

SAVOR THIS™

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Cruising with AIWF

Chapter Spotlights:

- Dallas/Ft. Worth
- Monterey Bay
- San Diego
- Wichita

**AIWF New
Members**

**AIWF Business
Members**

**Festive Recipes
and more...**



SAVOR THIS™ Is a publication in association with The American Institute of Wine & Food® founded in 1981 by Julia Child, Robert Mondavi and Richard Graff, and others.

Editor

Amy J. Williams

Art Direction & Design

Aimee N. Youngs, Mesmerize Creative

Contributing Writers/Images

Stu & Harriet Baldwin, AIWF New York

John Blanchette, Freelance Writer

Beth Bower, AIWF Wichita

Susan Buxbaum, AIWF San Diego

Joan Casanova, Bonnie Plants

Robin Everson, AIWF Dallas/Ft. Worth

Food & Wine

Gale Gand, AIWF Ambassador

KitchenAid

Lisa Lipton, AIWF San Diego

Rachel Mueller, AIWF Monterey Bay

San Diego Bay Wine & Food

Elizabeth Sauer, AIWF Wichita

Amy J. Williams, AIWF National

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The AIWF National Office

(831) 250-7595 phone

(800) 274-2493 toll-free

(831) 250-7641 fax

members@aiwf.org

www.aiwf.org

26384 Carmel Rancho Lane, Suite 200E

Carmel, California 93923

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AIWF on the High Seas

WITH JACQUES PÉPIN & SPOTTSWOODE



Proclamation of Appreciation

*Today, September 19, 2013
the American Institute of Wine and Food
gratefully proclaims its appreciation to*

Jacques Pépin

*for his long and faithful service sharing his
love of food with the world.*

- ❖ We are truly grateful for your dedication to sharing the vision that tasty food is something to enjoy every day.*
- ❖ We admire you for your still-radical vision that tasty food can be simple, easy and accessible.*
- ❖ We are thankful that each year more cooks and eaters join your dedication to good, fresh ingredients.*
- ❖ We treasure your vision that we share our love with family and friends by preparing and sharing food.*
- ❖ We thank you for your role establishing AIWF and your long, faithful service.*

Thank you, Jacques Pépin, thank you



Riviera's "O" stack as seen from picturesque Lisbon

(Proclamation of Appreciation for Jacques Pépin)



La Pedrera - one of the many famous Gaudi-designed Barcelona buildings



Tempranillo grapes in Rioja

This September almost 70 travelers joined us for the first ever AIWF culinary exploration cruise – if you weren’t able to be with us, hopefully this report will encourage you to join us next time! We were honored to have Spottswode as our winery partner for this trip – even better, founder Mary Novak and daughter Lindy Novak (Spottswode director of national marketing) both came with us to share their wines and history. Mary has been with AIWF since its founding (Bob Mondavi was her arm-twister) and helped us celebrate our 30th anniversary in Napa. Imagine – folks dedicated to food and wine spending 10 days together to eat, drink and explore – including no less than seven special wine and food events just for our group. Many thanks to Food & Wine Trails for coordinating everything (and especially for developing the exclusive shore tours)! AIWF former National Board Chair Stuart Baldwin and his wife Harriet were our tour escorts. In addition to spreading the AIWF message to Spottswode club members and Food & Wine Trails travelers, the cruise was a successful fundraiser for AIWF which will net us almost \$20K.

So, how did we first gather onboard? With wine and food, of course! Our embarkation day reception gave us a chance to meet, to raise a glass together (Spottswode’s Sauvignon Blanc was the hit of the evening), and to meet Jacques Pépin in person. Jacques helped Oceania design their restaurant program and was onboard to help celebrate the line’s tenth anniversary. Jacques has been a strong supporter of AIWF from the very beginning (Julia Child wouldn’t have it any other way), and it was wonderful to be able to thank him for all he has done. It was fun to see Mary Novak reconnect with Jacques. Jacques brought his entire entourage to the reception – wife Gloria, friend and chef Jean Claude Szurdak and wife Genevieve, and friend and sommelier Jean Michel (who the Baldwins know from their time in Connecticut). It was especially poignant and thoughtful of Jacques to join us that night as it was he and Gloria’s wedding anniversary and they postponed their cel-

ebratory dinner just to be with AIWF!

Our next AIWF exclusive event was a great “Wine & Art Lovers in Barcelona” tour put together by Food & Wine Trails. After a panoramic view from Montjuic, we enjoyed a peek at one of Barcelona’s historic neighborhood food markets (whose floor is now excavated to reveal medieval buildings) on our way to the Picasso museum and Gaudi’s Casa Batllo (our excellent guide put her art-history degree to good use). At world-renowned Monvnic, wonderful Spanish ingredients, modern preparations and deft wine pairings with local Penedes and Priorat wines made this six-course lunch the highlight of the day!

On our private tour the next day, we discovered that Mallorca has two wineries with international profiles – who knew? Our group visited both of them, Anima Negra (Son Burguera) and Bodegas Ribas. Anima Negra isn’t even open to the public, but the winemaker’s wife met us in the nearby village and led our coach to the vineyard down narrow dirt roads bounded by stone walls and olive trees. After a tour of the winery and its incredible mix of state-of-the-art equipment and ancient buildings (including an all-stone former cowshed), we enjoyed tasting the entire Son Burguera line accompanied by generous portions of the local specialty onion and tomato tart. At one point the charismatic winemaker hopped up to stand on a table so we could all see and hear him! At Bodega Ribas, we quickly acclimated to the shaded terrace of the family “possession” (Mallorcan aristocratic country manor house) built in 1776. The current winemaker is a member of the same family that has been making wine here continuously since 1711,

although bottling the wine before selling it started only in the 1980s! As we enjoyed the Bodega Ribas wines and exquisite tapas under the arbor, our guide whispered to Harriet “this is like a movie – so civilized!” Now that we’ve taught Americans how to eat and drink better, perhaps AIWF can change the tourism industry, one visit at a time? We moved inside to enjoy conversation over a leisurely gourmet meal and more wines (a peek at the intact and heavily tiled historic kitchen was another treat).

After a stop in beautiful Ibiza (no group activities here, which allowed for individual exploration – Harriet and Stu went to church and wound up at an alfresco lunch at a private home in back country Ibiza) we stopped in Cartagena Spain. Just for our group, that afternoon Stu hosted a formal vertical tasting of wines from Heart & Hands in Toscana (one of Riviera’s specialty restaurants). Heart & Hands is a favorite Finger Lakes (New York State) producer of wonderful European-style Pinot Noirs. One oenophile from California remarked approvingly “I didn’t know you could make a Pinot that wasn’t a fruit bomb”.

Many folks took advantage of our stop in Malaga to visit the Alhambra, several did guided bicycle tours, a few took a beach day and at least one couple made it their own personal spa day. It was good to rest up, since the next day brought Gibraltar (many hikers went to the top, even more folks went up the cable car and walked down) and, more importantly, the Spottswoode wine dinner in Riviera’s signature specialty restaurant Jacques. Oceania arranged for us to have the room to ourselves for most of our dinner – and when other diners entered,



Presenting the Proclamation to Jacques Pépin



Spottswoode wine dinner in Jacques



Mary Novak, Lindy Novak, Stu Baldwin and Harriet Baldwin – Spottswoode wine tasting in Toscana



Spottswoode wine tasting in Toscana



Oceania Riviera from Gibraltar Hillside



Sherry luncheon at Emilio Lustau



Spottswode wine dinner in Jacques



Spottswode tasting in Toscana



Olive market in Casablanca



AIWF group lunch at Monvinic in Barcelona



Teaching kitchen aboard Riviera



Barrel aging room at Son Burguera



Casa Batlló Barcelona. Its playful look was designed by Gaudí as an homage to the human skeleton. Our group toured the building as part of our Barcelona day trip.



