

HEALTHY Lifestyles

MAY/JUNE 2019

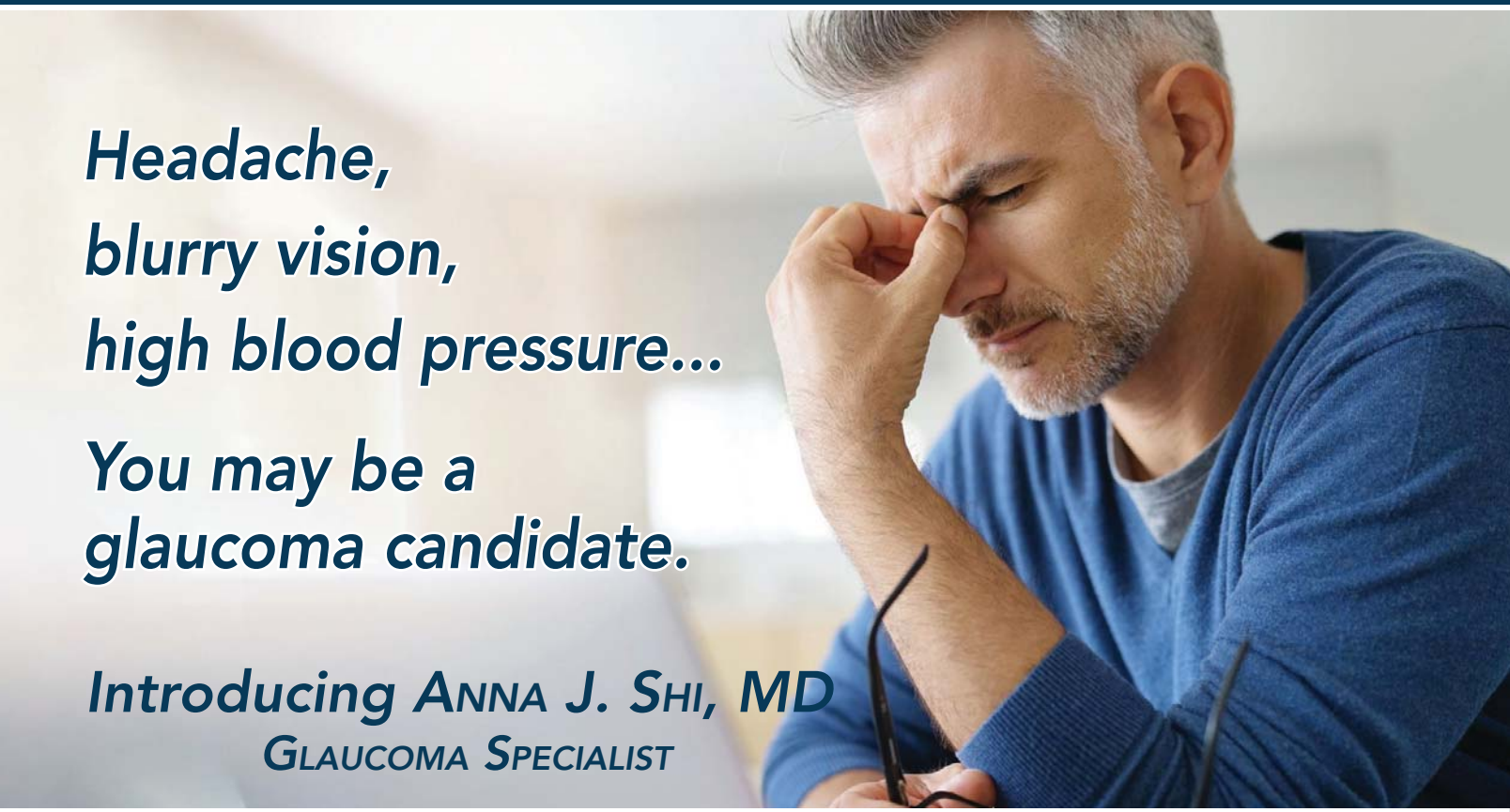
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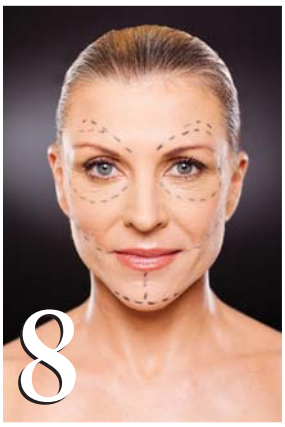
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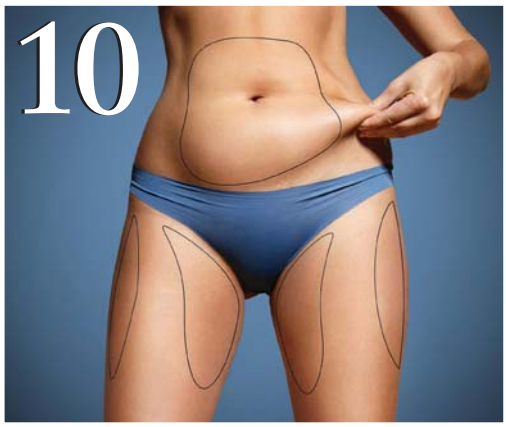
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On the Cover:

Dana Bambace, an agent at Compass realty, shops at Girl Boy Girl on Mission Street for an outfit that would be perfect on one of Carmel's famously chilly summer evenings. *Photo by Paul Miller*











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EDITOR'S NOTE



greetings!

