

Friday, March 31, 2006

Food that's healthy – and delicious

BY JUDITH HAUSMAN
FOR THE JOURNAL NEWS

The shiny, brushed-aluminum interior and snappy red and black uniforms are as modern as the food at Myong Private Label Gourmet. Bright, healthy Pacific Rim cuisine is owner Myong Feiner's signature. She's a self-taught Korean immigrant who worked her way through school as a waitress and short-order cook. Her current business began with cooking classes at home for friends and grew quickly into running the juice bar at Women for Fitness, a 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 stacked in a transparent wrapper. Rotating soup selections, such as Old World Chicken or carrot ginger, are popular.

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



Myong Private Label Gourmet

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