Spottswode wine tasting in Toscana



The terrace at Bodegas Ribas

who was among them but Jacques himself! We had so many glasses that there were several extra service tables brought in to hold the cabernet stems until we were ready for them. Lindy gave us a brief tour through the wines, and then it was down to the “important work” of more eating and drinking – not to mention a chance to cement new friendships on this memorable evening. The 2004 Spottswode Cabernet Sauvignon was a special treat, and we all had fun comparing it side-by-side with the 2010.

Next up, Casablanca. With no scheduled AIWF activities, we found Casablanca easier to explore than many of us expected – French is relatively widely spoken, and there were plenty of taxis waiting for independent travelers. In addition to the normal sites, several folks found their way to the main food market (featuring impressive fish displays) and a few found the olive market. This is a good time to mention that Oceania’s “O” class ships (Riviera and Marina) are the only cruise liners with onboard teaching kitchens. A few of our travelers participated in the Oceania culinary tour in Casablanca, which included in-depth visits to the food markets as well as a chance to learn some Moroccan culinary techniques back on board. A well-informed source told us a great Oceania food factoid: the line’s per-day budget for staff food is higher than most other lines’ per-day food budgets for their passengers!

The vibrant food market, charming historic center, and in-town dock make our next port, Cadiz, one of the favorites of Oceania’s Chef Kathryn Kelly. Nearby Jerez gave those who chose the chance for an incredible private AIWF immersion in all things sherry. Bodegas Tradicional still labels and wax seals each bottle by hand, and their

(very rare) vintage sherry was an unexpected treat – as was their art collection (El Greco, Goya, Velasquez). If you think “I don’t like sherry”, you weren’t on this tour – our formal tasting at Emilio Lustau included 10-plus (somehow our notes get vague at this point) selections which ran from bone-dry Manzanilla sherry through an incredibly sweet oloroso (how does it stay liquid at 40% residual sugar?). The intimate gourmet lunch at Lustau continued our sherry education, thanks to the gracious presence of Federico Sánchez-Peça Salmerón (formerly a Spanish diplomat and now a sherry professional).

Our final full day was at sea, which gave everyone a chance to fully explore the ship – with such a busy schedule of interesting ports, it is sadly too easy to miss some of the wonders on Riviera. For AIWF travelers, the best part of the day was definitely our Spottswode tasting. What better way to celebrate our time together than six vintages of Spottswode Cabernet reaching back to 1992 and including the 99-point Parker-rated 2007 (as Lindy pointed out, a particularly low yielding year). Look for the “winners” of our comment contest in a forthcoming Spottswode newsletter – the camaraderie and wonderful wine encouraged impressively creative entries!

At Lisbon we disembarked and our group adventure ended. We all promised each other to travel together again as soon as we could, a sentiment reinforced when we longingly glimpsed Riviera’s “O” stack down a charming street in Lisbon. The rewards of immersing ourselves in the food culture and cuisine of each stop, of engaging the sponsoring winery in such depth, mean that this may be the first of many AIWF cruises to come! ❖



© Anson Smart, Contributed by Paul Roberts courtesy Food & Wine

One 1 1/2-pound butternut squash—
peeled, seeded and cut into
1/2-inch pieces
1/4 cup extra-virgin olive oil
Kosher salt and freshly ground pepper
2 tablespoons unsalted butter
1 large shallot, thinly sliced
1 pound assorted mushrooms, trimmed
and cut into 1-inch pieces
1 teaspoon sherry vinegar
1/4 teaspoon freshly grated nutmeg
All-purpose flour, for dusting
14 ounces chilled all-butter puff pastry

Mushroom, Butternut Squash & Gruyère Tart

2 large egg yolks
1/4 cup crème fraîche
1/4 pound Gruyère cheese, shredded
2 teaspoons chopped thyme

1. Preheat the oven to 375°. Spread the squash on a baking sheet and toss with 2 tablespoons of the oil. Season with salt and pepper. Bake for 25 minutes, until just tender. Transfer to a bowl. Increase the temperature to 400°.

2. Meanwhile, in a skillet, melt the butter in the remaining 2 tablespoons of oil. Add the shallot and cook over moderate heat, stirring, until softened. Add the mushrooms, cover and cook, stirring, until tender, about 7 minutes. Season with salt and pepper and remove from the heat. Toss with the vinegar and nutmeg and add to the squash.

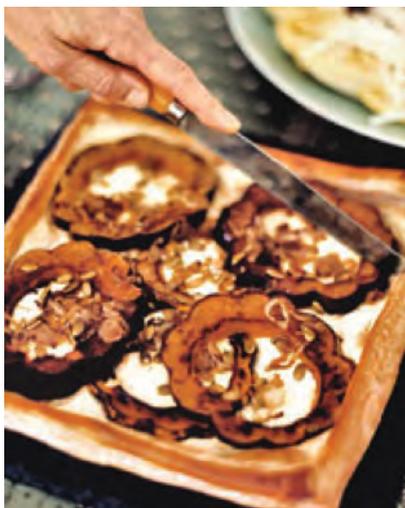
3. Line a baking sheet with parchment. On a floured work surface, roll the puff

pastry out to 12 1/2 by 14 1/2 inches. Using a knife, trim the pastry to 12 by 14 inches. Transfer to the baking sheet and prick the pastry with a fork all over except for a 1/2-inch border. Bake the pastry for 20 minutes, until golden; pierce with a fork if it puffs during baking. Let cool.

4. Stir the egg yolks, crème fraîche, Gruyère, thyme, 1/2 teaspoon of salt and 1/4 teaspoon of pepper into the mushrooms and squash. Spread the mixture on the pastry inside the border. Bake for 15 minutes, until the cheese is melted. Cut into squares and serve.

Suggested Pairing

Paul Roberts, the estate director of Bond Estates, adds nutmeg to the mushrooms in this buttery tart because the warm spice works well with the savory complexity of a Cabernet Sauvignon.



Contributed by Susan Spungen courtesy Food & Wine

Savory Ricotta-Squash Tart

Instead of appearing in a soup, squash gets cut into rings, caramelized and baked in a tart that can be served with a salad as a starter, or as an unusual side dish.

2 large eggs
14 ounces frozen all-butter puff pastry, thawed but chilled
All-purpose flour, for rolling
Two 11-ounce organic acorn squash, rinsed and dried
1 tablespoon plus 1 teaspoon extra-virgin olive oil
2 teaspoons unsalted butter, melted
1 teaspoon honey

Kosher salt and freshly ground pepper
1 pound fresh ricotta cheese
1 tablespoon heavy cream
1/2 cup thinly sliced shallots (2 large)
1/2 teaspoon sugar
Toasted pumpkin seeds, for garnish

1. In a small bowl, beat 1 of the eggs. Cut the puff pastry in half crosswise. On a lightly floured work surface, roll out 1



piece of puff pastry to a 12-inch square. Cut a 1/2-inch strip from each edge of the pastry. Brush the edge of the pastry square with some of the beaten egg. Place the strips around the edge to make a raised border. Chill for 30 minutes. Repeat with the second piece of puff pastry.

2. Meanwhile, preheat oven to 450°. Using a large, sharp knife, cut off the ends of the squash until you reach the seeds. Scoop out and discard the seeds. Carefully slice the acorn squash crosswise into 1/4-inch thick rings. Arrange the rings on 2 rimmed baking sheets. Mix 2 teaspoons of the olive oil with the butter and honey and brush on the squash rings; season with salt and pepper. Bake for 15 minutes, or until the rings are browned on the bottom. Reduce the oven temperature to 375°.

3. In a medium bowl, mix the ricotta with the remaining egg and the heavy cream. Season with 3/4 teaspoon kosher salt and a generous pinch of pepper. In a medium skillet, heat the remaining 2 teaspoons of olive oil. Add the shallots and cook over moderately high heat, stirring occasionally, until golden. Stir in the sugar.

4. Brush the raised pastry borders with some of the beaten egg. Spread the ricotta filling in the pastry squares. Arrange the squash rings on top, browned sides up. Scatter the shallots over the tarts and bake for 30 minutes, or until the pastry is golden brown. Sprinkle the tarts with toasted pumpkin seeds and serve warm.

