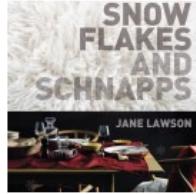


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## Frontburner: January 2011



### Win the Book



Enter to win a copy of *Snowflakes and Schnapps* by correctly answering this question:

**What dish did Nora Ephron enjoy shooting for the film Julie & Julia?**

The answer can be found in this issue of *Frontburner!* Email your response to [acarver@iacp.com](mailto:acarver@iacp.com) by January 22 with "Win the Book" in the subject line. A random winner will be chosen from correct answers submitted within the first 24 hours of *Frontburner's* publication. Congratulations to Kate Pfennig for winning December's book, *Ad Hoc at Home*.

### Celebrity Dish with Nora Ephron



**Nora Ephron** is an American film director, producer, screenwriter, novelist, playwright, journalist, author, and blogger. She is best known for her romantic comedies and is a triple Academy Award nominee for original screenplay writing for three films. Her most recent film is *Julie & Julia*.

**By Cynthia Glover, IACP Director**

**CG: It's amazing that all three of your sisters are also writers. Do you think it was something you ate as children that accounts for this?**

NE: There is no question that both my parents and certainly my mother wanted us to be writers. And so we all are. Early on, when I went off to be a newspaper reporter, I thought I was rebelling against them. They were screenwriters. But then I became one myself. What they tried to encourage were the skills that might make you a writer, like storytelling. If you could tell them a story of what happened to you that day that interested them and, even better, amused them, then you felt you got their attention.

**CG: Where did this take place?**

NE: At the dinner table. We had a three-course dinner every single night, with an atrocious salad made of iceberg lettuce and oil and Heinz white vinegar. The other food at dinner was fantastic, but the salad fairy had not yet flown over America. This was in the 1950s.

**CG: Julia Child was one of IACP's most ardent members. What was it about the twin stories of Julia and Julie Powell that inspired you to make the film Julie & Julia?**

NE: I'm a fanatical cook and Julia Child is one of the three or four people I learned to cook from, using, of course, her book. I've always been enchanted and charmed by her. I never knew her, but I loved her. I also very much identified with what Julie Powell did by cooking all those recipes. When I heard about it, I thought, "What a brilliant, brilliant idea!" Then, "Do I wish I'd done that?" And then I thought, "How nightmarish it would be to do that!" But I knew it wouldn't be at all nightmarish to make the movie.

**CG: As you researched the story, were there any big surprises about Julia Child?**

NE: I didn't know how lusty her relationship was with her husband, Paul. Before the project, I didn't have any sense of what a wonderful marriage they had.

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**CG: The food photography in the movie is gorgeous. What was the role you wanted food to play?**

NE: Every single food shot was storyboarded. One of the reasons I was so happy to work with cinematographer Stephen Goldblatt was that he really got how important food was to the story. The first shot of sole meunière that changed Julia's mind - the legendary sole meunière - is like a dream. It is so beautiful. That is exactly what we wanted to have happen. Four minutes into the movie you see what it was that changed her life. The day that we shot the sole being boned, I went home and said to my husband, "We got it, we did it." Other people get excited about eight-minute steady-cam shots and car chases; I thought that about boning a piece of sole.

**CG: There's so much talk today about what we should and shouldn't eat, where it should or shouldn't come from, and why. Do you have rules about what you will and will not eat?**

NE: Are you asking if I eat local? If we ate local in New York, we'd eat only ramps in January. And by the way, we do almost only eat ramps; restaurants have fallen so in love with them. Do I have any rules? No.

**CG: One piece of advice you give in your new book, *I Remember Nothing*, is to never, under any circumstances, eat an egg white omelet. Is there anything you do advocate for aging gracefully?**

NE: It's not about aging. You don't have to be in your 60s to make the mistake of ordering an egg white omelet. I just don't believe that food is bad for you. To me, the egg white omelet comes out of the misguided idea that certain foods are bad. What is bad is eating too much food. But the idea that you shouldn't eat butter or egg yolks! First of all, the whole idea that dietary cholesterol is bad for your cholesterol count is wrong. It is being overweight that is the problem. So people eat these tasteless horrible things under the illusion that they are being healthy and virtuous. I could go on and on about this. It's the sort of thing I get carried away by.

