

SAVOR THIS™

Summer/Fall 2012 ✂ Volume 4 ✂ Issue 2 ✂ A publication of The American Institute of Wine & Food®



**Julia Child –
AIWF & Members
Pay Tribute to a
Founder and
Culinary Icon**

**AIWF Chapter
Spotlights**
– Northern California
Wichita

From the Garden
The Basics of
Tomato Flavor

**Travel &
Adventure**
Getting a Boot out
of Italy: A Culinary
Journey from
Heel to Toe



**CELEBRATING
30 YEARS**

Cover Image: Julia Child, permission by Harvard University, Schlesinger Library on the History of Women

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America Honors its favorite *‘French Chef’*

BY NOEL RILEY FITCH

France awarded her the Legion of Honor. Harvard University awarded her an honorary doctorate. And in 2003, when Julia Child, America’s favorite cook and its best epicurean model since Francophile Thomas Jefferson, was awarded the Medal of Freedom, America’s highest civilian award, by President George W. Bush, a Republican administration gave this lifetime Democrat her just desserts.

Her father, John McWilliams, had been a member of the group of businessmen who financed the first political campaign of Richard Nixon in California. She apparently never forgave him for that. Her fans assumed that the last Democratic administration would honor her, but it took Republicans to remind us that Julia Child’s contribution transcends any political affiliation.

Julia Child taught her compatriots the techniques of mastering the art of French cooking on numerous television series, beginning in 1962 with her beloved “The French Chef.”

For 40 years, men and women tried her ambitious recipes, sat down at the family dinner table to enjoy new tastes, and - most importantly - changed their attitudes toward fresh produce and the importance of good cooking and communal dining. Supermarket shelves no longer contain just one lettuce (iceberg), one mushroom (the white button), and one cheese (Velveeta, or if



Photo Permissions: The Schlesinger Library, Radcliffe Institute, Harvard University

The French Chef episode - *The good loaf* (1971)

you were sophisticated, cheddar).

During the years that she offered her cooking shows to the entire country, she was frequently invited to the White House, first by Richard Nixon. Some of us waited for a couple decades, as she achieved virtual cult status, for the president to honor her with the Congressional Medal of Honor for her 90th birthday in 2002. It arrived amid a prolonged period of Franco-American tension. When Americans were cancel-

ing their trips to France, talking about “freedom fries,” and dumping their French wines, Julia Child was honored by her American government. It was she who brought the two countries together in the kitchen and at the table.

“C’est un grand honneur, et j’adore la France!” she proclaimed in accepting the French Legion of Honor in 2001. Of course she adored her own country as well, having served during World War II for the Office of Strategic Services, the

A Tribute to Julia Child – 100 years

predecessor of today's embattled CIA. Perhaps another coincidental historical irony.

Americans always loved Julia, of course, and no spat with France would change their almost biblical devotion to her ambitious recipes; nor could anyone deny the influence of French culinary techniques on America's professional chefs.

Americans trusted her because she taught them with a Yankee practicality, in a voice everyone loves to imitate, and with a California casualness (she was born and reared in Pasadena).

When Harvard a decade ago acknowledged her great cultural legacy, then-President Neil Rudenstine exclaimed that she "filled the air with common sense and uncommon scent," - much to the students' thunderous applause (they had stood and turned their backs when General Colin Powell received his honorary degree that same day). We will allow the Harvard president the last words: "Though Secretary of State Powell probably had nothing to do with her new Medal of Freedom, he would surely agree with my final words: Long may the memory of Julia's soufflés rise. Bon appétit."

Noel Riley Fitch is author of *Appetite for Life*, the only biography that Julia Child herself authorized. It was reissued this May with a lengthy introduction about their relationship and the writing of the book.

The Biography Channel has a nice biography of Julia Child as well as a video biography.

Find out more about Julia Child at Biography.com ❖



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Julia Child and other chefs and students at Le Cordon Bleu (1950)



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Jim Beard and Julia (1964)



01:32 / 04:11

PLAY

email

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MENU



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THE FRENCH CHEF, Julia Child explains -with a little practice- you can do everything with the flare of a gourmet (1964)

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James Beard and Julia at WGBH's fish program (1968)

Julia at Emmy Awards (1966)



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The French Chef episode - Small Kitchen (1972)



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Julia Child at the White House (1967)



Photo Permissions: The Schlesinger Library, Radcliffe Institute, Harvard University
The French Chef episode #307 Sudden company (1972)



The JC100: A 100-Day Celebration of Julia Child

"I've taught people a thing or two. That's what's important. Sooner or later the public will forget you, the memory of you will fade. What's important are the individuals you've influenced along the way."