Make Ahead The tarts can be baked early in the day; they can also be frozen for up to 1 week and reheated in a 375° oven.

Pumpkin Soup with Creole Lobster

Most Thanksgivings include pumpkin in some guise. The Rushings' version is a pumpkin soup topped with lobster bathed in a spicy butter. The natural brininess of the lobster helps bring out all the deep, earthy flavor in the soup.

4 sugar pumpkins or 2 medium butternut squash (about 5 pounds total), halved and seeded
6 tablespoons extra-virgin olive oil
Kosher salt and freshly ground pepper
Five 1-pound lobsters
1 stick (4 ounces) unsalted butter
1 large white onion, chopped
2 garlic cloves
1 thyme sprig
1 rosemary sprig
1 bay leaf
1 cup medium-dry white wine
1/2 cup crème fraîche
1 1/2 teaspoons garlic powder
1 1/2 teaspoons onion powder
1 teaspoon cayenne pepper
1 teaspoon dry mustard
1/2 teaspoon ground cumin
1/4 teaspoon freshly grated nutmeg
1/4 teaspoon cinnamon
1/4 teaspoon ground cloves

1. Preheat the oven to 350°. Drizzle the pumpkin halves with 2 tablespoons of the olive oil and season with salt and pepper. Wrap each half tightly in foil and bake on a large cookie sheet for 1 hour and 15 minutes, or until tender.



© Petrina Tinslay, Contributed by Allison Vines-Rushing and Slade Rushing courtesy Food & Wine

Let cool slightly, then scoop the pumpkin flesh into a bowl.

2. Meanwhile, bring a stockpot of water to a boil. Prepare a large bowl of ice water. Salt the boiling water and add the lobsters. Cover and cook over high heat for 3 minutes. Using tongs, transfer the lobsters to the ice water and let cool. Twist off the heads and reserve. Crack the claws and remove the meat in 1 piece. Using a heavy knife, halve the lobster tails lengthwise, cutting through the meat and the shells. Remove the dark intestinal veins from the tails. Transfer the lobster tails and the claw meat to a large baking sheet; refrigerate.

3. Clean out the lobster heads with a spoon and return the shells to the stockpot. Simmer the shells for 30 minutes, skimming frequently. Strain the lobster stock through a fine sieve and reserve 8 cups.

4. In a soup pot, melt 4 tablespoons of the butter. Add the onion, garlic, thyme, rosemary and bay leaf. Cook





over moderate heat, stirring occasionally, until the onion is softened, about 8 minutes. Add the cooked pumpkin and the wine and simmer until the wine has reduced by half, about 5 minutes. Add 6 cups of the lobster stock and simmer for 30 minutes. Remove and discard the herb sprigs and bay leaf.

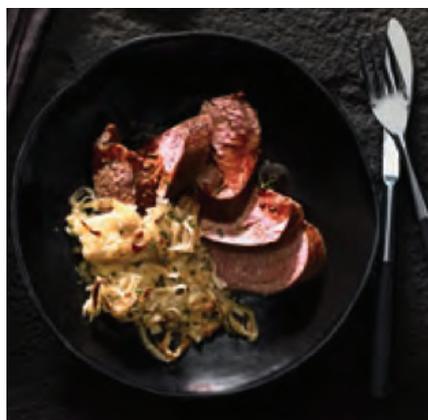
5. In a food processor or blender, puree the soup with the crème fraîche. Return it to a clean pot. Add enough of the remaining 2 cups of lobster stock to make the soup velvety; season with salt and pepper.

6. Mix 1 tablespoon of kosher salt with 2 teaspoons of pepper and the garlic powder, onion powder, cayenne, dry mustard, cumin, nutmeg, cinnamon and cloves.

7. In a very large skillet, heat the remaining 1/4 cup of olive oil. Add the lobster tails, cut sides down, and cook over high heat until the shells begins to brown, 3 minutes. Reduce the heat to moderate, turn the tails and add the remaining 4 tablespoons of butter and the spice mixture. Cook the tails for 2 minutes, basting them with the spice butter. Transfer the tails to a plate and remove the meat from the shells. Add the lobster claws to the skillet and baste with the spice butter, 2 minutes per side. Add the claws to the tails on the plate.

8. Bring the soup to a simmer. Ladle into warmed bowls and garnish each serving with a lobster tail half and a claw.

Make Ahead The soup and lobster can be prepared through Step 6 and refrigerated for up to 2 days.



Contributed by Jason Alley courtesy Food & Wine

Smoked Pork Tenderloin with Bourbon-Rosemary Sauce

1/2 cup bourbon
 1/2 cup soy sauce
 1/2 cup light brown sugar
 Juice of 1 lemon
 3 large rosemary sprigs, bruised,
 plus 1 teaspoon chopped rosemary
 Two 1-pound pork tenderloins
 1 tablespoon vegetable oil
 Salt and freshly ground pepper
 1/2 cup low-sodium beef broth
 2 tablespoons unsalted butter
 Smoked-Onion Soubise (recipe follows)

1. In a glass dish, mix the bourbon, soy sauce, sugar, lemon juice and rosemary sprigs. Add the pork and turn to coat. Let stand for 1 hour, turning the pork every 30 minutes.

2. Assemble the smoker by spreading 1/2 cup small, dry hardwood chips over the bottom of the smoker, then placing the drip tray and rack directly on the chips. (To jury-rig a smoker, line a wok or disposable aluminum baking pan

with heavy-duty foil and spread with dry wood chips; top with another layer of foil—to catch drips—and a rack. Cover the wok or pan by sealing it tightly with a lid or sheet of foil.)

3. Preheat the oven to 375°. In a well-ventilated area, set the smoker over high heat. When smoke rises from all sides, set the pork on the rack; reserve 1/2 cup of the marinade. Cover and smoke for 40 seconds; remove from the smoker.

4. In an ovenproof skillet, heat the oil until shimmering. Add the pork and season with salt and pepper. Cook over moderate heat until browned all over. Transfer the pork to the oven and roast until pale pink in the center, 15 minutes. Transfer the meat to a carving board and let rest for 5 minutes.

5. Pour off the oil and set the skillet over high heat. Add the reserved marinade and the broth and boil, scraping up any browned bits in the skillet, until reduced to 2/3 cup, 5 minutes. Remove from the heat, swirl in the butter and season with salt and pepper. Stir in the chopped rosemary.

6. Slice the pork 1/3 inch thick. Serve with the pan sauce and the Smoked-Onion Soubise.



Smoked-Onion Soubise

Jason Alley uses rice as a thickener in this decadent and rustic soubise (an onion puree), loaded with cheese and smoky onions. It's delicious with roasted or smoked meats.

1 1/4 pounds onion, thinly sliced
 2 1/2 tablespoons white rice
 2 tablespoons unsalted butter
 1/2 cup heavy cream



1/2 teaspoon freshly grated nutmeg
1/2 cup shredded Gruyère cheese
Salt and freshly ground pepper
1 tablespoon minced chives

1. Assemble the smoker by spreading 1/2 cup small, dry hardwood chips over the bottom of the smoker, then place the drip tray and rack directly on the chips. (To jury-rig a smoker, line a wok or disposable aluminum baking pan with heavy-duty foil and spread with dry wood chips; top with another layer of foil—to catch drips—and a rack. Cover the wok or pan by sealing it tightly with a lid or sheet of foil.)

2. Preheat the oven to 325°. Place a sheet of foil on the smoker rack; poke holes all over. In a well-ventilated area, set the smoker over high heat. When smoke rises from all sides, spread the onion over the foil. Cover and smoke for 45 seconds. Remove the onion.

3. In a saucepan of boiling water, cook the rice for 3 minutes; drain. In an enameled cast-iron casserole, melt the butter. Add the onion and cook over moderate heat until softened. Add the rice, cream and nutmeg and bring to a boil. Cover and bake until the onion is tender, 30 minutes. Increase the oven temperature to 400°. Stir the cheese into the onion and bake for 5 minutes. Season with salt and pepper; garnish with the chives.