**CG: In the 1970s, you wrote that, despite feminism, women were still cooking dinner. What do you make of women's relationship with their kitchens today?**

NE: It's nothing like what it was then. People are way more interested in food today than they were. This is the most interested anyone has ever been in food in recorded history. But women today have much less time to cook. And I don't have the sense that young women throw themselves into learning to cook the way we did. When I wrote that, it was when the women's movement was just beginning. On the other hand, now food has become show business and big business and that's sort of fun.

**CG: Do you think they are missing something?**

NE: No. I'm not missing something by not learning to jump out of a plane. I just happen to love to cook. I don't think everyone has to.

**CG: Is there an equivalent to the feminist movement today?**

NE: Many, many, many more women are working now. And women are much more successful in the work world. We still need to work hard for equality, but there is no question that progress has been made. Still, there are things that are terrifying, like the fact that we have a Supreme Court in America that doesn't seem to understand women's issues at all. There's a sense that, with so many women working, all the political gains have been made and we can live happily ever after. That's not true.

**CG: Writing is tough, solitary work. Do you have a ritual that helps you prime the pump?**

NE: I try to just sit down and write every day. Usually I have something that needs to be written; I'm working to a deadline and if I don't finish I won't get paid. There's nothing like money as an incentive for writing. I enjoy writing and enjoy my work, it's not like, "Oh, please don't make me do that."

**CG: The IACP Conference will be coming to New York City in 2012. For anyone who's never visited, what should they be absolutely sure to do?**

NE: It's weird. If you asked me where to go in Barcelona, I could tell you the two restaurants that if you don't eat in them, you'd be out of your mind. Same for Paris and London. But I live in New York, so it's different. I can say that I definitely think the frozen custard at the Shake Shack is worth a detour. Now there are so many Shake Shacks you don't have to detour very far. And anyone interested in food should visit the Union Square Farmers' Market. If you haven't been to the market, you have no idea what's going on here.

**CG: Everybody's talking about chef Mario Batali et al.'s new Italian food hall, Eataly. Have you been?**

NE: It's very jolly, sort of like an amusement park for food.

**CG: Our final question: They say people write about what they know. As in your movie *When Harry Met Sally*, have you ever faked an orgasm in a New York deli?**

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NE: (Laughing) No.

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**Cynthia Glover** is the founder of Smart Works, A Marketing Company. She is currently serving as the IACP President.

## From the President

**Cynthia Glover**



Dear Friends and Colleagues:

Lazy flakes of snow are drifting downward as I write this, and Mrs. Cardinal, a plump-bellied, rust-colored beauty who has stopped by the bird feeder for a snack, is vivid against a cold blue-gray sky. In this wintry tableau, I'm imagining myself in front of the wood stove with a spiked cup of coffee and a jigsaw puzzle in progress.

Truth be told, IACP is enough of a puzzle for me this year. It's not a stretch to say we have hundreds of interlocking pieces, all irregularly shaped, that we are trying to fit together into a cohesive whole. So far this year, a few telling portions of the puzzle have come together beautifully, giving us clues as to how the whole will ultimately look.

Two Regional Conferences are now on tap for February: one in Columbia, Missouri, on February 4 – 5 and the other in New York City on February 18 – 19. I hope this is a portent of good things to come - such gatherings are a corner of the puzzle we've been working on for some time. We're still missing a few pieces, so please consider assembling an event, no matter how casual or ambitious, in your neighborhood. [Here's how.](#)

Announced Wednesday, online registration for the 2011 Annual Conference in Austin, Texas, is now live! Committee and Board members, together with IACP staff, have been diligently - sometimes feverishly - attacking this part of the puzzle. Big, big thanks go to teams led by Dave Joachim, Program Committee Chair, and Toni Tipton Martin, Host City Committee Chair, along with IACP Meetings Manager Linda Jobes and Member Services Coordinator Anna Carver. I hope you are as pleased with the results as I am.

