CAMERA!
ACTION!
COOK!

Dames with TV Cooking Shows

JOANNE WEIR
(San Francisco)
Plates and Places

MARY ANN ESPOSITO
(Boston)
Ciao Italia

PATI JINICH
(Washington, D.C.)
Pati’s Mexican Table

CHING HE HUANG
(London)
Chinese Food Made Easy

ALSO INSIDE … LEGACY REPORTS | NEW ORLEANS & HAWAII FUNDRAISERS | TRENDS | LDEI BOARD IN NASHVILLE
The Year of Seeing 20/20

As opposed to Y2K when the world worried about computers going haywire as 2000 rolled over, this twentieth year of the millennium should be the year of seeing clearly: 20/20. One of the great benefits of vision is putting two and two together and seeing things happen. A picture may be worth 1,000 words, but a moving picture on TV screens combines words and actions to create a visual learning experience. In the culinary world, cooking shows on TV can be the ultimate visual “how to.”

The year 2020 is what gave me the idea to feature Dames who star in TV cooking shows. Though she was not the first television cook, Grande Dame Julia Child’s The French Chef, filmed by Boston’s WGBH PBS-TV beginning in 1963, was the most widely seen. Who can forget the episode where Julia dropped a chicken on the floor? How visual was that! If it had been on radio, would a thud have made it ‘round the world?

This genre accelerated in the ensuing decades to the point of entire cable TV networks being devoted to cooking and star chefs being created. Dames have been in the vanguard of this development, many of whom have had TV shows for decades and some who were on the ground floor of network development. Grande Dame Julia Child’s The French Chef, filmed by Boston’s WGBH PBS-TV beginning in 1963, was the most widely seen. Who can forget the episode where Julia dropped a chicken on the floor? How visual was that! If it had been on radio, would a thud have made it ‘round the world?

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Start Where You Are…

A President’s Message is never an easy piece to compose. It’s January in Ohio as I write this knowing you’ll be reading it in the Spring…when crocuses are blooming and (hopefully) the last of the snow has fallen.

What should I speak of? (Peering into my crystal ball….) I’ll be half way through my LDEI Presidency.

For some inspiration, I checked in with a few of our LDEI Past Presidents to see what they had spoken of. These takeaways are just as relevant today as when they were written:

Lori Willis (St. Louis) reminded us…

We—all of us chefs, writers, educators, caterers, authors, merchants, etc.—are the “morale” of LDEI. Within our chapters we connect with people on an emotional basis and everyone we serve is lifted in different ways.

WHO HAVE YOU CONNECTED WITH?
HOW HAVE YOU CHOSEN TO “LIFT THEM UP”?

Stacy Zeigler (Atlanta) reminded us…

We are a business…as is your chapter…but that doesn’t mean while taking care of the business of running your business you can’t have fun, too!

ARE YOU RUNNING YOUR CHAPTER LIKE A BUSINESS?
WHAT’S THAT FUN COMPONENT THAT KEEPS EVERYONE ENGAGED, INVOLVED AND RETURNING?

Maria Gomez (Mexico and San Diego) reminded us…

We raise our glasses to toast and applaud our successes…history, accomplishments and each other.

HAVE YOU CELEBRATED LDEI’S AND YOUR OWN CHAPTER’S HISTORY?
DO YOU MAKE AN EFFORT TO CONGRATULATE EACH OTHER ON ACCOMPLISHMENTS—BIG AND SMALL?

Hayley Matson-Mathes (Hawaii) reminded us…

As Dames we are part of a network that is much larger than our individual chapters—our reach and power is awe-inspiring.

ARE YOU ACTIVELY PARTICIPATING IN THE CHAPTER BOARD LIAISON CALLS, OUR WEBINARS, POSTING ON OUR SOCIAL CHANNELS AND ATTENDING OUR ANNUAL CONFERENCES?
ARE YOU “IN THE MOMENT” WHILE ON THE CALL, ABSORBING INFORMATION YOU CAN PASS ON TO YOUR MEMBERSHIP WHILE SHARING YOUR EXPERIENCES?

Ann Stratte (Washington, D.C.) reminded us…

In the spirit of our founder, Carol Brock, realize there are no barriers if you look at things in a new and imaginative way.

HOW OPEN ARE YOU TO NEW IDEAS OR ARE YOU “STUCK WITH THE WAY IT WAS”?
CHANGE ISN’T ALWAYS COMFORTABLE…BUT IT’S NECESSARY TO REMAIN RELEVANT AND MOVE OUR ORGANIZATION FORWARD.

Have we had time to chat (in person, by phone, by email, by text)? I enjoy hearing from all of you…yes, even when we don’t agree! One of my responsibilities as LDEI President is to listen, to understand your viewpoint and to take your opinions under consideration as we move together—as we strive to move our organization forward.

DO WHAT YOU CAN…

At our face2face Board Meeting in January your LDEI Board crafted a Strategic Plan (being ever mindful of our history, mission and vision), working in cooperation with the Strategic Plan Steering Committee that will assist in overseeing our action plan(s).

What are you going to do? Everything, is my guess.
It will be a little messy, but embrace the mess.
It will be complicated, but rejoice in the complications.
—Nora Ephron

A special note of gratitude to the Kentucky Chapter that hosted us in Louisville. Speaking of the Kentucky Chapter, the excitement and pre-planning is building in anticipation of their hosting our 2022 LDEI Conference.

Our LDEI Conferences continue to take us to cities where our host chapters inspire and motivate us while sharing their pride and unique sense of place.

Our New York Dames are frantically putting the finishing touches on this year’s annual Conference—October 15-18, 2020—celebrating a Culinary Melting Pot. I’m just going to assume that you’re planning on attending our upcoming 2020 LDEI Conference in New York, our 2021 LDEI Conference in San Antonio, and now our 2022 LDEI Conference in Kentucky. I’ll look forward to seeing you at each of these where together we can raise a glass to toast your successes.

And by the time you’re reading this, chapters such as your own would have held some fabulous events raising monies for scholarships and mentorships, new chapters will be percolating and our Trends Report will have once again gained traction (bringing recognition and credibility to our organization and membership).

I began the year with my gratitude campaign (#ldeigratitude). Have you thought about what you are grateful for? Share it on one of our social platforms (Facebook, Twitter, Instagram, LinkedIn) or email me (bev.foodwithattitude@gmail.com).

Piglet noticed that even though he had a very small heart, it could hold a rather large amount of gratitude.—A. A. Milne

Hugs,

Bev Shaffer
President, LDEI
Cleveland Chapter
#ldeigratitude
Women have been integral to food shows on television since before LDEI was formed, and they are a very visible standard bearer for our organization since. Featured here are nine of the currently longest-running food TV shows hosted by Dames who responded to my emails. In the professions listing of the LDEI directory are many more. I regret that lack of space prevents featuring all.

As well, many Dames have hosted TV cooking shows in the past and are now retired or have passed away (see Julia Child). The current queen is Grande Dame Nathalie Dupree (Charleston) who hosted more than 300 national and international cooking shows that have aired on PBS, the Food Network, and the Learning Channel. Nancy Siler (Minnesota) hosted Telly Award-winning PBS Bake Decorate Celebrate! that aired in 90% of the U.S. and 46 other countries for many years. Carol Ritchie (Dallas) hosted Cookin’ with Carol, a cable TV cooking show.

Others of note are Harry Eastwood (Paris), whose most recent TV series have included Fox’s Baking Good, Baking Bad and Sinful Sweets, which aired on Cooking Channel USA. Jennifer Brulé (Charlotte and Western North Carolina) cooks live on NBC Charlotte every Sunday and is a regular on-air chef for ABC Charleston. Martha Teichner (New York and Charleston), a seven-time Emmy winner, has been a CBS News Correspondent since 1977. As a foreign correspondent for 12 years, she covers many subjects, including food and wine for CBS News Sunday Morning. She has won four James Beard Foundation awards. So, Dames, let’s get cookin’.

—CiCi Williamson

From left: Chef Shawn Naputi and Laura McIntosh (Photo: Lucianna McIntosh); Mary Ann Esposito; Joanne Weir; Ellie Krieger; Lisa Farmer (Photo: WDAF-TV); Sara Moulton; Lidia Bastianich; Pati Jinich; Ching He Huang, Alton Brown, Dame Alex Guarnaschelli.
Julia Child’s First Cooking Foray: Shark Repellent

Being too tall to enlist in the Women’s Army Corps (WACs) or in the U.S. Navy’s WAVES, Grande Dame Julia Child (Boston) had a career during World War II as an employee of the Office of Strategic Services (OSS), a wartime intelligence agency and predecessor to the Central Intelligence Agency (CIA).

When Child was asked to solve the problem of too many OSS underwater explosives being set off by curious sharks, her solution was to experiment with cooking various concoctions as a shark repellent, which were sprinkled in the water near the explosives targeting German U-boats, according to Ernest Volkman in his book The History of Espionage. Still in use today, the experimental shark repellent marked Child’s first foray into the world of cooking.

A 1962 appearance on a Mastering the Art of French Cooking book review show on Boston’s WGBH-TV led to her first television cooking show, The French Chef, after viewers enjoyed her demonstration of how to cook an omelette. The show ran nationally for ten years. In the 1970s and 1980s, she was the star of numerous television programs, including Julia Child & Company, Julia Child & More Company and Dinner at Julia’s. Julia starred in four more series in the 1990s that featured guest chefs: Cooking with Master Chefs, In Julia’s Kitchen with Master Chefs, Baking with Julia, and Julia Child & Jacques Pépin Cooking at Home.

Her great success on air may have been tied to her refreshing and honest approach. “I think you have to decide who your audience is. If you don’t pick your audience, you’re lost because you’re not really talking to anybody. My audience is people who like to cook, who want to really learn how to do it.” In 1996, Julia Child was ranked No. 46 on TV Guide’s 50 Greatest TV Stars of All Time.—CiCi Williamson

America’s Favorite TV “Nonna”

By Margaret Happel Perry
(New York)

“I love it when my viewers tell me I make them feel comfortable in the kitchen, and I encourage them to take my recipes and make them theirs.”

For over 20 years and always on Public Television, Grande Dame Lidia Bastianich (New York) has radiated boundless enthusiasm and expertly informed her adoring audiences about the flavors and secrets of Italian cooking. The aromas and the mouth-watering appeal break through America’s TV screens into everyone’s living room. With her unmatched knowledge, personal warmth, and delightful sense of humor, she is the epitome of the grandmother—the “nonna”—we all love. Lidia seasons her food, not only with the fresh herbs grown by her mother, Ermina, but also with understanding, wisdom, and sensitivity, which are even more reasons for the universal appeal of her programs.

Lidia’s annual series begin every October and are always based on a theme from one of her books, which is published concurrently. There have been eleven cookbooks and a dozen cookbooks to date. Lidia’s Italy was the longest TV series—lasting 104 weeks, and it featured material from several books. More recently, and for the last seven years, Lidia’s Kitchen has been the theme of each twenty-six-week series. All series are licensed for broadcast overseas, ranging from the U.K. to Australia, Mexico, and the Middle East. In Italy, Lidia has hosted a TV program, Junior MasterChef Italia.

How did Lidia’s TV career begin? Following a guest appearance on Julia Child’s Master Chef show in the 1980’s, Lidia was encouraged to begin her own series. Going from strength to strength, she formed an independent company, Tavola Productions. Each program focuses on two recipes plus “tips” or “drinks” from the current supporting book. This information is used in the short segments to frame the recipes.

The program magic is created for Lidia by Tanya Manuili, her daughter and book co-author, along with other key figures: Shelly Nicoita, Amy Stevenson, Erika Heyman, and Nicole Morgan. Everything is enhanced by location shots from Italy, which are seamlessly interwoven by studio-produced material. Entire programs are frequently based on location in Italy.

Lidia’s more recent TV programs are expressions of gratitude for her success as an immigrant to America. She celebrates the food traditions of her new homeland with Italian flair: weddings, holidays, heroes, and independence. She features recipes from her flagship restaurant, Felidia, which first established her as a star in the culinary firmament. Her programs with other celebrity chefs demonstrate her hallmark generosity of spirit.

Hard work leads to stellar success. Lidia’s TV shows have garnered her two prestigious Emmy awards for outstanding chef and three James Beard awards for Lidia Celebrates America, judged to be the best one-hour special three years in a row!
**Ciao Italia** Longest-running TV Cooking Show in the U.S.

**By Lucille Giovino (Boston)**

On the first episode of the Mary Ann Esposito's TV show, *Ciao Italia*, she said, “There is no such thing as Italian food; there is only regional food. I stand by that quote today and hope the audience recognizes that fact; this has been the premise of the show and all my cookbooks.” The Boston Dame’s statement is validated by her visiting Italy multiple times and learning the history of Italian cooking region by region and constantly searching for “new old dishes.”

As to the genesis of *Ciao Italia*, she not only convinced New Hampshire Public Television to air a cooking show, which they had never done before, but also to expand their studio to fit her kitchen! That accomplished, the pilot was taped on one of the hottest days of summer at Mary Ann’s home in Durham, New Hampshire. “The test run was a huge success with great audience approval,” she explained. “Ciao Italia being the longest running cooking television program in the US.

Now in its 30th year, it is seen nationwide by over 1,3 million viewers on every PBS station, Create TV, and Amazon Prime. Her raison d’etre is to show viewers new recipes that are doable, authentic, and good.


Mary Ann has received honors too numerous to name, but two in particular stand out: the Premio Award and a knighthood in 2013 by the president of Italy with the title of “Knight of the Order of the Star of Italy.” In that year, only 160 people received this honor and she was the only American.

As a way of giving back to the community, Mary Ann has a foundation in her name that awards scholarships to students in need of financial aid to study culinary arts. What an appropriate way to share her vast knowledge and experience: by giving determined students the opportunity to forge a career in cooking.

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**The “Sweet Spot” where Delicious and Healthy Meet**

**By Cathileen Branciaroli (Philadelphia)**

“Even on the longest, most tiring shoot days, the thing that keeps me going is the realization that I get to share with so many people recipes and ideas which I am so passionate about,” confides Ellie Krieger (New York), host of *Ellie’s Real Good Food*.

