

PERSONAL CHEF MAGAZINE

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**SURPRISE
NEWS!**

THE

SUPERCHEF

ISSUE

**UNBELIEVABLE
STORIES!**

**ASTONISHING
RECIPES!**

PROVIDED BY
USPCA
United States Personal Chef Association

RUNNER TEACHER PSYCHOLOGIST FLAUTIST NUTRITIONIST TRIATHLETE CONSULTANT MEDIA SPOKESPERSON ADVISOR AUTHOR VEGETARIAN LEADER PERSONAL CHEF



LISA DORFMAN
member since 2017

My personal journey to culinary nutrition began more than three decades ago with a near death experience when I was hit head on by a drunk driver. While it crashed my career as a professional flautist, I fortunately fell into a profession which came naturally to me to become a culinary integrative nutritionist, specializing in sports and performance nutrition.

As a lifelong athlete and overnight vegetarian from meat and potatoes kid at 15 years old under the mentoring of my dad who retired and went on the plant-based Pritcan program for health reasons, it was a seamless career fit. I also learned after my accident that food was not just about eating but how one felt. I went for a dual degree in psychology and nutrition to help individuals who struggle with mental health issues which impact their food selection, avoidance and behaviors.

I believe we all have a destiny, and I have watched my career take on a life of its own.

Sharing the gift of my "second" career is something that comes naturally to me, as I only value my worth by paying forward to the community. I have used that gift to counsel, coach, and provide ongoing programs for Miami Dade Schools, Lotus House Women's Shelter, Overtown Youth Center, Empowered Youth & the Mental Health Association.

My career has been chock full of amazing experiences including my role as US Olympic & Paralympic Sailing Team Nutritionist for the Beijing Olympics; as Culinary Consultant to Sandals Resorts, helping to create and launch the Tropical Diet Spa Cuisine and Certification program with resort chefs and kitchen staff; and donating my expertise and time back to great programs such as Empowered Youth, a nonprofit that takes high risk male teens off the

streets and trains them for a career in the culinary field where I taught ServSafe and a culinary nutrition summer program.

On the culinary leadership side sharing on last year's ACF Annual meeting and this year's annual meeting in Orlando along with presenting at the 2019 MISE conference in Atlanta. Since 2015, I am actively serving on the Board of Directors as Chairperson of the Miami Culinary Institute (MCI) Advisory Board, and Chef Alliance Director for Slow Food Miami.

Growing into the internationally recognized health expert aka The Running Nutritionist® consulting to industry, academia, the public & press. As a former professional triathlete and forever runner, I have been a media spokesperson for

dozens of companies with nationwide culinary, media and speaking engagements; worldwide

food demos from Asia to the Caribbean and Bahamas where I am currently Culinary consultant for Chic Bahamas Weddings and Events. I have written eight books, numerous textbook chapters, was Nutrition Editor for SoBeFit Magazine, and culinary nutrition educator at Johnson and Wales and Miami Culinary Institute.

Recently recognized for my efforts, I have been awarded the 2019 President's Council on Sports, Fitness and Nutrition's Community Leadership Award and the 2017 DIFM National Excellence in Practice Award, honoring all my and certifications as Licensed/ Dietitian, Board Certified Specialist Dietetics, Board Certified Professional Certified Chef, Certified Culinary Medicine Specialist, Certified USAT&F & USA Triathlon & US Swimming Master's Coach, Certified Reiki Practitioner, Certified Horticulturist & Fellow of The Academy of Nutrition & Dietetics. I completed the Chef Certificate program at Miami Culinary Institute and the Culinary Medicine program at the Goldring Center of Tulane Medical School.

I am blessed to have hundreds of amazing experience as a Chef Nutritionist, Culinary Consultant, author and media spokesperson and will continue to offer my expertise, give back, mentor and coach using my skills for my community, the underserved, and those in need.

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ASSORTED SUPERFOOD RECIPES

LISA DORFMAN
FOOD FITNESS INTERNATIONAL, LLC
CORAL GABLES, FL

As a FNGLA certified horticulture professional, I volunteer my time to local agriculture working at a farm one day a week cleaning, planting, harvesting and caring for the chickens and roosters as a member of the Miami Chapter of the Rare Fruit Council at Sunshine Organic Farms in Homestead, Florida. In the fall, I “wo-man” the Coral Gables Farmers Market booth on Saturdays.