WELCOME TO Healthy Lifestyles' first Beauty edition. They say that beauty is only skin-deep, but in this edition we look at it from all angles. There's fat-grafting — that isn't nearly as bad as it sounds — which can make you look years younger without getting a full facelift. And we'll explain how facelifts have come a long way, too

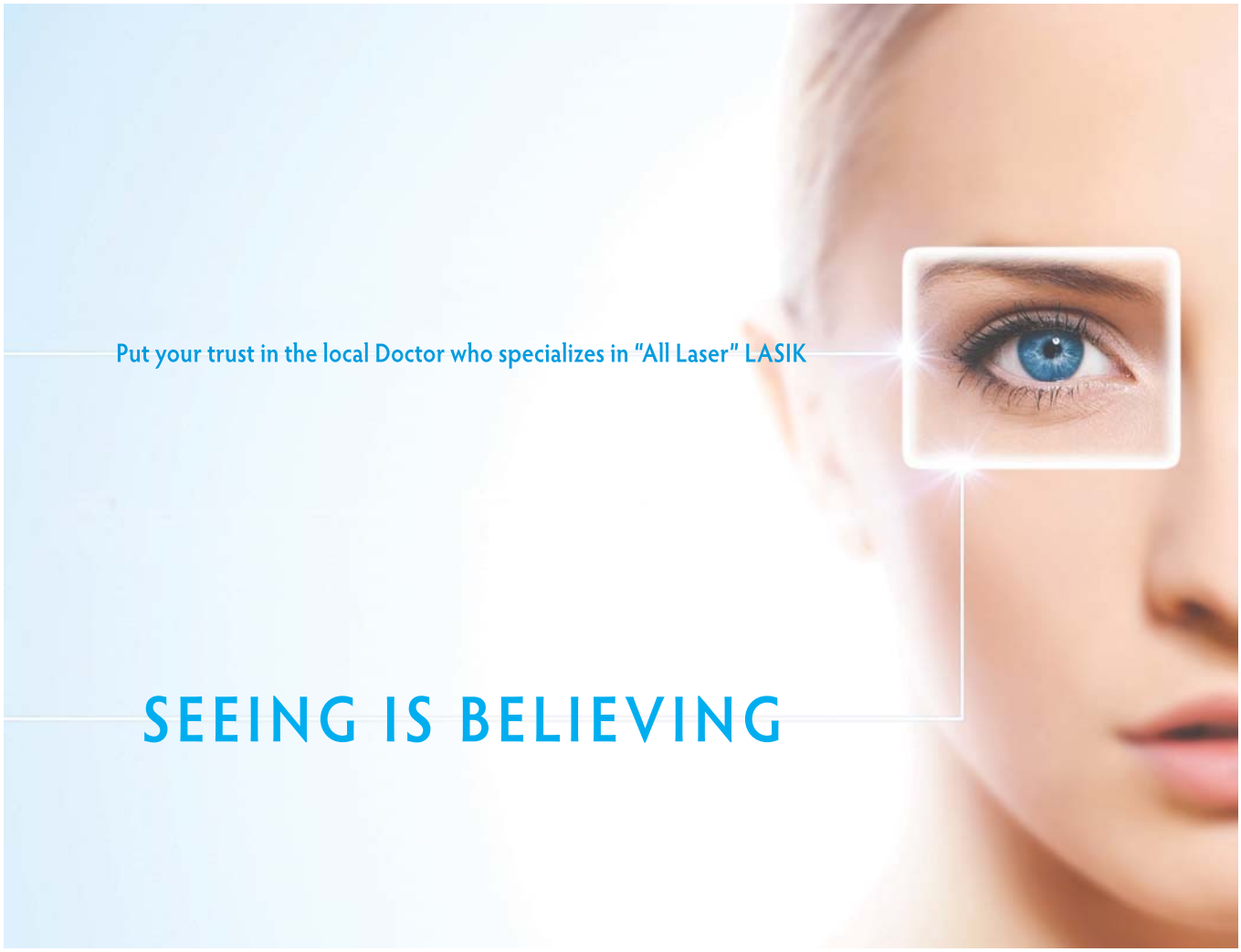
CoolSculpting is another new way to get under your skin without actually cutting into it. Although it only works on small, tough-to-eliminate spots, it involves limited downtime and few side effects for most patients. In Sorting it Out, you can learn why people want permanent makeup and what the upsides and downsides are. The Workout Corner offers a glimpse into two different, but equally challenging, barre classes.

For Pro Files, reporter Sally Baho interviewed dermatologist James Rheim about the changes he's seen since he started practicing in the field and how he stays so young and fit. In The Kitchen, we get splurgy with Highlands Inn Chef Christopher Vacca and his recipe for lobster spring rolls.

And before I sign off, an instant way for people of all ages and sexes to look better is to have a little confidence — stand up straight, walk tall, make eye contact and smile. If you don't see a good-looking person in the mirror, maybe you're just hiding her behind a façade that doesn't need renovation so much as a little touch-up.