Suggested Pairing

Lush Malbec.



We are looking for your favorite Valentine's recipe for our next issue of Savor This™. Submit with your name and photo of recipe to members@aiwf.org.



Celebrated national chefs, local culinary rock stars, legendary winemakers and brewmasters, authors, sommeliers, mixologists and other truly amazing talents come together for the **10th Annual San Diego Bay Wine & Food Festival**. **AIWF Ambassador and Award Winning Chef Gale Gand** will be a celebrity guest Chef at this year's festival! Click [HERE](#) to learn more about the Festival coming up November 18th – 24th, 2013!



Vita's Ricotta Doughnuts by Award Winning Chef Gale Gand

This is a recipe taught to me by my Sicilian decent mother-in-law, Vita Seidita. She would make them for her kids on Sunday mornings and they would all hover as she lifted the hot doughnuts out of the oil onto a brown paper bag for draining. She would have them roll the doughnuts in cinnamon sugar sometimes instead of powdered sugar. I like making them on Easter morning for breakfast as they are kind of egg shaped while the family is hunting for dyed Easter eggs (made the night before) outside in the yard. The trick is to find the eggs before Rootie, our dog, does!

This Recipe Makes 16

6 eggs
½ cup sugar
1 pound ricotta (15 ounces is OK—that's how they package it now)
2 ½ cups flour
1 heaping tablespoon baking powder
1 teaspoon vanilla extract
powdered sugar in a shaker
canola oil for frying

Special Equipment:

Small ice cream scoop
Paper towels
Frying thermometer

1. Mix ingredients in order with a wooden spoon being careful not to over mix. *
2. Heat oil in a saucepan to 325 degrees. Drop the batter by small ice cream scoops or spoonfuls (use 2 teaspoons) into the 325 degree oil and deep fry 3 minutes turning often till golden brown on each side. Break the first one open to check it is cooked all the way through. Drain on paper towels or a brown paper bag and sprinkle heavily with powdered sugar.

Do-ahead notes: You can place the batter in the refrigerator at this point till you're ready to fry, up to 6 hours. You may have to increase the frying time slightly to compensate for the colder batter. You may cut this recipe in half. ♣

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August 2013 – October 2013

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Deadline to apply and receive before holidays is Monday, 12/16/2013.

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CLICK HERE for more information about AIWF and becoming a local Chapter or The National organization partner or contact (800) 274-2493

Join AIWF

AIWF's Days of Taste® goes BIG in Dallas



PHOTO CREDIT: RUSS AMAN



Students made three different salads, a pasta salad, a vegetable salad and a fruit salad.

The Days of Taste® program for the Dallas/Ft. Worth Chapter expanded this year with the addition of new schools, new chefs and new sponsors. Approximately 300 Dallas area school children were hosted at the Dallas Farmers Market for a culinary, farm-to-table experience of a lifetime.

Children were engaged in a sensory experiment to discover and cultivate their taste buds while learning about sweet, salty, savory and bitter. They were treated to a light snack of orange juice and pumpkin muffins and were paired with Dallas area restaurant chefs who discussed a variety of produce and took them through the process of making two different salad dressings from scratch. They learned about different herbs from basil to mint and from rosemary to sorrel to expand their knowledge and palate from a local herb grower. The children also engaged in an experiment from a local baker of artisan bread to see

how yeast rises and what grains go into making bread.

Members of AIWF Dallas/Ft. Worth Chapter, United Way, Baylor Hospital and Le Cordon Bleu Culinary Institute took children shopping at the Dallas Farmers Market. The children were taught time management, financial budgeting skills and teamwork as they worked in groups of 5 to select produce to create their lunch. Lunch consisted of three salads, a pasta salad, a vegetable salad and a fruit salad. From simple ingredients the children made red wine vinaigrette and citrus vinaigrette. When asked what they tried that was new to them, the children replied, pomegranate, prickly pear, avocado, jalapeno, plum and orange juice. Children left empowered with the knowledge that healthy food is not only good for them but tastes good too.

They left the Dallas Farmers Market with a fabric reusable goody bag with a can of Allens Popeye Brand Spinach, kitchen tools from



Children learn about different grains used in bread.



Discovering taste buds



Going shopping



Mike Piorkowski, Gen. Mgr. of Chefs' Produce, shows children blood oranges and Meyer lemons.



Chef Sean Cahill of Buffalo Bluez demonstrates how to make the citrus vinaigrette salad dressing.



Looking at the differences in an Heirloom Tomato.



Boy slices cucumbers

BY ROBIN D. EVERSON, CHAPTER BOARD MEMBER, VICE CHAIR, PROGRAMS AND EDUCATION COORDINATOR, DAYS OF TASTE® AND SCHOLARSHIP CHAIR, CHEFS' CHALLENGE COMPETITION CHAIR - THE AMERICAN INSTITUTE OF WINE & FOOD (DALLAS/FT. WORTH CHAPTER)

Central Market, a Days of Taste® refillable water bottle from Snappy Salads, a Nutrition for Kids booklet for parents from PCRM, an informational poster from the Dallas Farmers Market showcasing healthy fruits and vegetables, and a wealth of knowledge.

The second part of the field trip took children to Chefs' Produce Company to experience and fulfill the final objective of the Days of Taste® Program, "to establish a connection between classroom lessons and careers related to the food industry." Children were shown the process of how produce is kept,

why there are different coolers for different types of produce and other food products and how food is distributed.

The Dallas/Ft. Worth Chapter's Days of Taste® was fun for children, teachers, chaperones, volunteers and our participating sponsors.

The Dallas Chapter's Days of Taste® would not have been successful without the support of the community. Special thanks goes to the Dallas Farmers Market, Whole Foods Market, Chefs' Produce Company, Allens' Popeye Brand Spinach, Snappy Salads, Oak Farms Dairy, Dessert Dreams, Central

Market, Empire Baking Company, Generation Farms, Le Cordon Bleu, Max's Wine Dive, Las Colinas Country Club, Buffalo Bluez, Physicians Committee for Responsible Medicine, NutritionFacts.org, Baylor Hospital, United Way, Leonard Sloan and Associates, Russ Aman Photography, etc. ❖

Visit AIWF Dallas/Ft. Worth Chapter at aiwf.org/dallas for more information and calendar of events.



Mary's Gala

AIWF's Monterey Bay Chapter Holds Its Annual Gala at The Beach & Tennis Club, Pebble Beach, CA



Sunday, August 25th The American Institute of Wine & Food (AIWF) and Les Dames d'Escoffier International (LDEI), Monterey Bay Chapters rolled out the red carpet at Pebble Beach's Beach & Tennis Club to honor and celebrate Mary Chamberlin, Monterey's First Lady of wine and food. The five-course dinner was prepared by Mary's favorite chefs including Matt Bolton, Hyatt Highlands Inn; Elias Lopez and John Hui, The Beach & Tennis Club; Peter Armellino, The Plumed Horse; and Justin Cogley, Aubergine at L'Auberge Carmel; with fine wines from Antle, Chappellet, Scheid, Fink Family, and Caraccioli Cellars.

The Master of Ceremonies was David Fink, AIWF Monterey Business Member and CEO, Mirabel Hotel & Restaurant Group, where attendees were treated to appearances by David Dally, Michel Escoffier, Rachel Mueller, Michel Bouit, and a live auction headed by Toby Rowland-Jones.

continued...



Mary Chamberlin is a professional chef, caterer and culinary educator based in Carmel, California, whose work embodies a lifetime passion for the world's finest foods.

Mary attended West Valley College, College of San Mateo and the University of California, specializing in Restaurant Management & Catering. Mary then studied at Cordon Bleu and La Varenne, and became proficient in a range of cuisines, including Cantonese, European and American.

She founded and operated Mission Gourmet Cooking School in Fremont for over 20 years, bringing chefs from all over the world to teach their style of cuisine. She presently teaches part time at home in her award-winning professional kitchen. The fall issue 1998 of *Better Homes & Gardens (Kitchen & Bath Ideas) Magazine*, featured her beautifully appointed professional kitchen along with a story on her extensive food background.

