

Family Living

What's new with future chefs?

To learn what future chefs believe the next big food trends are, the NPPC recently polled students at the Culinary Institute of America (CIA) and asked them what's hot in the kitchen. Their responses echoed the results from the *Taste What's Next* poll.

PACK THE PANTRY

When stocking the pantry, respondents chose ingredients including:

- Olive oil (37%)
- Curry (34%)
- Balsamic vinegar (32%)
- Chile peppers (26%)
- Infused oils (26%)
- Cilantro/coriander (21%)
- Basil (18%)

DINING TRENDS

For dining out, respondents from the CIA picked the following cuisines for the hottest restaurant trends:

- Fusion (34%)
- Thai (24%)
- Regional American (24%)
- East Asian (18%)

COOK IT UP

According to respondents, the hottest cooking techniques in restaurant kitchens are:

- Grilling (53%)
- Steaming (18%)
- Sauteing (18%)

The survey of students of the Culinary Institute of America was conducted in December 1996 in conjunction with the national Pork Producers Council.

A RECIPE IN TIME WITH THE TRENDS

The pantry is brimming with new basics that add flavor to recipes. According to the recent *Taste What's*

Next a survey of food professionals, using a wide range of ingredients from the pantry adds new flavors and twist to home cooking. New pantry favorites -- like olive oil, balsamic vinegar, chiles and cilantro -- combined with ever-popular pork chops creates this new wave dish.

PEPPERED PORK CHOPS WITH PEACH-VINEGAR GLAZE

- 2 boneless pork chops, 3/4-inch thick
- 1 teaspoon seasoned pepper (garlic pepper, lemon pepper or a pepper blend)
- 1 teaspoon olive oil
- 1/4 cup red onion, chopped
- 1/2 (or to taste) jalapeno chile, seeded and minced
- 1/4 cup chicken broth
- 1/4 cup peach jam
- 1 tablespoon balsamic vinegar Fresh cilantro, chopped, as garnish

Rub chops on both sides with seasoned pepper. Heat olive oil in nonstick skillet over medium-high heat and cook chops to brown on one side; turn chops and add onion and chile to pan. Continue to cook, stirring occasionally, until onion is tender, about a minute. Add broth, jam and vinegar to pan; cover and simmer 8 to 10 minutes.

Serve chops with pan sauce, garnished with chopped cilantro.

Wear rubber gloves when handling hot chiles.

Makes two servings.

Preparation time is 20 minutes.

Nutrient Information per Serving: 330 Calories; 25g Protein; 10g Fat; 262 mg Sodium; and 70 mg Cholesterol.

Menu Suggestion: Serve with baked sweet potatoes, wilted greens and corn muffins.

THE EXPANDING PANTRY

Make room... there's more in the pantry! A recent survey of food professionals shows that many new ingredients, such as balsamic vinegar, demand space in the pantry next to the cider vinegar. Because consumers crave a variety of cuisines, they require an array of ingredients to create flavorfully diverse recipes at home.

FROM CLASSICS TO NEW BASICS



April Adoption Conference

Northwest Adoptive Families Association (NAFA) presents its seventh Conference on Adoption and Parenting Adopted Children, Saturday, April 12 from 8:30AM to 5:30PM. It will be held at the Portland Conference Center, 300 NE Multnomah St. (across the Max line from the Oregon Convention Center).

Keynote speaker Patricia Irwin Johnston will speak on "Growing Your Family." Pat is an educator on the subjects of infertility and adoption, as well as an author and publisher. Her Perspective Press titles focus exclusively on infertility and adoption issues. Her own works include "Adopting After Infertility," "Taking Charge of Infertility," and recently published, "Launching a Baby's Adoption: Practical Strategies for Parents and Professionals." Pat is also the author of "Positive Adoption Language" and "Adopt-A-Confusion." She and her husband have adopted three children.

In addition to the keynote address, the conference offers nine workshops. Two led by Patricia

Irwin Johnston are "Parenting After Infertility" and "Children's Developing Understanding of Adoption." Other workshops include: "Search Issues;" "Open and Cooperative Adoption;" "Fetal Alcohol/Drug Affected Syndromes;" "Myths of International Adoption;" "A Family's Journey;" "Attachment Issues;" and "A Male Perspective."

Throughout the conference, attendees can visit informational exhibits from local agencies and talk to professionals and family members who have insights on adoption. The keynote speech and most workshops will be audiotaped by Limelight Audio and available for purchase at the end of the conference. A Children's Place bookstore will also offer several related titles for sale.

A hot catered lunch is included in the registration fee. Space is limited. Registration fees: \$65 NAFA member; \$85 Non-member. Please contact NAFA for a conference brochure and further information, 243-1356.

Hooked on what?

Clashes are unfolding across the country as the age-old debate over phonics vs. "whole language" has returned to the public spotlight. Millions of Americans in recent years have encountered the omnipresent radio and television advertisements for the Hooked on Phonics home reading program. An article in last December's *Atlantic Monthly* magazine lamenting the neglect of phonics has provoked new discussion of what long ago was dubbed the "Great Debate" among teachers of reading.

"It's the hottest issue in education today," says Robert W. Sweet Jr., president of the National Right to Read Foundation, a Washington-based advocacy group that promotes state legislation requiring phonics in schools. "Our phones are ringing nonstop, and we're worn out from hearing tales of woe from around the country. As a nation, we're spending billions to remediate a problem that we could fix in a flash."

The revived debate over how best to teach reading draws much of its urgency from a report on adult literacy released by the Education Department in 1993. A startling 42 million adult Americans can't read well enough to hold a job or manage their affairs, it said. An additional 50 million adults are stuck at a fourth- or fifth-grade reading level, which prevents them from writing a letter or interpreting a bus schedule.

School reading scores released in April showed that only a third of fourth-graders read at proficiency levels, according to the 1994 National Assessment of Education Progress (NAEP), better known as the "Nation's Report Card." Only two states - Arizona and Mississippi - registered improvements over their 1992 scores while 10 states showed declines, the report said, including Pennsylvania, Massachusetts and Virginia.

The whole-language, or "meaning-first," approach, conversely, encourages students to learn reading the way they learned to speak. That means plunging in with whole words, sentences and stories and using newspapers, magazines, child-selected books and even writing by other children. It discourages use of basal readers with controlled vocabularies and is considered learner-centered rather than teacher-centered. Less a technique than a philosophy, it encourages teachers to use their own judgments about how to prod each student along.

The whole-language method, earlier versions of which have been labeled "whole-word" or "look-say," is recommended by the National Council of Teachers of English (NCTE), the National Association for the Education of Young Children and the Newark, Del.-based International Reading Association, the method's foremost proponent. It is also used by the vast majority of adult-literacy programs.

The phonics camp objects to whole language on theoretical and practical grounds. "Whole language is a guessing game," says conservative activist Phyllis Schlafly, who taught her own children to read and markets her own phonics program. "The student looks at pictures and memorizes the couple of hundred most frequent words" and then is allowed to get many guesses wrong. "When you're on the operating table," she adds, "you care whether your doctor knows the difference between spine and spleen."

"The whole-language agenda is extremely liberal - if not socialistic - and conservative political groups have seen their opening," agrees phonics advocate Patrick Groff, an education professor emeritus at San Diego State University. "It's unfortunate that people would politicize the way we write and speak. We've got to change that."

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