

'Myong-style': Simple, healthy, del

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For The Journal News

shiny, brushed-aluminum interior and snapped and black uniforms are as modern as the food at Myong Private Label Gourmet. Bright, healthy Pacific Rim cuisine is owner Myong's signature. She's a self-taught Korean immigrant who worked her way through school and short-order cook. Her current business with cooking classes at home for friends quickly into running the juice bar at Women's gym in Bedford Hills.

"Myong-style," as she calls it, samples from many world cuisines and stresses simple seasoning, healthy and low-calorie dishes. She prides herself in fussily selecting heirloom vegetables and making special marinades, such as Sesame Cream, Spicy Mango, Citrus Asian or Lime Cilantro. She also serves organic chicken, aged beef and custom-roasted coffee.

And the food tastes great. Asian cole slaw with grilled chicken is a feathery pile of crispy cabbage dressed with sesame and rice vinegar. Other salads are made with bok choy and roasted root vegetables or spinach with feta, pear and pine nuts. A selection of daily special wraps might include the Vietnam cellophane chicken wrap, made with rice noodles, chicken and vegetables tightly

a transparent wrapper. Rotating soup selections as Old World Chicken or carrot ginger, are

are healthy too; Myong's special muffins are low-sugar and made with spelt flour. There are yogurt smoothies, Ghiradelli hot cocoa and recipe for decadent cheesecake brownies.

Label Gourmet, 360 N. Bedford Road, Mount Kisco, N.Y. 10549, www.plgourmet.com.



Photos by Steve