Mary's many titles include member of the James Beard Foundation, Chair and Member of the Board of the American Institute of Wine & Food Monterey Bay Chapter, National Vice Chair of the American Institute of Wine & Food, founder of the Central Coast Chapter of Les Dames d'Escoffier International and Agent for Michel Escoffier the Foundation Auguste Escoffier and the Escoffier Museum of Culinary Arts in Villeneuve-Loubet in the South of France.

Mary's association with Michel Escoffier, President of the Foundation Auguste Escoffier, has resulted in her appointment to the Advisory Board of the new "August Escoffier School of Culinary Arts", continuing her commitment to culinary excellence and education.

Her flamboyant theme dinners are legendary, and many local charities and organizations have benefited from her generous donations of these dinners as fundraisers. She also volunteers for Meals On Wheels and has served on numerous committees, raising funds for scholarships and other worthy causes.

Mary is an ardent practitioner of culinary arts with an international flair, and has logged over a million miles of travel to prove it. At last count, she has prepared 140,000 servings of soup. Her late husband, Roy Chamberlin, a retired airline pilot, flew his wife around the world to collect her delectable recipes. Roy photographed Mary's creations, many of which can be found in her cookbook *The Traveling Soup Pot*, published in 2011.



Guests gathered outside on the patio before the celebration began.



Michel Escoffier inducting new members into the Disciples of Escoffier.



Guests enjoyed viewing all the auction items.



Appetizers and wine were served.



2013 AIWF Monterey Bay Chapter Board Members

Visit AIWF Monterey Bay Chapter at their.aiwf.org/montereybay for more information and calendar of events. ❀

Your AIWF membership allows you to attend events nationwide!

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Orange County, CA
Pacific Northwest, WA
San Diego, CA
Santa Barbara, CA
Vermont
Washington, DC
Wichita, KS

NOVEMBER 2013

- 2 Patricia Wells 11-2-2013
AIWF San Diego (CA)
Cheninista-Drink Fabulous
AIWF Washington (DC)
- 5 Dine Around -
Hawthorn Grille
AIWF Dayton (OH)
Days of Taste® Celebration
at Cellar Rat
AIWF Kansas City (MO)
- 10 Members Only -
Pre-Holiday Bubbles &
Champagne Tasting
AIWF Pacific Northwest (WA)
- 11 MATC Scholarship Dinner
AIWF Milwaukee (WI)
- 13 Puritan & Company Dinner
AIWF Boston (MA)
- 17 Members Luncheon
AIWF Monterey Bay (CA)
- 18 – 24 San Diego Bay Wine &
Food Festival
AIWF San Diego (CA)
- 21 Wines of Fall
AIWF Wichita (KS)
- 24 The Chefs' Challenge
Competition
AIWF Dallas/Ft. Worth (TX)

DECEMBER 2013

- 5 Holiday Party
AIWF San Diego (CA)
- 6 Charity Luncheon
AIWF Dayton (OH)
- 7 Holiday Event
AIWF Wichita (KS)
- 7 AIWF Holiday Party
AIWF Wichita (KS)
- 8 Gingerbread House Building
AIWF Milwaukee (WI)
- 13 "Dickens" Christmas Party
AIWF Dayton (OH)
- 19 AIWF Monterey Bay
Christmas Party
AIWF Monterey Bay (CA)

JANUARY 2014

- 7 Dine Around TBD
AIWF Dayton (OH)
- 20 Save the Date –
Cooking Class
AIWF Dayton (OH)
- 22 The Second Annual 2014
Cross Border Terroir Wine
and Food Event
Pacific NW (WA)
- 28 Save the Date –
Pasta Table at Guilia
AIWF Boston (MA)

Event Calendar always updating. For more information on chapter events, please click "Local Chapters" at www.aiwf.org.

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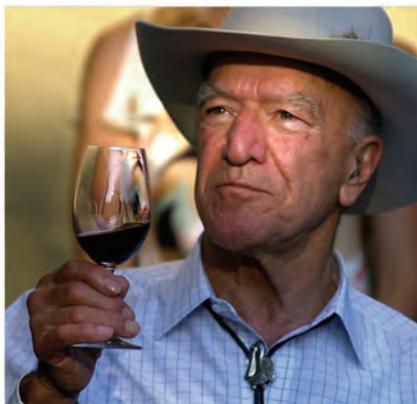
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To Enter:

1. Go To Facebook.com/aiwfnational and "LIKE" page &
2. Give us your best "Cooking Tip"

All names included in "Likes" or submitted "Cooking Tips" between the dates of November 1 until November 30, 2013 will go into a random drawing. Winners will be notified through a Facebook message on or before November 30, 2013.





Executive Chef Nicolas Bour and Chef de Cuisine James Kozak AVANT Restaurant at the Rancho Bernardo Inn; Image courtesy of Rancho Bernardo Inn



SAN DIEGO

Double Bond Dinner at AVANT

On October 3rd, AIWF San Diego welcomed an enthusiastic dining group to the new restaurant AVANT, an AIWF BWR member, at the Rancho Bernardo Inn. Rancho Bernardo Inn has a special history with AIWF as one of its founding members over thirty years ago. The current talent in the kitchen comes from Executive Chef Nicolas Bour and Chef de Cuisine James Kozak.

Nic is a farm to table pioneer with vast experience in NY, Atlanta, and Europe. James was Chef de Cuisine at Charlie Trotter's in Chicago. AVANT has its own fruit and vegetable garden. The chefs have created many house-made specialties, including mustard, which all attendees received as a take-home favor. It was a magical evening. To learn more about AVANT and to stay at Rancho Bernardo Inn, visit www.ranchobernardoinn.com/avant.

Double Bond Wines complemented the fabulous menu. John Klacking Ph.D., the biochemist founder of Double Bond Winery introduced the wines. Double Bond Winery is a limited production winery with the sole purpose of making the very best of the four most recognized varietals from the Central Coast. The winery takes great pride in choosing its vineyard partners, including Wolff Vineyards in Edna Valley, La Vista Vineyards in Paso Robles, and Lerner Vineyards in Santa Ynez. The term Double Bond is used in chemistry to describe the physical unions that tie two atoms together to form a molecule. A double bond in nature is much less common than a single bond, stronger and much more reactive; creating



From Left to Right: Susan Buxbaum - AIWF San Diego Chapter Chair, Diane Gotkin - Chapter Treasurer, John Klacking - Double Bond Winery, Lisa Lipton - Past National & Chapter Chair, Vickie Mogilner - Immediate Past Chapter Chair, and Mary Lou Mc Clellan - Chapter Board Member; Photo courtesy of James King

many more possibilities to form new bonds in exciting new molecules. The inspiration in Double Bond's winemaking approach can be described by the bonds it shares with this most fascinating science and elusive art; interacting to innovate and redefine classic wines. Double Bond's winemaker, John Thunen Ph.D., has been making world-class wines for over 30 years. Since the first Double Bond vintage in 2007, each of its handcrafted wines continues to earn top awards. This September, Double Bond was chosen to be part of the SWAG package at the Emmys.

The all-inclusive cost of the dinner was \$120 members/\$135 non members/guests, thanks to the generosity of AVANT in its pricing and the donation of the wine by Double Bond.

With Double Bond on the wine lists at John Georges, Bar Masa, and Bouchon in Las Vegas, the Beverly Hills Hotel and Four Seasons in Beverly Hills, The Loft at Montage in Laguna Beach, and locally at AIWF Restaurant Members AVANT and Market Restaurant + Bar to name a few places, it also belongs in our members' cellars. Double Bond took wine orders at the dinner. There

will be a follow up wine pickup party at the home of Dr. Stuart and Lisa Lipton with catering by Lisa. Double Bond will also be pouring at the San Diego Bay Wine & Food Festival this November. To be in touch directly with Double Bond Wines and to order wines, go to their website, www.doublebondwine.com.

