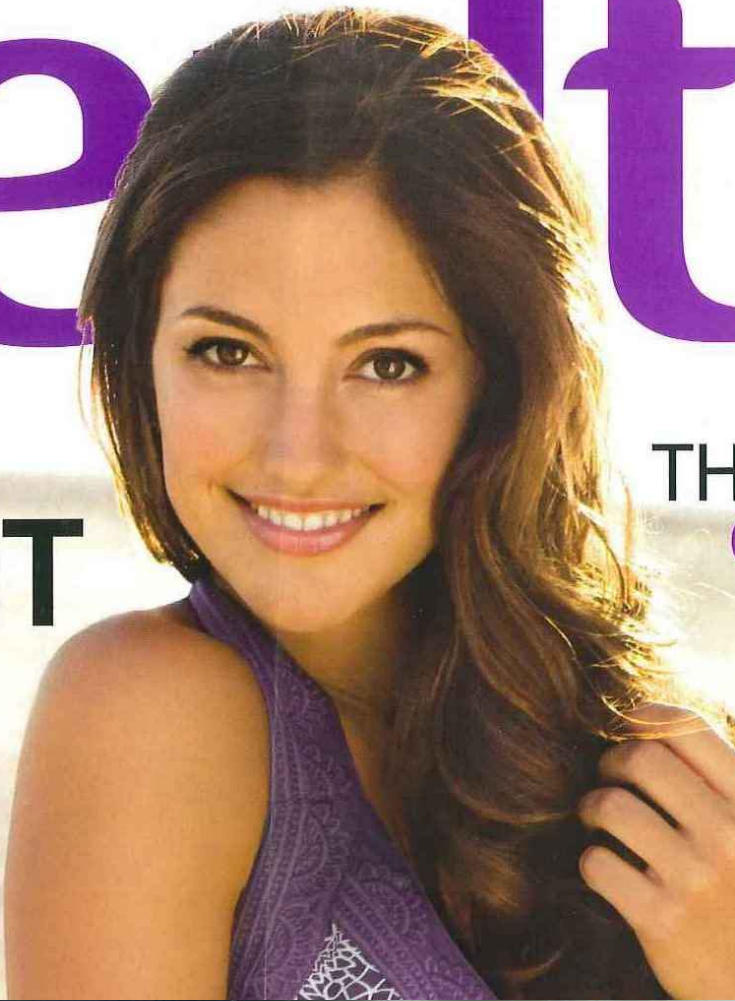


Health

LOSE WEIGHT FOR GOOD!

Results in 6 days

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BE A CHEESE WHIZ

The pros' best tips for easy planning—and saving a few bucks.

STICK TO ODD NUMBERS. Serve three or five cheese options. This creates a balanced look, says Rob Kaufelt, owner of the renowned Murray's Cheese shops in New York City. Bonus: Limiting variety keeps costs down, too.

BALANCE TEXTURES AND FLAVORS. Include a soft, semisoft, and hard cheese on your board, advises David Myers, chef and owner of Sona in Los Angeles. And have a mix of mild (chèvre or manchego) and strong cheese (any blue cheese or a sharp Cheddar).

DON'T OVER-BUY. You want your cheese to be as fresh as possible, so just buy what you need. Get 1–2 ounces of each cheese per person, suggests Kaufelt.

WHEEL AND DEAL. Make friends with your local cheese-monger, who will let you try before you buy. She can also point out interesting—and budget-friendly—options. Also, consider mass retailers like Costco and BJ's: They offer great domestic and international cheeses well below grocery-store prices.

ENHANCE FLAVOR. Take cheese out of the fridge 30 minutes to an hour before serving.

STREAMLINE THE SIPS. Stick with one red and one white wine to avoid competing with the flavors of the cheeses. Good bets: Sauvignon Blanc and Pinot Noir because they won't overwhelm the *fromage*. Andrea Robinson, *Health's* wine columnist and author of *2009 Wine Buying Guide for Everyone*, likes **Erath Oregon Pinot Noir 2007** (\$19) and **Girard Sauvignon Blanc 2007** (\$15).



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Instant party: Just set out the cheeses on a large wooden board, and add a mix of salty and sweet nibbles like olives, grapes, crackers, and fig jam.

THE ULTIMATE NIGHT IN WITH FRIENDS

IT'S A WINE-AND-CHEESE PARTY, AND IT'S INCREDIBLY AFFORDABLE: THIS ENTIRE SPREAD (WINE INCLUDED) COSTS AROUND \$150.

BY SUSAN SUGARMAN • PHOTOGRAPHY BY YUNHEE KIM

- Double Gloucester (England; cow's milk)
- Gorgonzola Dolce (Italy; cow's milk)
- Fig jam
- Petite Basque (border of France and Spain; sheep's milk)
- Valençay (France; goat's milk)
- Chilled grapes
- Grand Sauvignon Blanc
- Erath Pinot Noir
- Unseasoned crackers
- Cranberry-walnut bread
- Malsons almonds
- Dried fruit
- Kalamata olives
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