–Julia Child

In honor of what would have been Julia Child's 100th birthday on August 15th, 2012, Alfred A. Knopf is launching the **JC100**: an exciting celebration of Julia and her extraordinary legacy of culinary teachings. This summer, millions of voices – from celebrity chefs, cooks, and broadcasters to bloggers and fans – will be raised in tribute to one of our most beloved culinary icons. Running May 7th – August 15th, the 100-day celebration will culminate with the publication of **DEARIE: The Remarkable Life of Julia Child** (Knopf; August 7, 2012; \$29.95/Hardcover), Bob Spitz's extraordinary new biography of Julia Child.

With nearly 20 published books and multiple television series, Julia Child is one of the most beloved culinary personalities of all time. From her revolutionary debut cookbook, *Mastering the Art of French Cooking*, to her television series "The French Chef," Julia Child empowered home cooks not only to be fearless in the kitchen, but to enjoy cooking. Even in the Introduction to the 40th Anniversary Edition of *Mastering the Art of French Cooking*, Julia encouraged her readers to "above all – have a good time!"

Julia Child's broad influence made her a cultural icon, with depictions on *Saturday Night Live* and most recently in *Julia & Julia*, but the heart of Julia's influence lies in her infectious *joie de vivre* and her wonderful recipes, which introduced French cooking to America's home chefs. These recipes are Julia's legacy and the heart of the JC100, the centennial celebration involving restaurants, chefs, bookstores, bloggers and food lovers around the country. The JC100 celebration includes:

- **100 Recipes:** The JC100 recipes -- one hundred of Julia's most cherished recipes were handpicked from the 3,417 recipes (sourced from the recipe collection of EatYourBooks.com) in her cookbook canon by a jury of culinary luminaries, including:
 - o Judith Jones (Chair), Julia Child's longtime editor and close friend;
 - o Dorie Greenspan, James Beard Award-winning cookbook author of the *Baking With Julia*, which accompanied Julia's popular television series of the same name;
 - o Amanda Hesser, celebrated food writer and cookbook author, and the student assigned as Julia's tour guide at La Varenne in the early 1990s;
 - o Thomas Keller, acclaimed chef of The French Laundry and Per Se, and Julia's prep cook on the premiere season of *Cooking with Master Chefs*;
 - o Danny Meyer, NYC restaurateur and one of Julia's favorites in the industry;
 - o Jacques Pepin, celebrity chef, frequent television collaborator with Julia, and co-author of *Julia and Jacques Cooking at Home*;
 - o Ruth Reichl, former *The New York Times* restaurant critic, editor-in-chief of *Gourmet* magazine, writer and cook; and who first encountered Julia at age 16 when she recreated *Julia's Veal Prince Orloff*;
 - o Anne Willan, founder of L'Ecole de Cuisine La Varenne and Member of the Advisory Council of the Julia Child Foundation.
- **100 Bookstores:** One hundred bookstores around the country will celebrate with table displays of four classic Julia Child cookbooks: the original *Mastering the Art of French Cooking*, *The Way to Cook*, and *Julia's Kitchen Wisdom*, as well as Julia's bestselling memoir, *My Life in France*. Julia Child fans can check the interactive map at www.facebook.com/JuliaChild

to find participating booksellers in their area. Some of the bookstores include Bank Square Books (Mystic, CT), Book Passage (San Francisco and Corte Madera, CA), BookHampton (East Hampton, Southampton, Sag Harbor, and Mattituck, NY), Books Inc. (several locations in Northern California), Greenlight Bookstore (New York, NY), Northshire Bookstore (Manchester, VT), Odyssey Bookshop (South Hadley, MA), Posman Books (New York, NY), Rakestraw (Danville, CA), R.J. Julia Booksellers (Madison, CT), The Strand (New York, NY), Third Place Books (Lake Forest Park, WA), Mrs. Dalloway's (Berkeley, CA).