That Ellie has a TV show, now in its fourth year (currently in reruns), is due to Julia Harrison, formerly a New York Dame, who became the producer of the series. “We chatted about doing a show together for public television and, while it took a couple of years to get off the ground, we made it happen. That’s the kind of thing that happens when Dames collaborate!”

“Julia and I sit and brainstorm each episode. First we land on an overall theme—something we feel is a challenge for people in terms of eating well. One example is breakfast on-the-go. Next, we dive into my recipe archive.”

Ellie has numerous recipes between her seven books and years of doing a food column called “Nourish” for *The Washington Post*. Recipes that illustrate the breakfast theme might be smoothies, overnight oat cups, or quick breakfast wraps.

“The greatest challenge of the show in general is pulling all the moving parts together to get the production off the ground. It feels like a small miracle that it happens at all! Sometimes foods may sit out or cook too long, and the look and/or texture could suffer if the shot is taking longer than expected. It’s tough to make it all work and look good at the same time!” Ellie reveals.

“When people watch my show they are inviting me into their homes, and a real personal connection is made. The knowledge that I am really reaching people and that they trust me is so satisfying, and it is an honor I never take for granted.”

“I get a lot of feedback about how refreshing it is to have a TV show on that focuses on healthful eating. People tell me I cook the way they like to cook at home and that I offer fresh, fun ideas and helpful info. I meet people all the time who tell me how they make my recipes all the time. It’s the best feeling to be in people’s lives in such a meaningful way,” says Ellie.

Ellie’s latest book, *Whole in One: Complete, Healthy Meals in a Single Pot, Sheet Pan or Skillet* (October 2019), is very much in keeping with the spirit of her show.

“I am all about making eating well enticing and easy so people are compelled to cook more at home.” Concludes Ellie, “Eating well and living a healthy life isn’t about deprivation and diets, it’s about finding the glorious ‘sweet spot’ where delicious and healthy meet.”

www.EllieKrieger.com
Building Bridges across the Mexican Table

By CiCi Williamson
(Washington, D.C.)

“Food has the power to build bridges between people, communities, and countries, as few things bond us more than gathering around the table to enjoy and linger over a meal,” believes Pati Jinich (Washington, D.C.). “In Mexico, we have a term in Spanish, *sobremesa*, for the time after the food is finished when everyone is in such good spirits they continue to talk and revel in one another’s company to prolong the meal.”

This good spirit is broadcast by the exuberant Pati on her national PBS-TV show, *Pati’s Mexican Table*, now in its eighth year. This winner of numerous awards, including the James Beard Award for Best Television Show, is filmed in Pati’s own kitchen in Washington as well as (so far) in Oaxaca, Baja California, Sinaloa, Mexico City, the Yucatan Peninsula, San Miguel de Allende, and Puebla.

Pati is inspired by travels in her native country, Mexico. “I take the ingredients and recipes that I encounter in each place—like Baja or Sinaloa—and translate them for my viewers. I also get requests from fans, and I always try to research each request and post a recipe when I can!” she said.

In each episode, Pati embarks upon an exciting and entertaining journey where each dish serves as a point of departure into Mexico’s rich history and culture. A former policy analyst with a Master’s degree in Latin American Studies, Pati turned to her true passion: sharing the tastes of her childhood and culinary adventures in her native country.

“Right after my husband and I moved to Texas, I became a production assistant for the PBS food series, *New Tastes from Texas*, hosted by Chef Stephan Pyles, along with guests Diana Kennedy and Patricia Quintana. This was my first job in food television.”

Food blogging, writing for publications, and doing food demos on TV and radio led to starting *Pati’s Mexican Table* that reaches an audience of 31 million people in the United States. Her first book, also titled *Pati’s Mexican Table*, came out of her food blog after launching the Mexican Table program at the Mexican Cultural Institute in Washington, D.C. Her second book is *Mexican Today*, and she is writing her third book to be published 2021.

“My three boys are, of course, my favorite guests. I’m so lucky they indulge me in my travel and kitchen adventures. I also love to include local chefs, cooks and producers when we film in Mexico. Friends sometimes guest, including Vivian Howard of A Chef’s Life, Chef Jose Andres, and Joe Yonan, Food Editor of The Washington Post. Pati has been honored by many awards: James Beard Foundation Award for Outstanding Personality/Host; Imagen Award for Best Variety or Reality Show; and Emmy Award-Nominations for Outstanding Culinary Host and Program. “I also was honored with the National Immigration Forum’s “Keepers of the American Dream” Award and named Americas Quarterly Top 5 Border Ambassadors.”

The Washington, D.C., Chapter is so proud to have Pati as a member. www.patijinich.com

Sixteen Years of Family-Friendly Meals

By Judith Fertig (Kansas City)

Every week for the past 16 years, Lisa Farmer (Kansas City) has been showing viewers of WDAF Fox 4 TV how to create family-friendly meals. Sometimes they’re with ease of preparation in mind, other times seasonality, but always with nutrition in the forefront.

A natural for a Dame with a degree in food and nutrition from Kansas State University, wouldn’t you think? But it all came about through happenstance. “I was in the right place at the right time,” admits Farmer. “At the time, I was a Family and Consumer Science Agent with K-State Research and Extension, Wyandotte County in Kansas. Fox4 called the office looking for someone to do a spot on quick cleaning tricks for the home. At the time I had absolutely no television experience, and was very shy in most situations, but something nudged me to do it. “I volunteered: no one else in the office was interested. The segment was filmed in the reporter’s house. I confessed between takes—cleaning was not my passion—and we began talking about my background and experience writing nutrition education materials and teaching nutrition/cooking classes. Shortly after taping the spot, I received a call from the reporter asking if I would be interested in a cooking spot.”

The reporter thought Farmer was a natural and passed her “demo tape” on to the noon show producer. And the rest, as they say, is history. Farmer’s weekly cooking spot began in June 2013. The goal was to provide healthy, reproducible recipes for the noon show demographic which is young families and older viewers at home.

Although Farmer has not yet written a book to accompany her “Cooking with Lisa” segments, she has shared her recipes via monthly newsletters through her employers and on Fox 4. “I am always pleased when people tell me one of the featured recipes has become a favorite,” she says.

Her recipe ideas come from a variety of sources. “I love to visit local farmers markets for inspiration,” she says. “I learned to cook from my Grandma Me Me. Many of her recipes hold fond memories and continue to inspire me. I have been fortunate to travel to some very beautiful places, and travel is always fertile ground for expanding your palate.”

Farmer’s recipes appeal to young and old alike. She has been a nutrition coordinator for the Head Start program through the YMCA in greater Kansas City and is now Nutrition Specialist in the Bureau of Community Health and Wellness for the Missouri Department of Health and Senior Services.

“When I speak to groups of young people,” says Farmer, “I share the story of how I went from failing speech in junior high to appearing on a weekly cooking spot. You never know what your future holds. Never let your past dictate your future.”

https://fox4kc.com/tag/lisa-farmer/
Now Weir Cooking!

By Elaine Corn
(Sacramento)

When Joanne Weir (San Francisco) first cooked on television, she had little inkling that she would become a PBS headliner, appearing continuously on air for the next 20 years.

Nor did Weir ever believe that she would create close to 1,000 recipes, film in 30 different kitchen sets on location in 14 countries, and build a crew of 24 to produce more than 300 cooking shows for television.

Weir is a fourth-generation chef from a family of chefs, giving her a lifelong bond with food. Her commitment to fresh and seasonal cuisine came alive in one of her latest projects: opening her restaurant, Copita, in Sausalito. She’s also the author of 17 cookbooks, including the James Beard Award Winning Wine Country Cooking and six companion cookbooks for her shows. No matter the goal, there’s a single imperative. “I'm a cooking teacher at heart,” she says. Over the years, Weir’s TV curriculum became her mission “to create enticing yet approachable recipes using good, fresh, local ingredients, easy-to-grasp techniques, and inspiration from various cultures and the people that bring them to life.”

Weir began her television presence in 1994 after the publication of her first book, From Tapas to Meze. A promotional tour had her behind the camera on morning talk show segments. A coincidence brought these appearances to the attention of KQED, the San Francisco PBS affiliate. Producer Linda Brandt, who at the time produced shows for Martin Yan and Lorenza de’ Medici, entered Weir’s life.

Unlike short guest gits, with her curly red hair and throaty voice, Joanne became a star on her first try. She filmed one on-location pilot in Napa Valley. Impressed, KQED ordered 26 more. Weir used her last name as a pun and named the show, Weir Cooking in the Wine Country.

“We were off and running,” she says.

Joanne’s latest four-part series, Plates & Places, grew out of her latest book, Kitchen Gypsy: Recipes and Stories from a Lifelong Romance with Food. The focus is on international food culture and the people who cook within their traditions. This has her filming on location in Italy, Morocco, Greece, Hungary, Spain, France, and Austria—away from her San Francisco home for part of the year. A crew of road warriors scout local markets, set up kitchens in tomato fields to villas on Greek islands, gondolas in Germany to the rolling landscape of Washington wine country.

In 2018, Plates & Places won The Taste Award for Best New Food Series and was nominated for several Taste Awards in 2019.

“I was able to share the stories behind the recipes and also how traveling can lead you to discover new ingredients and techniques,” Weir says. “I really wanted to bring these experiences and flavors to home cooks everywhere—even if traveling is not an option for them.”

www.joanneweir.com/plates-places/

“Pick up the wok!” exhorts Ching He Huang

By CiCi Williamson
(Washington, D.C.)

“I would love viewers to be entertained, to feel happy, and be inspired to pick up the wok!” wishes Ching He Huang (London) of the audience’s take away from her eleven TV series filmed over the past 14 years.

“The very first show was a result of my auditioning and cooking on Great Food Live for UK Food, and it led to my very first series, Ching’s Kitchen, and my first book, China Modern, published by Kyle Cathie in 2006. It was a challenge shooting from 6:00 a.m. to midnight, and sometimes I would go back and test a recipe—all while running my food business, Fuge. It was three weeks of hell, and I was worried how it would come out. Also, I knew how to ‘cook’ but wasn’t a ‘chef.’”

“I started with a show called Ching’s Kitchen in 2006 (UK Food). In 2008, my show Chinese Food Made Easy aired on BBC2, and it was a huge success that catapulted me to further shows in the U.K.: Chinese Food in Minutes (Channel 5) and Exploring China (BBC1). I filmed four series in America: Easy Chinese: San Francisco, Easy Chinese: New York + LA; Restaurant Redemption and Eat the Nation (Cooking Channel); and The Big Eat and Ching’s Amazing Asia (The Food Network). These shows were commissioned out of the U.K. and are still being repeated all over the world.”

Ching has also done live cooking shows on NBC’s The Today Show in the U.S., This Morning in the UK for ITV1, and Saturday Kitchen (BBC1). She’s also been a judge on The Food Network’s Iron Chef America.

“I try not to repeat any recipes so that it feels fresh and modern and in keeping with the times,” confides Ching. She also has guests on her shows “whether it is filming with pig farmers in Chenglu in China, making Uyhgur La-mein in Xinjiang on Exploring China, with fisherman in Scotland in Chinese Food Made Easy, or a famous street food stall for Taiwanese Spring Rolls in Night Market in Taipei.”

Ching has written nine books, some in concert with her TV series. Chinese Food Made Easy, Chinese Food in Minutes, and Exploring China were tie-ins with those shows. The first two were published by Harper Collins, 2008 and 2010; the third was published by BBC in 2012. Harper Collins also published Ching’s Fast Food (Ching’s Easy Chinese in the U.S.) in 2011 and Eat Clean in 2015. Her two most recent books were published by Kyle Books: Stir Crazy (2017) and Wok On (2019).

Ching was nominated for an Emmy Award for best culinary host in 2013 for Easy Chinese: New York + LA, and Exploring China won the Guild of Food Writers Award for the Best TV Show and accompanying book in 2012. All in all, I’d say she’s fulfilled her wishes.

Ching teaches Camilla, Duchess of Cornwall.
Farmers and Chefs Bring It Home with Laura

By CiCi Williamson (Washington, D.C.)

“Coming from both a farming legacy (I am the fifth generation of California farmers) and a restaurant background (my grandparents owned and operated the only restaurant and bar in our small town of Linden), it was only natural for me to put them both together,” said Laura McIntosh (Monterey Bay), host and executive producer of the PBS-TV show, Bringing It Home.

After seeing the show on broadcast television throughout California, Oregon, and Nevada, PBS approached Laura to create shows for its network. The stories behind her wish for viewers, “Know your farmer, know your food,” made PBS a perfect broadcast partner.

“The stories of the men, women, and communities behind the food could now reach a much larger audience and allow for a deeper appreciation for the food we put on our table. The PBS audience loved the stories!” confided Laura.

Bringing It Home is now filming its tenth season. The ideas for the show come from her team comprised of her two daughters, Julianna and Lucianna McIntosh. The three of them work diligently to research what’s fresh anywhere in the world and build the stories around it. Julianna produces, coordinates, and directs all the marketing, both on and off the air. Lucianna is a professional food photographer and ties in the most unique chefs and farmers in the U.S. and abroad,” Laura explained.

“Keeping it fresh and local, a guest chef plus local farmers and community food establishments appear on each show. We have been blessed to have featured so many amazing chefs and farmers, and many are hosted on our website. Many chefs such as John Folese, Emeril Lagasse, Sandra Lee, Tom Perini, Jet Tila, and Val Cantu from Californios in San Francisco, a two Michelin-star chef and restaurant. We’ve also had great farmers like Nick Fano and Don Christopher, the cheese shop in Carmel (a local favorite) and Monterey’s Farmer’s Market,” Laura listed.

Bringing It Home has been nominated for Emmy and James Beard awards and has won multiple Telly and Aurora Awards—to name a few. The show currently airs on PBS and the Create network in the U.S., and it reaches 90% of the country. Previously it was shown on broadcast, cable, and Ion Networks.

Laura is currently working on a new cookbook. “My first book, Entertaining at Home with America’s Top Chefs, sold 30 thousand copies and had a DVD included to share the recipes that correspond with the book and the show,” she revealed.