Cheers,

Elaine Hesser
Editor



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WHAT'S NEW IN PLASTIC SURGERY?

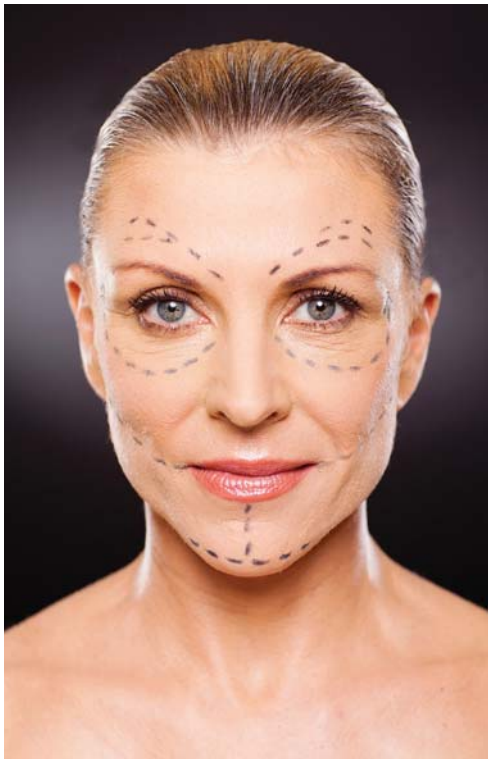
You may not believe your eyes.

By ELAINE HESSER

PLASTIC SURGERY is an old medical practice. The first recorded cases were from before the time of Christ, mainly in India. By the late 1700s and early 1800s, skin grafts, operations to repair cleft palates and rhinoplasty (procedures to repair or improve the appearance of the patient's nose) were documented in Europe and the United States.

The specialty grew with the introduction of effective anesthesia and antibiotics, and World Wars I and II increased the need for ways to repair facial and other injuries caused mainly by burns and bullets.

By the beginning of the 20th century, cosmetic surgery was growing up alongside surgeries meant to repair injuries and malformations. Doctors were beginning to look at eye surgeries that would make someone look younger, procedures to fix protruding ears, and eliminate wrinkles. There was a great deal of quackery and snake oil, but also sincere efforts at learning that included physicians trying techniques on themselves.



Cosmetic surgery has endured a great deal of skepticism, and as recently as January 2018 became the topic of a nasty, if brief, feud between Jane Fonda — who's openly discussed her surgeries — and NBC news host Megyn Kelly, who had the temerity to ask about them during an interview.

However, respected local plastic surgeons Dr. David Morwood and Dr. Douglas Sunde, who have practices just a few blocks apart in Monterey, pointed out that cosmetic surgery can be life-changing — and not just for those who need to have a repair after an injury or cancer surgery.

"Everyone wants to look their best," said Morwood. "It's in our DNA. We're living longer, working longer and still want relationships." He described cosmetic surgery as a way to take care of ourselves and feel better — just like eating right and working out. And it's no longer the sole provenance of the rich and famous.

"Many people in the middle class have plastic surgery," he said.

Sunde explained that as people age, their skeletons get smaller and they lose fat — but often in all the wrong places. Just as you might notice a loss of height as you age, your skull is also shrinking and your face is losing fat, which makes the skin sag.

"In France they say you can either have a great body or great face," he said, meaning that heavier people tend to look younger because they have more fat in their faces.

Take heart, though. With a facelift, it's not an either/

PLASTIC SURGERY con't. on page 14









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A COOL WAY TO DITCH SOME FAT

By ELAINE HESSER

ALL RIGHT. You've taken spin classes, you've limited your brie tasting at the Cheese Shop and you have more steps in your day than a hike to from the beach to Highway 1, but there's still a little bump of stubborn fat on your tummy or under your chin that's made what seems like a permanent home there.

One way to get rid of it is a surgical procedure called liposuction — a small tube is inserted through an incision in the skin, and the unwanted fat is vacuumed out. That's followed by a recovery period when there may be some bruising and other side effects, and according to the Mayo Clinic, you may not be able to return to work for a few days. Some other activities, including exercise, may have to wait a little longer — up to "a few weeks," according the clinic's website. The method has been used for decades, however, and according to the American Society of Plastic Surgeons is safe for most patients.

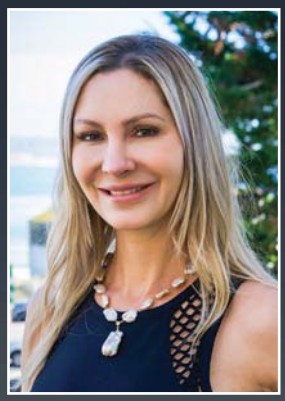


Christopher Dannaker

For those who want something non-invasive (not requiring anything to be inserted into the body), CoolSculpting is another possible solution. That's the trade name for a method of cryolipolysis, or fat freezing. Liposuction and CoolSculpting are only intended for reduction of limited amounts of fat, and the Mayo Clinic noted that results of methods like CoolSculpting will not generally be "as dramatic as those achieved with liposuction."

