

Long Island WOMAN

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Sustenance

by Lyn Dobrin

CHEFS THINK PINK

Local Restaurants Honor Breast Cancer Awareness

Long Island chefs and food purveyors are seeing pink this October: pink cocktails, baby shrimp, medium/rare steak and raspberry vinegar, all to benefit local breast cancer organizations.

October is Breast Cancer Awareness Month, when Long Island groups take special care to educate the public about breast cancer and what they can do to lead a healthy life, and, perhaps, do a little fund raising in the process. Numerous restaurateurs, such as Michael Bohlsen, are lending their support. Throughout October, Bohlsen's restaurants – Prime, H2O and Tellers Chophouse – will be highlighted with pink flowers and pink napkins, and staff will sport something pink. "Think Pink" menus will fea-



Chef Leisa Dent and host Lillian Dent are offering a special meal for Breast Cancer Awareness Month at their restaurant, LL Dent in Carle Place.

"Think Pink" menus will feature special drinks and entrees, and a portion of the money will be donated to local breast cancer organizations.

ture special drinks and entrees, and a portion of the money will be donated to the West Islip Breast Cancer Coalition and the Huntington Breast Cancer Action Coalition.

Says Bohlsen, "We are local business owners, born and raised on Long Island. Our clientele and staff come from across the Island. We have chosen to work with our local breast cancer coalitions because the cause is so near to our hearts as a family and as an employer."

The local connection is also important to the Garden City Hotel and La Bottega of Garden City South. Both are assisting the Adelphi NY Statewide Breast Cancer Hotline & Support Program, which helps all New Yorkers and is a project of the Adelphi School of Social Work in Garden City.

"Breast cancer is an important issue for many," says Cathy Nelkin, the Garden City Hotel president. "Like the Adelphi Hotline, we, too, are based in Garden City and wish to have far-reaching impact by working together. The Garden City Hotel hopes to help the work of Adelphi to embrace Long Islanders but also fellow New Yorkers across the state." All month, the hotel's historic cupola will be lit with pink lights, and their Rein restaurant will offer Pink Ribbon Martinis and special menu items created by award-winning chef Steven De Bruyn. La Bottega has selected several menu items for the fundraising effort at their Garden City South location. Owners Giuseppe and Marisa Ruta will be donating a portion of proceeds from the sales of strawberry bellini, grilled scallops with sautéed mixed mushrooms and strozzapreti pasta sautéed with cherry tomatoes, baby shrimp and wine.

From October 1 through the 15th, Leisa and Lillian Dent, the mother/daughter team from LL Dent in Carle Place, are offering a deli-

cious and healthy meal to benefit the Adelphi program: beet salad, grilled salmon, white beans with tomato basil, stewed cabbage and ginger spice cookies. The cost is \$25.95 and the entire amount will be donated. Says Chef Leisa, "These foods are known to be cancer fighting. For example, salmon is a bone strengthener, cabbage is proving to be a useful defense against many cancers, and beans are a great 'lean' protein."

Information about cancer fighting foods will be posted on the web site and in the stores of Prime Time Butchers, located in Roslyn and Woodbury. "Our wholesome anti-cancer foods will help customers rethink and redefine their food choices and raise

awareness about the vital role that food plays in protecting the body," says owner Denise Kreitzman. If you want to dine in and still contribute, first stop at NY Ravioli & Pasta in New Hyde Park on any Friday to purchase from their wide range of Italian specialties. Ten percent of the sales will be donated to the Adelphi program. Then make a delicious salad dressing with A Taste of the North Fork's raspberry vinaigrette, made with fresh fruits grown on the East End of Long Island, sales to benefit Adelphi as well. Top it off with a bottle of Lieb 2008 Merlot Blanc from Lieb Cellars in Mattituck. This exclusive wine, created through a process similar to fine Champagne, benefits The Carol M. Baldwin Breast Cancer Research Fund. One dollar is donated for each bottle sold.

While on the North Fork, drop in for a cocktail at Mirabelle at Three Village Inn, Stony Brook. Chef Guy Reuge is offering two classic French cocktails: Kir, made with white wine and crème de cassis, and Kir Royale, a combination of Champagne and crème de cassis, donating a portion of the sales to the Adelphi program.

Other culinary efforts go on throughout the year. It is especially worth noting the help provided to the annual June event, Long Island 2 Day Walk to Fight Breast Cancer, by Carrabba's in Smithtown and Sonoma Grill in Holbrook. Also, there are numerous chefs who participate in the annual Chefs for a Cause fundraiser for the Babylon Breast Cancer Coalition. ♦

We salute these generous Long Islanders!

A Taste of the North Fork:
atasteofthenorthfork.com
Garden City Hotel:
gardencityhotel.com
H2O: h2o seafoodgrill.com
La Bottega: ilovepanini.com
Lieb Cellars: liebcellars.com
LL Dent: lldent.com
Mirabelle at Three Village Inn:
threevillageinn.com
New York Ravioli: nyravioli.com
Prime: PrimestLongIsland.com
Prime Time Butchers:
orderprimetime.com
Tellers: tellerschophouse.com