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## Food

# The foods prominent people can't live without

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It was lemons and cappuccino that Martha Stewart missed while spending five months in Camp Cupcake, more formally known as the federal prison camp in Alderson, W. Va. When she returned to her sprawling estate in Bedford, N.Y., she picked three lemons in her greenhouse. "These are my first lemons in five months. I really missed them," she admitted, adding she had been dreaming about cappuccino.

Ask cookbook authors, Chicago foodies, high-profilers, politicians and most anyone about the foods or drinks they don't think they could live without -- say while secluded on a remote island rather than imprisoned a la Martha -- and their answers are as different as the individuals.

Not surprisingly, sushi, steak, chocolate and pizza are to some what lemons and cappuccino are to Martha: a good thing.

Michael Kornick, executive chef of mk, explains he's been serious about sushi for more than 25 years -- and, yes, he needs sushi and Parmesan cheese to be happy. Kornick says if he had an olive tree, an egg-laying hen and "an ocean full of fish," he could live forever.

Allison Rosati, WMAQ-Channel 5 news anchor, says, "It is difficult to pick just one [food] because it is hard to imagine a world without pizza, Portillo's hot dogs, dolmades, eggplant parmigiana and lobster bisque," but she, like White Sox Manager Ozzie Guillen, couldn't live without sushi. "And plenty of wasabi to go with it," Rosati adds.

### FOODS CHICAGOANS CAN'T LIVE WITHOUT

- **Mayor Richard Daley:** Thin crust cheese pizza
- **Antonio Mora:** Hamburger and fries
- **Allison Rosati:** Sushi, lobster bisque

Sashimi -- cuts of raw fish -- gets the vote of Sen. Barack Obama.

It's neither sushi nor sashimi, but rather salmon -- and mashed potatoes, collard greens, and fruit (pineapple, apples, oranges)

- **Michael Kornick:** Sushi and Parmesan cheese
- **Michael Jordan:** Delmonico steak
- **Art Smith:** Iced green tea
- **Kevin Hickey:** Banh-mi sandwiches
- **Rod Blagojevich:** Ice cream
- **Francis Cardinal George:** Peanut butter
- **Barack Obama:** Sashimi
- **Rick Bayless:** Doughnuts
- **Gerty Leong:** Thai food

and grapes) - that pleases the Rev. Jesse Jackson Sr., founder/president of Rainbow/ PUSH Coalition Inc. Cardinal Francis George of the Archdiocese of Chicago laughs aloud before answering, "Peanut butter! It's what I missed for 12 years while I was in Europe. I like the chunky, of course."

Rabbi Yechiel Eckstein, founder/president of the International Fellowship of Christians and Jews, replies, "Not by bread and not by water shall man live ... but I couldn't live without Starbucks coffee --

very strong, black, with a little Equal or Sweet'n Low -- in the morning, and a Cabernet or Merlot at night. One gets me going; the other gets me down."

Meat rates high as a "must-have." Michael Jordan favors steak. Martial Noguier, executive chef of One Sixty Blue, in which His Airness is a partner, says the greatest basketball player to ever live prefers the delmonico, "but he'll eat anything."

WBBM-Channel 2 news anchor Antonio Mora admits he loves pastries but isn't sure he could live without hamburgers and french fries. "Maybe I could live on steak, but not without french fries. I love those french fries!" After thinking it over, Mora gets serious: "I could not live without hamburgers -- hamburgers with ketchup and mustard." He prefers his burgers grilled. Rosebud Steak House's burgers on pretzel rolls are his fave; he also likes Boston Blackie's.

WGN Radio's Spike O'Dell, the king of morning drive who insists his middle name is "Food," couldn't exist without steak and the table-side Caesar salad he has honed to perfection. A gourmet chef, O'Dell enjoys beef, pork and chicken. His favorite snack? Popcorn.

Bill Roche, executive chef at Foodlife, is another red meat aficionado, but he admits he also craves Cocoa Pebbles cereal with bananas. And Food Network headliner and cookbook author Paula Deen answers, "Meat and taters! Remember, I'm the woman who can't eat a yam without a piece of pig to go with it!"

WGN-Channel 9 sports anchor Dan Roan replies, "Does beer count? If not, I love barbecue -- pulled pork, chicken, ribs, any of it ... a huge weakness."