Laura was recently selected by the TASTE AWARDS Committee to be honored with the FOOD TV Champion Award. www.bringingithome.com

Sara’s Weeknight Meals Continues an Exemplary Career

By CiCi Williamson (Washington, D.C.)

When Sara Moulton (New York) kicked off her latest season as host of Sara’s Weeknight Meals on PBS-TV, it was the continuation of a storied career that stretches back more than 30 years. A protégée of Grande Dame Julia Child (Boston), Sara was the co-founder of the New York Women’s Culinary Alliance, executive chef of Gourmet magazine, Food Editor of ABC-TV’s Good Morning America, and the host of several well-loved shows on the Food Network during that channel’s first decade, most notably a live call-in show (complete with dirty phone calls as there was no time delay) called “Cooking Live.”

“My mother led me to my interest in cooking. She was a fantastic cook. Since we lived in New York, and she owned the New York Times Cookbook, she was able to source the ingredients and find the recipes that at the time (the 60’s) seemed exotic: spanakopita, paella, veal saltimbocca, pot au feu. I was her sous chef for her dinner parties.” Sara confided.

After graduating from the University of Michigan, Sara couldn’t figure out a career. “I was slinging burgers in Ann Arbor when my mother wrote to Julia Child and Craig Claiborne to ask them how her daughter could become a chef. Craig wrote her back and said I should go to cooking school. I applied to the CIA and, surprisingly, they accepted me. That was the best decision of my life.”

“The luckiest break of my career was connecting with Julia Child. I volunteered to work on her PBS show in the late 70’s when I was working in restaurants in Boston. Julia hired me to do food styling (something I had no experience with—but I lied, wouldn’t you?) and help develop recipes. It was a three-month, two-day a week gig, and an excellent starter course on how to do food TV. It also blossomed into a lifelong relationship.”

Jacques Pepin was another huge influence on Sara. After interviewing him on the radio in Boston, she worked with him several times when he was a guest chef at the restaurant where she worked in New York, and they became friends. She believes “there is no greater food technician than Jacques.”

Finally, “Jean Anderson (New York) really guided me through the world of food writing and recipe testing. I met her through my parents and went on several trips with her as her ‘photographic assistant’ (something I also knew nothing about, but she taught me) to Brazil, Portugal, and Holland. When I did my live, call-in show on the Food Network and didn’t know the answer to a question, she was my red phone; she always knew the answer.”

Sara is the author of several cookbooks including her latest, Sara Moulton’s Home Cooking 101: How To Make Everything Taste Better, a cookbook and teaching manual aimed at making readers more confident and efficient in the kitchen. She appears weekly on Chris Kimball’s “Milk Street Radio” and also writes a quarterly column for the University of Michigan’s Alumni Magazine.
By Joan Brower, Deborah Mintcheff, and Marsha Palanci (New York)

The New York Chapter (LDNY) has been fast at work pulling together a schedule of informative and fun activities for your stay with us October 15–18, 2020. Here is a hit list of local highlights of what’s to come. It reflects— we hope!—why LDNY is so eager to share with you our playground with its panoply of culinary, cultural and touristic attractions. Check off the boxes of those things you want to experience this fall:

☐ EXPLORE THE RICHNESS OF OUR ETHNIC NEIGHBORHOODS. Don’t miss out on the sights, sounds and tastes offered by New York’s many neighborhoods. Explore with us the burgeoning communities in Brooklyn, Jackson Heights, Greenwich Village, Chelsea, Fifth Avenue, Lower East Side, Financial District and Westchester, on one of our pre-conference tours.

☐ STAND IN AWE OF THE SKYSCRAPERS. Your home away from home will be the elegant and recently renovated Intercontinental Barclay Hotel. Located in the heart of Manhattan, you’ll be surrounded by historic skyscrapers, such as the Chrysler and the Empire State Buildings, towering over you. Madison and Fifth Avenues—with some of the world’s best shopping—is within walking distance of the hotel, as well. So start saving your money!

☐ GET A TASTE OF OUR GLOBAL CUISINES. New York is a foodie’s paradise with an estimated 60 international cuisines served in the city’s 23,000 restaurants. LDNY is narrowing it down to our “Top 50” dining establishments (many owned by Dames!) and producing a special map for your Thursday evening Dine Out New York event.

As reflected in the conference theme, “New York—The Culinary Melting Pot”—you will enjoy ethnic cuisines plus locally produced foods. Wines, beers, and spirits from the

☐ WALK ALONG THE HIGH LINE. Manhattan’s dense concrete jungle offers many green spaces, the granddaddy of which is Central Park. Lesser known, but equally thrilling, is our much-beloved High Line, offered on one of the conference pre-tours. This narrow public park, 1.45 miles long, sits on the old rail bed of the elevated West Side freight line in the Meat Packing District. It is one of LDNY’s “favs.” Not only is it an arts space but also a quiet garden running smack dab through the middle of some of our most exciting new architecture, including the IAC Headquarters building by famed architect Frank Gehry.

☐ LISTEN TO LIVE MUSIC EVERY NIGHT OF THE WEEK. New York is all about the vibe. In our concert halls, jazz clubs, churches, and subway stations, we are surrounded by the voices and talents of our multi-ethnic citizens. We will bring some of these sounds to you during your stay. Plan to join us for the post-conference Gospel Music Brunch at Chef Marcus Samuelson’s Ginny’s at Red Rooster in Harlem, Sunday, October 18th, which includes a tour of the legendary Apollo Theatre.

☐ REVEL IN THE CITY AFTER DARK—AND AT SUNRISE TOO! For those of you who wake up after the sun goes down, LDNY has planned an après-dinner stopover at The Skylark rooftop bar following Thursday’s Dine Out New York. Then, Friday’s dinner program, which includes LDNY’s annual trends seminar, The Next Big Bite, will afford stunning nighttime views along the Hudson River. For early risers, informal walks will help you discover the “hood” close to our hotel before breakfast.

☐ FEEL THE CITY’S PULSATING ENERGY. Our city is often characterized as being brash, fast-moving and electrifying. The program our chapter has curated for your stay will allow you to experience this unique energy. Are you ready to wake up in a city that never sleeps?

☐ CROSS OVER THE BROOKLYN BRIDGE. Put on your walking shoes as we’re taking Dames on a pre-tour to Brooklyn after a bracing 45-minute walk over the Brooklyn Bridge. Completed in 1883, this 1.13-mile suspension bridge spans the East River and offers some of the most spectacular views of the Manhattan skyline.

☐ JOIN US ON A VISIT TO ICONIC BLUE HILL AT STONE BARN. Take a bus ride with us as we wind our way to a venue that is sure to be on your bucket list! Michelin-starred Chef Dan Barber’s Blue Hill at Stone Barns Center for Food and Agriculture is located in Pocantico Hills, New York, and is built on the beautiful former Rockefeller estate. We’ll be taking in small groups for an in-depth tour of the spectacular six-acre, four-season farm to hear about the Center’s methods for raising livestock and growing vegetables sustainably. A sumptuous lunch will top off our visit before we head back, sated and inspired.

☐ MINGLE WITH NEW YORKERS INCLUDING OUR “MOVERS AND SHAKERS.” Our city is made up of many different nationalities, ethnicities, and religions. LDNY wants to introduce you to our world of fast-talking, sharp-minded New Yorkers who are proud to share with you their passions and expertise. Get to know such luminaries as Dan Barber, Jacques Torres, Dr. Marion Nestle, Carla Hall, Lidia Bastianich, and Jessica Harris, all personalities who give our city its unique flavor and pizzazz. Hang out with members of our chapter while also enjoying the company of fellow Dames from around the world during scheduled, Early Bird, and after-hours activities.

☐ CHECK OFF THE BOXES OF THOSE THINGS YOU WANT. LDNY looks forward to welcoming you with open arms and open hearts. We promise a Dame-worthy experience of a lifetime!
ACCOMPLISHING, MANAGING, MOTIVATING, DELEGATING: Powerful Dames Give Their Views

These three accomplished Dames—each a former president of her chapter—sent their views on leadership questions that I sent them. The aim is to give you some ideas in these areas that you can use in your personal businesses and chapter management.

**Alice Gautsch Foreman** (Seattle) was co-founder of her chapter. In her business life, Alice was president of Evans Food Group, a division of Evans/Kraft Advertising (now Publicis), that created and implemented food publicity/PR programs for an extensive list of consumer and foodservice clients. She served as Manager of Product Publicity for Campbell Soup Company, and has held positions with General Foods (now Kraft) and McCall’s Magazine.

**Sharon Franke** (New York) served as president of her chapter and is now a freelance journalist specializing in kitchen equipment. For 30 years, she worked at the Good Housekeeping Institute where she served as Director of the Kitchen Appliances Lab and was Good Housekeeping magazine’s spokesperson in her area of expertise.

**Susan Reigler** (Kentucky) currently is a contributing writer for Bourbon, American Whiskey Magazine, and LEO Weekly; bourbon columnist for Food & Dining; and an Executive Bourbon Steward - Private Tastings Curator. She is past president of The Bourbon Women Association and is the author of several books on bourbon and food.

—CiCi Williamson, Editor, Spring Quarterly

Leadership Questions

1. **What is your biggest work accomplishment?**

**Alice G. Foreman:** It’s a toss up: being a new business-team member and successfully bringing in new clients or coaching/mentoring employees/volunteers; sharing your knowledge and expertise is the greatest gift you can give.

**Sharon Franke:** I’m proud that I’ve helped consumers make smart buying decisions about cooking equipment. By developing and following standard procedures for testing and comparing products, I separate the hype from the reality and have been able to tell people how to get the best items for their needs and for their budget.

**Susan Reigler:** In almost 14 years as the restaurant critic for the Louisville Courier-Journal, I never missed a weekly review or any of my regular columns. If I went on vacation, I “ate ahead” and turned in reviews and articles before I left. When I sprained an ankle and was on crutches, I used that as an opportunity to review a restaurant delivery service.

2. **What values are most important to you as a leader?**

**Alice G. Foreman:** Honesty, Integrity, Vision, Patience, Commitment. Positive attitude.

**Sharon Franke:** Honesty and humility. I believe leaders should give their team members the chance to express and develop their own ideas and grow as individuals. It’s critical to then give credit to them for their accomplishments. However, a good manager always accepts ultimate responsibility for any mistakes or failures of the team.

**Susan Reigler:** Be straightforward with people. Don’t expect them to be mind readers.

3. **How would you describe your leadership or management style?**

**Alice G. Foreman:** Lead by example. Be ready. Be strong. Be brave. Be kind. Take risks. Accept failure and don’t blame others. Surround yourself with very smart people who compensate for your weaknesses. Always go the extra mile for your staff, paid employees, or volunteers; let them know they are valued, respected, and supported. Listen. Communicate.

**Sharon Franke:** I lead by example and by actively participating. When needed, I’m willing to roll up my sleeves and work with the group on any task to ensure that the work gets done and that my staff is not overburdened.

**Susan Reigler:** Efficient.

4. **How do you delegate work to your team?**

**Alice G. Foreman:** Share the project vision to attain positive results. Be direct. Encourage and support team members, yet let them succeed or fail on their own. Let them learn from each, be it success or failure.

**Sharon Franke:** I’m firm and definitive, giving deadlines and clear expectations about what needs to be done and making sure there are check-ins along the way. When possible, I try to accommodate people’s preferences but first and foremost, I need to make sure the work gets done.

**Susan Reigler:** Identify people’s strengths and assign roles and tasks that best suit them.

5. **How do you motivate people?**

**Alice G. Foreman:** Encourage them with a capital E. Listen to their needs and new ideas. When you see a need, fill the need. Communicate. Be positive. Have a sense of humor. Show gratitude.

**Sharon Franke:** The chance to grow is the best motivator. When I ask people to take on a task, I encourage them to think about what it can do for them: What skills can they develop? What recognition can they get? And how they can move up or on?

**Susan Reigler:** Listen to their ideas and act on them when those ideas are good.
“A Farm to Fork Evening,”
Hawaiian Style

By Kristin Jackson
(Hawaii)

The 2019 Hawaii Chapter’s Annual Escoffier Dinner on November 6, themed “A Farm to Fork Evening,” was hosted on the campus of Kapiolani Community College. The event was a benefit for the culinary program there and $2,500 was donated that evening with almost 50 guests in attendance. The committee consisted of Holly Hadsell, Jenn Marr and Kristin Jackson with wine pairings by Jocelyn Leigh and Liane Fu.

Dame Marion Nestle (New York) was the guest of honor and gave a short presentation to the group prior to the meal. Dr. Nestle was in Hawaii for the Hawaii Culinary Education Foundation (HCEF) public program, “What to Eat: Dietary Advice Meets Food Politics,” on Thursday, November 7; her visit to Hawaii was sponsored by HCEF. Hayley Matson-Mathes is executive director of HCEF, and Joan Namkoong serves on its Board. In addition to speaking at the Escoffier dinner, Marion also gave a public lecture for 350 people.

At HCEF’s “What to Eat” program, Dr. Nestle said, “The three most prominent food system problems in 2019 are food insecurity, overweight and its consequences, and the effects of how we produce and consume food on the environment and climate change. USDA figures indicate that Hawai‘i imports 71% of its food (not including processed foods) and residents consume far more animal products than recommended. In Hawai‘i, food insecurity is relatively low compared to the mainland states, and the prevalence of obesity is quite low (49th out of the 50 states) but increasing steadily.

“The role of the food industry is to sell more foods, not less, regardless of the effects of its products on health. Recommendations for healthful diets are simple and allow plenty of room for delicious meals: emphasize plant foods. Balance calories. Avoid ultra-processed foods,” she recommended.

Our chapter invited five culinary students from Leeward Community College and Kapiolani Community College as our guests. Chef instructors and students from Kapiolani Community College prepared the dinner. The Escoffier Dinner menu was created with modern interpretations of Escoffier cuisine encompassing an island-inspired, farm-to-table menu. The menu included: passed appetizers; Fillet de Hawaiian Kampachi Veronique (consisting of kampachi roulade, mushroom variations, grape foam and lemon-kampachi butter); Big Island Heart of Palm Polonaise with pickled heart of palm, egg yolk custard, mini croutons, brown butter powder, parsley green chili purée, capers, and raw palm. The main course was Boeuf Bourguignonne, featuring short rib, sous bise onion and glazed carrots, and the dessert was a delicious Pineapple Melba with charred pineapple, caramelized milk crèmeux, passion fruit sorbet, and vanilla crumble.