But, for many patients, they're just right, according to local dermatologist Christopher Dannaker, who said the newer procedure has been around for about 10 years and was developed by Rox Anderson at Harvard Medical School.

He said that the best candidates for the procedure are within 10 to 15 pounds of their ideal body weight. "It's not an efficient treatment for all-over fat or those who are sig-



Stacy Rohrbough

COOLSCULPTING con't. on page 12





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COOLSCULPTING con't. from page 10

nificantly overweight," he said. It will also not result in notable weight loss, for which Dannaker recommends a traditional Mediterranean-style diet and exercise. "It's not a substitute for a healthy lifestyle," he added.

Instead, it's commonly used for excess fat in places like the arms, back, abdomen, and inner thighs or beneath the buttocks. The way CoolSculpting works, Dannaker said, is that a clamp, also called an applicator, is placed on the spot of fat to be removed. The clamp cools the area to a very specific low temperature, creating ice crystals inside the fat cells, which cause the cells to rupture and die.

If you think about what happens to a head of lettuce that's been frozen, you'll have a good (or icky) visual image of the process. The dead cells are eventually absorbed into the body and excreted with other waste.

Dannaker said that after about three to five minutes, the cold creates an anesthetic effect. The patient feels very little, although the company responsible for the technology, ZELTIQ Aesthetics, notes on its website that some people may experience cramping, bruising, pulling, tingling, stinging or mild pinching. After the treatment, the area is massaged, which seems to improve the overall effect. In most cases, no time off from regular activities is required.

It takes about a month for the fat loss to be visible and as many as four months for the final effects to be seen. A single treatment removes about 20 to 25 percent of the fat in the area where it's done. Dannaker said with thicker spots of fat — say 2 or 3 inches — more than one visit is usually required.

Because the temperature is precisely adjusted, the skin and other surrounding tissues are safe. Aftereffects may include "a little soreness or puffiness" lasting less than a week. Very occasionally, a patient might need some Tylenol or Advil, Dannaker said.

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The fat loss is permanent and patients can usually return to their regular routines the same day. Published articles on the subject have pronounced the procedure both safe and effective.

In addition to Dannaker, several other local providers offer CoolSculpting, including Face First Laser Clinic. Owner and nurse practitioner Stacy Rohrbough said the procedure is popular with both men and women, with a nearly 50-50 split between the genders. Like Dannaker, she said the procedure works best for those who are physically fit.

She said, "This is for someone who watches what they eat, but still has stubborn pockets of fat. A lot more guys want to look good, too," she said, adding that even bodybuilders have benefited from CoolSculpting. Cost varies depending on how much fat needs to be removed, but Rohrbough said $750 to $1,500 per treatment is average.

Dannaker and Rohrbough both said prospective patients need to have a consultation with a medical professional to make sure they're good candidates for the procedure.



Face First patient's results after four cycles of CoolSculpting.



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PLASTIC SURGERY cont. from page 8

or situation. That's why, "Facelifts are fun," said Sunde.

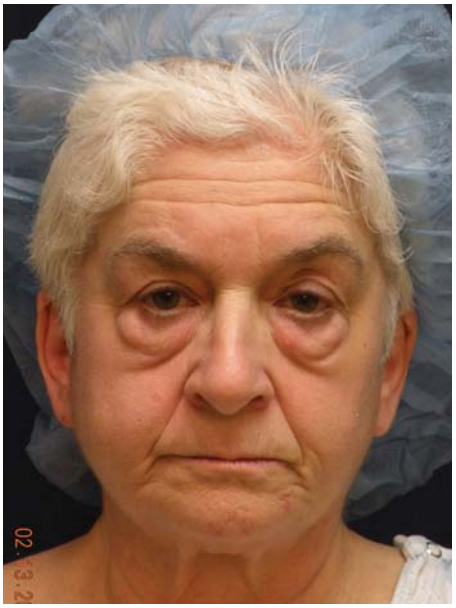
But he's not talking about the facelifts of the 1960s and 1970s, when long incisions were made, excess skin was removed, and the remaining skin was pulled taut and sewed together before it could spring back.

Morwood noted that incisions were often 12 to 18 inches long. "One-third of the back of the head had to be shaved," he added. "The patient had to spend one or two nights in the hospital, and then was in bed as long as two weeks."

Now, Morwood and Sunde use a radically different approach. Just as gall bladder and knee surgeries can be done with much fewer, smaller incisions, so can facelifts. Morwood said not only are the new techniques less traumatic, they're great for patients who can choose just to have the neck and jowls done, for example.



David Morwood





Today's plastic surgery procedures can yield subtle or dramatic results.

The results don't look as severe as some you may recall (Joan Rivers, Phyllis Diller). "People want to look more like themselves, but rested, vibrant and rejuvenated, like they've been on vacation or they're in love," said Morwood.

And what Morwood called an "unfunny practical joke" — the fact that as people age, they lose fat in the face and it tends to gather in the torso — can also be reversed, at least a little. He and Sunde use the unappetizing-sounding fat graft to remove some of what's been added to the patient's trunk, centrifuge it to concentrate the fat, keep it sterile and then inject it into the cheeks, facial folds and other places where it will help improve the patient's appearance.