- **100 Bloggers:** More than 100 notable food bloggers, including Epicurious's "Epi-log," and MyRecipes.com's "You've Got to Taste This" blog will recreate and post a special JC100 recipe each week. Fans of Julia Child can also cook along and post photos of their own at www.facebook.com/JuliaChild, the online headquarters of the JC100.
- **100 Restaurants:** Inspired by the JC100 recipes, one hundred restaurants across America will take part in Julia Child Restaurant Week, August 7-15, 2012. Participating restaurants will be announced on Bastille Day, July 14th.
- **100 Tributes:** Julia Child influenced an entire generation of Americans, so in celebration of this incredible impact, one hundred notable artists, writers, and cooks will create tributes to Julia, in video and written form, all of which will be found on the JC100 Facebook page. WGBH-TV (Boston's public television station), the original producers of "The French Chef," will post video tributes including exclusive archive footage from Julia's beloved television series, as well as video remembrances and cooking demonstrations from notable Boston chefs.
- **100 Readings:** The enchanting and fun new book **Bon Appétit! The Delicious Life of Julia Child** by Jessie Hartland (Schwartz & Wade; May 22, 2012; \$17.99/Hardcover) is an illustrated Julia Child biography for the whole family. In a starred review, *Publishers Weekly* exclaimed, "Chef and TV personality Julia Child likely would have delighted in and hooted over this wide-ranging picture-book biography.... Readers young and old will devour this *fête pour les yeux*." One hundred bookstores and libraries around the country will host readings of this delightful new book about the life and legacy of Julia Child.
- **1,000,000 Voices:** All of the JC100 components – the dinners, tributes, readings, and blogs – will add up to one million voices raised in tribute to Julia Child for this wonderful centennial celebration. One million voices across the nation will be buzzing about Julia, her books, and her amazing recipes and everyone participating will be able to share their event photos, videos, memories, tributes, recipes, and more on the JC100 social media channels:
 - **Facebook:** www.facebook.com/AIWFnational
 - **JC100:** www.facebook.com/JuliaChild
 - **Twitter:** twitter.com/JC100
 - **Pinterest:** pinterest.com/knopfbooks/jc100/

In a now-famous interview with *Esquire* magazine in 2000, Julia said, "I don't think about whether people will remember me or not. I've been an okay person. I've learned a lot. I've taught people a thing or two. That's what's important. Sooner or later the public will forget you, the memory of you will fade. What's important are the individuals you've influenced along the way." With a legacy as incredible as Julia Child's, she will not be soon forgotten.

The JC100 will celebrate Julia's impact, preserve her wonderful recipes, and introduce her to a new generation of food lovers and cooks nationwide.



1992 – Julia's 80th Birthday

SUBMITTED BY STEPHANIE HERSH
EXECUTIVE PERSONAL ASSISTANT
TO JULIA CHILD

A Few of My Fondest Memories with Julia

In August of 1992 Julia Child celebrated her 80th birthday. As a rule, Julia did not make much of a fuss about birthdays. However, as a founder of the American Institute of Wine & Food, she felt an obligation to the Institute to assist with fundraising. So, she agreed to attend birthday parties hosted by AIWF chapters all around the United States. What fun we had, and what wonderful food we ate! In the car ride home after the 6th of these marvelous fetes, Julia commented that she was glad that they didn't really count as birthdays because she would end up being 106 years old by the time the year was through!

Julia Child was very interested in promoting the importance of gastronomy. She wanted everyone to under-

stand that there was so much more to food than just cooking. In an effort to help industry professionals gain respect and credibility, she worked with faculty at Boston University to help establish a Masters of Gastronomy program. In the spring of 1996 I graduated from the Boston University MLA program with a concentration in Gastronomy. I was the first student to complete the program, (valedictorian and last in my class!) and Julia was so pleased that she threw a graduation BBQ party for me in her back yard

at 103 Irving Street. We had hamburgers and hot dogs and lots of Sam Adam beer, followed by champagne and heaps of desserts.