New Orleans Dames Hold First Fundraiser in the Sofab Gumbo Garden

By Beth D’Addono (New Orleans)

How does a VIP New York Fashion Week experience sound? Complete with ringside seats to a haute show, a fab after party, hotel for two for the weekend, and dinner with one of the show’s sponsors?

That was just one of the big “Wows” donated for the November 7, 2019, debut fundraiser organized by the New Orleans Chapter. The evening unfolded in the Southern Food & Beverage Museum’s Gumbo Garden, the newly debuted outdoor space for the museum founded by Liz Williams. She graciously donated use of the garden for the evening.

Co-chaired by Beth D’Addono, Emily Vanlandingham, and Ali Loftin, the fundraiser was supported by a slew of sponsors who donated everything from the bar and bar staff for the evening to nibbles and the “Wow” auction items. The following member chefs and their restaurants donated dishes for munching as well as gift cards that were a big hit for the evening’s raffle: Arnaud’s, Bywater Bakery, Saba, Justine, Gracious Bakery, Link Restaurant Group, Piece of Meat, Del Porto, Lola’s and Station 6, Compere Lapin, Commander’s Palace, and Belle Epoque.

Nibbles included a fabulous Saba platter from Emily Shaya; Oysters Bienville from Katy Casbarian of Arnaud’s (who sent the suave maître d’ Juan to man the oyster station); a super tuna crudo app from Nealy Frentz of Del Porto; and housemade charcutiere from Leighann Smith, the butcher/owner of Piece of Meat. Sweets were donated by Chaya Conrad, Bywater Bakery; Maggie Scales, pastry chef for the Link Restaurant Group; and Megan Foreman, Gracious Bakery.

Caroline Rosen, Executive Director, Tales of the Cocktail, received special thanks for procuring the alcoholic beverages for the evening as well as donating four all-access passes to Tales 2020. A big merci also to her and her contact, Andrew Brimer, at Pernod-Ricard, who donated the New York Fashion week experience. Caroline also secured a weekend getaway to Rancho Pillow outside of Austin, a unique retreat near the tiny art town of Round Top, Texas. Ali Loftin donated a set of her company’s ceramic oysters shells for grilled oysters.

With jazzy tunes provided by vocalist Meryl Zimmerman and guitarist Eric Merchant, about 50 Dames and friends enjoyed the starry evening, which raised more than $6,500 between ticket sales ($40 or $75 for two) and the auction—exceeding the $5,000 goal.

www.lesdamesnola.org

Save the Date! If you’ve been wanting to visit New Orleans or come back to the best food city in America (we are biased!), then mark your calendars for Eat Nola – the New Orleans Dames 2020 Fundraising weekend September 17-20. Packed with behind the scenes access, celebrity chefs, and culinary and cocktail “Wows,” Dames and friends are invited to live a one-of-a-kind taste of New Orleans weekend. Details and pricing will be sent out after Mardi Gras! Laissez les bons temps rouler!
An LDEI Blueprint for Moving Forward

BY BEV SHAFFER (CLEVELAND), LDEI PRESIDENT

Before I had the honor of taking over as your LDEI President, I had formulated some plans: I wanted to listen to what our members had to say; I knew we needed to better define and revamp our Mission, Vision, and Guiding Principles; and I was committed to moving our organization forward while being respectful of its history and past.

With your valuable member input and a cohesiveness among Board members, the International Board of Directors was challenged with the task of creating a blueprint for our future—a blueprint designed to create a strong, vibrant organization of benefit to all and to set forth meaningful priority goals that would lead us into the future.

I’m looking forward to the future, and feeling grateful for the past. – M. Rowe

It is, therefore, my privilege to share with you the results of our Strategic Planning session.

2020-2023 LDEI STRATEGIC PLAN

OUR MISSION:
To inspire, advance and support women in food, beverage and hospitality to achieve excellence in leadership and philanthropy.

OUR VISION:
To be the preeminent global professional association for women leaders in the food, beverage and hospitality industries.

OUR GUIDING PRINCIPLES:
LDEI is guided in its decisions and actions by:

• Philanthropy: We are committed to creating lasting change in our communities through focused philanthropy.

• Diversity: We celebrate the value of differences among people and cultures throughout the world, in our communities and in our chapters.

• Leadership and Professional Development: We are committed to life-long learning, mentoring, career advancement and professional development for our members.

• Professional Excellence: We subscribe to the highest standards of professional conduct, ethics and integrity.

• Innovation: We are committed to assuring continuing relevance and influence in an ever-changing environment through adaptation, innovation and openness and responsiveness to change.

PRIORITY GOALS

I. To assure high-performing, vibrant chapters

Rationale: The core responsibility of the LDEI Board is to provide support and resources to the chapters and maintain productive, collaborative relationships.

Key objectives: The key objective within this goal entail strengthening the leadership and governance of chapters and providing support and resources to chapter leaders.

II. To strengthen and expand our philanthropic efforts and publicize their impact

Rationale: Philanthropy has been and continues to be the unique, distinctive characteristic of LDEI. It is important to preserve this heritage and carry it into our future.

Key objectives: The key objectives within this goal include publicizing our philanthropic impact and enhancing the Legacy and Scholarship programs.

III. To be a trusted source of high-quality professional development

Rationale: Professional development is highly valued by our members.

Key objectives: The key objectives within this goal include providing leadership development opportunities, addressing issues and interests of women and expanding the technological capabilities in order to provide a greater value of learning opportunities.

IV. To enhance our presence and image by revitalizing our brand, its uniqueness, relevance, and impact

Rationale: In order to remain relevant and project an image that is truly reflective of the organization, it is important periodically to revitalize how we convey our unique identity.

Key objectives: This entails evaluating the overall communications strategy of the organization and revitalizing the brand, logo, and other documents. It also includes intensifying our public relations and awareness efforts.

V. To diversify and engage our members by evaluating and modernizing our membership policy and structure

Rationale: Continually identifying new members and assuring the diversity of the membership is the lifeblood of the organization.

Key objectives: Modernizing the qualifications, categories, and policy regarding membership assures a strong future. Other key objectives include stimulating more interaction between and among Chapters and members.

In the past months, I have been creating numerous task forces to work on these priority goals, expanding them, and better defining the goals and creating an action plan. The LDEI Board also has a Strategic Plan Steering Committee—chaired by Sharon Olson (Chicago)—in place to keep the Board on task to ensure that we continue moving forward on these important initiatives.

Moving on is easy. It’s staying moved on that’s trickier. – K. S. Klemen

Thank you for your insight and participation in this process. I am grateful for each and every one of you—the strength, professionalism, inspiration, and fun you bring to our organization and your chapter.

Please reach out any time with questions, comments or just to share some love!

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#ldeigratitude
Cookware Trends: What’s Old is New and What’s Electric is Still Hot!

Over the past couple of years, we’ve seen a meteoric rise in one small electric appliance. The overall cookware industry is up 2.5% throughout 2019 and is approximately $2.49 billion in sales annually, according to the Cookware Manufacturer’s Association (CMA). Here are the trends I am seeing.

**Electric Multi-Cooker.** Better known as the “Instant Pot,” the popularity of this item and method of cooking has been so vast that it has had a negative impact on the cookware market overall. People making one-pot meals, efficiently and conveniently, are no longer seeing the need for a new pot or pan. The number of items in this category has grown exponentially along with a robust set of features now including sous-vide. While the “Kleenex” of the industry is the Instant Pot brand, my personal favorite for quality, features and benefits is Zavor®.

**Cast Iron.** As a 25-year veteran of the gourmet retail industry, I’m delighted to see that Millennials are gravitating towards home entertaining and cooking, driving cookware sales up. They are connecting with family traditions feeding right into the cast iron craze we see today. The world of cast iron has gone from the one last U.S. foundry, tried-and-true Lodge, to a dozen plus artisanal/niche U.S. manufacturers. One of the trail blazers is Isaac Morton, founder and owner of Smithey Ironware Company, I recently had the pleasure of catching up with him at the Atlanta Market.

“I knew when I started Smithey that polished cast iron was a really special niche of cookware. It has inherent advantages over a lot of other types...attractive, traditional, versatile, and naturally nonstick...most important, cast iron has a way of rekindling memories,” he said. “They love the process of maintaining, watching over, and giving away cast iron nearly as much as cooking on it...my primary goal is to nourish our customers’ passion.”

Isaac has quadrupled his square footage, moved into a new mid-size warehouse/manufacturing facility, added top talent to his team, and complemented his assortment with carbon steel cookware—also on the rise.

**Healthy Cooking and Sustainability.** People seem far more interested in what they are putting in their bodies and what they’re doing to the planet. Sous vidé is one of the most healthful methods of cooking, and we’ve seen a sharp interest in sales and product assortment. It’s also mostly foolproof and very convenient for entertaining. Producing the most succulent, perfectly cooked meats and vibrant vegetables, I highly recommend experimenting if you haven’t already.

**Stainless Steel.** In the past year, we also saw the most innovative change in stainless steel cookware in the last 107 years. Hestan NanoBond is a steel-clad vessel placed in a vacuum chamber and blasted with titanium nano particles to build nano layers, resulting in gorgeous cookware that is 400% stronger than stainless steel and 35% more heat conductive. If you’re considering something new, this is the new gold or titanium standard. You might also recognize this brand as one of our International sponsors, A big thanks to Hestan!

**Space Saving Cookware.** This is another trend I’m seeing, the most elegant and high performance of which is Cristel, who’s been way ahead of the curve. We’re now seeing many major brands enter into the game.

**Reusable Straws.** Slurping is certainly not cooking but also not unrelated. If you told me a year ago that I’d be carrying 18 different SKUs of reusable straws, I would have given you the crazy look. Fast forward and that’s exactly what we offer. From stainless steel and silicone to telescoping, smoothie size, cocktail size and carrying cases, chances are your preference is available. From Bees Wrap to Stashers to Cover Blubber, we’re building a broad assortment around sustainability and consumers are buying.

“I’ll leave you with some interesting stats via HomeWorld Business Magazine. I hope you will cook often, gather with friends and family, and be well!”—Mary S. Moore, LDEI Past President, Founder and CEO, The Cook’s Warehouse—Celebrating 25 Years

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**Statistics from the CMA**

**UP.** Colored aluminum cookware in thick gauge (more than 8mm) is up 21.5%. Less than 8mm is up 7%.

**UP.** Aluminum cookware sales are up 7.6% from 2018’s $1.48 billion.

**UP.** Bakeware saw a big 15.4% increase for 2018 to 2019 – sheet pan meals and egg bites are big factors in the growth along with specialty pans that allow consumers to make great, beautiful baked goods without devoting a lot of time.

**DOWN.** The stainless-steel segment is down 5.1%—most directly impacted by the tariffs put in place.

DOWN. Porcelain and copper, down more than 4.4%.

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The increased sales in retail package beer and wine support the home entertaining trend and need for more cookware. Consumers fall into two main buckets today: convenient and easy vs. the aspirational gourmet enthusiasts building their skills.
International Board Meets in Louisville in January

By Danielle Wecksler
(Charleston, 2nd Vice President, LDEI Board)

Your LDEI Board meets in person three times a year for more in-depth planning than can be accomplished in our monthly board calls. The first meeting of the year is in the chapter city that will be hosting conference two years into the future, to kick off the process, and to conduct hotel site visits. The second meeting of the year is to visit a recently formed chapter or one that we haven’t visited in awhile. And the last meeting is at our annual conference, where we look forward to the next LDEI year with the incoming board.

The first of this year’s board meetings occurred at the end of January. The 2020 Board of Directors (Bev Shaffer, Judith Hollis-Jones, Danielle Wecksler, Beth Pav, Barbara Hanley, Jennifer Goldman, Stephanie Jaeger, Ingrid Gangestad, Bonnie Tandy-Leblang, and Ann Stratte) and Executive Director Greg Jewell convened in Louisville, Kentucky (the site of the 2022 conference) for a packed, multi-day agenda full of productive meetings and inspiring discussion.

At these board meetings, we do a deep dive into the state of our organization. Here is just a taste of the many topics we tackled this time around:

- An in-depth look at our finances,
- Discussion about Brock Circle fund usage,
- Plans for the next three years of conferences,
- The Grande Dame award,
- Updates to the board nominating process,
- Partnerships, and much more!

The Secretary also gives a status report on new chapters that are in the formative stages, and we were excited to hear that there are currently several around the world that are moving forward. But the best part is when a chapter has completed all the steps and is ready to join LDEI, and we were honored to approve the charter for the Greater Madison, Wisconsin, Chapter!

One thing that was different this time, though, is that we preceded our board meeting with a Strategic Planning session. Thanks to the forward thinking of President Bev Shaffer, we are putting in place a plan that will be a blueprint for our future and create a strong vibrant organization for all of us. Be sure to read Bev’s article on page 14 for a full recap of the Strategic Plan.

After our meetings each day, we were delighted to spend time getting to know the Kentucky Dames. One of the highlights of the visit was dinner with the chapter at the historic Oxmoor Farm. We were treated to a delicious feast featuring local seasonal vegetables grown by Lisa Windhorst and catered by Sherry Hurley. Of course, we had to wrap up the evening with a bourbon tasting from chapter President (and bourbon expert) Susan Reigler. Throughout the evening, we heard firsthand that the Kentucky Dames are VERY excited to host LDEI in a few years! Other high notes of our visit included dinners at Dame restaurants that showcased the growing food scene in Louisville. A big thank you to Stacy Duncan of Brasserie Provence and Kathy Cary of Lilly’s Bistro for their gracious hospitality and delicious meals that reinvigorated us at the end of each long day.

