

# Christmas Visit To Biltmore House Is Treat

ASHEVILLE, N.C. — When George Vanderbilt first opened Biltmore House to guests on Christmas Eve in 1895, he probably entertained his visitors in the house's elaborate Palm Court, an interpretation of the Victorian Winter Garden found in most great country homes.

Leaving the frosty mountain air outside the house's huge oak doors, guests might have been welcomed by the smells of bayberry and evergreen, the warmth of candlelight and the 65 fireplaces throughout the house, the joyous lilt of seasonal music, and the fragrant tropicals and hundreds of the festive, newly developed plants from South Carolina, poinsettias, filling the Palm Court and listen to chamber groups and choral music of the Christmas season, one of those first guests.

The Palm Court at Biltmore House was both a retreat from the chill outside and a beautiful environment for the Victorian fondness for plants of all kinds. In 1987, when visitors come to Biltmore House to see a Victorian Christmas re-created, they can imagine themselves, as they stand amid the 200 poinsettias filling the Palm Court and listen to chamber groups and choral music of the Christmas season, one of those first guests.

They might also try re-creating a bit of Biltmore Estate's special Christmas celebration by entertaining in their own home with the



VISITORS AT BILTMORE HOUSE

following holiday appetizer recipes. Developed by Deerpark Restaurant at Biltmore

Estate, the recipes are accompanied by complementary Biltmore Estate wines

recommended by winemaker Philippe Jourdain.

- \* Snow Peas With Smoked Salmon, Biltmore Estate Chardonnay Sur Lies
- \* Bollitos, Biltmore Estate Blanc de Noir
- \* Cajun Beef Rolls With Caviar Dip, Biltmore Estate Cabernet Sauvignon.
- \* Winter Fruit Sweets, Biltmore Estate Methode Champenoise Brut.

### SNOW PEAS WITH SMOKED SALMON

3 ozs. cream cheese, softened  
1 1/2 tsp. horseradish  
1/2 pound pea pods, blanched  
1/4 lb. nova trimmings, cut into strips

Whip horseradish into softened cream cheese and chill. Trim a sliver off one edge of each pea pod to open and pipe a small amount of cream cheese into each. Garnish with strip of salmon. This recipe makes about three dozen appetizers.

### BOLITOS

Because it is a Southern tradition that black-eye peas bring good luck at the beginning of a new year, this recipe is particularly appropriate for a New Year's Eve get-together.

1 lb. dried black-eyed peas  
1 tsp. garlic powder  
1 tsp. hot sauce  
1/2 tsp. salt

Soak peas overnight. Drain and shell. Finely grind peas in a food processor, then scrape into a large mixing bowl. Add remaining ingredients and mix well. This much of the recipe can be prepared a day ahead of time. Right before serving, shape mixture into one-inch balls, handling carefully. Deep fry in hot vegetable oil until golden brown, about three minutes. Drain. This recipe makes about four dozen bollitos.

### CAJUN BEEF ROLLS WITH CAVIAR DIP

1 1/2 lbs. London broil

Blackening spice  
8 ozs. sour cream  
4 tbsp. red lumpfish caviar  
As with any blackened dish, this recipe must be prepared in an open, well-ventilated area, the blackening process producing a great deal of smoke.

Heavily coat both sides of the meat with blackening spice. Heat a heavy cast iron skillet to searing temperature. Place the meat in the skillet, searing it over high heat for about two to three minutes each side. Remove from skillet and place on cutting board. Meat

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## Control Blood Pressure

Many people think high blood pressure is related to stress...working overtime at the office, eating on the run, not exercising enough, too much to do and no time to do it. But even calm, relaxed people are among the 58 million Americans who suffer from hypertension.

According to the American Heart Association, half of those people with high blood pressure don't even know they have the disease. Often there are no symptoms. And that's what makes it dangerous.

"Although hypertension is usually not a direct cause of death, it contributes to stroke and heart disease, which are leading causes of death," said James W. Snyder, M.D., President of the American Heart Association, North Carolina Affiliate.

Blood pressure is the force of blood against the arteries' walls. This force is created by the heart as it pumps blood throughout the body.

Elevated blood pressure adds to the workload of the heart, causing it to pump with more force. This extra effort can weaken the heart, making the victim more susceptible to heart disease.

In 90 percent of the cases, the cause of high blood pressure is unknown. However, doctors agree that some factors can lead to high blood pressure.

Contributing factors include age, race, heredity and sex. Older black males with a family history of the disease are more likely to have high blood pressure than other Americans.

"Although we can't control those factors, some contributing risk factors such as obesity, sodium consumption and smoking can be controlled. Medication can also be used to lower and control hypertension," said Snyder.

Although there is no cure for high blood pressure, it can be controlled by following a doctor's orders.

For your free copy of "About High Blood Pressure" or for more information on high blood pressure and how to control it, call the American Heart Association, North Carolina Affiliate at 1-800-331-6601 or write P.O. Box 2636, Chapel Hill, N.C. 27515.



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