Not unlike millions, Anne Byrn, author of *The Dinner Doctor* and *Cupcakes! From the Cake Mix Doctor*, can't fathom life without chocolate; yet Katrina Markoff, chocolatier and owner of Vosges Haut-Chocolat, is into cake, surprisingly, minus chocolate.

"My fix is a big piece of chocolate layered cake, my mom's recipe for old-fashioned chocolate cream pie with meringue, chocolate chip cookies, very dark chocolate ice cream with nuts, and a Hershey's chocolate bar with almonds," confesses the trim Byrn, whose Dinner Doctor column appears weekly in the Food section. She usually breaks a Hershey's bar in thirds for enjoyment while flying.

Markoff's must-haves? "Freshly-squeezed blood orange juice with Campari; perfect

red velvet cake with cream cheese frosting; different waters from places like China and Holland; and I'm inspired and obsessed with Lebanese Kefta kabobs."

It is Chicago, and pizza is an obsession for many, including Mayor Daley who says he can't live without thin-crust cheese pizza. John Ayaleanos, executive chef at Carmichael's Chicago Steak House, considers Lou Malnati's deep dish sausage and pepperoni the ultimate. And Channel 5 news anchor Anna Davlantes adores Lou Malnati's pan pizza ("That beer crust ... I just crave it!") and Hostess Cupcakes.

Pizza also rates atop the gastronomic delights of Channel 2 news anchor Randy Salerno, but skip the deep-dish varieties. His favorite is Jewel Thin and Crispy. "That's right -- a frozen pizza. I can't explain it to you, but I've been eating it since I was a little kid. It's sort of a combination comfort food and just darn good tasting! I make my wife keep at least half a dozen in the freezer at all times."

Traditional American fare captivates U.S. Rep. Rahm Emanuel, who is happiest devouring Weiner Circle's hot dogs "with everything" plus french fries and Manny's corned beef and hot pastrami on an onion roll; and Gov. Blagojevich, who craves "ice cream -- real ice cream, not non-fat. That's why I run a lot!"

Other can't-live-withouts:

Rick Bayless, chef and co-owner of Frontera Grill and Topolobampo: "I always say my favorite food/dish is the next one I am going to make or eat! I really like to keep trying new things and always try to enjoy whatever I am eating. If I had to pick a favorite indulgence: definitely doughnuts."

Tim Scott, executive chef at Marshall Field's: "Garlic! Followed closely by black pepper."

Noguier, executive chef at One Sixty Blue: "I couldn't live without poultry ... guinea hen, squab, chicken. I also love mushrooms ... truffles, shiitakes. And cheese is very important to me. Cheese is like caviar to me."

Art Smith, cookbook author and chef to Oprah: "Iced green tea with a little honey and lots of ice."

Kevin Hickey, executive chef Ritz-Carlton Chicago: "Banh-mi sandwiches. They are a Vietnamese sandwich made with different kinds of meats and vegetables, cilantro and hot peppers on a very crusty baguette-style bread the Vietnamese learned to make from the French. The best I have had in this city are from Ba Le on Broadway. I also wouldn't last long without good Chicago-style pizza."

Peter Rios, pastry chef of Cafe des Architectes at the Sofitel Chicago Water Tower: "Coffee -- this is technically not a food, but I would consider it necessary to function every morning. Bread -- baguettes, multi-grain breads, and croissants -- and chocolate. I am, after all, a pastry chef."

MaryJane Butters, author of *MaryJane's Ideabook-Cookbook-Lifebook for the Farmgirl in All of Us*: "I can't live without quinoa, a grain from the Andes Mountains of South America -- it has more protein than any other grain."

Ben Ornelas, executive chef of Morton's, The Steakhouse of Rosemont: "Chicken and/or carbs of any kind!"

Patrick Stewart, executive chef of Lawry's, The Prime Rib: "The one food I can't live without is the garlic potato salad [papas con aioli] from Emilio's Tapas Bar in Hillside -- it is spicy with the power of garlic and goes great with their sangria."

Gerty Leong, owner of Sun + Moon Catering: "Thai food. Any kind of noodles, rice noodles or rice noodles with ground chicken and spices."

Warner Saunders, Channel 5 news anchor: "Although I love to eat, I can honestly say there is no food I could not live without. But life would be less fun without cherries and grapes."

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