

He cooks all of his meals without sugar or salt, but unless you were told so before hand, you probably would not notice their absence. In place of those ingredients, Whitfield makes liberal use of fresh herbs and spices.

Whitfield's method of cooking is leisurely and well-organized. He will not be rushed and is almost imperturbable.

Whitfield served up a deliciously tender rump roast seasoned with bottled Italian dressing, oregano, garlic and gravy accompanied by garden-fresh snap beans cooked to the point of crispness, a fruit salad and a sauce of mayonnaise, honey and ginger. Preceding the main course, we helped ourselves from a beautifully arranged tray of cantaloupe, watermelon and cheese, with plums and red and green grapes, all on a bed of lettuce.

The meal was as relaxed and leisurely as its preparation, all the more enjoyable because of the good conversation and good feeling that filled the room as palpably as the aroma of the lovingly prepared food.

Having dinner at the Whitfield's is like going home for the holidays, a relaxed, down-homey celebration

in the American tradition. By comparison, dinner at the Scott Tylers is a step into another world.

Their friends say dinner at the Tyler's is much more than a hobby for Scott Tyler. It is a passion.

Tyler is a gourmet cook who will go to almost any length to achieve exactly the right taste and presentation for the food he prepares, but he did not start out that way.

"I guess I've always known something about cooking," he said, "but I began to get seriously involved when I was in college. A bunch of us would pool our money to buy food and cook our own meals. I usually ended up being the cook, and we usually had chili or spaghetti. What better way to make a little go a long way?"

During those collegiate summers and after college, Tyler worked as a photographer for the Chicago Defender and free-lanced for out-of-town newspapers, wire services and national publications, including Ebony and Jet.

His free-lancing led to a stint in public relations for Coca-Cola. In time he went back to graduate school for his MBA. On receiving his degree, he opened his own real estate business. With hard work, de-

termination and concentration, he soon had a success on his hands.

Along the way, he discovered there is a lot more to cooking than chili and spaghetti. He formed a gourmet club with a group of friends, most of them struggling graduate students.

As his interest in cooking grew, Tyler began trying his skill at different types of ethnic cuisines. He attended a number of cooking schools, including the famed Dumas Pere School of French Cooking taught by Master Chef John Snowden, an American Black who learned his art in the kitchens of some of the best restaurants in France.

Tyler brings to his cooking the same single-minded concentration he applies to his business. His skill and confidence are so great, however, that he is completely relaxed as he works.

The Tyler apartment is equipped with a full restaurant kitchen, including a six-burner commercial range with double oven, a huge commercial refrigerator, an upright freezer and a butcher's table. This is his domain, and when he is cooking, his wife, Joyce, keeps discreetly occupied elsewhere in the apartment, always ready to lend a hand if need-

ed. (Joyce Tyler is also an excellent cook in her own right.)

Tyler dismissed the hardware as merely a convenience. "These are tools that make it easier to cook on a large scale," he said, "but anyone can be a really good cook with the equipment in the average kitchen. All it takes is a little knowledge, practice and planning. Those are things anyone with the desire can master."

"Once you know what happens when you blend various foods, herbs and spices," said Tyler, "you can get almost any taste or effect you want. It's just a matter of knowing what you are doing."

Part of that is using the best meats, vegetables and other ingredients you can find and afford, Tyler said. Another part is planning.

Tyler's first decision was the main course. He chose Beef Wellington, a tenderloin of beef seasoned and cooked inside a pastry chemise or wrapping. Once that decision was made, he chose the other courses to complement the main course. Their selection was based as much on appearance as on taste. A Tyler meal teases and leads the palate in much the same way that a fine painting teases and leads the eye.

The creation of that effect begins



Scott Tyler carves the piece de resistance for his guests, his own Beef Wellington. On the dish in the background are Florentine Stuffed Tomatoes, another red and green holiday touch for this most special meal.

with shopping for just the right ingredients. According to Tyler, knowing when to buy is just as important as knowing what to buy. He said some foods can be purchased at almost any time and stored until needed.

Tyler's confidence is reassuring and contagious. Without having sampled his wares, you just know he is a great cook. He works at his own pace with complete assurance. When some produce he had planned on was not up to his standards, he simply found an acceptable substitute and made whatever adjustments in the menu were necessary.