Planning is already underway for 2012 and 2013 conferences in New York City and San Francisco, respectively. We will soon be sending out the request for proposals to prospective sites for 2014. And the reformatting process that brought such vigor to Portland and now Austin, is ongoing. Annual Conference is the centerpiece of the IACP puzzle, but it is just one of many components.

Sound new membership and sponsorship programs, with new brochures to go with them, are taking hold. Website renovation is coming along splendidly - I know you will be impressed when it debuts later this year. A new public relations program with strong social media components will give IACP greater visibility in the culinary community and beyond. These are just a few of the pieces in play.

This month's Board meeting marks the halfway point in the IACP fiscal year. We will, as we did in July, take stock of every aspect of the association, assessing our progress and setting our course for the months ahead. We have accomplished a great deal. But the puzzle is, of course, never really finished. That's the fun of it, and also the challenge.

Stay in touch!

**Cynthia**

## Is the Future Now? Your Guide to 2011 Food Trends



**By Dana McCauley**

I've been waiting for the future my whole life. It's true. I grew up watching shows like the Jetsons and Star Trek and I fully expected that by this time in my life I'd be living in a space station and sipping cocktails made by my robot houseboy. Although these grade-school predictions haven't come true, after more than 20 years in the food business, I have become pretty good at predicting shorter-range food trends.

*Like all forecasting, food trend prediction is never 100 percent accurate; unexpected economic changes, scientific news, and other rogue factors can always have effects.*

Every year at this time I pause and reflect on the year past so that I can weigh my current insights and make a few predictions about what new flavors and foods might pop up on the food landscape; what existing trends will tumble or begin to crumble; and what emerging concepts from the past year will reach their full "trendalicious" height.

Like all forecasting, food trend prediction is never 100 percent accurate; unexpected economic changes, scientific news, and other rogue factors can always have effects. That said, I find that after years of monitoring the forces that compel consumer behavior, predictions can be surprisingly accurate. Food trends aren't random. Even the shock value fads like [deep fried butter](#) and the [bacon explosion](#) have roots - sometimes tangential - in established consumer forces.

So, what are these forces that are guiding our behavior? They're the overarching needs and desires we have as people living in the here and now. For instance, Health and Wellness (HW), Convenience (Cv), Simplicity (S), Indulgence (I), Comfort (C), Environmentalism (E), Novel Experience (NE), and Value (V) are influencing forces that are shaping current trends and that should continue to shape our food-related behavior - cooking, dining, shopping, or dieting - for a decade or more to come. Since these forces are so powerful, I'm going to present my 2011 food trend predictions with references to these forces after each entry so that we can see how they affect one another and often overlap.

#### **Oatmeal**

Haute or humble, oats for breakfast are hot and will remain hot for several years to come. From Quick Service Restaurant (QSR) oatmeal to go to more people making steel cut oats from scratch at home, expect oats and groats in your breakfast bowl and beyond. For instance, Innova Market Research reported last year that 40 percent of the 1,600-plus global launches of bakery and cereal products in the front end of 2010 contained oats. Likewise, of the 1,360 breakfast cereals launched during that same period, 45 percent contained this healthful grain that is perceived as satisfying and heart-healthy. (HW, C)

#### **Focus on the Family**

While restaurant-driven books written by celebrity chefs continue to be published, cookbooks that have thematic focus or sub-focus on family are crowding the shelves. We began to see more books of this nature in 2008 when Bonnie Stern's book *Friday Night Dinners* was published, celebrating the Jewish family tradition of gathering for dinner at the end of each week. Since then, the category has blossomed and this year, many international authors paid homage to the family meal. There was Tyler Florence's *Family Meal*; Myra Goodman's *Earthbound Cook*, based on her family's eating choices; Karen Martin's *Feasting*; Sara Moulton's *Everyday Family Dinners*; and *Cooking with Love*, a fundraising compilation cookbook that explicitly and prominently thanks the editors' families and creates a community of families between its covers. (C)