Clockwise from top left:Kentucky chapter dinner at Oxmoor Farm with the LDEI Board. CBL Ingrid Gangestad working on the wording for our mission at the Strategic Planning session. At the Kentucky Chapter dinner, Old Fashioned cocktails were served by Stacy Duncan and Susan Reigler. The board dinner at Brasserie Provence. From left: Stacy Duncan, Beth Pav, Greg Jewell, Bev Shaffer, Guy Duncan, Danielle Wecksler, Stephanie Jaeger, Bonnie Tandy-Leblang, Ann Stratte, Ingrid Gangestad, Jennifer Goldman. We celebrated CBL Stephanie Jaeger’s birthday at the board meeting. Chocolate Mousse with Bourbon Soaked Cherries dessert from the Kentucky Dames.
NEW TO THE LDEI BOARD FOR 2020

Judith Hollis-Jones
FIRST VICE PRESIDENT
Entrepreneur Judith Hollis-Jones (Kentucky has a multi-disciplined, senior level executive background with leadership experience in large multi-national corporations including Yum Brands, Wendy’s, IBM, and private equity owned businesses. Currently Judy is CEO of a consulting company, Hollis Jones & Associates, as well as CEO of an emerging whiskey brand, Buzzard’s Roost Sippin’ Whiskeys. Both companies are headquartered in Louisville, Kentucky. Judy joined Wendy’s International to transform their supply chain from a tactical purchasing department to a strategic, global team contributing to increased operating efficiency, reduced product cost, quality consistency, quicker speed to market, and the creation of a value-based supplier network. Regarded as a team builder and change agent, Judy has transformed organizations to facilitate meeting the profit and growth goals of her businesses.

Barbara Hanley
TREASURER
Barbara Hanley (New England) is with Shy Brothers Farm® in coastal Westport, Massachusetts, having started the company with her farmer partners in 2006. She spent her career as a commercial real estate consultant helping people make money, including a nine-year stint teaching golf course development at Harvard’s Graduate School of Design. Then Barbara turned her energy to agricultural economic development. She was a founder of her town’s Agricultural Commission, worked with many state, local, and regional non-profits, and started the non-profit Massachusetts Cheese Guild, Inc. Barbara previously chaired the LDEI Legacy Award Committee for two years, and she is delighted to get to work with the LDEI Board of Directors as Treasurer.

Bonnie LeBlang
CHAPTER BOARD LIAISON
Bonnie Tandy LeBlang (New York) has been an award-winning food writer, internationally syndicated columnist, consultant, agent, professional speaker, and radio contributor covering her passions, food, theatre, and travel. She is a registered dietitian. Bonnie’s site, Bite of the Best®, features restaurant reviews, culinary products, and a newsletter. Her internationally syndicated newspaper column, “Supermarket Sampler,” ran for 25 years with Universal Press Syndicate. She also penned “Express Lane Cooking,” the world’s first daily syndicated food column.

Ingrid Gangestad
CHAPTER BOARD LIAISON
Ingrid Gangestad (Minnesota) is an award-winning recipe developer. Her work has appeared in cookbooks, magazines, websites, product packaging, and advertising. Ingrid owns St. Croix Culinary Consulting, LLC, which specializes in targeted food content for clients. Combining sensible nutrition with inviting and approachable recipes is her specialty. Ingrid honed her skills through the test kitchens of General Mills and ConAgra and graduated from the University of Minnesota with a B.S. in Nutrition and Dietetics. She holds the credentials of registered dietitian nutritionist. Ingrid is happily married to Nick, and they have two adult children. In her spare time she enjoys traveling, biking, entertaining and spending time at her cabin in Wisconsin.

2020 LDEI BOARD OF DIRECTORS
The mission of the LDEI Board is to foster the growth and success of the organization by supporting the development of new and existing chapters and by implementing program initiatives. It provides leadership, guidance, education, connectivity, and effective communication among LDEI members.

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2019 LEGACY AWARDS

WINNERS’ REPORTS

BARBARA HANLEY (NEW ENGLAND), Legacy Award Chair 2019
JULIE CHERNOFF (CHICAGO), Legacy Award Chair 2020

We are very proud of the seven 2019 Legacy Awards winners—outstanding professional women in the food, fine beverage, and hospitality industries—who were given the chance of a lifetime, hosted by our distinguished members of Les Dames d’Escoffier International.

Established in 2009, the Legacy Awards provide targeted mentorship opportunities for women who are not members of LDEI. Eligible women must have at least four years of experience working in the food, fine beverage, and hospitality industries. Each Legacy Award winner is sponsored by accomplished Dames for a one-week workplace experience at their businesses in the U.S., U.K., Canada, Mexico, or France, all home to one of our LDEI chapters.

“In 2019, the LDEI Legacy Awards celebrated its 11th year and its eighth year of partnership with the Julia Child Foundation (JCF) providing amazing mentorship experiences through our Legacy Awards program. “LDEI is honored to once again partner with The Julia Child Foundation for Gastronomy and the Culinary Arts to continue our legacy of supporting the future of our profession. The Foundation’s generosity in supporting these awards affords these women an opportunity to bring inspiration and passion to their careers and their communities,” said LDEI President BEV SHAFFER (Cleveland).

“Year after year, the Foundation finds it very gratifying to see how much all the participants get out of this worthwhile program,” said Todd Schulkin, Executive Director, of the Foundation. “LDEI’s Legacy Awards continue to set the standard for how food industry mentors can not only yield great outcomes but also inspire all of us to give back and set lofty new goals. The Foundation is proud to support this innovative and effective program.”

What a gift to work on the Legacy Program is for all of us: a great committee; applicants who are changing this world for the better; generous hosts who are committed to the spirit of LDEI; and the staunch support of both JCF and LDEI.

In 2020, six opportunities are available, including Mexico and New Orleans. In addition to the Legacy Award experience, each winner is invited to attend the LDEI Annual Conference in New York City from October 15-18, 2019, where the 2020 Legacy Luncheon in the winners’ honor will be held.


d'Escoffier International.

I have always dreamed of experiencing the culinary culture of New Orleans. This award gave me the chance to work with James Beard award-winning chef, Nina Compton, at her restaurant Compère Lapin (“Rabbit Accomplice”). The food of Compère Lapin is a blend of Chef Nina’s Caribbean background, her classic French training, and the rich heritage of New Orleans. As a chef who strives to incorporate multiple cultures into my food, it was a great learning experience to see how well Nina balances the integrity of her Caribbean roots. I spent my time there learning how to prep some of the most flavorful components of the menu, such as curried pickles, banana crackers, and authentic St. Lucian fried baked.

I most enjoyed observing Nina in the kitchen with her team. I am a fairly young chef still discovering my managing style and how I want to lead my restaurant staff. She was very present, approachable, and hands-on in the kitchen. The atmosphere was not tense or intimidating as I would have imagined from a very notable kitchen team. It was great to see a woman in charge, in a positive and effective way. Over coffee with Chef Nina, we discussed her experience as a woman restaurateur: challenges with staffing, owning multiple restaurants, and work life balance. It was inspiring to hear her opinion and what she has learned along the way. It was also humbling to know that even a chef with of her pedigree faces some challenges and is always learning.

I met some of the New Orleans Chapter’s Dames at a delicious welcome dinner hosted by President STEPHANIE CARTER at Gianna’s. I learned about their careers, how they navigate as women—some as mothers—in this industry, and how the restaurant scene of New Orleans has evolved today, including changes that came about after 2005’s Hurricane Katrina.

During my week, I also attended a Dames meeting about writing culinary books and explored the Southern Museum of Food and Beverage (founded by LIZ WILLIAMS). The NOLA Dames were extremely hospitable, and BETH D’ADDONO took me under her wing and gave me a personal tour of some of New Orleans cultural landmarks, including the French Quarter. She took me to a very typical NOLA Friday lunch at Commander’s Palace.

My trip to New Orleans has been a life-changing experience. Experiencing an award-winning, woman-led kitchen has been very encouraging, inspirational. While on the trip, I was also experiencing some challenges regarding my business. I was able to open up to the Dames, including Chef Nina, and they were very encouraging. This support made a great impact on how I move forward with my business decisions. Being around the supportive Dames of New Orleans was a treasured experience I will always remember.

Emme Collins with host Nina Compton.
My legacy experience at Wente was remarkable from start to finish. It was eye-opening to encounter such a diverse group of individuals, all working towards the common goal of producing a quality product. This trip was filled with a wide variety of experiences, and that has given me direction and inspiration for future endeavors.

My experience was made unique from many others that Les Dames have provided in the past because I had a partner in crime! It was wonderful to share the week with Robin Epperson-McCarthy. We met with such an impressive array of people, all working in a wide variety of roles. It was helpful to have Robin and her vast knowledge in this field, to ask many questions I would have never thought of. Also, we both share a love for the outdoors. I really enjoyed having someone to wake up early and explore the beautiful Livermore Valley with.

I was thrilled to spend an afternoon with Wente winemaker Elizabeth Kestler. She gave me a tour of the impressive estate winery, shared barrel samples, and answered every single one of my never-ending questions! I have worked in wineries, but this was the first time I had witnessed an operation of this size. It was eye-opening, and helped give me insight into the options that I could consider in the future. Also, I was thrilled to see a successful woman in such a key role with the winery.

Another memorable experience was the afternoon spent with Master Gardener Diane Dovholuk in her organic garden. It was the hottest day of our trip (102 °F), and there was almost a guarantee of seeing a rattlesnake. We happily took our chances and continued to plant seedlings and explore the oasis that Diane has created. We were rewarded with slices of the most memorable melon I have ever tasted, still warm from the sun. Diane has built a beautiful space from nothing and is continuing to grow and improve it—a truly inspiring woman! Robin and I had another opportunity to eat her delicious produce when we dined at the Wente Vineyard Table with Amy Hoopes. It was a special experience to eat some of the food that we had helped harvest the day before!

The clearest lesson I took from this experience is how diverse my opportunities are in the food and wine business. I was inspired by so many women during my week at Wente, and my eyes were opened to career paths I had not previously considered. I am so thankful for this opportunity, and deeply inspired by the power of opportunity that Les Dames d’Escoffier has created for women like me.

My co-winner, Mara Hanneson, and I had the pleasure of being hosted by President Amy Hoopes and CEO Carolyn Wente, fourth generation winemaker, of Wente Family Estates. Wente was generous in giving us an amazing experience. We had a series of meetings with the heads of the departments that were open and informative to the inner workings of the company. Of biggest impact on me was the morning spent with Diane Dovholuk in the Organic Garden. I could spend the entire day basking in Diane’s passion for the garden, which was absolutely contagious—even in extreme 102 °F heat with the threat of rattlesnakes! She has carved the garden out of the hillside to supply the Vineyard Table & Tasting Lounge. She is a representative of how the family values its employees.

Diane is one of the many employees of Wente who clearly love working for the company and is a wonderful ambassador for the values of the family. We also spent time with Project Manager Jordan Wente, fifth generation. The Wente Family has been part of the Livermore Valley for seven generations.

One revelation from my experience was that this was not designed solely for the Legacy winners. Spending the day in the organic garden, taking a blending class, attending a concert, or attending the La Luna celebration are all activities that are offered to Wente Family Estate visitors daily. They also deliver a concise brand social media message via #MAKETIME in which they invite their customers to make time for themselves to appreciate what truly matters.

Serendipitously I was asked—post-Legacy Experience—to sit on the marketing board for the Long Island Wine Council. My goal with this position is to create the North Fork Wine Country experience that respects the community and infuses our passion for a sustainable future in wine tourism. Part of building my Saltbird Cellars brand will be building bridges within the community via the Council, the promotional councils, and local politicians.

In my application essay I wrote, “I am thrilled that my home and the The North Fork wine region where I began and continue my career is becoming a respected wine region at the same time that I am laying the foundations for my own legacy.” Making our guests part of the experience, sharing our passion, and teaching them what makes a sustainable wine region can lead to harmony within the region. It can also lead to residual passion for what makes this region unique making all of our customers ambassadors to not just Saltbird Cellars but also to the North Fork of Long Island.
On long bus rides to and from my downtown catering sales job, I fell in love with food and food systems reading authors like Julia Child and Michael Pollan. Although in my early twenties, I had never thought about where my food comes from and why it's so important to be an educated consumer in today's food landscape. I began to admire chefs and food producers who honored their craft. Ten years later, I teach children where their food comes from using a beautiful 12-acre organic garden as my classroom.

The Legacy Award allowed me to take my passion and use it to explore, with 11 Dames, a regional food system that is different and yet quite similar to my own in the Pacific Northwest. My first host, Nancy Matheson Burns, met me in Boston to establish a foundational view of the New England food system by touring the city’s historical food hubs. The most notable site was Faneuil Hall, the original home of Nancy’s landmark food hub business, Dole and Bailey. Nancy’s tour pieced together the history of agriculture and food production in New England and helped me understand some of the challenges that modern food producers are experiencing. Then, Nancy and I, along with Diane Wheeler, visited several Dames and their businesses. I am inspired by their stories and honored to know them. Thank you to Mary Bandereck, owner of Topsfield Bakeshop; Liz Mulholland, owner of Valley View Farmstead; Victoria Taylor and Carrie Richards of Victoria Gourmet Spices; and Chris Barenfeld of iFarm.

My whirlwind journey then took me north to Portland, Maine, to meet Christine Burns Rudalevige, a passionate food systems advocate. We had many long, nerdy chats about what’s happening in her region. I visited Lisa Webster’s North Star Sheep Farm and learned about how she established a unique business plan that honors the quality of her work. I learned about sustainable oyster production at Abigail Carroll’s Nonesuch Oyster farm, and pulled a few straight from the briny water to taste. Maine State Representative Matthea Daughtry enthusiastically shared legislation that she has worked on around farm to school education while hosting us at her incredible Moderation Brewing. Chef Ali Waks Adams created a five-course meal for local food writers who told stories of communities supporting local chefs and producers. We went to an organics fair, a beekeeping lecture, and a food systems-focused food tour. These women have offered plentiful examples for me to bring back to the farm and use to inspire the next generation to find their own passion projects within the food system. I am humbled and grateful for this opportunity. A special thank you to my effervescent hosts, Nancy and Christine. You opened your homes and your worlds to me and showed me what beautiful communities you play such important roles in.

Kaley with her Boston host, Nancy Matheson Burns, and Diane Wheeler, NE Chapter President.

