

Recipe Modification: Tea-Time at the Masters®

Masters time in Augusta...I love the excitement in the air (minus the pollen) and cooking from my Tea-Time at the Masters® cookbooks. However, many of the recipes are not what I would classify as healthy. Recipe modification can help. Here is how I changed two recipes from The Second Round: Tea-Time at the Masters®.

Cucumbers with Dill Dressing: I tried this one with both reduced fat sour cream and fat free sour cream. The fat free sour cream was “OK” but it was a little too wet and watery. Better flavor and consistency was obtained by using less of the reduced fat sour cream. Salt was reduced from 1 teaspoon to 1/4 teaspoon.

Shrimp and Corn Chowder: This recipe was tested twice, once with 2% milk and once with a mixture of evaporated skim milk and half and half. Bacon was reduced significantly to cut the fat (2 strips works well for a whole pot of soup). Sodium was reduced by using less salt and using reduced sodium chicken stock.

Kim’s rules for successful recipe modification:

- Have some fun, it is a mini experiment and you get to eat the result☺
- Reduce fat by reducing the amount of an ingredient, or using a similar reduced fat or fat free version (watch quality if using fat free).
- Keep the flavor (use small amounts of the “real” thing to enhance flavor, like the bacon in the chowder for example).

To order a “Tea-Time at the Masters®” cookbook go to the Junior League of Augusta web site: www.jlaugusta.org.

(There are some healthy recipes in these cookbooks, but many will need some modification or “experimentation” to improve the nutrient profile).

Until next time: Eat Well, Live Well☺