

SAYING THANKS

Families First honors upcoming Children's Day luncheon supporters. **A5**



BLESSINGS

St. Ed's, Bethesda prepare for annual community events for pets. **A2**



CHARM, CHEER

Tome gives tips from PBERs on entertaining at home. **Food, A8**

Palm Beach Daily News

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Test for Alzheimer's brings mixed news

Dreyfoos relieved to learn disease progressing slowly.

By **DAVID ROGERS**
Daily News Staff Writer

In the months since Alexander Dreyfoos took a breakthrough test to determine whether he has Alzheimer's disease, the 80-year-old's life has continued on a steady course.

He and his wife, Renate, are

nearing the end of an 11-day photographic safari in India. That followed a summer largely spent in Scandinavia.

Back in May, Dreyfoos — who made his fortune inventing color-correcting equipment for photographs and video — was the first person in New York to undergo a new test that can

indicate the presence of Alzheimer's disease. That form of dementia progressively robs people of their cognitive ability and memory.

The *CBS Evening News* chronicled Dreyfoos' experience. At Mount Sinai Medical Center, staff injected a radioactive dye called Pittsburgh

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Alex Dreyfoos was the first person in New York to undergo a new test that can indicate the presence of Alzheimer's disease.

File Photo
/Daily News

PARTIES

Book idea simmered for several years as author pondered how to help charity

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ful, down-to-earth people who know how to make everyone feel welcome.

Palm Beach Entertaining: Creating Occasions to Remember (\$45, Rizzoli) by Annie Falk takes you behind the scenes into the detailed planning that goes into creating memorable events. Hosts featured include Hilary and Wilbur Ross, Ambassador Nancy Brinker, Arnold Scaasi and Parker Ladd, Steve and Kara Ross, Talbot Maxey and Kit Pannill, and others who share their menus, recipes and practical tips for giving successful parties.

The idea came to Falk several years ago. She wanted to publish a food-related book to benefit a charity. Her idea was to create a work that would celebrate life and reflect the grass roots of Palm Beach.

For several years, she had attended the Children's Home Society's Ultimate Dinner Party, an annual event that features a lavish cocktail party and after-groups of 12 going to homes throughout Palm Beach for dinner. The event was so beautifully put together, she said, that a book on the island's style of entertaining was the way to go.

She discussed the concept with friends, who pulled more friends into the project. She found an agent who offered it to Rizzoli, and *Palm Beach Entertaining* will be in bookstores this month. All proceeds benefit the Palm Beach branch of the Children's Home Society of Florida.

Palm Beach Entertaining is full of original ideas and has something for everyone who enjoys giving parties. There are ladies luncheons, sumptuous Moroccan hospitality, a Royal Dinner for 50, a Christmas family brunch in the tropics, dinners on the beach and detailed photos of beautifully presented dishes plus recipes.

Tips from the masters

The book features Claude Daste Rosinsky's 1927 Marion Sims Wyeth home, designed for entertaining with spacious rooms wrapped around a magnificent garden. Rosinsky was born to French parents in Rabat. She grew up immersed in Moroccan culture and her home is a



Jeffrey Langlois/Daily News

Champagne and pink grapefruit cocktail was among the refreshments offered at Victoria Amory's 'Lunch With the Ladies' event.

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reflection of her journeys.

She is an excellent cook. When chefs come to prepare special meals for events, she works with them on the menu and recipes several days before. Her tips for entertaining include the following:

- Color is very important to stimulate the appetite and set the mood. I like to introduce a variety of colors that complement each other but still look like a kaleidoscope.

- Not everything has to match. I love to mix the fine set of china with mixed salad or bread plates from the bazaar or hand-painted glasses that are all different.

- Layer textiles. The texture of an embroidered textile with the simplicity of linen and the sheen of a metallic or embellished fabric can make the table look very rich and inviting.

Hilary Geary Ross offers these ideas:

- Think carefully about seating your guests — it makes all the difference.

- Be flexible and ready for changes. There always are some, such as guests asking to bring guests and

guests with specific dietary needs.

- Always have extra place cards on hand.

- Serve a healthful dinner with the exception of a fabulous dessert.

Tips from Mimi McMakin and Celerie Kemble include:

- Bring nature to the table. Use fresh plant material. It doesn't have to be flowers. We use big leaves as placemats. Natural objects are the most important things we can find or cut ourselves. Our biggest shells, (used to serve condiments), were found on the west coast of Florida on an island called Useppa.