#### **Pastoral Prominence**

From celebrity-status farmers to chefs using hay as a flavorful fuel to smoke foods and infuse grassy, barnyard notes into delicate meats such as pork and veal, the farmyard is fashionable. Oliver Wendell Douglas and his socialite wife Lisa, the protagonists in the 60's TV show *Green Acres*, are no longer an odd couple image. In fact, the ultra-influential San Pellegrino 2010 Best Restaurant Award was this year given to Noma and Chef René Redzepi. Now the fashionable are flocking to his famous restaurant known for coating seasonal vegetables, such as cooked baby carrots, in ingredients like ground dried mushrooms to mimic the way these veggies look when they're just pulled from the soil. Given Redzepi's now-international fame, expect this visual celebration of agriculture to become more widely used in restaurants, magazines and blogs alike. (E, N)

#### **Taco Take-Over**

Never has the emphasis on "old" in the name Old El Paso been stronger. While the hard shell, ground meat-filled taco will always have a place on North American dinner tables, tacos have become so much more. The new star of the taco lineup is definitely the Korean taco. Springing up as a food truck fave in the last 24 months, it is now elbowing onto TV and blogs across North America. It's not a stretch to imagine that this new fusion staple will be a menu favorite at trendy barbecues next summer and beyond. (N, Cv)

#### **Pie-Ei-Ei!**

Last year I predicted that pie would become the new cake. Guess what? It did. Farmers' markets, blogs, and magazines overflowed with pies in 2010. Now appliances and other pie-inspired accoutrements are available at every stylish home and kitchen store. From the electric pie maker to quirky ceramic pie plates designed to look like foil, bakers on the pie bandwagon have a lot of pie baking options to choose amongst. Fortunately, books like Nancy McDermott's *Southern Pies* have dozens of wonderful pie recipes that will help people get their money's worth out of their new gear in 2011! (C, I)

#### **Here Today, Gone Tomorrow**

Thanks to new restaurant nutrition disclosure laws, many restaurateurs will change their menu strategies so that they can offer the yummy, indulgent foods patrons want without having to disclose the guilt-ratcheting calorie and fat counts these menu items may contain. Limited Time Offers (LTO) like the infamous Double Down will likely be allowed to appear on menus without needing as much disclosure as regular items. Why the subterfuge? Research shows that although consumers say, when surveyed, they want healthier choices on the menu, their actions at the table don't match up. In fact, during the depths of the economic crisis, although restaurant visits and check averages went down, consumers reported still going out for fatty things that they crave but don't want to make at home such as french fries

— and battered fried fish. (HW, C)

#### **Star Trek Shopping**

Although tri-corders seemed amazing and imaginative when Star Trek first aired, some of the features of these futuristic tools are now commonplace. People in dozens of countries can use smart phones and other gadgets to scan product codes to access information such as recipes, ingredients, and country of origin information; in fact, ScanBuy, a barcode technology company, reports that consumer barcode scanning was up 700 percent in 2010! In Europe and Asia, grocery shopping is more automated than ever before. In selected stores in France, for instance, handheld scanners can be used by shoppers to check out their purchases as they shop so that the purchasing experience requires only a stop at the exit to swipe your debit card before taking purchases home. In Asia, speed-paying for sundries at convenience stores using your cell phone like a debit machine is making shopping faster than ever before. Look for more of this technology in your local shops as the new decade develops. (Cv, S)

#### **Natural Progression**

In the meat case alone, products marketed as having 'natural' attributes rose by 10 percent from 2004 to 2010. The purity trend is seeing an increasingly large number of food companies launching products with short ingredient decks with only familiar sounding ingredients. Growth in this category will continue as long as the claim is backed up with verifiable supporting messages that inform consumers about why and how the products are natural. (S)