Upcoming Chapter Events & News

AIWF continues the fall season with an exciting November. In conjunction with Adventures by the Book and The Lodge at Torrey Pines in La Jolla, on Saturday, Nov. 2nd, at 4:00 pm, there will be a reception where Patricia Wells will speak and sign copies of her new book, *The French Kitchen Cookbook*. For more of Patricia's cuisine, there will also be an a la carte dinner menu prepared by Chef Jeff Jackson at The Lodge at Torrey Pines, an AIWF Business member.

Thanks to AIWF San Diego Board Members Ken Loyst and Michelle Metter, the San Diego Bay Wine & Food Festival is celebrating its tenth anniversary November 21-24. Learn more at www.sandiegowineclassic.com, including events with AIWF Ambassadors Gale Gand and Roy Yamaguchi. The AIWF San Diego Scholarship Program is a beneficiary of funds raised at the festival auctions. The chapter is in the midst of scholarship interviews now. Last year the chapter awarded a total of \$35,070 to fifteen recipients.

AIWF San Diego also has an active Days of Taste® program, under the direction of Dr. Lee Jaret. The program includes a science lesson on taste, a classroom visit by a farmer with each student taking home a produce bag, a classroom visit by a chef who demonstrates preparation of healthy snacks, and a field trip to the strawberry fields in Carlsbad for a morning of picking.



AIWF National Founders at AVANT from Left to Right: Anne Otterson, Piret Munger, Veryl Mortenson, and Teddie Lewis Pincus. They were also instrumental with others in bringing The AIWF Culinary Collection to UCSD; Photo courtesy of James King



Photo Credit: James King



Photo Credit: James King



Photo Credit: James King



Photo Credit: Dr. Stuart Lipton



Photo Credit: James King



MENU – October 3, 2013

Study of Heirloom Beets

Hibiscus, Goat Cheese Granite, Tarragon

Double Bond Larner Syrah 2009

Received a Double Gold Medal by unanimous vote at the 2013 San Francisco Chronicle Wine Competition, the world's largest competition for American Wines, placing it in the top 3% of 6,000 wines entered.



Venison Carpaccio

Lombroso Agrodolce, Dandelion, Smoked Honshemiji

Double Bond Wolff Pinot Noir 2008



Tangerine Olive Oil Poached Prawns

Shiro Miso, White Corn, Kaffir Lime

Double Bond Edna Ranch Chardonnay 2011



Duroc Pork Trio

Preserved Lemon, Kabocha Squash, Espresso

Infinity + 17

A new wine which is a blend of Syrah, Cabernet Sauvignon, Malbec, and Mourvedre. This was a special treat from the vintner and will be available later in the year.



Chocolate Panna Cotta

Toffee, Butter, Salted Caramel, Orange

Double Bond Wolff Pinot Noir 2009

Rated the second highest wine out of 440 in a double blind scoring format at the 11th Annual Pinot Shootout.



AIWF San Diego takes kids from Discovery Elementary School to visit Strawberry fields as part of their Days of Taste® program.



Chef Michel Stroot has a very attentive audience as he explains the benefits of the healthy food he is preparing for the class to taste.

AIWF San Diego is further pleased to have The AIWF Culinary Collection at UCSD and has hosted many exciting events with the library. For online reference or to visit the collection of 6,701 titles, please be in touch with the collection curator Lynda Claassen at lclaassen@ucsd.edu.

AIWF San Diego would like to thank its chapter partner San Diego Bay Wine



From Right to Left: Chapter Chair Susan Buxbaum and Board Member/Co-Scholarship Chair Steve Pagano along with the scholarship recipients for study in 2013: Kyle Zimmermaker - San Diego Culinary Institute, Carol Vo - International Culinary School at The Art Institute of California - San Diego, Marcylyn Newsome - International Culinary School at The Art Institute of California - San Diego, Adam Godlove - International Culinary School at The Art Institute of California - San Diego, Chaine des Rotisseurs recipient Stephanie Gosselin, Lauren Baker - Peter Neptune School of Wine, Chaine des Rotisseurs recipient Rebecca Romero, Magdalena Velasquez - San Diego Culinary Institute, Mike King - Peter Neptune School of Wine, Marisela Cervantes - San Diego Culinary Institute, Chaine des Rotisseurs recipient Magdarline Winbald, Sarah Colton - Grossmont Community College (not pictured: Michael Bolmey - SDSU, Nolan Cooper - Peter Neptune School of Wine, Erica Llanos - Cal Poly San Luis Obispo, Lindsay Pomeroy - Peter Neptune School of Wine, Jason Rivas - Culinary Institute of America at Greystone, and Jesse Rodriguez - WSET Diploma at Grape Experience) Photo Courtesy of San Diego Bay Wine & Food Festival

& Food Festival and BWRs Clayton Cruise & Vacation Specialist, Market Restaurant + Bar, AVANT/Rancho Bernardo Inn, Addison Restaurant at the Grand Del Mar, The Lodge at Torrey Pines/Evans Hotels, Fallbrook Winery, Romesco Baja Mediterranean Bistro, San Diego Marriott Marquis and Marina, Edgewater Grill/San Diego Restaurant Management, Sika Wines/

Forgotten Barrel, Loews Coronado Bay Resort, and Villa Capri Ristorante for all their support.

Come visit us in sunny southern California! ❀

For more information or schedule of upcoming events AIWF San Diego Chapter: www.aiwf.org/sandiego

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AIWF-Wichita's Midwest Beerfest 2013

Celebrating 13 years in 2013.
What could be better?



What AIWF-Wichita event allowed people to taste beer and malt products from around the world including an outstanding selection of microbrews from Kansas, purchase tasty food from local restaurants, bid on Silent Auction items to benefit Children's Miracle Network Hospitals — all while taking a "sip for a scholarship?" It was this year's Midwest Beerfest!



PHOTO CREDIT: Travis Heying

"2013 was better than ever," said Guy Bower, founding member of AIWF-Wichita and founder of the Beerfest. "It was a larger venue with more new craft beers, more Kansas microbrews and a very enthusiastic crowd. I'm continually amazed at the passion Kansans have for beer and their demand for high-quality craft beers.

This three-day event began on Wednesday, Sept. 18, with an outstanding Spiegelau/Riedel Beer Glass seminar and tasting hosted by Doug Reed, Regional Territory Manager, Riedel USA. More than 40 beer aficionados attended to learn about the beer and how it tasted served in the proper glass for the type of beer poured.

The beer served was from Boulevard Brewing Company in Kansas and brewery representative Jeff Stanley provided attendees with specifics about the beers. Attendees were given the tasting sets to take home to enjoy the beer, according to Reed, the way it was "supposed to be savored."

"I'm always amazed when I taste wine or beer in a regular glass and then taste it in a Riedel glass. It's so much better," said Greg Rowe, Wichita chapter chairman. "I don't think any beer or wine should be consumed out of anything but a Riedel glass, one that is made specifically for that varietal or style."

On Friday, Sept. 20, three beer dinners were held throughout Wichita at various restaurants and hotels. At the Marriott Wichita special guest



PHOTO CREDIT: GUY BOWER



Ice sculpture by DoubleTree by Hilton Wichita Airport Executive Chef Larry Walker, chef for the Boulevard Beer Dinner.

PHOTO CREDIT: JOHN PALADINO



Promoting the Midwest Beerfest Beer Dinners with founder Guy Bower and hosts Brett Harris and Sierra Scott of "The Brett and Sierra Show" on KSCW-TV in Wichita.



AIWF-Wichita Board members L-R: Jane Nelson, Days of Taste Chair; Greg Rowe, Chapter Chair, Janne Rowe and Peggy DiStefano, Executive Assistant.

PHOTO CREDIT: JOHN PALADINO

hosts Ronan Noonan and Del Mack from Diageo Brands presented six beers from Smithwick's and Guinness. The menu, created by Executive Chef Peter Moretti, was perfectly paired with the beers and dinner participants enjoyed having the beers showcased in such fashion.

