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# Famous

january 2005 | volume 6 | number 1

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under  
fire.

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HAWKE**

talks Assault  
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**ELEKTRA'S  
JENNIFER GARNER:  
THE INTERVIEW  
& POSTER**

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PLUS ELIJAH WOOD, CLAIRE DANES AND OTHER STARS RÉVEAL NEW YEAR'S RESOLUTIONS

# things |

Whether or not we feel calm is often determined by what we see when we look in the mirror. A quick sweep of Yves Rocher's **Luminous Lavender Eye Shadow Stick** (\$13, Yves Rocher stores) across your lids brings instant peace and tranquility.



The name of this patchouli-scented **Bubble Bar**, "Blue Skies and Fluffy White Clouds," tells you everything you need to know. If you've never used a bubble bar before, it's just like bubble bath, but since it's a solid no preservatives are needed (\$10.75, Lush).



Let's face it. When all else fails and you can't shake those winter blues, a self-tanner might be the only answer. **Look Great** (\$36, department stores) from Thierry Mugler's Angel Men line should do it.



Clarins' new line of body products uses the healing effects of natural ingredients — basil to calm, bitter orange to regenerate and geranium to tighten those tired pores. Try the **Relaxing Body Polisher** (\$47, department stores) to exfoliate, remove dead skin cells and refine the texture of skin, or the **Relaxing Body Balm** (\$44) to nourish.



Just because it's -15 degrees outside doesn't mean you don't have to worry about sun damage. Guinot's **Douceur de Vie** (\$76) has an SPF of 15 in addition to a mixture of essential oils that help desensitize skin that's been rubbed raw by bitter winds. Call 1.800.361.6089 for locations.

# Hot and healthy

It may be comfort food, but thick and satisfying Jamaican Spinach Soup has tons of nutritional benefits | **BY MARNI WEISZ**

**F**or some reason, we associate healthy, cleansing dishes with foods that are cold, crunchy and raw. But it's the rare health food junkie who's still craving salads and sprouts come January's cold, dark dinner hours. Would you believe that a nice thick soup can also help wash away the excesses of the past weeks of partying?

Ruth Tal, founder and co-owner of Toronto's Fresh by Juice for Life restaurants (with her partner, chef Jennifer Houston) suggests a steaming bowl of Jamaican Spinach Soup. Her group of three downtown eateries specialize in vegan fare, with ingredients like spelt, hulled hemp seeds and nori, and powerful juices fortified with organic wheat grass, kava kava, ginko biloba or royal jelly.

In the 10 years since Tal opened her first Fresh restaurant, scads of health-conscious celebrities have passed through her doors, including recent diners Woody Harrelson, The Beastie Boys, Alanis Morissette, Alison Lohman, Alicia Silverstone, Jason Lewis and Gael García Bernal. "And Russell Crowe has sent his assistant in for food and juice," adds Tal.

The Jamaican Spinach Soup has three main revitalizing

ingredients — spinach, ginger and cayenne.

First, the spinach is rich in antioxidants like beta carotene and lutein which help lower blood cholesterol.

The ginger's benefits are many. "Ginger thins blood, improves circulation of blood and promotes sweating," says Tal. "Sweating is a good thing when you are trying to rid your body of toxins." Another bonus with ginger — it's a good source of zinc and copper, which have anti-viral properties to help strengthen your immune system.

And finally there's the cayenne. If you can take it, you might want to add an extra pinch because Tal says, "cayenne pepper is one of the highest sources of botanic vitamin C, and also gets the body heating up."

Be warned that the Jamaican Spinach Soup is a rotating special at Fresh, so it might not be on the menu the day you visit. But if you're turned on by these healthy ingredients you can find this and other recipes in the Fresh team's latest cookbook, *Fresh at Home*. For locations and more information go to [www.juiceforlife.com](http://www.juiceforlife.com).

## INGREDIENTS (SERVES 4 TO 6):

- 3 > tbsp olive oil
- 1 > cooking onion, chopped
- 2 > stalks celery, chopped
- 4 > cloves garlic, minced
- 2 > tbsp fresh ginger, minced
- 1 > tbsp raw, unrefined sugar
- 2 > tsp sea salt
- 1/4 > tsp turmeric
- 1/4 > tsp allspice
- 1/4 > tsp nutmeg
- 2 > potatoes, peeled and diced
- 4 > cups chopped zucchini
- 6 > cups vegetable stock
- > pinch cayenne pepper
- 1 > cup chopped fresh spinach (tightly packed)
- 1/2 > red pepper, minced

### METHOD:

- 1 > Heat oil in a pot over medium heat. 2 > Add onion, celery, garlic, ginger and sugar. Cook for five minutes or until onion is softened. 3 > Stir in salt, turmeric, allspice and nutmeg. Cook for a couple of minutes. 4 > Add potatoes, zucchini and vegetable stock. Bring to a boil, reduce heat and simmer 10 minutes or until potatoes are soft. 5 > Remove from heat. Add cayenne pepper and spinach. 6 > Using a hand blender, blend until smooth. (If you are using a conventional blender, let the soup cool before blending, then reheat.) 7 > Garnish with minced red pepper (or root chips, as shown in photo), and serve.

