



*Chef Mike – Executive Chef,  
Southern Foods At Home*

## A Message From Chef Mike

Happy New Year and welcome to the January 2008 issue of *The Southern Foods At Home!* I certainly hope you had a joyous and safe New Year's celebration. Did you overeat during the holidays like I did? If so, let's

make a resolution to start fresh and make 2008 our healthiest yet! That means becoming more active, getting restful sleep, and of

course, eating healthy, nutritious food.

Southern Foods is committed to providing you with the finest food available, free from hormones, fillers, and other additives. So if you want to serve your family the best, you're in the right place!

As always, if you have any thoughts, comments or feedback for me on this newsletter, or anything else, please email me at [chefmike@southernfoodsathome.com](mailto:chefmike@southernfoodsathome.com). Happy 2008, have a fantastic January, and thank you again for your business.

## Southern Foods Recipe Of The Month - Poached Alaskan Halibut In Tomato Basil Sauce

### Serves 2

- 2 Alaskan halibut fillets, skinless
- 1 tablespoon olive oil
- 1 tablespoon shallots, diced
- ¼ cup dry white wine
- 1 cup (8 oz. bottle) clam juice
- 1 bunch fresh basil, stems removed and chopped med.
- 1 ripe tomato, seeds removed and chopped
- 1 tablespoon butter
- Salt and pepper to taste



Poaching Alaskan halibut will produce a flavorful fillet that is tender and very moist. Try this recipe and then shoot me an email and let me know if you enjoy it as much as I do.

1. Heat a large skillet over med-high heat for one minute. Add the oil to the hot pan and swirl to coat. Add the shallots and sauté for one minute. Add the wine and clam juice. Place the fillets into the skillet. If liquid does

not cover the fillet, add just enough water to cover the halibut. Place the skillet over med-high heat until liquid starts to boil. Reduce the heat to LOW so the liquid is barely showing signs of boiling. Do not cover.

2. Poach for 8 minutes per ½ inch of thickness. Remove the halibut and place on serving plates. Turn the heat to high and add the fresh basil to the pan. Boil the poaching liquid in the skillet until reduced by 2/3rds. Remove the skillet from the heat, add the butter and chopped tomatoes. Stir until butter is melted and season to taste with salt and pepper. Pour equal amounts of the sauce over the fillets and serve immediately.

Enjoy! Chef Mike

You can watch a video demonstration of me preparing this delicious recipe at [www.SouthernFoodsAtHome.com!](http://www.SouthernFoodsAtHome.com)



"Due to the space-age materials used in making this model, this one collects less dust than other exercise equipment."

## Grapefruit Can Lower Cholesterol

According to a recent study published by the *American Chemical Society's Journal of Agriculture and Food Chemistry*, a grapefruit a day can significantly reduce cholesterol. Researchers also discovered that red grapefruit is even more beneficial than white grapefruit, likely because the red variety has more antioxidants. A full serving

of grapefruit is defined as either a cup of fresh fruit or half a cup of grapefruit juice. People taking prescription medications should consult with their doctor before consuming grapefruit since it may interfere with some drugs.



## Congratulations To Our December Trivia Question Winner!

Congratulations to **Sara Brooks of Whiteville, North Carolina** for submitting the first correct answer to last month's trivia question...

How many years does it take for most Christmas trees to grow to an average retail sales height of six feet?

- 1) 2-5 years
- 2) 6-9 years
- 3) 10-13 years



The correct answer was #2, 6-9 years. Now how about you? Care to give this month's trivia question a try?

## January Trivia Challenge

What American institution opened its first location in the Soviet Union on January 31st, 1990?

- a. WalMart
- b. Kentucky Fried Chicken
- c. McDonald's
- d. Taco Bell
- e. The Gap



The first correct answer emailed to me at [chefmike@SouthernFoodsAtHome.com](mailto:chefmike@SouthernFoodsAtHome.com) wins one of our world-famous French Silk Pies!

