

# Jewish food can be good for you too

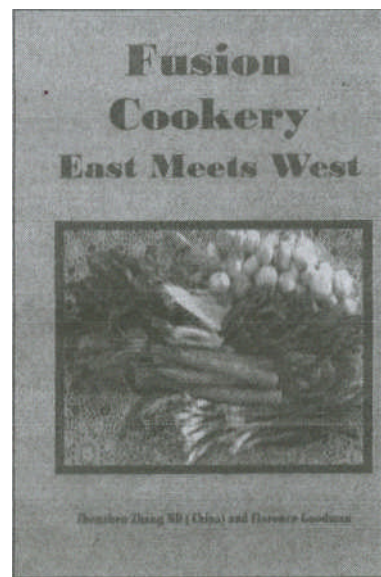
By Rachel L. Axelbank

Jewish cuisine has long stood for celebration, comfort and, of course, taste. This winter, Lynn resident Florence Goodman has found a way to have it stand for health as well.

In November, Goodman and her acupuncturist, Zhenzhen Zhang, M.D., published their cocreation "Fusion Cookery: East Meets West," a compilation of recipes drawn jointly from each woman's own library and then altered to provide medicinal benefits and to comply with the laws of kashrut. Goodman expects to have completed and published a second cookbook of her own recipes, each modified for health, by next month.

The "Fusion Cookery" introduction summarizes her 43-year evolution from a new bride whose "repertoire was scrambled eggs and tuna fish sandwiches" to a highly health-conscious and fairly gourmet - not to mention kosher - cook. The true turning point, Goodman told the *Advocate*, was in 1985, when doctors were first commonly testing cholesterol levels. "My husband's was high," she said. "I just freaked out and started educating myself. I stood on a stool in the kitchen and threw out everything bad." In her cooking, Goodman began reducing salt and sugar and eliminating hydrogenated fats,

**"It's the recipes I've given my children. All the classic recipes with easy changes to make them healthier."**



alternative ingredients or both; and those of Zhang's that have been altered (when necessary) to 'fit a kosher kitchen. In examining the recipe for Goodman's Israeli salad, Zhang pronounced the dish capable of reducing menopausal heat. The page for the recipe features photographs both of a traditional Israeli salad and one of vegetables cut "Chinese style" and presented on a bamboo mat. On the flip side, the recipe for "stir-fry

chicken or beef with walnuts" was originally intended for chicken, beef or pork, Goodman said.

"It wasn't hard for her [Zhang] to learn quickly the laws of kashrut," said Goodman. "And I learned that

sometimes despite her husband's you have to be in balance - the heat protests but always with excellent and the cold have to be equal in a health results. "It could be written body."

like a love story," she said, "because I Some old favorites earned new names: When made with just did it for him." muffins, the original recipe for

Fast-forward to a morning just a calming green tea and cough-reducing Chinese almonds her husband visited the (optional), Goodman's traditional Goodman's at their home and traditional mandel bread became were offered freshly baked banana "afternoon relaxing cookie." muffins, the original recipe for With the fusion book completed, Goodman has now set which Goodman found in a 1968 issue of the *Advocate*.

While eating, Zhang noted walnuts, which Chinese culture considers a medicinal food, in the muffins, Goodman said. her personally developed

"Her brain was clicking," Goodman added. "She said, 'You could really make this medicinal food.'" "Basically, it's the recipes I've given my children," Goodman

By the time their impromptu brainstorming wound down, the idea for "Fusion Cookery" had been healthier." born.

The recipes in the book fall into two categories: those of Goodman's that have either notes regarding their medicinal value, *"Fusion Cookery" may be purchased for \$14.95 by contacting henry.goodman@comcast.net.*