

Restaurants deliver both taste and convenience

■ Hungry students find that Eugene has a variety of take-out and delivery options

By Alahan Sivam
for the Emerald

There are many places to eat outside of the campus area, and a number of them deliver. Some of these places even deliver food that isn't pizza or Chinese food, and one delivers until all hours of the night.

At Tino's Spaghetti House & Pizzeria, located at 15th Avenue and Willamette Street, people can not only order entire Italian dinners over the phone, but the restaurant will actually bring the meals to their doors. Owner Harry Epstein said that Tino's decided to deliver not only pizza but its entire menu because there really isn't anyone else in town who delivers their own Italian food.

Tino's offers a wide range of fettuccini and linguine dishes, Epstein said. Among other options, Epstein said, the restaurant delivers eggplant parmesan, spaghetti, ravioli, tortellini and manicotti. The delivery charge varies from very cheap to nothing at all. An order less than \$10 requires a \$1 charge; any order more than \$10 has no delivery charge.

So when people get an Italian meal delivered, how much should they tip the delivery person?

"Some people are very generous, and some people don't know there is such a thing as tipping," Epstein said. He added that the average tip is about 10 percent. Tino's delivers until 8:30 p.m. Sunday through Thursday and until 9:30 p.m. on the weekends.

For those who get 3 a.m. food cravings, perhaps after a long



Adam Amato Emerald

University senior Jayson Martell and Lane Community College student Thomas Jordan prepare pitas at The Pita Pit, located at 11th Avenue and Willamette Street.

night of studying or a long night of partying, options are limited. One such option is The Pita Pit, which delivers until 2 a.m. Sundays, 3 a.m. Monday through Wednesday and 4 a.m. Thursday through Saturday.

Manager Mal Williams said, "Our food is a lot healthier than Taco Bell," which he believes is the only other food business open very late. The most popular pitas include the chicken Caesar, the falafel and the gyros.

Located across from the downtown Eugene bus station, The Pita Pit is a franchise that originated in Ontario, Canada, and arrived in Eugene last December, Williams said. The reason the restaurant is open so late, Williams said, is because "the bulk of our business comes during the late hours." After the bars close, the number of delivery requests frequently gets "crazy," he said.

What kind of tips do delivery people get late at night? "Every night we're offered an unusual

tip," Williams said, but he wouldn't elaborate about just what those tips are.

For Thai food fans, Tasty Thai Kitchen is one take-out option. Located inside the Jiffy Market on 34th Avenue and Hilyard Street, Tasty Thai Kitchen offers a variety of Thai dishes for take-out from 4 to 9 p.m. daily.

Chef and owner Pismai Nissen said she started Tasty Thai Kitchen simply because she loves to cook. She opened the restau-

rant three years ago. Before that she catered from her home for several years. At first Nissen sold her Thai food at Jiffy Market only on the weekends, but she soon offered it three and then four days a week, and now Tasty Thai Kitchen operates every day. Nissen said the most popular dishes include pad Thai, panang curry and the veggie spring roll.

Alahan Sivam is a freelance reporter for the Oregon Daily Emerald.

Non-meat eaters must go to great lengths to stick to their ways

■ Vegetarians offer advice about hidden animal-derived ingredients in food products

By Catherine Cole
for the Emerald

Halle Williams admits that she isn't pure — pure vegan, that is. The 21-year-old history major has been a vegan off and on since the age of 14. While still identifying herself as a vegan, she will break the rules when the occasional free vegetarian baked good passes her way.

Williams may consume an egg or two when she strays from the traditional vegan definition, but according to her "hardcore" vegan friends, she would be labeled vegetarian, she said.

According to the People for the Ethical Treatment of Animals Web site, vegetarianism consists of omitting direct consumption of animals from one's diet. Some vegetarians

simply avoid pieces of meat; many others avoid all meat products, such as chicken or beef broth and gelatin. Veganism, however, eliminates consumption of any animal products, including cheese and other dairy products, eggs and, for strict vegans, honey — it comes from bees, after all. Williams said it is "really hard to avoid" everything that is linked to animal products.

There are times when the presence of animal products is more apparent than others. Eating out can be tricky if one doesn't know the typical ingredients that are part of a given dish.

The PETA Web site says there are a few ingredients vegetarians and vegans should frequently watch out for when eating out. Lard (pig fat) is often used in Mexican foods. Oyster sauce can frequently be found in Asian stir-frys, and soups often contain chicken or beef broth as a base.