## Chef Mike's Recycling Idea Contest!

In November I announced our cooler recycling contest and we had a TON of entries. Thank you for your creative and thoughtful submissions. Here are three great ideas I received from Heather Scarff of Wilmington, North Carolina:



1. We live on the coast and it would be easy to visit several fishing piers and offer the fishermen the coolers for either their bait or catch.
2. Donate the coolers to organizations like Meals on Wheels who transport food.
3. Have a "stock the freezer party" for an expectant mother and have the guests fill the coolers with frozen casseroles for the family to enjoy during those hectic days after the new baby arrives. Decorate the outside of the coolers with pink/blue ribbons. After the party, the mother-to-be can just take the coolers home. Have the guests include the recipes with each casserole.

This stock-the-freezer idea could also be used as a gift for someone undergoing surgery.

I'll share more really innovative "green" ideas with you next month. If you've got an interesting idea for reusing, donating, or recycling your coolers, email me at [ChefMike@SouthernFoodsAtHome.com](mailto:ChefMike@SouthernFoodsAtHome.com), subject line "Cooler Contest". Who knows, you just might see your idea in this newsletter! There's no limit to how many ideas you can submit and the best idea as judged by me, Chef Mike, **wins a \$50 credit on their next reorder, plus the dessert of your choice!** I'll announce the winner in a future issue of our newsletter.

## How To Kick 2008 Off The Right Way!

What better way to start off the New Year than to replenish your stock of our healthy and delicious steaks, chops, and filets? If your resolutions include eating healthier in 2008, make sure you're well supplied with our restaurant-quality food.

**There are 3 easy ways to place your order:**

1. Call your personal food economist
2. Log onto our convenient website at [www.SouthernFoodsAtHome.com/reorders](http://www.SouthernFoodsAtHome.com/reorders)
3. Or call our **24 hour reorder hotline at 866-298-7865**

*Happy New Year and Bon Appétit!*

## Welcome To New Clients!

Here are some of our new clients who became members of my Southern Foods At Home family this past month. **I'd like to welcome you and wish you all the best:**

Scott & Jennifer Hyland; George Scott; Mac & Terri Bond; Keith & Lynn Alexander; Daniel & Paige Campbell; Michael & Ladonna Edwards; Preston & Michiele Elliott; Michael & Lisa Eudy; Michael & Judy Eudy; Patricia

Gardner; Leslie & Sharon Hailstalk; Ernie Hoke, Jr.; Kelley & Joanne Jones; Priscilla Lowe; Roy & C. Dianne Marze, Sr.; Frank & Tonya Moore; James & Jennifer Nelson; Tracy & Sharon Pedigo; Woodrow & Sara Pless; Linwood & Sylvia Price; Bobby & Kathy Puckett; Wayne & Renee Robinson; Scott & Leigh Roche; Charles & Jackie Sorrell; Morgan & Vicki Stead; Charles & Betty Wiles.



Mary Lou Retton



Jack Nicklaus



Oprah Winfrey



Naomi Judd

## January Celebrity Birthdays

<b>Diane Keaton, actress</b>	<b>Los Angeles, CA</b>	<b>Jan. 5, 1946</b>
<b>Katie Couric, news anchor</b>	<b>Arlington, VA</b>	<b>Jan. 7, 1957</b>
<b>Naomi Judd, singer</b>	<b>Ashland, KY</b>	<b>Jan.11, 1946</b>
<b>Dolly Parton, singer</b>	<b>Sevierville, TN</b>	<b>Jan. 19, 1946</b>
<b>Jack Nicklaus, champion golfer</b>	<b>Columbus, OH</b>	<b>Jan. 21, 1940</b>
<b>Mary Lou Retton, Olympic Gymnast</b>	<b>Fairmont, WV</b>	<b>Jan. 24, 1968</b>
<b>Alicia Keys, singer</b>	<b>Harlem, NY</b>	<b>Jan. 25, 1981</b>
<b>Oprah Winfrey, TV host</b>	<b>Kosciusko, MS</b>	<b>Jan. 29, 1954</b>



## Wrapping Paper Sales

After the holidays, many **retailers slash their prices on wrapping paper, making January the best time of year to stock up.** Consumer experts recommend choosing solid colors or patterns that can be used year round.