#### **Mono Menus**

Focusing on making just one thing and doing it over and over with excellence is a restaurant strategy that has worked in North America for muffins, frozen yogurt, and cupcakes; however, mono-focused restaurants that sell just macaroni and cheese or soup popped up more often in 2010. Besides allowing venues to communicate their concepts to consumers in as few words as possible, there are economic reasons why these concepts are gaining ground. Unlike the Korean tradition where restaurants may serve just eel-based dishes so that they can offer ultimate freshness and develop gourmet expertise with a special ingredient, the current global economy demands operators in most countries to focus on profitability before craft. After all, when a menu features elbow macaroni in 100 percent of the offering, inventory control is vastly simplified! (S, V)

#### **What new words will be familiar by December 2011?**

**Vegivores:** Plant food lovers who want to elevate and celebrate vegetable-based cuisine created with culinary excellence. While they may be interested in ethical, environmental, or health concerns, their main motivator is culinary and not ideological. Vegivores are fervid veggie lovers, not meat haters.

**Expresso:** Mini-chains featuring hot babe baristas in sexualized outfits (imagine blending Hooters and Starbucks). I thought it would go away. I really did. But, the concept that popped up a few years ago seems to be thriving in states such as Washington and Oregon.

**Food Desert:** A neighborhood where there is little access to freshly prepared food or good quality groceries. This term was coined as more consumers became aware of the culinary and health benefits of eating fresh food.



**Dana McCauley** is the Culinary Director at Janes Family Foods. In this role, she's responsible for new product innovation and culinary communication. As the former publisher of *Topline Trends*, Dana has long been acknowledged as one of North America's foremost food trend experts.

#### **Conference Corner**

##### **IACP 33rd Annual Conference**

**June 1 - 4, 2011**

**Austin, Texas, USA****Light Your Fire: Sparks from the Culinary Edge**

Constant innovation. That's the credo of every culinarian. Whether inventing new recipes, exploring new technologies, probing new views of food history or acting on the issues of our day - innovation is our collective quest. It's the flame that keeps us asking: What's new? What's next?

What better way to stoke your fire than to join IACP in Austin, the seat of progressive thought and entrepreneurship in the heart of Texas. In this hotbed of invention, we'll hear from renowned culinarians who are sparking new ideas around the world, personally and professionally. We'll taste the best Texas has to offer, including some amazing local products. And we'll look to other industries - music, technology, trend research - for transformative ideas. Ignite your creativity. Join IACP for the conference of the year in Austin.

**Help Spread the Word!**

IACP conference registration is officially open! The Program and Host City Committees have cooked up a schedule guaranteed to educate and entertain. From Texas culinary roots to 2011 trend-tracking, this conference will keep today's culinary professional informed with forward-thinking tours and sessions. Help make this the biggest conference yet! Here are just a few ways for you to get the word out:

Facebook: "Like" the [IACP page](#) and tell everyone you are attending by posting a link to your own wall!

Twitter: Follow [@iacpculinary](#) on Twitter to retweet any conference announcements. Don't forget to use the [#iacpculinary](#) hashtag when you post news!

Write a blog? Use the conference info pages as your building blocks for a post about the Austin conference!

**Register Online Now!**

**IACP 365: Want to Become a Certified Culinary Professional?**

The Certified Culinary Professional (CCP) designation is awarded by IACP to individuals who have demonstrated and maintain comprehensive knowledge of the culinary arts and sciences; display continuing commitment to professional and community service; and subscribe to the IACP Code of Ethics. For more information, click [here](#) or contact Anna Carver.

**Apply Today!**

Each year, IACP offers CCP applicants a chance to take the CCP exam at the Annual Conference. This year's exam is Friday, June 3, 2011 at 8:00 am. But you have to apply first! Find the CCP application [here](#). Once turned into IACP Headquarters, applications typically take two to three weeks for review. Return your application to Headquarters by February 11 and you'll have three months to study for the exam!

