander Lime Pesto](#)



Restoring Pink Grapefruit and Guava "Martini"

The *Anti-Aging Cookbook* says, "This delicious concoction contains a high source of antioxidants which help repair cell damage in the body, fighting illness and slowing the aging process."



We say, what if it just simply tastes great and provides a refreshing pick-me-up before dinner? It does all that, and we find adding a tot of Vodka improves one's outlook enormously. Cheers, indeed!

- 2 pink grapefruits
- 1 cup ice
- ½ cup guava juice
- 1 small garlic clove, peeled
- Slice of grapefruit to garnish

Squeeze the grapefruit and pour the juice into a cocktail shaker filled with ice. Pour over the guava juice. Stir for 1 minute, then strain into a sugar-crusted martini glass. Skewer the garlic with a toothpick and add to the martini glass. Garnish with a slice of grapefruit and serve immediately. Take a few sips of the juice, eat the garlic clove, and then finish the juice.

Gazpacho with Avocado Lime Salad



We all know we're supposed to eat more vegetables, and here's where to start. This gazpacho is low in calories and high in flavour and the tomatoes are loaded with important lycopene. Get this: we just learned that research suggests eating avocado could lower cholesterol levels. This may be the perfect food! Another serving please?

Serves 6

- 1.5 kg (3+ lbs.) ripe tomatoes, peeled, seeded and chopped
- 2 cloves garlic, crushed
- 1 red chili, chopped
- ½ red onion, chopped
- 1 sweet red pepper, diced
- 1 seedless cucumber, peeled, seeded and chopped
- 1 cup tomato juice
- 2 Tbsp freshly chopped parsley
- 1 Tbsp freshly chopped coriander
- Sea salt and freshly ground black pepper

- Coriander leaves, to garnish

Salad

- 1 avocado, chopped
- ½ seedless cucumber, peeled, seeded and finely chopped
- Juice of 2 limes
- 1 Tbsp chopped coriander
- 2 spring onion, sliced

Blend together the tomatoes, garlic, chili, onion, red pepper, cucumber and tomato juice in a food processor until smooth. Fold through the fresh herbs and season well with salt and freshly ground black pepper. Refrigerate until cold.

To make the salad, simply combine all the ingredients in a bowl. To assemble the dish, place a round biscuit cutter in the centre of each serving bowl and fill with the salad. Pour the chilled gazpacho around the biscuit cutter, then remove the biscuit cutter. Garnish with coriander leaves and serve immediately.

Accompanying wine? Tony recommends...

An off-dry Riesling, Kabinett or Spätlese quality or Viognier.

Baked Salmon Steaks with Udon Noodles and Coriander Lime Pesto



Ah, salmon. Everyone's favourite, and it's sooooo healthy! It's also the best source of Omega-3 fatty acid, which may help prevent cardiovascular disease, high cholesterol and heart attacks... and possibly prevent adult-onset type 2 diabetes. Enough already – you'll love this dish because it's quick, easy and absolutely delicious. Dig in, girls!

Serves 4

- 4 × 5½ oz. (155 g) Salmon steaks

- 11 oz. (315 g) udon noodles (available at Asian markets)
- Lime wedges, to serve

Coriander Lime Pesto

- 1 bunch fresh coriander leaves
- Juice of 1 lime
- 2 cloves garlic, crushed
- Grind of black pepper and pinch of sea salt
- 6 Tbsp cold-pressed extra virgin olive oil
- 4–6 Tbsp chicken stock
- 2 Tbsp pine nuts, toasted

Preheat the oven to 400°F. First, make the pesto by combining all the ingredients in a food processor and processing until smooth (add more olive oil if necessary). Set aside. Season the salmon steaks with a little salt and black pepper and place on a foil-lined baking tray. Bake in the oven for 10 minutes until cooked through.

Meanwhile, cook the noodles in plenty of boiling salted water until al dente, then drain well. Mix the pesto through the noodles and divide between serving plates. Top with the salmon steaks and garnish with fresh lime wedges. Serve immediately.

Accompanying wine? Tony recommends...

Oregon Pinot Noir for red wine lovers; Oregon or Alsace Pinot Gris for white.

We wish to thank Whitecap Books Canada, publishers, for permission to reprint material and photographs from *The Anti-Aging Cookbook* by Teresa Cutter. Text © 2002 Teresa Cutter. Photographs © 2002 Paul Cutter.

Happily tested by Helen Hatton and Ron Morris.