## The Southern Foods At Home Spotlight!

Who's in the spotlight this month? Just our wonderful clients who referred us last month, that's who. **A heartfelt thank you to:**

- **George and Darlene Carter** of Rockwell for referring Michael and Judy Eudy, Roy and Diane Marze, and Woodrow and Sara Pless
- **Jeffery and Lisa Brown** of Raleigh for referring Charles and Jackie Sorrell
- **Michael and Judy Eudy** of Concord for referring Michael and Lisa Eudy
- **Jonathon and Amy Peaden** of Greenville for referring Steven and Andra Jones
- **Jeff and Lindsey Phillips** of New Bern for referring Craig Keenhold
- **Donald and Scarlett Chasteen** of Durham for referring Kevin and Allyson Elliott.

If you know of a friend or neighbor that could benefit from our service, please don't keep us a secret. As a token of our appreciation, for each referral that joins the Southern Foods At Home family, **you'll receive a \$100 credit and the free dessert of your choice** with your next reorder! I hope you'll consider referring us not just for the \$100 reward but because you believe we provide healthier, better food. To refer a friend, you can simply go to [www.SouthernFoodsAtHome.com/referrals](http://www.SouthernFoodsAtHome.com/referrals) and fill out the easy referral form.

We'll take special care of your friends and even give them a complimentary French Silk Pie as a surprise gift from you! Thank you for your loyalty and support! 😊

## Improve Your Health With These Resolutions

Want to improve your health this year? Dr. Donnica Moore offers these healthy resolutions for the New Year. See how many you can incorporate and watch how much better you'll feel when those unwanted holiday pounds melt away!

- **I will give myself and my family the gift of a healthier lifestyle this year.**
- **I will give myself the gift of a healthy breakfast each day.**
- **I will give myself the gift of stopping my unhealthy behaviors (smoking, etc.).**
- **I will take time to relax and unwind.**
- **I will increase my water intake.**
- **I will take my necessary vitamins and supplements.**
- **I will practice proper dental hygiene.**
- **I will have my annual physical exam.**
- **I will practice monthly self exams.**
- **I will increase my daily activity and enjoy it!**



## Try It For Yourself

Here are some points to ponder:

- You can't fold a piece of paper more than seven times.
- You can't lick your own elbow.
- You can't tickle yourself.
- You can't sneeze with your eyes open.

## Super Bowl Party? Bring On The Guacamole!

Hosting a Super Bowl party? Make sure and bring on the guacamole! Researchers at The Ohio State University have found that **extracts from avocado appear to thwart oral cancer cells**, killing some and preventing some from progressing into actual cancers. The extracts came from Haas avocados, the kind that have the blackish-purplish skins and are widely available in most supermarkets.



Lead author of the study, Steven Ambrosio, said that **avocados are full of beneficial antioxidants and phytonutrients, such as vitamin C, folate, vitamin E, fiber and unsaturated fats**. Other good news about avocados is they are sodium free, contain no trans fats, and are low in saturated fat, making them healthy for just about everyone.

## Mark Your Calendar

**Martin Luther King Jr. Day**  
**Jan. 21**

To honor the birthday (Jan. 15) of Dr.



Martin Luther King Jr., the civil rights leader and advocate of social change through non-violence.

## Eating Smaller Meals More Often

Dr. David Katz, author of *The Way to Eat*, says the key to successful weight loss is to eat three small meals interspersed with healthy mid-morning, afternoon, and evening snacks. These frequent small meals help the body burn calories more efficiently and discourage overeating.

One way to do this is to take a “**half-now, half-later**” approach. So save half of your breakfast for a mid-morning

snack; at lunch, put aside half of a sandwich for an afternoon snack; at dinner, save your dessert for the evening. You’ll be amazed how spacing out **six small meals a day versus three large meals**, will help you to feel satisfied and avoid hunger pains and binging.



Inside this month's issue:

- ◆ **Recipe Of The Month - Poached Alaskan Halibut**
- ◆ **Lower Your Cholesterol With This Fruit**
- ◆ **Improve Your Health With These Resolutions**

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