**News & Notes****IACP/ACF Missouri Regional Conference**

Columbia, Missouri, USA  
February 4 - 5, 2011

IACP, The American Culinary Federation (ACF) of Central Missouri, The University Club, and University Catering and Events present a Chocolate, Champagne, and Pastry Festival. Join us

for a two-day culinary event, featuring three guest chefs, a chocolatier, and an advanced sommelier. Proceeds benefit the local ACF Chapter.

**Full package price includes all events:** ACF/IACP Members \$100. For more information, please contact Chef Daniel Pliska at [chef@missouri.edu](mailto:chef@missouri.edu) or (573) 882-2433.

### New York Regional Conference

New York City, NY, USA  
February 18 - 19, 2011

Registration is now open for this two-day event in February. We'll be looking at what's new and what's next in four areas of critical importance to culinary professionals:

Food writing in the electronic and digital age,  
The foods of New York,  
School food, and  
Farm to table: urban and rural foodways.

We are also offering two plenary sessions on the topics of Chefs Move to Schools and the Experts Are In, and enjoyable optional events including walking tours and group dining opportunities. IACP members and their guests will enjoy early registration and \$99 preferred pricing through 2010. Open registration at \$149 begins January 1. Register today at [theculinarytrust.org/376](http://theculinarytrust.org/376).

### The Culinary Trust

Your IACP Foundation is hard at work for its members. If you haven't done so already, please give us your feedback: complete survey now!

#### Join us!

We are a volunteer-run 501(c)(3) non-profit organization created by IACP for IACP members, and we need your help! We are seeking nominations for the Board of Trustees, Scholarship Committee, Website Committee, and more. If you want to get involved, email TCT Chair Karin Endy at [karin@theculinarytrust.org](mailto:karin@theculinarytrust.org).

#### Scholarships & Grants for Culinary Professionals and Entering Culinary Students

Applications are now available for more than \$120,000 in grants for culinary schools, continuing education and independent study, research, or writing. [Click here](#) to download the scholarship listing and application.

#### Grants to Preserve Culinary Heritage

The Culinary Trust is accepting applications to restore important culinary works around the world. [Click here](#) for more information.

[Help us](#) continue to fund education and grants for culinary professionals. The Culinary Trust is a 501(c)(3) not-for-profit corporation and your donation is tax-deductible to the extent permitted by law.

### IACP Events

View IACP's [online calendar](#) for the most up-to-date listing of events.

### Eye Candy



Julia Child chats with Barbara Fenzl during a networking break at the 1991 Annual Conference in Vancouver.

### Experts Are In: Off the Beaten Path

**By Janice Thomas**

In the Chinese foothills of the Himalayas, there is a magical place called "South of the Clouds." Last year, I led a group of my culinary students to this region to experience this traditional life and rich food traditions. Hand-watering fields with wooden buckets, making fresh tofu over a wood fire in a courtyard, and drying fresh rice noodles in the glistening morning sun (see "Oodles of Noodles" photo, left) are but a few of the sensual treasures of



Xizhou, a village located in the Yunnan Province. This diverse area is home to 28 of the 54 ethnic groups in China, and this trip is rich in the cultures and traditions of the Bai people. This area is recognized as a protected heritage site.



Each day at the village market we were able to see the hustle and bustle of vendors preparing fresh fish in small basins aerated by an antiquated rubber hose to keep the fish fresh and alive, a must in China. The ultimate fishing adventure for us, though, was only a horse cart ride away - a visit to Lake Erhai to observe the age-old ritual of cormorants fishing. Upon arriving at the lake, we boarded small boats with local Bai fisherman. From our primitive

boat, the fisherman gave a verbal command and the anxious birds plunged into the beautiful lake, returning with big fish. The large birds have collars around their necks so they are unable to swallow the large fish they catch. They are rewarded with smaller fish and the fisherman goes home with the large catch. We watched mesmerized as they made their catch of the day.