- Keep it real. We're only interested in entertaining if what we're doing is actually fun, and that means keeping things as informal and natural as possible. It is not about showing how perfect you can get your house in one night. Then guests feel included and invited into something sacred or real.

Mary Freitas shares these tips for entertaining tots:

- Keep everything mini, from the table and chairs to the food portions to the silverware. Make sure everything is appropriate for little fingers.

- Keep sugar to a minimum. Cake and possibly cookies is plenty. Avoid candy and other sweets, which can make children hyperactive.

- Children love flowers, too. We have fresh flowers delivered every week so I couldn't imagine a children's party without them. Keep them simple, bright and not too fragrant for young guests.

Patrick Park offers the following:

- Music is the most important element of the evening and sets the tone for everything else.

- The moment your friends drive up to the house, the party starts. I love to have them greeted by a lively mariachi band or trumpeters to announce their arrival. Guests walk in with a smile and are excited for what comes next.

- End the evening on a high note! Taking dessert in the living room lets guests really enjoy the featured performance of the evening.

- The mariachi band is waiting for guests as they drive away, to leave them with one final memory of the evening. That is the icing on the cake.

RECIPES

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Place in the oven and cook for about 45 minutes or until the lamb is cooked through. Let rest for about 10 minutes and slice.

To serve, ladle half the Afghan sauce on the bottom of a serving platter. Arrange the sliced lamb on top and pass the remaining sauce at the table.

Makes 6 servings.

Afghan Sauce

- 4 tablespoons (a half-stick) unsalted butter
- 1 pound shallots, sliced
- 2 cups chicken broth, preferably low sodium
- 2 cups beef broth, preferably low sodium
- 1 (28-ounce) can crushed or puréed tomatoes

- ½ teaspoon ground cardamom
- ½ teaspoon ground cumin
- ½ teaspoon ground turmeric
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground cayenne
- Salt and freshly ground pepper
- ½ cup plain whole-milk yogurt

In a stockpot, heat the butter over medium heat. Add the shallots and saute until just softened, 5 to 7 minutes. Add the chicken broth, beef broth, tomatoes, cardamom, cumin, turmeric, cinnamon and cayenne, and season with salt and pepper. Bring to a boil, then reduce the heat and simmer until most of the liquid has evaporated, about 45 minutes.

Working in batches, puree in a blender. Taste and adjust the seasoning. Return to the pot, add the yogurt and keep warm over low heat until ready to serve.

Makes about 4 cups.

Hilary and Wilbur Ross' Coconut and Macadamia Ice Cream Balls with Raspberry Sauce

- 3 cups unsweetened shredded coconut
- 2 cups roasted macadamia nuts
- 2 pints coconut ice cream
- 2 cups raspberries
- ½ cup sugar
- Juice of one lime

Preheat oven to 350 degrees and line a baking sheet with parchment paper. Place the coconut and macadamia nuts on the prepared baking sheet, place in the oven and toast until lightly golden, 5 to 7 minutes. Transfer to a plate to cool.

Using an ice cream scoop or large melon baller, make eight balls with the ice cream. Coat with the coconut-macadamia mixture and return to the freezer until ready to serve.

In a blender, puree the raspberries, sugar and lime juice until smooth. Refrigerate until ready to serve. Serve the ice cream balls in a decorative glass bowl, passing the raspberry sauce on the side.

Makes 4 servings.

Palm Beach Daily News, Thursday, October 4, 2012

Food



Left: Annie Falk assembled recipes and event ideas in her new book 'Palm Beach Entertaining.'

Annie and Michael Falk's Lamb Orientale with Spinach, Carrots and Afghan Sauce

- ½ pound frozen spinach, thawed and squeezed dry
- Salt and freshly ground black pepper
- 2 tablespoons unsalted butter, cut into small pieces
- ½ pound carrots, shredded
- 3 pounds lamb leg shank, deboned
- 3 tablespoons extra virgin olive oil
- Afghan Sauce (recipe follows)

Spread the spinach over a 10-by-15-inch piece of plastic wrap and flatten it with your hands. Season with salt and pepper and dot with the butter. Spread the carrots on top. Working as if it were a jelly roll, and using the plastic wrap as a guide, roll the carrots and spinach to make a tight roll the approximate size of the lamb shank bone. Wrap in the plastic and freeze overnight.

Preheat the oven to 350 degrees.

Remove the plastic wrap from the frozen spinach-carrot roll. Carefully insert the roll in the lamb shank (where the bone was removed) and place on a baking sheet. Drizzle with the olive oil, and season with salt and pepper.