



UNIVERSITY OF MINNESOTA  
TWIN CITIES

Division of Epidemiology  
School of Public Health  
Stadium Gate 27  
611 Beacon Street S.E.  
Minneapolis, Minnesota 55455  
(612) 376-4056

*done*  
*2/25/86*

February 20, 1986

Paul Prudhomme  
K-Paul's Louisiana Kitchen  
416 Chartres Street  
New Orleans, LA

Dear Paul:

I am anxious to hear how your trials are going in the test kitchen and progress with your diet cookbook. I'm finally doing what I promised I would do earlier last year, to make running commentary on some of the items in the Louisiana Kitchen book.

Roux - I'm quite sure we talked about roux when I was there and you had already started browning flour to give the quality you need to many dishes without cooking it with oil.

I've noted your frequent comments about temperature of cooking, deep frying and so forth. I don't have the specific information at hand I want to give to you, but do want to let you know that there is increasing evidence that high temperatures produce compounds which can contribute to the generation of cancer. I doubt this is new information to you, but there is more evidence about this, of course an issue in black roux and blackened dishes. I'm not concerned about it in terms of individuals occasionally eating Cajun style. But as a mass phenomenon as your style catches on so widely, the combination of the high temperatures, with naturally occurring carcinogens in black pepper, is something to think about in the long term and frequent eating of blackened dishes. As you know, most scientists in the field feel that the remarkable diminution in stomach cancer rate in this country has been because of refrigeration and the associated decreased use of smoking and salted preservation. Similarly in Japan the idea that grilled foods are much less used and salt curing is decreasing, along with digestive cancers.

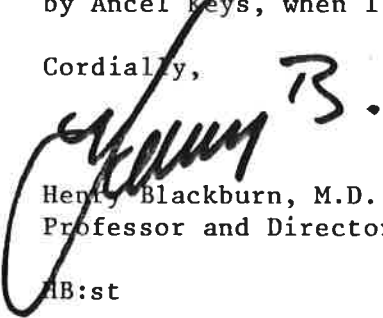
I'm looking at your bread section now. I'm sure you're systematically approaching reducing the salt and sugar in breads as well as reducing the use of butter and eggs. It would be nice if you could try in the two egg recipes using one yolk and two whites and see if you do all right. I make biscuits, rolls, French loaves, muffins all the time with no eggs, no sugar, no butter and they are "well received." And corn bread comes out perfectly well without butter and sugar. I hope you're trying Mama's Yeast Bread without the vegetable oil.

Though there's no particular health reason involved, I enjoy my own breads made out of unbleached white flour rather than all-purpose flour. I'm sure that sugar content can be reduced dramatically and still give excellent quality bread. Instead of melted butter on the bread for browning, I use egg white, again reducing the fat content a bit.

Crepes - I've found that I can get the same quality, consistency and nonstick performance by using one egg yolk instead of two. I think you'd probably do well from the health standpoint to remove bacon drippings from suggested fats, or only use vegetable oil, and I expect be better off.

I'll keep on if I may, and hope to see you and retrieve the books by Ancel Keys, when I come down in May.

Cordially,



Henry Blackburn, M.D.  
Professor and Director

HB:st