Many of the dishes we feasted on were made with rice noodles or chunks of rice noodle dough sold in solid rectangular blocks at village markets. The noodles were made in an old courtyard, a 10-minute walk from our hotel in Xizhou. Each morning, a fresh batch of freshly made rice noodles could be seen air-drying in the sunshine on rustic wooden poles. At midday, the noodles would be methodically wrapped in bundles and tied with a longer rice noodle to keep them intact. The mountains of bundled rice noodles stacked high would disappear mid-afternoon on their way to the next day's market.

Shopping and fishing local are true realities in this area where sustainability is a way of life. We brought home large varieties of mushrooms and spices to be used in our cooking class with Chef Yang. Two specialties we enjoyed making were baba, a sweet or savory pizza-type bread, and rose petal jam placed in this moist and flaky baba pastry. We were able to share these local culinary treasures on this trip. If you have ever dreamed of visiting China of the past, please join me for a trip of a lifetime.

.....

**Janice Thomas**, owner of the Savory Spoon Cooking School, has taken her students on various culinary trips. The small group, cultural and culinary trips that she offers in her off-season are to France, Italy, and China. For more information, visit [savoryspoon.com](http://savoryspoon.com) or call (920) 854-6600.

## Who's New



**Rinku Bhattacharya**  
Creative Coordinator, [Cooking with Rinku](http://CookingwithRinku.com)  
Valhalla, NY, USA  
IACP Professional Member

**On IACP:** *In the last five years, I feel that I have meshed my passion into a more serious activity and would love to learn about how the food industry works and how others "do this". It is to this end that I joined IACP. I felt that it would offer me an outlet to meet more food-centric professionals.*

I love food, cooking, and wine. I started teaching Indian and Indian-inspired cooking when I was first requested by the Westchester Community College, since they thought that it would be great for their curriculum. [Because] I loved teaching and was generally requested by so many friends to share recipes and techniques, I organized my own teaching classes based in my teaching kitchen at home. My Cooking with Rinku classes can be found on my website, [CookingwithRinku.com](http://CookingwithRinku.com).

I love to work with local, seasonal produce, and our backyard (that we like to refer to as the farm) sustains us for over eight months of the year. The farm is mostly managed by my husband with my two children, ages five and seven, as his able assistants.

My explorations with local seasonal produce are covered in my blog, Cooking in Westchester. I love to explore the possibilities of recapturing the natural flavors of Indian cooking with local ingredients.

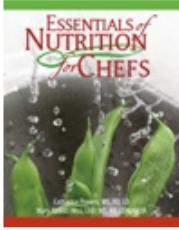
## Member Milestones

[Submit news](#) that marks a significant milestone in your career.

**Sheilah Kaufman**'s newest cookbook, *The Turkish Cookbook: Regional Recipes and Stories* by Nur Ilkin and Sheilah Kaufman (Interlink), was selected by the *Washington Post* as one of the top cookbooks of 2010 and won the Best Mediterranean Cuisine Book in the 2010



Gourmand World Cookbooks Awards. The book presents a rediscovery of timeless, authentic, healthful, refreshing, and easy-to-prepare Turkish dishes.



Culinary Nutrition Publishing is thrilled to announce the release of *Essentials of Nutrition for Chefs*, a text for culinary students and a reference for cooking school teachers and recipe developers. Authors **Cathy Powers** and **Mary Abbott Hess** offer a unique view of nutrition through food choices and provide state-of-the-art nutrition information, tips, charts, best practices, websites, and contributions from 65 chefs and nutrition experts. More information is available at [nutritionforchefs.com](http://nutritionforchefs.com).



**Pam Williams** is honored to have received the 2011 Fine Chocolate Industry Award of Excellence in Service to the Industry in San Francisco in January. Pam is Founder of Ecole Chocolat Professional School of Chocolate Arts. For more information, visit [ecolechocolat.com](http://ecolechocolat.com).

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