PETA suggests asking a chef or

server which ingredients in a meal might come from animals and ask for a vegetable substitute. However, trusting the server doesn't necessarily guarantee an animal-free meal.

Sometimes the person at the counter will "give you the right answer" to get your business, Holy Cow Cafe co-owner Kathee Lavine said. If someone isn't familiar with not-so-obvious animal ingredients, it can be easy to neglect to mention those ingredients, Lavine said.

She mentioned a memory of eating out when a chef was preparing her veggie dish in front of her. "He dragged a rag over my plate, just after he touched it to the meat dishes, and there I was — eating meat," she said.

Grocery shopping requires a different set of precautions. Williams discussed the dangers of packaged foods, saying they "have all sorts of weird things in them."

Lavine agrees with the mystery of listed ingredients.

"What exactly is 'natural flavoring'?" Lavine asked rhetorically. She said that because the Food and Drug Administration doesn't regulate the term "natural flavor," foods with natural flavors can contain animal extracts.

According to both Williams and Lavine, McDonald's got into turmoil recently over its use of "natural flavor and seasonings." The hamburger retailer has historically defended its French fries as vegetarian, until the recent discovery of meat derivatives in the seasoning, they said.

Other ingredients to watch out for when reading labels are gelatin (derived from animal hooves, skin and bones), whey, honey, milk derivatives and rennet (derived from inner intestine), Williams said.

Lavine recommends looking for parve or kosher certification on

Veganism and vegetarianism:

1-888-VEG-FOOD: Call to receive free vegetarian information.

Meatstinks.com: A vegetarian Web site offering a variety of resources.

"Animal Ingredients A to Z": A book providing a thorough guide to hidden animal ingredients.

packages. Items that are kosher are regulated to be animal-free for religious purposes.

Lavine has been a vegetarian since 1971, and she said conditions for fellow vegetarians have been steadily improving.

She said "it was really hard" in the '70s, but currently it is "pretty easy" to be vegetarian.

Catherine Cole is a freelance reporter for the Oregon Daily Emerald.

Autumnal fruits, tubers and squashes have tantalizing power

By Jan Uebelher
Milwaukee Journal Sentinel

(KRT) Over the past 30 years, chef Alice Waters of Berkeley, Calif.'s earthy-but-elegant Chez Panisse restaurant, has led the charge to change the way we eat.

If she had a mantra, it would go like this: fresh, local, seasonal. Fresh, local, seasonal ...

Easy advice to follow in the summer months, when green markets are a riot of color and an embarrassment of riches. But come autumn, the selection changes to a bulbous array of tubers and squashes and roots. To be frank, some people just don't know what

to do with these vegetables.

The sizes and shapes of squash can make them unwieldy to cut and, let's face it, somewhat intimidating. You can almost see some folks pausing over the hard shell of a hefty acorn squash, knife in hand, thoughtfully pondering just how to proceed.

Then there's the matter of all those gnarled root vegetables — rutabagas, turnips, parsnips and the puzzling celeriac. All interesting enough, but what do you do with them once you've got them home? Pose them for pictures?

Eve Felder, associate dean of advanced cooking at the Culinary

Institute of America at Hyde Park, N.Y., and a former chef at the Chez Panisse Cafe, sees root vegetable reluctance first-hand, in students.

"I think often they get a bad rap. With my students, when they come into the culinary institute, I will say, 'Eat a beet.' You can't even imagine what it takes (to get them) to eat a beet," says Felder, whose specialty is "farm-to-table seasonal foods."

She and other lovers of the fall harvest think people, especially young people, aren't as accustomed to these foods as they once were because of the entrenched

move toward fast dining — both at home and in restaurants. For the most part, these vegetables just can't be made fast.

Richard DeWilde, who owns Harmony Valley Farm in Viroqua, Wis., with his wife, Linda Halley, gets mixed reactions when he unveils the farm's array of roots this time of year.

"It's real mixed. If it's somebody that has traveled or lived in Europe, they see our beautiful fresh celeriac and say, 'Oh, wow!' People who haven't seen it before, they say, 'What is it?'"

He adds, "In some ways, they're old-fashioned, if you're talking

about rutabagas and turnips. But we have several restaurants that use a lot of roots. They do amazingly delicious things with them."

One of them is L'Etoile in Madison, Wis., where award-winning chef Odessa Piper oversees an ever-changing menu based on the seasons.

"What I particularly love about the autumn palate — there is a convergence of late summer produce with the fall harvest," she says. "It's just spectacular. It's like a tsunami."

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