"Lunchtime treatments" using injectibles are available

You may have heard of fillers, which are manufactured substances used in much the same way. Morwood referred to getting those injections as a "lunchtime treatment." They last anywhere from six months to a year. Sunde said the newer ones, which contain a chemical called hyaluronic acid, are an improvement over older ones made of collagen.

"About 2 percent of the people who used [the collagen] were allergic to it," Sunde said, necessitating weeks of testing in advance to make sure there were no reactions.

While fat grafts take a bit a longer and are more involved because of the liposuction required, Sunde said using fat as a filler is different "because it's your own tissue. It's like a skin graft. If it works at the outset, it lasts forever." And, he added, it's rare that the procedure doesn't work. "There are



Douglas Sunde

YOUNGER con't. on page 21

SORTING IT OUT:

Is permanent makeup right for you?

By ELAINE HESSER

IT'S COMMON in many parts of the world, but permanent makeup is still a bit of a novelty here in the United States. Hilary Anderson, owner of New Image by Hilary in Carmel Rancho, said she originally learned the technique from natives in Canada, and has been practicing the art for more than 20 years.

"I was a photographer, but I got a little burnt-out," she said. That doesn't stop her from taking before-and-after photos of her many clients, however. Nowadays, permanent makeup is governed and regulated by the county health department, which Anderson said inspects her facility and issues her operator's card.

She also has annual training in preventing transmission of diseases spread through the blood and is meticulous about cleanliness and sanitation.

Contrary to popular belief, permanent makeup, although it shares similarities with a tattoo, has some important differences. "A tattoo goes seven layers deep into the skin," Anderson said. "I go two layers in." Also, she uses more of a solid pigment as opposed to the ink that tattoo artists employ.

"The ink would bleed," Anderson said, evoking the image of someone with a decades-old tattoo that has blurred and is no longer clear. The most common areas where she applies color are eyebrows, under the eyes as eyeliner and on the lips.

Why would anyone want permanent makeup? There are many

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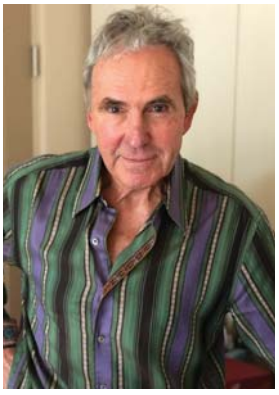
Pro FILES

Jim Rheim, MD

By SALLY BAHO

JIM RHEIM has a certain *joie de vivre* about him that is contagious — probably because his life has been a series of pursuing the things he falls in love with. Tall and lean, he is a Southern California boy through and through — active, easygoing, and athletic. He grew up on Coronado Island in San Diego. "I used to body surf all weekend," he said. He took up golf in high school and got hooked. Rheim attended Stanford University, where he became a three-time All-American golfer. During school, he would sometimes come here to play, unknowingly planting the seed for his future home.

He majored in mechanical engineering with a minor in philosophy, but also had to take a biology class. "I fell in love with biology, learning how a cell works. It's about us. Living creatures. How we work," he said. And speaking of falling in love … while still in college — at 22 — Rheim married Anna, his wife to this day. After picking his pre-med roommate's brain, he switched majors to biology in his third year and started preparing for medical school, which he attended at at Tulane in New Orleans. He did an internal medicine internship in that city, where the last two weeks were dermatology and he immediately knew what he would specialize in.



Jim Rheim

"Wham! I loved that it's visual, you can see someone and know what's wrong with them," he said. He did his dermatology residency at the University of Michigan and in 1976, he and Anna moved to Carmel Valley, to the house where they still live. He joined Dr. Rolf Johnsen, a dermatologist who practiced here, and was with him for 19 years until Johnsen retired. Rheim has a son and a daughter, who also live nearby, and is the grandfather of two little girls. In 2004, Jim's son, Joseph Rheim — also a dermatologist — joined his father to form their practice, Rheim Dermatology.

Since 1976, the field of dermatology has seen its fair share of changes. Most notably, Rheim commented that it has become "a female-oriented specialty. It's a flexible specialty that allows women to pursue careers and families together easily." And technically speaking, dermatology was drastically changed by laser. "There was no laser in 1976," he said. "Cosmetic dermatology probably started in the 1980s, trying to improve the appearance of people with laser, Botox, and Accutane," he said. "Accutane was a breakthrough for treating acne," he said. The drug — an oral medication for treating severe cases of the skin problem — came out in 1982 and has had a bad reputation due to the initial listing of all the potential side effects. "Most of those turned out to be inaccurate," said Rheim, who says "it works really well."

Another cool advance in dermatology has been targeted therapy. Doctors can target melanoma — just the cancerous cells — and not affect the healthy skin cells. "This has been a major breakthrough in the last year or two," he said.

Rheim is a self-proclaimed compulsive exerciser. "Exercise is my top priority," he said. "The first thing I think about when I wake up is when am I going to exercise today?" he said. He insists on getting two hours of exercise daily. At 76, he runs, golfs, hikes and, "Every morning for the past 40-50 years I have done 30 minutes of hell, where I do barbells and [resistance] bands intensely," he said. He has run six marathons with Anna, including the Boston Marathon. He loves to take his Norwich terrier, Ella to Garland Park. He also takes an annual trip to Ireland for two weeks. During the first week he "walks around," and the second week he golfs with his buddies from Stanford.

