

SIMPLE SAUCES • LOW-FAT PASTA • SPECIALTY SEED CATALOGS • NAPA'S STEALTH WINEMAKER

# Food & Wine

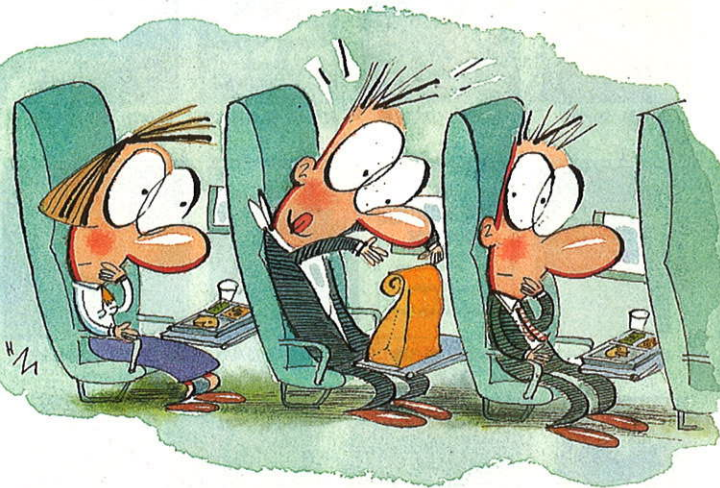
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## **CHOCOLATE** 5 FAVORITE DESSERTS



# Air Fare Strategies

*Foodies who fly share brown-bag secrets with Kelly Alexander*



**W**ith many airlines cutting back on the number of hot coach-class meals they serve, it's best to be prepared when you get on board the plane. To discover what foods travel best in carry-on luggage, we asked some culinary pros to tell us what they brown-bag on planes.

**JULIA CHILD**, TV chef and food writer extraordinaire: peanut-butter-and-honey sandwiches, plus Roquefort salad dressing. "The beauty of the sandwiches is that they keep well and you can be certain that they're tasty. And the salad dressing can hide the taste of almost anything I don't like."

**ANNE DE RAVEL**, producer of the Television Food Network's *Dining Around*: bean salads, *haricots verts* in vinaigrette, cheese and bread. "Once on a trip to France, I was stuck on a runway for three hours and started eating my picnic. The other passengers were glaring at me."

**NAOMI DUGUID**, coauthor of *Flatbreads and Flavors*: homemade whole-wheat pitas and carrot and celery sticks. "The pitas are soft and I know I'm not going to get sick of them. The veggies are great because they don't leave that sugary taste in your mouth like raisins and other things can."

**NICK MALGIERI**, director of the baking program at Peter Kump's New York Cooking School and author of *How to*

I get on the plane." Runner-up choice: a tin of foie gras. "I learned about foie gras from Peter Kump, who used to buy it at the duty-free shop in Paris and eat it on the way home."

**CAROLYN O'NEIL**, host and executive producer of CNN's *On the Menu*: fresh-baked bagels and Starbucks coffee from the airport food court. "Airport food has started to improve significantly, so we have more control over what we eat by buying what we like before we even take off."

**JEAN-GEORGES VONGERICHTEN**, chef and co-owner of Vong, Jo Jo and Jean Georges in Manhattan and branches of Vong in London and Mexico City: Camembert. "I find that the cheese, which doesn't need to be refrigerated, is a perfect choice for traveling. With a little knife and some bread, it's great." The best accompaniment? "A chilled bottle of Pétrus."

**MICHAEL WHITEMAN** and **ROZANNE GOLD**, Manhattan-based restaurant consultants: a lemon and a shaker of red pepper flakes. "A squeeze of lemon and a sprinkle of hot pepper can resuscitate almost anything," says Gold.

**PAULA WOLFERT**, author of six cookbooks, most recently *The Cooking of the Eastern Mediterranean*: bottled water. "I bring at least two big liters, since the stewardesses never give me enough. I load up. My skin glows by the end of the trip." Wolfert doesn't feel the need to brown-bag food, how-

## DR.'S ORDERS

Feel bloated when you fly? Here's why: changes in air pressure can cause the stomach and intestines to expand by as much as 30 percent. Gastroenterologist Bradley A. Connor, director of Manhattan's Travel Health Services, recom-