"I loved the pairings," said Elizabeth Sauer, Midwest Beerfest co-director and AIWF-Wichita co-programs director. "The food was fabulous as always and Chef Peter went out of his way to make the evening special."

The dinner at the DoubleTree by Hilton Wichita Airport featured Boulevard Brewing Co. with special host Alex Rodriguez, a cellarman with Boulevard. Guests enjoyed the beers in an amazing atmosphere created by DoubleTree Catering Manager and AIWF-Wichita board member Pam Anderson. Executive Chef Larry Walker out-performed himself again, said AIWF host Mike Palmer with his Espresso-spiced Beef Tenderloin and Stuffed Quail with an Apple Bacon Dressing entree that was finished with a Stout-infused demi glace and Brandy Dijon Sauce, Root Vegetable Mash and Spinach and Mushroom Ragout.

The third dinner at Larkspur Bistro & Bar featured the beers of Peace Tree Brewing Co. out of Knoxville, Iowa. Vice President and Owner Dan McKay and his wife Becky were on hand to take guests through a tour of the brewery and the philosophy behind it. Becky McKay's presentation on hops was very informational, said Bower, and interesting.

"By the way, the pairings were excellent if I do say so myself! My compliments to the chef (owner and Executive Chef Ty Issa) again," said Dan McKay. "We are pleased that our beer is in Wichita and being enjoyed."

On Saturday, the Midwest Beerfest Grand Tasting and Silent Auction took place at Century II Exposition Hall.

The line for the event started hours before the doors opened. Once inside, ticket holders received a tasting mug, program guide and a key to the world of beers.

"This year's Beerfest utilized the entire Expo Hall, offering more than 30,000 square feet of beer-related fun to attendees," said Beth Bower, Beerfest co-director. "Amazingly, the event went off without a hitch. It was one of the smoothest Beerfest's we've had."

More than 350 beers were available to sample along with great food from local restaurants including pizza, wings and brauts. Various vendors sold jewelry, promoted the Beerfest Facebook page through a TagMeCam booth, and offered information about various causes and businesses.

And, if the beers offered in the Grand Tasting weren't enough, this year saw the return of the "Reserve Beer" room. Attendees paying an extra charge received a special Spiegelau footed beer glass to taste more than 25 high-end, limited release beers and sample foods from DoubleTree by Hilton Wichita Airport.

"Each year the festival gets bigger and better," said Randy Sauer, "and the Reserve Beer Room was especially outstanding!"

Also back by popular demand was the 4th "Midwest Wingfest" a chicken wing Cook-off contest featuring chicken wings prepared by local restaurants and chefs. The proceeds benefited Children's Miracle Network Hospitals at Via Christi Health. Winners were chosen and received plaques for Most Traditional, Peoples' Choice and Most Unique.

Children's Miracle Network Hospi-



Photo credit: John Paladino



Photo credit: John Paladino



Photo credit: John Paladino



tals was the beneficiary of the Silent Auction and more than \$11,000 was raised to help children in Kansas.

Monies raised from the Midwest Beerfest help support the AIWF-Wichita Chapter's Terry Palmer Memorial Culinary Scholarship Fund for local culinary or hospitality students, chefs, or those in the food and beverage industry pursuing education.

Sponsors and Partners for the event included: American Institute of Wine & Food-Wichita Chapter, Budweiser/House of Schwan, Cabot Cheese Cooperative, Children's Miracle Network Hospitals at Via Christi Health, Clear Channel Radio, Creekstone Farms Premium Beef LLC, DoubleTree by Hilton Wichita Airport, Goebel Liquor, 102.1 The Bull/107.3 The Brew, Larkspur Restaurant & Bistro, LDF Sales & Distributing Inc., Pepsi/Aquafina, Pratt Industries, USA; Riedel, Specs Eyewear, Splurge Magazine, Standard Beverage Corporation, The Good Life Radio Show, The Spice Merchant, The Wichita Eagle, Via Christi Volunteers-Partners in Caring, Waste Connections

Restaurants and those who participated in the Chicken Wing Contestants were: Buffalo Wild Wings, DoubleTree by Hilton Wichita Airport, Douglas Avenue Chop Shop, Larry Buds Sports Bar & Grill, Old Chicago, TGI Fridays, The Anchor, and Ben George-Treat American Dining at The Beech Activity Center.

"I'm proud of our AIWF Wichita Chapter and what we have done locally as well as regionally to enhance this growing trend," Bower said. "I'm counting the days until Midwest Beerfest 2014." ❖

For More on AIWF Wichita and Upcoming Events go to: www.aiwf.org/wichita

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Rolling through the Outback on the Indian Pacific's Christmas Train

STORY AND PHOTOS JOHN BLANCHETTE
CREATORS SYNDICATE



Elegant dining car

It was mid December and a heat wave had embraced the country. Record setting temperatures were searing the land from high 90s in Sydney and Adelaide to blast furnace heat in the great Outback. Fires were raging throughout the country.



Ho Ho makes friends with the locals. When asked the age of the baby the answer was "O."

But we were cool, riding the air-conditioned Indian Pacific railway across the southern expanse of Australia to the west coast city of Perth, a four-day transcontinental tour through the vast, endlessly changing and sparsely populated plain of central Australia.

The landscape took focus through the large windows on the train, beginning with the thick Eucalyptus canopy draped over the valleys and gorges of the Blue Mountains outside of Sydney through the undulating hills and farmlands of the Great Dividing Range and the starkness of the salt lakes and sand dunes of central South Australia.

Millions of stars revealed themselves in the pitch dark night skies, illuminating the wild and untouched, but wondrously and naturally manicured expanses, amazingly clean and as well laid out as a deliberately planted city park. The journey ended with a straight shot passage of rail, the longest in the world at about 300 miles, across the arid and infertile Nullarbor Plain and into the green zone of Perth on the west coast.

In addition to regular riders and vacationers, aboard the half-mile long

train were 25 journalists, Brian McFadden, one of the country's top recording artists and a popular TV figure, and a well-known visitor from the North. We were on the Christmas Train, stopping in remote towns and railroad depots to bring Santa, toys and entertainment to the children and families that work the isolated ranches and mines in this great stretch of land.

The train was also raising awareness and funds for the Royal Flying Doctor Service which brings much needed medical care to remote areas of central Australia.

TV stations had sent camera crews and there were newspaper and magazine reporters from all over Australia on board, along with a journalist from the London Times and yours truly, the sole American covering the annual event.

The Indian Pacific journey ranges over 2,700 miles from coast to coast and began operating in 1970. The train is one of the great rails of the world with sleeping cars and wide windows that expose the magnificent vistas which unspool like a documentary film as you travel the country. The night was deafeningly quiet and the gentle rocking of

the train encouraged deep sleep.

Each berth had its own sink, toilet and shower facilities. Regular updates and travel commentary on the ever changing landscape were reported on the cabin speakers and optional music was also available.

Along the way large groups of kangaroos and emus were visible through the windows as well as an occasional camel, lots of sheep and cattle, a menagerie of birds including galah, beautiful pink throated, white and grey feathered cockatoos, the magically fluting magpies with their enchanting songs, the joyous squawking of the starlings, and the trains logo, the wedge-tailed eagle soaring above the scorched earth with



One of the isolated stops for the Indian Pacific in the great Outback



Youngster eagerly awaiting Santa in one of the remote mining towns along the Christmas Train route



a massive seven-foot wingspan and an eye for native fauna as well, including rabbits and other small creatures that scuttled along the flat lands.

Other welcome amenities on the train included the club lounge and dining car, the Queen Adelaide, where the drinks and gourmet meals were served. They were included in the travel package and enjoyed fully by the journalists, especially the club car, which was a favored site for imbibing and viewing. Chefs prepared the meals on board in the specially designed kitchens and seasoned staff served in elegant surroundings.

It's like train travel from an earlier, more genteel age. Costs range between \$1,600 and \$3,500 (the Australian dollar is on par with the American dollar) depending on the level of service. In the peak months of August to December there are two trains a week and about 70,000 ride the rails each year.