Two years ago, he took a workshop at the Monterey Museum of Art that changed his life and he now

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SORTING con't. from page 15

reasons, not all of them obvious. Cosmetically, of course, that permanent eyeliner is a gift for those who need to put on glasses to apply makeup, or have less than a steady hand. Anderson has also done it for blind clients.

Some women's eyes run or tear because of allergies, while others have oily skin that makes makeup run. And mature women can experience problems with lipstick and lip liner bleeding, leaving them looking less than attractive.

One of her male clients was preparing for chemotherapy and the accompanying hair loss, and had his eyebrows done. And although Anderson didn't mention it, women who have had breast replacements after mastectomies have had color added around the nipple area to make it look more natural.



Although it's called "permanent," Anderson said the color typically lasts five to 10 years depending on sun exposure and use of glycolics — acids commonly found in skin peels and exfoliants. She's seen people go as long as 20 years before needing a touch-up, however.



Hilary Anderson

Another common question is, "Does it hurt?" The answer is, "usually not." Color is applied in tiny dots, with a minuscule needle, and a mild anesthetic is applied to the skin beforehand.

She draws the liner, brows or lips — or sometimes a beauty mark the client wants — on first and makes sure the person is satisfied with it. She works hard to blend the eyeliner so it fades at the edges, and she only uses "classic" colors like black or brown. Anderson's "lip extensions" — a technique she developed —

PERMANENT con't. on page 21

(Left) Before permanent eyebrows, eyeliner, and lip extensions (a blending of liner and full color to achieve natural fullness). (Center)Immediately after the procedure. (Right) One month later, all healed.

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WORKOUT CORNER

A tale of barre-hopping

By ELAINE HESSER

THE OWNER of Carmel Barre, Arianne Bautista, looks like a perfectly nice human being, and in fact, she is. That is, until she gets in front of a barre class. Then you start to wonder.

The studio, which now has three locations — on Dolores Street, in Carmel Rancho and on Pacific Street in Monterey — and more than a dozen instructors, specializes in barre classes. The barre is the same one you see ballet dancers use, with full-length wall-to-wall mirrors so that participants can check their form.



Arianne Bautista

Lest you think that means an hour in the doldrums, the day I showed up for class, techno-dance music pulsated through the studio. At 57, I was among the older participants, but not the oldest. I was, however, the only newbie and it showed — just a little. Fortunately, it's a supportive group.



Shannon Hurlburt

Attire for the class is capris or stretchy slacks, like yoga pants. Shorts are not recommended because some of the exercises require being on all fours, and longer pants help protect the knees. People are expected to bring their own mats and water bottles. A towel is also nice to have, although like many of the studios around here, there are no showers available.

Finally, socks that are "grabby" — that have sticky spots on the bottom — are highly recommended. Shoes come off at the door, and the socks keep people from slipping out of their downward dogs into downward face plants.

Yes, there were downward dogs, and some other moves borrowed from yoga, as well as many of the deceptively small, pulsing types of exercises you'll find in Pilates. When they tell you to pick up weights, underestimate. A lot. I lift weights three or four times a week, but keeping those cute, pink two-pound barbells in motion at arm's length just about pushed me over the edge.

Upper body work was done on the mat and with small dumbbells. Leg work involved a small, soft ball that got squeezed between the thighs a lot and, of course, the barre. The closest we got to dancing was when Bautista referred to "first position," a ballet term meaning to stand with the toes and knees pointed outward and the heels together.

From there, there were a lot of pliés — squats, more or less, with the feet to the side. More advanced moves included getting way up on the balls of the feet and then proceeding to bend the knees.

Finally, it was back on the mat to work the glutes and abs, and do a few balancing and stretching exercises. Throughout, between saying, "push, pull, push, pull" and providing encouragement, Bautista kept an eagle eye on everyone's form, protecting backs and knees from injury.

There was a surprising amount of cardio as many of the movements were repeated dozens of times, getting the heart rate up. There was also some sweating, although I was able to change and clean up well enough to be seen publicly afterward. Moves can be adjusted to accommodate joint or muscle issues, too.

However, not all barre classes are alike. For instance, at Montage's Wellness Center in Salinas, Shannon Hurlburt puts a decidedly different spin on the practice. Beautiful and somewhat familiar classical piano passages filled the group workout room, where he leads his students each Wednesday.

In Hurlburt's class — also done shoeless — the links to ballet were more evident. That's unsurprising, as Hurlburt has a decades-long history as a professional