I landed in London on a bright morning after bolting away from our farm in Kansas right as the busiest blackberry season in the short history of our farm was coming to a close. Grateful for the growth of the farm and ready to learn, I eagerly headed towards the tube. Having applied to study at the School of Artisan Food in hopes of attaining footing for starting a well-executed artisan bread program to support our newly opened goat creamery, I was on a mission. I met Jacqui Pickles Mauduit that day and the subsequent few days in London were full of inspiration, wisdom and a breadth of exposure to the London food scene that I could not have anticipated. Welcomed with a demonstration of how to make proper English scones and tea, I knew that this week would be an impactful one. From Fish and Chips to an invigorating Greek dinner with a group of Dames from the London Chapter to a beautifully executed supper club dinner, evenings with Jacqui were wonderful. The Borough Market offered enlightening displays, graphic design, packaging and customer service that has oriented some of my work in our cheese shop.

With the opening of our artisan goat cheese creamery in May, my knowledge of bread has already provided an invaluable benefit to the depth of our business. We are able to offer the highest quality artisan bread products to serve with our cheese and in our restaurant and these have been well received in our community. I will be forever grateful to Alison for providing this experience and hosting me during my studies.

The generosity and kindness of the individuals at the School of Artisan Food has left a lasting impact and I can’t wait to return for further study. Thank you again to Les Dames Escoffier International, specifically Jacqui Pickles and Alison Swan Parente for this incredible experience.

Alison Swan Parente and Katharine Elder
In one capacity or another I have worked professionally in the wine industry for the past fourteen years. When I applied for the British Columbia Wine award, I wrote about how one aspect of the wine industry had thus far eluded me: working an actual harvest. Thanks to the British Columbia Chapter and their incredible generosity, I was able to fulfill this lifelong dream and work with the indomitable Wendy Rose and her husband Jay Drysdale at their boutique bubbly operation, Bella Wines. Marina Knutson of Spearhead Winery accompanied me on a tour of Kelowna wineries the previous day. Having been born in Germany and having traveled through its wine regions, I was particularly excited to discover that German grape varieties are very popular in the Okanagan wine region.

Marina drove me to Bella Wines in Naramata and after a hearty harvest lunch in the vineyard, I was put right to work. Chardonnay grapes had been picked earlier that day and were now ready for “grape checks.” I used a spectrometer for the first time to check the sugar levels of the freshly picked grapes to determine whether it was time to harvest the rest. Following the science lesson, we went out to feed the winery pigs and then punch down a literal ton of juice. I used a bladder press so that crush wouldn’t be interrupted.

I homed in on the importance of collaboration between growers and winemakers. The exchange of “product for profit” is almost an afterthought; rather, how the grapes are grown, how the vineyard is managed, and constant communication on what is happening in the vineyard at any given moment is most important. I had the pleasure of meeting most of the growers with whom my hosts work; each has his own farming and vineyard practices, and is equally excited to be part of the process that will transform their humble grapes into a bottle of Bella Wines.

Overall, I am coming away from the entire experience with a new appreciation for the power of collaboration and community—Vitamin C, if you will. I look forward to seeing many of my hosts at this year’s conference, and can’t wait to learn from others I may meet.

As Director of Business Development for Edible Philly magazine, I’ve been a huge fan of Zingerman’s for many years, and I was really looking forward to learning from these pioneers in specialty foods and customer service.

Antoinette Benjamin and her husband, Don, hosted me in their beautiful home. Antoinette is president of the Ann Arbor Chapter and hosted a wonderful potluck where Dames showed off their culinary skills. I enjoyed hearing their stories and learning more about their career highs and lows as women working in food and hospitality.

I spent the majority of my time at Zingerman’s Bakehouse with my host, Managing Partner Amy Emberling. I took a class on the Art of Selling Bread for employees where I learned about the strict quality standards and methods used to make the huge variety of their breads and pastries using 100% organic flour and local ingredients whenever possible.

I made strudel—something I haven’t done since I was in pastry school almost 15 years ago. I also had an opportunity to visit each of Zingerman’s businesses and speak with the managing partners and other leaders—from the original Deli to the newest members of the Zingerman’s Community of Businesses (ZCOB). In addition to rolling up my sleeves for hands-on experience in the Bakehouse and at the Creamery making cheese, I had insightful conversations with folks from all aspects of the industry. I shared meals (delicious, colorful, authentic, and special meals) with so many incredible people, and I treasured these smaller groups and intimate conversations.

One impactful day was our tour of Detroit, a city similar to my Philadelphia hometown. It has high rates of poverty and crime but also a generation emerging with innovative solutions to help the city recover from years of economic hard times and create a new identity for the future while not forgetting the past. I met with some of the incredible women working to level the playing field and grow new businesses in this colorful and fascinating city, such as April Boyle, the Director of the Build Institute, which helps people turn their business ideas into reality by providing them with the necessary tools, resources, and support, and Megan Burritt, who is working to develop a fresh, small, engaging grocery market solution for her neighborhood.

I think every entrepreneur at some time doubts herself or her business. The biggest takeaway from my experience is the knowledge that there is a supportive network of others doing similar things, that I am on the right path, and have a lot to offer my community.
CHAPTER PROGRAMS

Nichole Bendele (San Antonio)

ANN ARBOR | ATLANTA | AUSTIN | BIRMINGHAM | BOSTON | BRITISH COLUMBIA | CHARLESTON | CHARLOTTE & THE WESTERN CAROLINAS | CHICAGO | CLEVELAND | COLORADO | DALLAS | GREATER DES MOINES | GREATER MADISON | HAWAII | HOUSTON | KANSAS CITY | KENTUCKY | LONDON | LOS ANGELES/ORANGE COUNTY | MEXICO | MIAMI | MINNESOTA | MONTEREYBAY | NASHVILLE | NEW ORLEANS | NEW ENGLAND | NEW YORK | ONTARIO | PALM SPRINGS | PARIS, FRANCE | PHILADELPHIA | PHOENIX | PORTLAND | SACRAMENTO | SAN ANTONIO | SAN DIEGO | SAN FRANCISCO | SAVANNAH/COASTAL GEORGIA | SEATTLE | SOUTH FLORIDA | ST. LOUIS | WASHINGTON, D.C.

AUSTIN  Denise Clarke

Austin Dames held its annual meeting on November 3 and recognized its founding members. A Dutch Oven cooking and camping demonstration was held on November 9 at McKinney Falls State Park. For the first time, Austin Dames participated in Amplify Austin’s #GivingTuesday campaign, raising more than $1,000 for the chapter. We also hosted our annual Holiday Meal for the Homeless on December 7 at the University United Methodist Church.

BIRMINGHAM  Martha Johnson

A November Holiday Botanical Cocktails class conducted by Feizal Valli and Rachel Roberts, owners of the James Beard Award nominated Atomic Lounge, kicked off the fall holiday season for Birmingham Dames. Kathy Mezrano and Jan Gautro organized the class, held at Kathy G’s Gardens Café. It was popular with members and guests! December 9 found members gathering for an impromptu drink at Dread River, a new distillery in Birmingham that specializes in small batch Bourbon, whiskey, vodka, gin, and rum. Dames were thrilled when the owners approached the group and invited the Dames to tour the facility. Great wine, food, and conversation abounded at our Holiday Party held at Martha Johnston’s home on December 15. In the spirit of the season, Dames brought kitchen items as holiday gifts for women at a local shelter. It seemed appropriate that we have one last gathering to close out 2019, so Birmingham Dames joined in a TAKEOVER at Atomic Lounge. Now you might find Dames with a drink named for them on the menu or featured on the wall of fame.

CHICAGO  Gina Voci

In October 2019, Chicago Dames enjoyed a hands-on workshop, Food Photography with Your iPhone, conducted by renowned culinary photographer Huge Galdones. It was co-presented by Shannon Kinsella, the test kitchen manager and food stylist for the Chicago Tribune, and by members of Front of the House, the premier provider of innovative tabletopware for restaurants. The workshop included professional tips and tricks for food styling to help attendees snap higher quality food photos for social media or business promotion purposes. In November, members enjoyed a fun, educational evening at Eris Brewery & Cider House, a women-owned-and-operated brewery/cider house. The Cider vs. Beer Smackdown paired a four-course vegetarian farm-to-table menu by Chef Claire Smyth with seasonal beers and ciders. Managing Partner Michelle Foik gave a tour of the brewery and explained the differences between beer, ale, and cider. Certified Sommelier and Cicerone Rebekah Graham led a lively discussion of the food and beverage pairings. This was the fourth “Dame Somms” pairing dinner, with four more scheduled for 2020.

CLEVELAND  Elaine Cicora

Dames gathered at the popular Tremont watering hole, Lava Lounge, on December 16 for cocktails, conversation and holiday cheer. The get-together also served as unofficial kick off for our 2020 grants and scholarship awards programs. For the second year, we will be awarding a $2,000 scholarship to an Ohio woman enrolled in an accredited culinary program. Applications are being accepted on our website now through March 1. And our longtime practice of awarding $2,000 grants to local organizations that participate in civic agriculture continues in 2020; application information will be on our website soon.

HAWAII  Dawn Sakamoto Paiva

LDEI Hawai’i was the 2019 beneficiary of Tūtū’s Kitchen, a program created by iconic Hawaiian food restaurant Highway Inn and coordinated by Dawn Sakamoto Paiva. Every month features a different dish from a family—shared with the restaurant by program participants—called “Tūtū” (Hawaiian for grandparent or beloved elder). Quarterly Sunday Dinners highlight the dishes for the period. A portion of sales from the featured monthly dishes and Sunday Dinners was donated to LDEI Hawai’i, amounting to more than $1,000 for the year. The goal of the program, says Highway Inn’s third-generation owner, Monica Toguchi Ryan, “is to help us to preserve our culture and memories, to let people share not just their families’ favorite food, but also their stories—where the recipe comes from, how they learned to cook it, how they ended up being that person in the family that keeps these family food traditions alive.”

Chapter President Kristin Jackson, Vice President Jenn Mar, Clare Bobo, Kathi Saks, Dianne Vicheinrut and Lori Wong lent their skills and family recipes to the program.
KANSAS CITY  Karen Adler and Louie Meyers
Our chapter hosted a “Bee-Friendly Happy Hour” on April 22 from 4:30 - 7:00 p.m., celebrating Earth Day and raising money for Kansas City Community Gardens (KCCG) as part of our chapter’s Green Tables Initiatives. This fifth annual event was held at Louise Meyers’ kitchen retail store, Pryde’s, and this year it was all about honey, with guests learning how to make honey-inspired desserts from The Great American Baking Show star, J.C. Gregg. They created a bee-friendly container garden from KC-CG’s Ben Sharda. All proceeds will go to KCCG; tickets in advance cost $25 or $30 at the door. Raffle tickets—five for $20—brought in more revenue. This philanthropic event for KCCG helps low-income families with their gardening efforts throughout greater Kansas City. LDEI Kansas City is proud to be a part of this positive cycle for more than five years.

MONTEREY BAY  Carol Hilburn
On November 12, 2019, the Monterey Bay Chapter hosted a Gathering of the Disciples and Les Dames d’Escoffier Induction Ceremony. The event, held at The Club at Pasadera, featured a five-course dinner menu prepared by Executive Chef Colin Moody and a silent and live auction. The new Dames inducted that evening were: Elaine Giuliano, Mia Jarick, Monica Lal, Anna Marie Remedios, Margaret Spring and Amy Stouffer.

NASHVILLE  Margot McCormack
Chef Margot McCormack and the Nashville Chapter hosted Grande Dame Nathalie Dupree at a special luncheon at Margot Café & Bar on December 11, 2019. The proceeds from the event helped Les Dames Nashville offer scholarship and mentorship to women in the food, farming, beverage, and hospitality industries through the organization’s career advancement grants.

NEW YORK  Louise Kramer & Sharon Franke
“More home cooking, less food waste, East African flavors, and no more cauliflower!” These were predictions made at LDNY’s fifth annual The Next Big Bite. A culinary star panel shared views on what we’ll be cooking, eating, and craving in 2020. The panel included Justin Chapple/Food & Wine; Jake Cohen/Feedfeed; Gaby Dalkin/What’s Gaby Cooking; Cassy Joy Garcia/Fed + Fit; Vallery Lomas, winner of The Great American Baking Show; and Megan Scott of the new joy of Cooking. The moderator was Sarah Carey from Martha Stewart Living. Keynote Speaker Deb Perelman of Smitten Kitchen, and culinary historian Jessica B. Harris, presented closing remarks. Perelman predicted people cooking more at home “as a break from the news.” Panelists expect more sustainable seafood and vegan alternatives plus increased interest in spice and acid. Harris says we’ll see more “new foods from unknown, untapped cultures” such as fonio, a gluten-free Senegalese grain, Peruvian ahi peppers, and new rice varieties. “Food is culture. What’s on our plate often reflects who we are. In the upcoming year we will be serving it up and savoring it thoroughly.” Harris said. A portion of proceeds went towards LDNY scholarships with generous sponsorships received from Kerrygold, Wolf Gourmet, Melitta, Hestan Culinary, Niman Ranch, Abigail Kirsch, and Catskill Provisions. 200 words

ONTARIO  Jenny Ratcliffe Wright, CWM
The inaugural fundraiser for the Ontario Chapter was held on November 25, 2019, at Jules Bistro on Spadina in Toronto for a welcome dinner and fundraiser. There was a constant flow of interesting and stimulating conversation as members from the culinary and wine industry shared their passions and interests in the industry and found common ground. The prix-fixe three course menu featured delicious French classics such as soupe à l’oignon, and salade de chèvre chaude for starters. Among the main course choices were saumon grillé and steak frites. Followed by delectable favorites such as mousse au chocolat and crème brûlée. Dames tried to outbid each other on silent-auction items. The J de Telmont 2009 Blanc de Blanc Champagne was highly coveted as its estimated value was a modest $69. The La Collina dei Ciliegi Amarone della Valpolicella DOCG 2003 was another very popular item. One very interesting wine that attracted attention was a wine...
from Sweden: Blaxsta Vineyard ‘Akero’ Apple Icewine 2006. The bidding was furious for two gift certificates for a prix-fixe, à la carte three-course dinner for two from Kanvas catering and events by Executive Chef and Founder Crystal Power, valued at $200 each. Just over $1,000 was raised due to the generosity of the sponsors: Tod Warner and Kathryn Taggart Braniff and Esprit du Vin; Crystal Powell, executive chef and founder of Kanvas catering and events; Chantal Fry, founder of Salletti; and Doris Miculan Bradley and Liz Palmer, who donated wines from their private cellars. 

