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WESTCHESTER

Lots of Taste, and Good for You, Too

By M. H. REED

Behind the gleaming work counter of this spotless open-kitchen gourmet store and cafe, Myong Feiner is always ready for her close-up. It's here that this enterprising wife and mother concocts her clean-tasting signature dressings and sauces, preps her unusual wraps and salads, bakes her muffins and refines her inspiration for other dishes, many with Asian flavors and flourishes — all meant to surprise and delight the palate. Her moves are deliberate, and she always has time to exchange a few words with customers.

Stop in to this elegant shop for takeout or perhaps a double shot of iced espresso or a blueberry or mango organic yogurt smoothie with a dash of green tea, to boost immunity. All the recipes are her own, extensions of what she has cooked for her own family, here and in her early years in South Korea. She believes that dishes are as good as the ingredients used to make them. To that end, purified water from a state-of-the-art filtering system is used for all cooking. Myong, who prefers to be called by her first name, inspects every delivery of produce, meat and fish and doesn't hesitate to refuse items below her standard. Her chicken is tender because it has never been frozen.

Here, muffins, cookies and brownies made with unbleached, organic spelt flour are nutritious and low in sugar and saturated fat. Her coffee blends are freshly roasted and low in acidity. In short, preparations are healthful, low calorie and, most important, full of mouth-filling flavor. Jicama and cilantro salad, fabulous turkey burgers, crab or shrimp cakes, chicken wraps with Brie and caramelized onion, gazpacho and butternut squash soup are all delicious yet virtuous.

Myong Private Label Gourmet, Mount Kisco Square Plaza, 360 North Bedford Road (Route 117), Mount Kisco; (914) 241-6333; www.plgourmet.com.

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