BARRE con't. on page 20

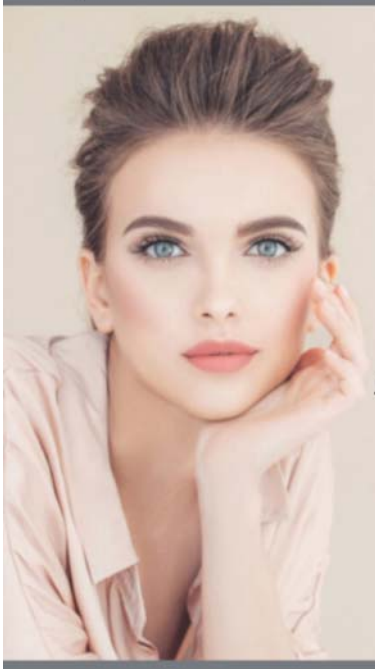
PRO FILES con't. from page 16

sketches daily. He adopted the art name Jasco for Jim plus Picasso. "I just watch Jasco paint," he said. "It gives me great fulfillment. I just let my subconscious take over," he said. As for his career, he has been "thrilled with practicing dermatology," he said, "I like to use my creative side to come up with treatment plans I hadn't thought of before. I try to expand my horizons by reading dermatology journals." Rheim incorporates his undergraduate philosophy minor in his practice, too. "It gives you an appreciation for the vicissitudes of life and how everyone has got their own niche and pattern of doings," he said. "Give your soul and creativity a chance to think outside of the box. Art has given me a new appreciation for doing things."

And he still loves golf. Rheim has played in several big tournaments, including one U.S. Open, four U.S. Amateurs, and eight AT&T Pro-Ams. He won the AT&T in 1989 with Pro Steve Jones and came in second in 1988.

Rheim said, "I'm grateful I get to see people. They come to see me and I get to help them … it's a gift. I'm also thankful I have a great life, good health, and a great family." When people ask him when he will retire he responds, "When I can't do it or don't like it anymore."

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BARRE con't. from page 18

dancer, most recently with Smuin Ballet.

The pace was slower and less strenuous than Bautista's session. No weights or accessories besides the barre were used. The steps that were repeated during the first portion of the workout were done to music at the end, which was enough to fuel anyone's 5-year-old inner ballerina.

I felt the Montage class mostly in my hips because of the constant rotation of each leg. It was not very aerobic, but it was excellent for posture, balance and flexibility. There were ample opportunities to stand on tiptoe, which is as close to "on point" as most people want to get.

Bautista said that barre workouts had their origins in 1959, with a dancer named Lotte Berk in London. She used them to help herself rehabilitate from a back injury, and opened a studio in her basement, where she worked with the likes of Barbra Streisand and Joan Collins.

The exercise form came to the United States with Lydia Bach, one of Berk's students. She ran a successful studio in New York City for more than 30 years. Several of the instructors she hired eventually went on to start their own studios.

After the movie, "Black Swan," came out in 2010, the American Council on Exercise noted that interest in barre classes flourished nationwide — especially after it became known that the film's star, Natalie Portman, did a ballet-type workout to get in shape for her role.

Although you probably won't get her results — Portman reportedly worked out more than eight hours a day, six days a week for the movie — the moves can be helpful in improving your everyday strength and balance.

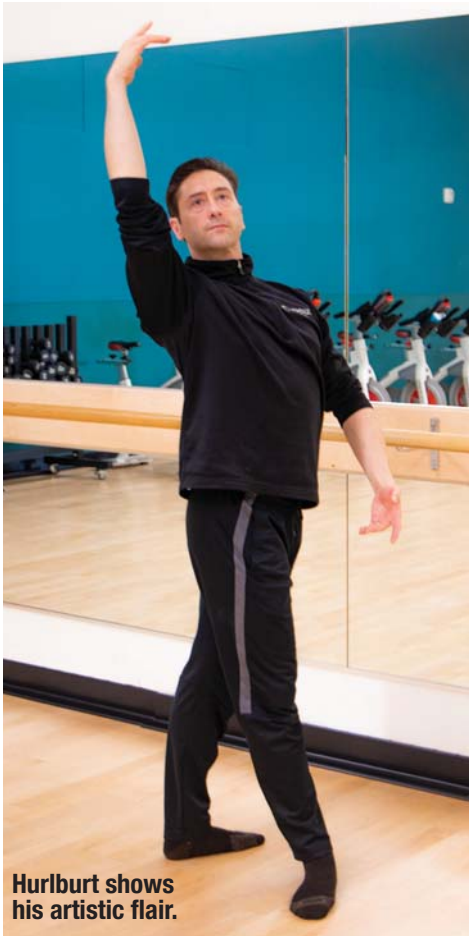
According to Bautista, "You definitely work the core — and that is the focus for the entire class, but flexibility is a component, and the minimal stretching we do really does make a difference!"

Hurlburt added, "Breath and breathing skills are also utilized to progress body weight movements throughout full ranges of joint motion." From his perspective, improved posture and lengthening of muscles are among the biggest benefits.

Not all barre classes are alike

Since the form varies widely from instructor to instructor, ask about observing or taking a class before you sign a contract. Some places have drop-in rates, while others may have free "try it" options or other policies for folks new to the workout.

Once again, it's a matter of finding what moves you — and what gets you moving — even if it's imagining yourself in "Swan Lake" or "The Nutcracker."



Hurlburt shows his artistic flair.



Bautista keeps students on their toes.

YOUNGER con't. from page 14

really good studies that show about two-thirds of the fat grafted in lives forever, so we over-inject people — just a little."

Sunde pointed out several other uses for fat grafts — after breast reconstruction, for example, they can fill in small dimples or indentations. They can also make the skin look more normal after radiation treatments, which can leave it looking hard, thick or even woody. He especially likes using them in patients' hands, to make them look younger.

