

You don't  
have to be overweight  
to applaud

## The Mozart Diet®

A classic weight-loss program  
composed for music lovers

by  
Annette Francis  
and Paula Hober

Offering an offbeat approach to weight loss, **The Mozart Diet®** is an elegant and entertaining cookbook -- as original and bold as Mozart himself -- combining low-calorie, low-cholesterol, sugar-free recipes such as *Slaw à la Salieri*, *Turkey Rondo*, *Unaccompanied Tuna*, *Rococo Cocoa*, and *Così Fan Tutti-Frutti* with beautifully illustrated biographical and anecdotal Mozartian memorabilia.

If you don't need to diet, you can transpose **The Mozart Diet®** into a true gourmet cookbook! Just use regular sugar, butter, cream, sauces, and salad dressings instead of their dietary substitutes and increase the serving sizes.

# The Mozart Diet



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ANNETTE FRANCIS & PAULA HOBER



## The Mozart Diet

To Alicia De Larrocha

It is an honor and a great pleasure to work with such a great artist! I have admired you for so many years!

I hope you will enjoy this book, which was dedicated to me. Just as you play Mozart to perfection, you can also cook with Mozart!

With Warm Regards,

Dan Gorgoglione 4/10/91



# Oysters Don Giovanni

6 servings • 77 calories per serving



3 dozen shell oysters  
Parsley sprigs  
Lemon wedges  
Seafood cocktail sauce\*

Wash oysters well in cold water. Place flat side of shell up and carefully open by inserting knife between edges of shell opposite hinges. If necessary, break off the thin edges of the shell before inserting tip of knife. Cut the muscle from the top shell and remove shell. Cut the lower part of the same muscle from the deep half of the shell, leaving oyster in the shell. Discard the top shells.

To serve, arrange oysters-in-the-shell on individual plates. Garnish with sprigs of parsley. Serve with lemon wedges and seafood cocktail sauce.

## \* SEAFOOD COCKTAIL SAUCE I

28 calories per serving

$\frac{1}{2}$  cup tomato ketchup  
8 drops Tabasco sauce  
2 tablespoons mild cider vinegar  
2 teaspoons Worcestershire sauce  
Salt to taste  
 $\frac{1}{4}$  teaspoon freshly ground pepper  
2 tablespoons finely chopped celery

## \* SEAFOOD COCKTAIL SAUCE II

40 calories per serving

$\frac{1}{2}$  cup tomato ketchup  
 $\frac{1}{2}$  cup sherry  
4 tablespoons fresh lemon juice  
8 drops Tabasco sauce  
 $\frac{1}{2}$  teaspoon quality olive oil  
Salt to taste  
Few gratings fresh horseradish

Mix ingredients thoroughly and chill.