PHILADELPHIA  Deanna Segrave-Daly

Toasting Dock Street beers at Holiday Happy Hour: Maryann Baldassarre, Fran Costigan, Jill Weber, Kathy Gold, Linda Forristal. Jennifer Kirby with donations for No More Secrets

Our new board met for the first time in November 2019. Jill Weber (President), Amanda Feifer (1st Vice President), Jaqueline Peccina Kelly (2nd Vice President), Liana Ottaviani (Recording Secretary), Deanna Segrave-Daly (Corresponding Secretary), Maryann Baldassarre (Treasurer), and Pat Nogar (Green Tables) are all inspired and ready to keep the phenomenal membership growth, abundant program offerings, and uptick in scholarship fundraising moving forward in the spirit of our all-star outgoing board. As a wrap up to the end of the year, we hosted our annual Holiday Happy Hour at Dock Street Philadelphia (the first female owned brewery in America)! Donations of feminine products were collected for the No More Secrets charity and their R.E.D. box initiative designed to address and ameliorate “Period Poverty”, particularly for youth.

SACRAMENTO  Sue Huffman Robison

Chairman of the LDEI Sacramento Scholarship committee, Sue Huffman Robison, presented the first Sacramento Les Dames St. John’s Star Culinarian award to Whitnee McCollum. Whitnee is a graduate of the St. John’s Program for Real Change, which serves women who are ready to make a major change in their lives. The program offers shelter and rehabilitation to homeless and battered women and their children. The $2,000 award will go towards housing the new culinary graduate as she starts her career. Liz Mishler, owner of Bella Bru Cafe, catered the awards dinner. Members of the Sacramento LDEI chapter also donated new pajamas for St. John’s annual holiday pajama party.

SAN ANTONIO  Karen Haram

On December 16, 2019, for the tenth time, our chapter hosted a Christmas party for abused, neglected and at-risk youth at Roy Maas Youth Alternatives. Members prepared and served a filet mignon dinner with all the trimmings, then each child opened a duffle bag packed with a blanket and numerous gifts from his or her wish list, all selected and paid for by generous members. The youth then decorated their own gingerbread houses, with a bounteous assortment of candies. Sharing Christmas with these recipients is a highlight of the year for our chapter.

SAN DIEGO  Megan Leppert

We had a busy fall/winter this year with induction of new members and board officers, educational programs, building partnerships with local culinary arts programs, and a cookie fundraiser at the La Jolla Open Aire Farmers Market. In November, Dr. Sabrina Falquier Montgrain led a group of Dames and community members on a beautiful, senses-awakening food journey at Parakeet Cafe that explained and demonstrated the importance of culinary medicine. She partnered with Chef Jeff Armstrong of Parakeet Cafe as well as owners Carol Roizen and Jonathan Goldwasser to create a menu for us that would be a complete sensory experience and teach different components of nutritional knowledge and the culinary arts.

In December, LDEI San Diego worked with Megan Leppert and San Diego Continuing Education’s Culinary Arts department on a cookie fundraiser at the La Jolla farmer’s market to raise money for scholarship opportunities. Thirty culinary students and instructors worked on producing over 50 dozen cookies of different varieties for the successful event. We are planning more upcoming chapter events that focus on education and the community in order to connect, collaborate, and build strong partnerships to increase LDEI awareness in San Diego County.

SOUTH FLORIDA  Irene Moore

In November, South Florida Dames held their second fundraiser of the season, We Love Amare, a delicious four-course dinner at Amare in South Beach focusing on the cuisine of Italy’s Amalfi Coast. This mountainous coastline between Naples and Salerno features gorgeous towns hugging the mountainsides, beautiful beaches, and jaw-dropping views. Chair Gina Castaldo Natoli, whose family hails from the Amalfi Coast, spoke about the area’s abundant fish and seafood, and the fruit and vegetables that ripen to perfection in the Mediterranean sun. Shrimp, redfish, pezzogne, bread, sea urchins, octopus, blue fish, and mollusks are featured in recipes such as Scialatielli ai Frutti di Mare, a dish made with seafood and the fresh pasta typical of the Amalfi Coast. Lemon trees abound in the landscape, and Gina noted that lemons are used in any number of local recipes, such as the world famous limoncello liqueur, and she donated a bottle of it as a raffle prize. The Southern Italian Cuisine was paired with Italian wines from by
SPRING QUARTERLY 2020

Mariposa Italian Wines, sponsored by Boston Chapter President, Judith Fabre McDonough. Our chapter thanks her for the generous donation.

WASHINGTON, D.C. Olga Boikess

“Politics on the Plate” was the focus of a panel on politically charged incidents in restaurants where the nation’s business is often conducted. The D.C. Chapter hosted a sold-out public forum at the National Press Club in October 2019 attended by 90 people. Reported by the major media, including The Washington Post and Washingtonian magazine, the forum and its publicity has helped to broaden the audience for the chapter’s fundraising.

Six panelists, including Amy Brandwein and Ruth Gresser, talked about how they handle the heightened political mood in their public dining rooms. Panelist Stephanie Wilkinson, owner of the Red Hen in Lexington Virginia, held the audience’s attention with a first-person account of her refusal to serve then-Press Secretary Sarah Huckabee, and the subsequent media storm. Ruth said she held active shooter training for her pizzerias’ staff, but happily her locations have not had problems. Amy said her Centrolina and Piccolina restaurants serve bold names from both parties without any problems. Maria Trabocchi’s restaurant, Fiola, was the scene of an incident targeting Senator Ted Cruz. Now backpacks are not allowed in the dining room, and the Secret Service does sweeps. The entire panel session can be seen at www.youtube.com/watch?v=9tkO_de2Jac&feature=youtu.be

Did You Miss This Networking Opportunity?

“She hasn't worked here in five years,” said the representative at the restaurant I telephoned. I had gotten the phone number from a Dame’s listing at the www.ldei.org Member Directory. Really? If you haven’t updated your bio and contact information for five years—or even ONE year, you may be missing out on valuable job or networking opportunities.

Susan Slack and I, the two Quarterly editors, use the online Member Directory to publicize your accomplishments. If your information is incorrect, it will also be faulty in the printed directory that you can purchase. Why not spend a couple of minutes to make sure your listing is correct? More than 2,500 Dames may be trying to reach you!

How to Update Your Directory Listing

1. To update your listing in the online Member Directory, which is used to print the paper directory that you can purchase, go to: www.ldei.org and click on “Member Login.”

2. Scroll down and type in your username (the email address that LDEI has on file for you in the LDEI database.) Type in the password; then click on “Sign In.” (Can’t remember your password? Click on the “Reset Password” link or email info@ldei.org)

3. Click on “My Account.” This is where you can update your contact information and be listed in up to three professions. Click on “Update Account.”

4. Next, click on “My Biography.” Here you can upload a photo of yourself and enter biographical information. Then click on “Update Biography.” That’s it. You’re done. Thank you for posting your correct information.—CiGi Williamson

Proud to support the mission of Les Dames d’Escoffier
ATLANTA
Gena Berry headed up “all things culinary” for the Charleston Wine + Food Festival in March and Taste of Derby on April 30, hosted by Churchill Down in Louisville, which preceded Derby Weekend. www.culinaryworks.net

Karen Bremer, CEO of the Georgia Restaurant Association, which is the unified voice for 18,400 plus restaurants in Georgia that have total sales in excess of $22.9 billion, was named one of Georgia Trend Magazine’s “100 Most Influential Georgians of the Year” for 2020 and has been on the list since 2016. https://www.georgiarend.com/2019/12/31/100-most-influential-georgians-visionary-forces/

Gina Christina received a Champagne Master Level Certificate through the Wine Scholar Guild in Washington, D.C. As of January 1, Gina’s title is Publisher Emeritus of Atlanta Homes & Lifestyles magazine; she will remain an editorial contributor on the subjects of luxury travel, culinary and spa. http://atlanta-homesmag.com

AUSTIN
Kendall Antonelli, president of Les Dames’ Austin chapter and owner of Antonelli’s Cheese, spoke on January 18 at the Women’s March on Texas Capitol in support of women’s rights. Photo: Arnold Wells

Jackie Letelier, owner of Casero, and Joi Chevalier, founder of The Cook’s Nook, were meritoriously awarded grants from the Austin Food and Wine Alliance.

Cathy Strange, vice president of specialty product at Whole Foods Market, was featured in a December 12 episode on TheKitchn.com about her job and personal life. During the feature, Cathy proudly mentioned her involvement with LDEI.

BIRMINGHAM
Anne Cain, RD, was named one of the Top 25 Women in Alabama Media 2019 by Business Alabama Magazine. As special projects editor for Meredith Corporation in Birmingham, Anne produces newsstand special edition issues for popular brands including Food & Wine, Cooking Light and Weight Watchers.

Andrea Snyder, chief creative officer of Urban Cookhouse, was named a 2019 Woman Making Waves by AMD Branding for her leadership across Alabama, her support of other local businesses, and her dedication to empowering other women around her. www.urban-cookhouse.com

BRITISH COLUMBIA
Diane Clement received The Order of Canada in 2020. A Canadian pioneer for women in sport, she is also the author of many cookbooks, and showed her love of healthy, locally grown food by co-founding the iconic Tomato Fresh Food Cafe.

“Susan Mendelson, president of The Lazy Gourmet, Meera Dhalwala, owner of Vij’s and Rangoli Restaurants, and Barb Finley, founder and CEO of Project CHEF Education Society, were inducted into the British Columbia Restaurant & Food Services Association Hall of Fame for 2019.

CHICAGO
Stacey Ballis, food writer, JeanMarie Brownson, Chicago Tribune columnnist, and Anupy Singla, cookbook author, had recipes featured in the “Best Recipes of 2019” published in the January 1 issue of the Tribune. Among the best recipes were: Stacey’s Aperol Spritz Bars and JeanMarie’s Cinnamon Apple Sheet Cake, and Anupy’s Roti. Shannon Kinsella was the food stylist for the food photos for each recipe.

Kim Hack’s popular artisan chocolate cafe, Cocoa + Co., marked its five-year anniversary in May. Since opening in 2015, Cocoa + Co. has tantalized taste buds with craft chocolate bars from across the globe, beautiful bonbons, house-made pastries, confections and carefully crafted beverages. https://cocoaandco.com/

Amelia Levin has signed a contract with publisher Globe Pequot for the second edition of the Chicago Chef’s Table: Extraordinary Recipes from the Windy City. Amelia authored the first edition of this popular cookbook 10 years ago.

COLORADO
Megan Bucholz, owner of Local Table Tours, Colorado’s longest running food tour operator, celebrated her 10th year in business. The company’s small group walking tours explore the diverse local food scenes in Denver, Boulder, and Fort Collins. www.localtabletours.com

DALLAS
Michele Brown, CEPC, EWMCs was awarded Pastry Chef of the Year for the Heart of Texas Chapter of the Texas Chefs Association, American
Culinary Federation which qualifies her for addition competitions. In February, Michele competed at the IKA Culinary Olympics with the Manitoba Agricultural Regional Culinary Team - TexMan.

**Paula Lambert**, Founder and President of the Mozzarella Company, relates that her cheeses won four awards at the 2019-20 World Cheese Awards in Bergamo, Italy. These were: Gold for Capirolla, Silver for Hoja Santa Goat Cheese, and Bronze for Goat’s Milk Caciotta and Queso Oaxaca. www.mozzco.com/awards

**Nikky Phinyawatana**, chef/owner, celebrated the 15th anniversary of her first Asian Mint restaurant location. The celebration included throwback dishes and a daylong party, in which 100 percent of ticket sales went to the Texas Restaurant Association Education Foundation and Les Dames Dallas. Nikky now has four locations in the Dallas area. https://asianmint.com

**LOS ANGELES/ORANGE COUNTY**

**Talia Samuels**, founder of Outshine Public Relations, celebrated five years in business in May. Her company is widely recognized as one of Orange County’s premier restaurant public relations firms. She proudly represents an all-star roster which includes James Beard Award-winning and Michelin starred chefs. www.outshinepr.com

**NASHVILLE**

**Laura Rodriguez** has been the personal chef to the lead singer of the country music band, Florida Georgia Line, and his family and staff since summer 2019. cremecateringnashville@gmail.com

**NEW YORK**

**Jennifer Baum** celebrates Bullfrog + Baum’s 20th anniversary this spring. The company is a creative marketing + communications + digital agency that represent the best in hospitality, tourism, products and lifestyle brands. Headquartered in New York, Bullfrog and Baum has satellite offices across the globe. www.hospitalityiseverywhere.com

**Kathryn Gordon**, owner of Loire Valley Cooking, marked her 20th year anniversary. Kathryn led her annual cooking course through Loire Valley with the launch of the first cooking program video and a cookbook which celebrated the first 20 years of receiving guests at Le Moulin Brégeon. LoireValleyCooking.com

**ONTARIO**

**Margaret Swaine** was awarded First Prize for the Best Travel Column/Blog by the Travel Media Association of Canada at their annual conference in 2019. https://www.travelmedia.ca

**SAN FRANCISCO**

**Antonio Allegra** received the Lifetime Achievement award from the San Francisco Professional Food Society. Toni also received a reading and entry in the Congressional Record. Congressman Mike Thompson named her as Woman of the Year based on culinary, viticultural, leadership, and community activities over more than four decades.

**SEATTLE**

**Brenna Beike**’s Heritage Restaurant in Woodinville Wine Country was honored to be included on 425 Magazine’s Must Try for 2019, best “New Kid on the Block” in November of 2019, on the heels of having been voted Best of 425 Magazine & Open Table Diner’s Choice for last year. https://425magazine.com/add-these-to-your-must-try-list/

**Kathy Casey**’s Rel’Lish Burger Lounge located at Seattle-Tacoma International Airport has been listed as one of the 10 Best Bars in the Busiest U.S. Airports by Fodors’ Travel. Casey’s airport concept features unique burgers, salads, cocktails on tap and craft cocktails.

