

# Book explores Lowcountry cuisine

Continued from page 1B

would pick up both culturally and from a cuisine standpoint things that were being done in the mountains by the Scots-Irish. They would come back to Charleston, and likewise Charleston affected the mountains," said Doug Bostick, a co-author of the book (Juggling Boards Press, \$26.95), that includes 90 recipes.

Foods such as apples, nuts and mountain trout worked their way into Lowcountry cooking, Bostick said.

In the reverse, oysters from the coast became identified as a Christmas delicacy in the mountains. Before refrigeration, the arrival of cool fall weather was the only time when oysters could be shipped safely, usually packed in a bed of seaweed.

"For generations, whether to escape the summertime dread of malaria, the dangers of war or the discomfort of sweltering heat,

Charlestonians have beaten a path to the mountains and back," reads the first chapter of the book. "The melding that naturally comes when people and resources mix has produced a delicious array of foods and flavors."

The book includes recipes for a wide variety of dishes, ranging from seafood pasta with mushroom and Parmesan cream sauce to pan-fried trout with pecan brown butter.

The secret at the restaurants and behind the recipes is to use local produce, seafood and other fresh ingredients, Jason Davidson, another co-author and a

buyer for the restaurants, said.

"It's not rocket science. We are producing something that is fresh and straightforward, and it can be easily done in your backyard on your Weber grill," he said.

Local ingredients are something Stoney insists on in his restaurants, in a world where he said food is becoming too complicated and too homogenous.

"I'm a basic guy, and I think most of the world is like that," he said. "Food is becoming too complicated at times and too much of an art form."

His insistence has caused some friction among the chefs at his restaurants.

To keep the food simple, he said, "I have had to hold them back. I have had to stifle their creativity."

In an era of cooking shows and Internet sites devoted to at-home gourmets, food preparation is becoming both more fussed over and more similar, he said.

"Everyone now feels they are an expert on food," he said. "We are all scurrying around trying to outdo the other person. There is really no local cuisine anymore. You go to Spain or France or Belgium and the food is all basically the same."

By focusing on what's available locally, and not what can be shipped from across the country, the book "is a celebration of great local indigenous food," Bostick said.

On the Net:

[www.jugglingboardpress.com](http://www.jugglingboardpress.com)

## Study: Obese people aren't more jolly

THE ASSOCIATED PRESS

CHICAGO — Fat people are not more jolly, according to a study that instead found obesity is strongly linked with depression and other mood disorders.

Whether obesity might cause these problems or is the result of them is not certain, and the research does not provide an answer, but there are theories to support both arguments.

Depression often causes people to abandon activities, and some medications used to treat mental illness can cause weight gain. On the other hand, obesity is often seen as a stigma and overweight people often are subject to teasing and other hurtful behavior.

The study of more than 9,000 adults found that mood and anxiety disorders including depression were about 25 percent more common in the obese people studied than in the non-obese. Substance abuse was an exception—obese people were about 25 percent less likely to abuse drugs or alcohol than slimmer participants.

The results appear in the July issue of *Archives of General Psychiatry*, being released Monday. The lead author was Dr. Gregory Simon, a researcher with Group Health Cooperative in Seattle, a large nonprofit health plan in the Pacific Northwest.

The results "suggest that the cultural stereotype of the jolly fat person is more a figment of our imagination than a reality," said Dr. Wayne Fenton of the National Institute of Mental Health, which funded the study.

"The take-home message for doctors is to be on the lookout for depression among their patients who are overweight," Fenton said.

Both conditions are quite common. About one-third of U.S. adults are obese, and depression affects about 10 percent of the population, or nearly 21 million U.S. adults in a given year.

Previous studies produced conflicting results on whether obesity is linked with mental illness including depression, although a growing body of research suggests there is an association.

This latest study helps

resolve the question, said Dr. Susan McElroy, a psychiatry professor at the University of Cincinnati and editor of a textbook on obesity and mental disorders.

"This is a state-of-the-art psychiatric epidemiology study that really confirms that there is, in fact, a relationship," she said.

The study was based on an analysis of a national survey of 9,125 adults who were interviewed to assess mental state. Obesity status was determined using partici-

pants' self-reported weight and height measurements.

About one-fourth of all participants were obese. Some 22 percent of obese participants had experienced a mood disorder including depression, compared with 18 percent of the nonobese.

McElroy said the study bolsters previous research suggesting that drug and alcohol abuse are less common in the obese. One reason might be that good-tasting food and substances of abuse both affect the same reward-seek-

ing areas of the brain, McElroy said. Why some people choose food as a mood-regulator and others drugs or alcohol is uncertain, she said.

The study found the relationship between obesity and mental illness was equally strong in men and women, contrasting with some previous research that found a more robust link in women.

On the Net:

Archives:

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