On this occasion, he experimented with a commercial pastry chemise for the Beef Wellington. It was the first time he had used the product, and at the last minute he discovered it was too small. Unfazed, he simply rolled the pastry sheets out to what seemed an impossible thinness. He then proceeded to wrap the partially cooked beef tenderloin in the improved chemise. It worked, of course, and anyone who was not present in the kitchen would not have guessed that anything had gone awry.

Before we got to the Wellington, however, the evening began with canapes, including a pate, smoked salmon (lox) and ham on white bread, tormasalata on cucumber slices and onion sandwiches.

The tormasalata and onion sandwiches were discoveries for most of those present. Tormasalata is best described as a Greek caviar made of carp eggs. Instead of the dark color of caviar, tormasalata is a bright pink, almost matching the color of the salmon.

Tyler made the onion sandwiches with thin, almost transparent slices of small onions between circles of white bread spread with mayonnaise. The edges of the circles were rolled in mayonnaise and covered with finely chopped parsley.

The red, green and white colors of the canapes created a festive picture.

The sit-down phase of the dinner began with a clear potato and leek soup (which Tyler described as a French peasant soup) and a celery root salad with vinaigrette dressing. These were followed by a delicious shrimp de jonghe served on clam shells. Each course was accompanied by an appropriate wine.

The Beef Wellington, when it arrived, was a treat to the eye and the nose. The delicately browned pastry chemise was as tantalizing as the bright Christmas wrappings around a child's presents. We could not wait to discover the delights inside.

The meal lived up to and surpassed all expectations. And then came dessert, another discovery for most of us. Tyler had prepared a white chocolate mousse. It was rich, creamy and delicious. A dieter's nightmare.

Perhaps the biggest discovery we made is that the real secret of good cooking is as much a matter of the attitude of the cook as of food, recipes, time and temperature. A good cook enjoys the process as much as the result. He is careful never to let his craft become routine.

MERRY SAVINGS

From Your Friend & Neighbors At Safeway!

Rib Roast
Safeway Quality, Large End Cut
\$2.58 Lb. **SUPER SAVER**

Boneless Ham
Armour Mellowsweet
\$1.58 Lb. **SUPER SAVER**

Leg Of Lamb
Delicate In Flavor
Serve With Mint Jelly
Lb. **\$2.28**

Natural Tom Turkeys
Manor House
18 to 24 Lbs.
Lb. **.69¢**

8-PACK Coca Cola
Refreshing Soft Drink Plus Dep.
\$1.68
16-Ounce Bottle **SUPER SAVER**

LUCERNE Sour Cream
Smooth Texture
68¢
Pint Carton **SUPER SAVER**

Bel-air Vegetables California or Japanese Style, Frozen, 20oz. **99¢**

Sharp Cheddar Safeway Imported Canadian White Cheese 12-oz. Pkg. **\$2.69**

1-Liter Soft Drinks Cragmont Assorted Regular, Diet, or Mixers. Plus Dep. **3 for \$1**

Shoestring Potatoes Tater Boy Frozen, 20-oz. **3 for 99¢**

EGG NOG Flavored Milk Scotch Buy Non-Alcoholic Holiday Favorite. Half Gal. **\$1.39**

SHADY LANE Butter
Real Butter ... 1-Pound Quarters
\$1.48 Limit 1 **SUPER SAVER**

Wheat Bread
Mrs. Wright's Crushed Wheat, 100% Whole Wheat, or Sandwich 24-oz. Loaf
79¢ **SUPER SAVER**

MAISON BLANC Champagne White, Pink, or Cold Duck, 750 ml (Case Of 12 - '23.59) **\$1.99**

Frozen Dinners Bel-air Great Escapes Salisbury Steak or Swedish Meatballs 11-oz. to 11.5-oz. **\$1.99**

Cocktail Ice Party Pride Is Available At Your Nearby Safeway Store.

Tangerines
Sweet California Algerian Or Dancy Varieties
Full 26-Lb. Box **'4.79**

Large Celery Sweet Pascal Variety **3 for \$1**

In-Shell Walnuts or Almonds Number 1 **Lb. 98¢**

SAFeway Panty Hose Sheer Assorted Sizes And Colors Pair **\$1.49**

CREST Toothpaste Regular Gel, Or Mint, 6.4-oz. **\$1.25**

FABERGE Shampoo Faberge Assorted 15-oz. **99¢**

AQUA NET Hair Spray All Purpose Assorted 10-oz. Size **\$1.19**

Prices Effective Wed., Dec. 16 Thru. Tues., Dec. 22.. at Safeway Stores in the Portland Area.

SAFeway