When Julia hired me to assist with office work in 1989, she told me she was



1992 Julia and Me visiting AIWF New Orleans



1996 Me pictured with Julia after receiving my Masters Degree

slowing down and would be retiring soon. She then proceeded to create four television series and companion cookbooks! I met so many talented chefs and learned so much about food, cooking, and the world of gastronomy. Julia was a mentor, roll model, and friend. She set an example of graciousness and diplomacy, and was truly an inspiration. Ten years later, at age 89, she commented that she should probably start thinking about her future! That's when we started to make plans

to close up the house in Cambridge so that she could live full-time in her native California.

Julia Child never did things by halves. She was always positive and upbeat and was infectiously passionate about life and all it had to offer. Julia was fun loving, and her mischievous nature usually meant that everyone around her was in for a good time too.

One of my fondest memories of Julia is from the summer of 1993. We went down to Cape Cod in August for the

"Boston Pops by the Sea" on the Hyanis Village Green. Henry Ellis Dickson was conducting the evening's concert, but Julia had been asked to be the "guest conductor" for the grand finale song of John Philip Sousa's "Washington Post March" and she had accepted the invitation with great pleasure.

Just before leaving the house at 103 Irving Street to head down to the Cape, Julia, flashed her usual impish smile. "I don't want to use a baton to conduct the orchestra," she said. "Let's use this instead!" She handed a large wooden spoon to me. "And, let's make it a surprise – don't let them see it until I am ready to use it!"

While it isn't easy to conceal a 30" wooden spoon, we did manage. Julia chatted with the organizers, distracting them long enough for me to tuck the spoon under the podium. The concert was great fun, and the roars of laughter and exuberant cheers of the crowd as 80 year old Julia declined the baton and reached under the podium to pull out her conducting spoon still ring in my ears.

She swirled that spoon around, magically mixing the sounds of the orchestra. It was brilliant, and so was she. ❖



1996 Baking with Julia; photo of Martha Stewart, Julia, and me



1999 Jacques Pepin, Julia, and me

Naming the Julia Child Heirloom Tomato



Gary Ibsen, Founder of The Carmel TomatoFest and his wife Dagma Lacey

Early in 2001, while having lunch with Julia Child at Bernardus Lodge in Carmel Valley, California, I told her about my having in my tomato seed trials several un-named varieties. I followed by asking her, "If I'm able to grow an heirloom tomato that's good enough to name after you, what kind would you like it to be?" I suspected she would say, "Red", or "Beefsteak", or "Yellow." However, after just a moment's hesitation, Julia looked at me and replied, "Tasty, my dear."

I wanted to pay tribute to this magnificent human being for the many years she was abundantly generous to me and the rest of the world's food

lovers with her culinary skills, good-humor and friendship. I said to her, "Julia, if I were a songwriter my tribute would have to be a love song. If I were a painter, a painting lavished in texture and color. But I'm a grower of heirloom tomatoes, so this is what I would like to offer you. Your own heirloom tomato"

Within the many hundreds of heirloom tomato varieties I've grown over the past few years were a

few un-named varieties that I grew, the seeds of which had been handed down within different families from around the country for generations. From some of the seeds sent to me over the years, tucked into letters from gardeners wanting to share their legacy, I grew a small number of these un-named varieties in my annual 'seed trials.' In 2001, I re-planted and harvested four of my favorite un-named varieties that I had planted for several years. Of these 4 varieties I selected the best tasting to be named "Julia Child." Julia was delighted with the choice.



Each year thereafter, Dagma and I hand delivered cases of her namesake tomatoes to her at her home in Santa Barbara where she made a point of sharing them with her friends.

“Julia Child” is an open-pollinated, heirloom tomato. The tall, indeterminate, potato-leaf plant produces lots of 4-inch, deep-pink, lightly-fluted, slightly flattened beefsteak fruits that have the kind of robust old-fashioned tomatoey flavors and firm, juicy flesh that invites tomato feasting and seed-saving. It has a bold, straight-forward character in its taste, with more than enough acidity and earthy nuances to balance its sweet, fruity flavors.

“Julia Child” heirloom tomato seeds can be purchased at the tomatofest.com website. ❀



Julia Child & Gary Ibsen: Photo taken sometime in the early 80's. In fact in was June 4, and Julia had taken me to lunch at the restaurant Silver Jones to celebrate my birthday. Later that night we would be holding our first AIWF Founders Dinner at Ranch San Carlos. Julia and I sat on the patio and ate, drank numerous glasses of Champagne, tried on different party masks, shared stories and much



Gary Ibsen and Dagma Lacey specialize in favorite, hard-to-find, heirloom tomato varieties from around the world.