As for some of the other claims out there, Sunde warned against anything advertised with stem cells. "I can't wait until they can do all the things people think they're going to do, but we're not there yet." He envisions a day when people can get cartilage grown in a lab from their stem cells and have it injected into a joint to resurface it, for example. "But nobody can do that yet," he said. The same is true of "stem cell facelifts," which he said offer no proven advantages.

Morwood described the true aim of legitimate cosmetic surgery: "By using a foundation in both art and science and by approaching facial rejuvenation with dedication to surgical excellence, we aim to have more people looking their best and then feeling their best."

PERMANENT con't. from page 17

are a combination of liner and color that blend gradually toward the center of the lips.

The procedure can take as long as two or three hours, although with her experience, Anderson can usually complete a job in an hour. The color is more intense at first, and there may be some redness around the application site. For the next seven days, she cautions clients: "No water, no lotion, no sun, no touch." Ointment is used on the lips so eating or drinking won't prevent the color from setting properly. After that, they can wash the area with a clean face cloth and the color will be approximately 20 percent lighter.

At Face First Laser in Monterey, which also offers permanent makeup, owner and nurse practitioner Stacy Rohrbough said that she recommends clients stop use of aspirin, ibuprofen and blood thinners for five days before the procedure, as they can cause extra bleeding, which will in turn keep the client from absorbing all the pigment that's applied. Unlike Anderson, Face First recommends a thin layer of ointment on the treated areas for five to seven days.

It's a little work up front, but practitioners say the results are long-lasting, so if permanent makeup sounds like something that suits your lifestyle, it's definitely something to look into.

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THE Kitchen

LOBSTER SPRING ROLL

IF YOU'RE a good home cook, every now and again you like to challenge yourself — maybe whip up something from Julia Child or Rick Bayless that will really wow your guests. Chef Christopher Vacca from the Highlands Inn has given us a real show-stopper this month — spring lobster rolls with an exotic dipping sauce.

Because not every cook has access to the types of ingredients used in a professional kitchen, we've taken the liberty of suggesting some substitutions, but most should be found in the Asian section of your local market.

Also, about that lobster — Vacca's original recipe called for a freshly cooked lobster, but if you just don't have the heart to make one take that plunge, good-quality cooked and frozen lobster meat is available in some larger markets, while others frequently have just the tails in the refrigerator section. Heck, you could even experiment with some lump crabmeat.



INGREDIENTS

Serves 6

GUAVA & POMELO DIPPING SAUCE

1 serrano chili, seeded

1/3 cup cashews

3 cloves of garlic, peeled and slightly crushed

1/4 cup cilantro leaves

1 tablespoon molasses sugar or light brown sugar

2 tablespoons soy sauce

3 tablespoons lime juice

3/4 cup guava puree (available in the Hispanic section of most markets)

1/4 cup pomelo or grapefruit juice

1 tablespoon fish sauce

2 teaspoons sesame oil

SPRING ROLL

2 pounds shelled, freshly cooked or cooked and frozen lobster meat

1/4 cup mirin (Asian cooking wine)

1 teaspoon agave syrup, usually found near other sugars and syrups

1 blood orange, juiced and zested; a regular orange can be substituted

1 teaspoon Sambal (Asian-style) chili paste

1 peeled and seeded cucumber, sliced into matchsticks

(con't. on next page)

1 carrot, peeled and sliced into thin matchsticks

12 rice paper sheets (available in the Asian sections of most markets)

1 tablespoon black sesame seeds

1 head of Bibb or similar lettuce, torn into pieces

4 kiwis, peeled and diced

1 cup sliced canned Lychee nuts

1/2 bunch of mint leaves

1 cup bean sprouts

1/2 bunch cilantro

10 basil leaves, sliced into thin strips



PROCEDURE

Dipping sauce

Add chili, garlic, cashews and cilantro to a mortar and pestle, or to the bowl of a small food processor, and grind until smooth. Add the rest of the ingredients and mix well.

Spring roll

Whether using freshly cooked or frozen lobster meat, cut into strips.

In mixing bowl, combine all liquid ingredients with the cucumber and carrot.

Bring 1 quart of water to a boil. Using tongs and working with one rice sheet at a time, dip it into water to soften for approximately 20 seconds. Be patient. When you're first learning to work with the sheets, they're easy to break or tear, but you'll get the hang of it.

Place on a cutting board and sprinkle with sesame seeds and lay the ingredients across it as if you were making a sushi roll, in this order: Lettuce, kiwi, Lychees, mint, bean sprouts, lobster, cilantro, the carrots and cucumbers (shaking off any excess liquid), basil. Be careful not to overload the rice sheet.

Fold in sides, and roll into a tight log, like a burrito. Keep covered with a damp towel. Cut on a bias, and serve with dipping sauce.

ABOUT THE *Chef*



Christopher Vacca has been executive chef at the Hyatt Highlands Inn for just over a year, where he uses his more than 20 years of experience in the restaurant industry to impress the inn's guests in the stunning Pacific's Edge dining room. He is an alumni of The Culinary Institute of America, and previously served as the executive chef at award-winning Cantinetta Luca on Dolores Street and as executive chef at Big Sur Bakery in Big Sur.



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