I hand pick at least one of the ingredients for the recipes I prepare for my clients whether it is Wax Jambu, peppers, beets, greens, herbs or fruits. I volunteer my time at a farm cleaning, planting, harvesting and caring for the

chickens and roosters as a member of the Miami Chapter of the Rare Fruit Council at Sunshine Organic Farms in Homestead, Florida.

The recipes were born nearly two decades ago when I was the Culinary Nutritionist for Sandals Resorts in the Caribbean, primarily Jamaica and St. Lucia. I learned the incredible tastes and nutritional contribution of tropical vegetables and fruits and wrote my second book, *The Tropical Diet* which included all of the recipes I created and taught to the kitchen staffs at each resort.

While the recipes have evolved and matured over the years, paralleling my journey as a chef nutritionist, the research and evidence for including these foods in the diet has grown 100-fold, suggesting that plant based aka plant forward eating is a trend that will not grow old.

Love salsas, soups and smoothies as they are nearly 100% nutrient dense, power packed foods with vitamins, minerals, electrolytes, antioxidants, bioactives and fiber; add very little calories to a meal which is perfect for almost every diet yet provide an explosion of flavor.

CAFE CON LYCHEE ENERGY BITES

INGREDIENTS

- 1 ½ cups raw cashews (or almonds) soaked in water for at least 1 hour/drained
- ¼ cup fresh lychee juice
- 1 Tbs Trader Joe's Cold Brew Coffee Concentrate
- 1 Tbs coconut oil
- ¼ cup coconut flour
- ¼ cup protein powder-plant based, almond or whey, unflavored or vanilla
- 2 Tbs Taste of Redland's Honey (or agave, optional)
- 2 Tbs. Miniature Chocolate Chips (optional)

DIRECTIONS

Soak your nuts for at least 1 hour to soften, drain. Place the nuts in a food processor and process until crumbly texture. Add the rest of the ingredients and process until it comes together in a ball. If you need to add more dry ingredients, you can start with protein and/or flour. If you need to add more liquid, add fresh lychee juice and/or lychee pulp. Hand roll the mixture into 1-inch balls and place on cookie sheet. Freeze your “balls” Store up to 2 weeks.



WAX JAMBU SALSA

About Wax Jambu: Aka “Black Pearls” in Taiwan, Tamis in Philippines the darker, purple-black Thai wax apple variety most prized variety in Asia for sweet flavor & deep color. Bark, leaves, & roots of Thai wax apples used medicinally in Malaysia for thousands of years to reduce symptoms of swelling, itching, cracked tongue. Flowers used in Taiwan as remedy to reduce fevers & irregular bowel movements.

INGREDIENTS

~10 wax apples, diced to desire
1 cup shallots & purple onions, diced to desire
2 Tbs fresh mint, finely minced
Chilies, 1 serrano, 1 poblano miniature dice
Juice of 1 lemon
½ red, ½ yellow, ½ green pepper, diced to desire
Salt and pepper to taste

DIRECTIONS

Mix all the ingredients together and leave for a couple of hours before serving



Chef Note: Can add 1-2 chopped Cuties or canned mandarin oranges for additional Vitamin C and a sweet tangy taste



GINGERED CARROT & PEAR BISQUE

About Wax Jambu: Aka “Black Pearls” in Taiwan, Tamis in Philippines the darker, purple-black Thai wax apple variety most prized variety in Asia for sweet flavor & deep color. Bark, leaves, & roots of Thai wax apples used medicinally in Malaysia for thousands of years to reduce symptoms of swelling, itching, cracked tongue. Flowers used in Taiwan as remedy to reduce fevers & irregular bowel movements.

INGREDIENTS

1 C. diced onion
Organic Coconut Oil Spray
2 large unpeeled pears, diced
1 tbsp. peeled ginger, minced
2 C. chicken broth, organic low sodium (can also use vegan no chicken, chicken broth)

1 lb. carrots, peeled and cut into chunks
1 bay leaf
1 ½ C. fat-free half & half or dairy free almond or coconut low fat creamer
Salt and pepper to taste

Garnish: Carrot shaving / Fresh dill

DIRECTIONS

Sauté the onion in a large saucepan sprayed with Pam until the onion is translucent and tender.
Add ginger and sauté another minute or two.

Add the chicken broth, carrots, pears, rice and bay leaf, and simmer, partly covered until the carrots are tender.

Remove the bay leaf. Puree the mixture in a blender or food processor, blending in the fat-free cream, or half & half to thin the soup to your taste.
Season with salt and pepper.

Reheat the soup gently, and serve it hot, or let it cool completely, and place in refrigerator for 2 hours.
Serve cold with a garnish of carrot shaving and fresh dill.