**ST. LOUIS**

**Joan Ferguson** received the Feed My People Standing Ovation Award for her work on the Executive Board of Feed My People in operations and leadership. One of the largest help centers in the St. Louis area, Feed My People, has provided food and other assistance since 1982.

**SOUTH FLORIDA**

**Maude Eaton**, known around South Florida for her amazing Supper Club pop-up dinners, recently organized a very successful Supper Club pop-up at the Lobster Bar Sea Grille (@lobsterbarmiami) in Miami Beach. The dinner highlighted Greek cuisine, with special guest Greek Star Chef Pano Karatasos from Atlanta.

**Barbara Seelig Beyer** (formerly Seelig Brown) attended The Food & Wine Classic in Aspen and featured it in her cooking & wine show, Stress Free Cooking, seen on We Cook TV, available on Roku, Amazon Firestick, and You Tube. You can also see clips at www.stressfreecooking.com

**WASHINGTON, D.C.**

**Johanna Mendelson Forman** lectured at Tshingua University in Beijing in February on Culinary Diplomacy and Social Gastronomy and joined Venezuelan chef and Chopped winner Adriana Urbina in Peru to promote women entrepreneurs in the food space. Johanna was a guest on the Share Our Strength podcast, Add Passion and Stir, on December 4.

**Claire Gill, Paula Jacobson, and Sheliah Kaufman** collaborated with the National Osteoporosis Foundation on Healthy Bones: Build Them for Life, A Food-for-Bones Cookbook. This book is chock-full of information on osteoporosis, including what it is, its causes, risk factors, treatments, the nutrients that promote bone health, and recipes incorporating those nutrients. The book is available at www.nof.org.

**Amy Riolo** just released her first, private label EVOO, a blend from the Abruzzo region of Italy. Trappeto di Caprafico, the award-winning estate where the oil is made, is one of the most popular stops on her Heart of Italy and Grape and Truffle Cuisine and Culture tours.

IN MEMORIAM

Lina Fat (Sacramento)

Co-founder of the Sacramento Chapter, Lina Fat, a pioneering restaurateur and Sacramento legend, passed away November 25, 2019, after a lengthy illness. She was 81. Lina was best known for her work at her family's flagship, Frank Fat’s, where she was first a chef and later vice president of culinary research and development. The restaurant won the James Beard “America’s Classic” Award (2013); and Michelin Bib Gourmand Award (2019).

Lina graduated from the School of Pharmacy at the University of California, San Francisco, but the Hong Kong native eventually gravitated to the restaurant founded by her husband Ken’s father, Frank.

During her lengthy career, Lina earned many honors, including: Sacramento Restaurateur of the Year by the California Restaurant Association (1987); Chef of the Year by the California Capitol Chefs Association (1998); Old Sacramento Citizen of the Year (2000); and Lifetime Achievement Awards from the Sacramento Chapter of the California Restaurant Association and the California State Assembly.

Former California Governor Jerry Brown and superstar Chef Martin Yan, who got his start in her restaurant kitchen, were among those who eulogized Lina at her December 16, 2019, memorial in Cathedral of the Blessed Sacrament.

“Lina was a master of building bridges within our community, and her restaurateurs and legacy represent exactly that convergence of culture, ideas, and people that make our region great,” said U.S. Rep. Doris Matsui. “While Lina was known as a business titan and culinary innovator, I will always remember her kindness, friendship, and dedication to continually working towards a better Sacramento.”

“I remember Lina’s lovely, gentle presence and graciousness when we held our first induction dinner (at Frank Fat’s) just four years ago and she presided over the kitchen so each course came out absolutely perfect,” said chapter president Amina Harris. “I will recall warmly her honesty as she spoke about her path in the world of food. I will miss Lina Fat. I think much of Sacramento will, too.”

—Debbie Arrington

Eating “The Vine that Ate the South” Turnabout is Fair Play

BY SANDRA LACH ARLINGHAUS (ANN ARBOR), WILLIAM E. ARLINGHAUS, AND WESTON LINDEMANN

For the past two years, the Ann Arbor Chapter has been working with a group in Meridian, Mississippi, to learn more about kudzu with an eye to creating positive opportunities from this invasive vine. Kudzu is a pest that spreads at alarming rates as it drapes over forests, telephone poles, houses, and more, as some sort of giant topiary. Kudzu is often referred to as “The Vine that Ate the South.” Sadly, kudzu also adds greatly to greenhouse gas and carbon footprint issues.

The focus of this group centers on a Green Tables initiative specific to vegetation (kudzu) in the South. What we seek, initially, is to provide an academically-oriented archive of existing ideas for kudzu removal in various ways: conventional eradication approaches and more imaginative approaches involving elements of haute cuisine, arts, and crafts. There are already numerous suggestions for such, available online. Of course, we may well generate more, including some imaginative business approaches. We encourage readers of the LDEI Quarterly to send us ideas, comments, and to participate with us in this Green initiative.

Two Dames that we know of are already involved to some extent. Liz Williams (New Orleans), suggested the fine idea of using a form of kudzu flour as a chicory replacement in coffee. Nathalie Dupree (Charleston) has already been working on her own to create kudzu recipes. Think about it! Are kudzu leaves a replacement for kale or for grape leaves? Are kudzu blossoms suitable for stuffing? Does kudzu really work as a hangover cure as some claim? Check out our website and add to it. We welcome all ideas and thoughts: http://www.BonusUse.com/

In addition, we seek to create innovative business opportunity in the South, as a “green exchange” or as “energy credits” for firms that wish to invest in kudzu removal. Such a business swap would come as environmental, or Green, credits for business opportunity. Currently the Meridian group is engaged in creating, through municipal and federal channels, the means to generate energy credits, based on kudzu control, to attract businesses to Meridian. Stay tuned for updates and progress reports!

• Liaison between Ann Arbor and Meridian and contact person, Sandra Lach Arlinghaus (Ph.D. Geography), sarhaus@umich.edu, LDEI member, Ann Arbor Chapter and dual member with Chicago Chapter. Co-founder and First President, Ann Arbor Chapter. http://www.personal.umich.edu/~sarhaus/

• William E. Arlinghaus (Ph.D., Mathematics), General Manager of the Brickhaus Brewtique and creator of Energy Credit Idea.

• Meridian City Council Member: Weston Lindemann, political connection and guide through political process

• Donna K. Tope, J.D. and M.S. Co-founder and Past President, Ann Arbor Chapter LDEI.

• Douglas Hall, Meridian, Retired Engineer

• Billie Hall, Meridian, Retired Banker

• Jay Crane, Meridian, Cemetery Owner.
CERTIFIED SUSTAINABLE ESTATE GROWN FAMILY OWNED
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With 20+ functional characteristics, REAL eggs are an irreplaceable ingredient that provide the ability to create gold standard products with outstanding taste, texture and appearance. No single ingredient can replace the multifunctional and synergistic properties provided by REAL eggs in food formulations.*

*American Egg Board. REAL Eggs Make a Real Difference. 2015. AEB.org/RealEggsWP

Learn about the 20+ functional benefits of eggs @ AEB.org/Functionality
The Brock Circle

By Ann Stratte (Washington, D.C.), LDEI Immediate Past President

I remember sitting at the LDEI St. Louis conference in 2012—with President Mary Moore presiding over the Council of Delegates meeting—when the launch of “The Brock Circle” was first introduced to the membership. It took a surprising turn when Alice Gautsch Foreman (Seattle) issued a challenge which, by day’s end, would result in $20,000 in contributions and pledges. The Brock Circle, named for our Grande Dame and Founder Carol Brock (New York) was launched on that date and on its way to its million-dollar goal!

The Brock Circle has provided funding for leadership conference speakers, webinars, and various LDEI educational materials under the guidelines outlined in our LDEI operations handbook. At the 2019 conference in Nashville, the Brock Circle sponsored an afternoon with Carla Hall (Washington, D.C.), “Being Authentic While Facing Adversity.” This provocative and inspiring talk was also videotaped with a link available at ldei.org on the home page. Our goal is to provide all members access to this inspiring material.

I want to thank sincerely the Dames who have made an investment in the future of LDEI and our members who will carry on our legacy.

BROCK CIRCLE MEMBERS

BROCK CIRCLE CHAPTERS
Atlanta * Austin * Boston * Chicago * Dallas * Houston * Monterey Bay * Nashville * New England * New York * Philadelphie * San Antonio * Seattle * St. Louis * San Francisco * Washington, D.C.

Many thanks to LDEI Past President Hayley Matson-Mathes (Hawaii) and committee members Sharon Olson and Patty Erd (Chicago), and Margaret Happel Perry (New York) for their work in putting together such a wonderful program this past year.

I am honored to team up with Bev Shaffer (Cleveland), Barbara Hanley (New England), Brenda McDowell (Chicago) and Dianne Hogerty (Kansas City) to form this year’s Brock Circle committee. We look forward to making good use of the funds and invite you to join the Brock Circle going forward.

Please feel free to contact me with any questions regarding this philanthropic group. annstratte@gmail.com or 410-903-2682

“Circumnavigating Spain and Her Regional Foods”

From the Basque area in the north to southern Moorish Andalusia and eastern provincial Catalonia, a sell-out crowd of 45 learned about the regional foods of Spain at Jose Andres’ Jaleo restaurant in Arlington, Virginia. Washington, D.C., Chapter President Stacey Adams and CiCi Williamson showed a PowerPoint presentation that took attendees 2,000 miles around Spain to visit the top sites in Madrid, Toledo, Vitoria, Bilbao, San Sebastian, Pamplona, Barcelona, Valencia, Granada (Al Hambra), the Costa del Sol (Malaga) Seville, and Cordoba (Mosque of the Caliphs). The tapas luncheon included nine dishes for each person: Endibias con queso de cabra y naranjas (Endives with goat cheese, oranges and almonds); Pan con tomate toasted slices of rustic bread brushed with fresh tomato); Patatas bravas (a Jaleo favorite of potatoes with spicy tomato sauce and alioli); Gambas al ajillo (the very, very famous tapa of shrimp sautéed with garlic and brava sauce); Espinacas a la catalane (Sautéed spinach, pine nuts, raisins and apples); Chorizo a la sidra con puré de patatas al aceite de olive (Homemade traditional chorizo with olive oil mashed potatoes; Croquetas de pollo (traditional chicken fritters); Flan al estilo de mama Marisa con espuma de crema catalane (classic Spanish custard dessert with ‘espuma’ of Catalan cream and oranges); and Pan con chocolate (chocolate flan with caramelized bread, olive oil and brioche ice cream).

Photos: Stacey Adams.
SUBMISSION GUIDELINES

DEADLINES  SUMMER ISSUE—APRIL 10, 2020  
   FALL ISSUE—AUGUST 1, 2020

MEMBER MILESTONES  (Editor, Dottie Koteski)  To submit your milestone, go to this link: http://link.ldei.org/ldei-member-milestones
   For any questions or issues, email the editor at MemberMilestones@ldei.org.
   Include:
   • CHAPTER
   • DAME’S NAME
   • Maximum 50 words  for each Dame about personal honors or accomplishments, but not about new product introductions or other promotions. Please include a website URL, if applicable. Press releases and cookbook covers are NOT accepted.
   PHOTO: You may submit a high resolution quality headshot to accompany your news (see below), and agree to the photo permissions questions for the photo.
   Note: Due to space constraints, only two Member Milestones will be published per Dame per year.

CHAPTER PROGRAMS  (Editor, Nichole Bendele)  To submit your chapter program, go to this link: http://link.ldei.org/ldei-chapter-programs
   Up to 200 words about chapter events that have already occurred. For any questions or issues, email the editor at ChapterPrograms@ldei.org.
   Include:
   • CHAPTER
   • SUBMITTER’S NAME
   • Maximum 200 words for each chapter.
   • Captions for all photos submitted. Photos without captions will not be used. Submissions that exceed 200 words will be edited to comply. Press releases are not accepted. We regret we don’t have space to print full menus but menu items can be included in the copy.
   Note: “Chapter Programs” and “Member Milestones” may be dispersed through LDEI social-media channels, as well as in print and online.

PHOTOGRAPHY/IMAGES
   • Electronic images must be properly focused and in color with a minimum resolution of 300 dpi (TIFF or JPEG).
   • Cell phone photos are acceptable if they meet requirements.
   • Do not send photos taken off the Internet or embedded with text in Word files or PDF files.
   • Include photo credits, if required.
   • A photo permissions form must be submitted.
   • A maximum of three photos can be submitted per chapter.
   • ALL PHOTOGRAPHS MUST BE ACCOMPANIED BY CAPTIONS OR THEY WILL NOT BE PUBLISHED.
   LDEI regrets that we cannot include lengthy profiles of individual Dames due to space limitations. Dames’ accomplishments should be submitted to “Member Milestones” or to LDEI’s Closed Group on Facebook at https://www.facebook.com/groups/218435184886471/

E-NEWS  To submit your e-news, go to this link: http://link.ldei.org/ldei-enews
   (Not for the Quarterly) This bimonthly email newsletter reports upcoming events in other chapters. Include title, date, time, cost, a one-sentence description, and an email contact for your chapter’s events. For any questions or issues, email the editor at ENews@ldei.org.

UPCOMING in the summer issue
   Dames Giving Back  |  Grande Dame Nominees  |  Flavors of Mexico
Late breaking news! The Greater Madison Chapter was ratified by the Council of Delegates on March 6. Hooray! Below is a list of their 16 founding members. President Nicole Bujewski is a former member of the Chicago Chapter. When she and her husband relocated to Madison, the capital of Wisconsin, the distance was too great to continue active membership in her beloved LDEI chapter, so she was determined to start a chapter in her new hometown. Nicole first made contact with the LDEI Board of Directors in November 2018, and—along with a few existing and former Dames from Chicago—she gathered an esteemed group of women as founding members of the LDEI Greater Madison Chapter. They have already planned a robust first year of educational and social events to include a cheese tour, a Julia Child dinner, and an apple orchard event this fall. Nicole has been an absolute pleasure to work with and has positioned this new chapter for great success!

—Jennifer Goldman, LDEI Secretary