

Best of Westchester 2007



myong
private label gourmet

PLACE TO EAT HEALTHY

Myong Private Label Gourmet

Mount Kisco (914) 241-6333; www.plgourmet.com

Myong Feiner, a mother of two who went from teaching cooking classes at her home for friends to owning a gourmet shop and café, is a stickler when it comes to the ingredients she uses. To ensure the healthiest dishes, Feiner uses purified water from a multi-stage water filtration system for baking organic breads and cakes, brewing coffee, and whipping up Old World chicken soup. Her smoothies are made with fresh fruit, organic yogurt, and ice made with purified water, of course. Vegetables are cooked in a pressure steamer to keep in the nutrition. And the chicken you'll find grilled in the gourmet shop's wraps (along with Asian coleslaw or Brie and caramelized onion) didn't initially arrive frozen, either, but fresh, of course. Healthy never tasted so good.