Outside of Sydney, Adelaide and Perth, the Christmas train stopped in the town of Broken Hill, where children from the Assumption School sang Christmas carols with Brian then

on to several tiny whistle stops in the Outback, including the town of Cook, with a population of four. Santa was greeted and known as "Ho Ho" in a remote stop near an indigenous settlement.

The last stop in the Outback was the mining town of Kalgoorlie, with a checkered history of dance halls and debauchery, but this year it provided the largest turnout on the tour. Along the way parents drove their children hundreds of miles to meet the train at the various depots to celebrate the holiday.

For information on the Christmas Train, the Indian Pacific and other rail tours available in Australia, from north to south as well as east to west, contact Great Southern Rail at www.greatsouthernrail.com.au. ❀



JOHN BLANCHETTE IS A FREELANCE TRAVEL WRITER, TELEVISION PRODUCER AND OWNS A PUBLIC RELATIONS COMPANY IN SANTA MONICA, CALIFORNIA



Other locals



Children of Kalgoorlie welcome Santa and Brian McFadden

“Kids Grow Green”, Cash for Cabbages



Iowa State Winner-Lily Herrmeyer 2012

Gardening teaches kids where food comes from, healthy eating and raises their environmental consciousness.

A great way to get kids started in the garden is the National Bonnie Plants Third Grade Cabbage Program, it's free to any third grade classroom in the country (Exceptions: Alaska and Hawaii) and teachers can register NOW at <http://bonniecabbageprogram.com/> for the 2014 program. Bonnie Plants will truck 2" cabbage plants to every third grade classroom, whose teachers register for the program.

In 2002, Bonnie Plants initiated the 3rd Grade Cabbage Program with a mission to inspire a love of vegetable gardening in young people. Each year, Bonnie trucks more than one million free O.S. Cross cabbage plants to 3rd Grade classrooms across the country. (O.S. stands for oversized... these cabbages can grow upwards of 40 pounds making the initiative engaging and fun for kids!)

Teachers distribute 2" plants with instructions, provided by Bonnie, to students to carry home and grow. At the end of the growing season, teach-

ers select a class winner, based on size, appearance and maturity and that submission is entered in a state scholarship drawing. The state winners are randomly selected by each state's Director of Agriculture, and Bonnie Plants awards a \$1,000 scholarship for education to one student in each state.

As one of the first companies to sponsor a national vegetable gardening initiative for kids, Bonnie Plants has delivered over 11 million cabbage plants, nationwide, in the past 12 years, fostering an interest in gardening, healthy eating, and the environment.



ARKANSAS STATE WINNER-Emily McTigrit 2012

“The Bonnie Plants Cabbage Program is a wonderful way to engage children’s interest in agriculture, while teaching them not only the basics of gardening, but the importance of our food systems and growing our own”, said Stan Cope, President of Bonnie Plants. This unique, innovative program exposes children to agriculture and demonstrates, through hands-on experience, where food comes from. The program also affords our youth with some valuable life lessons in nurture, nature, responsibility, self-confidence and accomplishment”.

Why a cabbage?

Cabbages were the first plant sold by Bonnie in 1918. The cabbages used for the 3rd grade program are OS Cross (Over-sized), which is known for producing giant, oversized heads, making the process even more exciting for kids. The biggest cabbage grown in the contest weighed in at 65 pounds!



Washington State Winner- Jael Clark 2012



Classroom pic Bonnie Cabbage Program



California State Winner- Adin Ackerman 2012



North Dakota State Winner- Saige Hoerner 2012



West Virginia State Winner- Nicole Butler 2012



Florida State Winner- Chase Newton 2012



Pennsylvania State Winner- Kyle Ganoie 2012



Kids Grow Green: Cashing in Cabbage:

Kids across America are growing, and some are earning, a lot of “green” participating in the National Bonnie Plants Cabbage Program. This year, more than 1.5 million third graders in 48 states have gotten hands-on gardening experience growing colossal cabbages with high hopes to win “best in state” and receive a \$1,000 scholarship towards education from Bonnie Plants. Each year Bonnie Plants, the largest producer of vegetable and herb plants in North America, with 65 growing stations across the country, trucks

free O.S. Cross, or “oversized,” cabbage plants to third grade classrooms whose teachers have signed up for the program online at www.bonnieplants.com. If nurtured and cared for, kids can grow green, giant cabbages, some tipping the scales at 40 pounds!

Launched nationally in 2002, the program awards a \$1,000 scholarship to one student in each participating state. At the end of the season, teachers from each class select the student who has grown the “best” cabbage, based on size and appearance. A digital image of the cabbage and student is submitted online at www.bonnieplants.com. That student’s name is then entered in a statewide drawing. State winners are randomly selected by the Commission of Agriculture, in each of 48 participating states.

“Over the course of the past 11 years, the Bonnie Plants Cabbage Program has proved to be an exciting, worth-while experience that children, teacher, parents and grandparents across the country have embraced. We’re pleased and proud to provide our youth with this enjoyable and enriching opportunity and engage their interest in the art and joy of gardening”, said Cope.

Getting It Growing: Growing a colossal cabbage may seem like a giant undertaking for little kids, but it’s easier than you think. All you need to do is:

- Let the Sunshine In: Cabbages need at least six hours of full sunlight, more if possible.

- Survey Your Space: Bonnie O.S. cabbages need at least three feet on each side to spread out. If you don’t have that much space, use a large container.
- Supplement Soil: Work some compost into the soil – cabbages love nutrient-rich soil.
- Feed the Need: Start your cabbage off right with an all-purpose vegetable fertilizer, then fertilize it every 10 days to keep it growing strong.
- Water Wisely: Your cabbage needs at least one inch of rainfall each week. If it doesn’t rain, use a watering can or garden hose to gently water your plant at soil level.
- Tend To Trouble: Keep weeds out of the cabbage patch – they compete for the food and water your cabbage needs. Be on the lookout for brown or white moths – these come from worms that love to munch on cabbage. If you see any, get rid of them right away. Cold weather can damage your cabbage. If the weather gets below 32° F, cover your cabbage with a bucket or cloth covering.
- Hefty Harvest: In just 10 to 12 weeks, you should have a huge head of cabbage you can be proud of.

Green thumbs and perseverance can pay off, providing participating children with as great sense of pride and accomplishment, a humongous cabbage, and for the lucky state winner.... the beginning of an educational fund for college. To see the 2013 winners and learn more about the 2014 contest, visit www.bonnieplants.com. ✦

WHO WE ARE

The American Institute of Wine & Food® is a 501(c)(3) non-profit organization and public charity founded on the premise that gastronomy is essential to the quality of human existence. The AIWF was established in 1981 by the late Robert Mondavi, the late Julia Child, the late Richard Graff and others to provide a forum for the study and enjoyment of gastronomy.

The AIWF is dedicated to promoting health and well-being through the enjoyment of good food and drink and fellowship that comes from dining together around the table. The American Institute of Wine & Food® is one of the few national organizations with the unique combination of dedicated wine and food enthusiasts and professionals. Wine and food enthusiasts get to meet and learn from renowned chefs, winemakers, authors, culinary historians, and food producers, while industry professionals have the opportunity to know and understand their core consumers.

The AIWF grants culinary scholarships to aspiring students and AIWF's signature program Days of Taste® program, which reaches out to thousands of children each year. Our focus and main objectives are to build a food and nutrition vocabulary, understand that locally grown ingredients are the freshest, and gain the experience to contrast flavors and develop taste memories.

Today, the organization has 18 chapters with over 3,000 members in the United States. Membership is open to all, as our organization offers something for everyone. We have a strong core of values, offer innovative programs, member benefits, and unique local events. AIWF is the resource for anyone who loves to enjoy great cuisine.

We cordially invite you to join us!



To learn more about The American Institute of Wine & Food® or to join our Organization, please visit www.aiwf.org

(831) 250-7595 • (800) 274-2493 toll-free • members@aiwf.org

26384 Carmel Rancho Lane, Suite 200E • Carmel, CA 93923

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