We organically grow and harvest all of our own tomato seeds.

Check out our online photo catalog of more than 600 tomato varieties

TomatoFest.com

Box 628, Little River, CA 95456 email: gary@tomatofest.com

Memories of Julia and Tomato Samiches

I adored Julia's humor, appreciated her affection and dedication to young persons (students and professional) in the kitchen and I more than respected her stamina.

I had the good fortune of having dined with Julia for many years, in different cities at celebrity chef restaurants, at my own home and the homes of friends, and at many food & wine educational forums and fundraisers (most of which were for the American Institute of Wine & Food).

I fondly recall:

How important it was to her that people enjoy the pleasures of cooking and dining together and that families dined with their children. More than several times she reminded me, as a single dad of two sons, of the significance of being at home cooking and dining with my sons, versus taking what might have appeared at the time to be the more expedient choice of dining separately due to school and professional demands.

A birthday lunch for me at a restaurant in Carmel, California. We arrived around noon and grazed upon culinary goodies, Champagne and each other's laughter prior to going to a black-tie 'Dinner With Julia' fundraiser for 150 persons at a local estate. At 4:30 I said, "Julia, we have to get ready for dinner." That's OK," she replied, "I only

need 20 minutes to freshen up and fix my hair and I'm ready to go." She continued to dine and celebrate the evening till almost 1AM when I, almost pleading, asked her if she was ready to call it a night. "In a while," she replied. Almost 30 years her junior, I was rarely able to eat as much or keep up with her schedule of celebrating food & wine.

The "California Celebration for Julia Child's 80th Birthday" at the Highlands Inn. Several days before the event I had been attempting to obtain a Letter of Recognition for Julia from President George Bush. One hour before the event such a letter was faxed to me. During dinner, prior to reading the letter for all, I recalled the difficulty I had in getting through to the President through the filter of people who proclaimed their love for Julia. After reading the generous letter from George and Barbara Bush, I sat down next to her at the dinner table. She pulled me close to her and said in not too much of a whisper, "Your didn't need to go through all that trouble Gary, you know I'm a Democrat."

A few years ago I had a page on the TomatoFest.com® website where people could send a "Happy Birthday Julia" note to Julia that I would present to her. I was overwhelmed with 'love letters' that came in from all over the world from people of all ages who



Dagma Lacey-Ibsen & Julia Child at Lunch

wanted to share with Julia how she had richly and wonderfully impacted their lives through her cookbooks and television show. Some of these people had briefly met her many years prior, most had only dreamed of meeting her. Some had wept with their words of her recipes shared with loved ones. Some shared the power of her inspiration to lead them to careers in food and wine. I presented her this 'book' of "Love Letters To Julia" as a gift from her students & friends.

The evening I accepted an impromptu dinner invitation to a friend's house for a family dinner. I asked to bring along "my friend" with me who was visiting. I did not reveal that my friend was Julia. After the initial shock, the evening settled into dining comfortably at home with Julia. The food and the company were beautifully memorable.

At her home in Santa Barbara. Dagma and I would take her, after each year's first tomato harvest, a box of her namesake "Julia Child" tomatoes, ripe-soft and fresh from the vine. She would share them with all her friends and save some for her favorite Tomato Samich (white bread, thick slice of tomato, mayo and a spray of salt). On her last days with us, we presented her with ripe tomatoes at the hospital. ❀

Julia's Kitchen



Photo and facts from Smithsonian National Museum of American History. The kitchen measures 14 x 20. The blue and green color scheme was chosen by Paul Child in 1961.

The AIWF had the wonderful opportunity to do something very special for the Institute and the American public when Julia Child donated her kitchen from her Cambridge home to the Smithsonian Institution's National Museum of American History, America's leading museum complex with over 20 million visitors per year. Committed to preserving Julia's legacy, The AIWF agreed to be a sponsor of this important exhibition and assisted with the move in 2002. The AIWF is delighted that this remarkable collection will become a vital part of the story of our history and culture. If you haven't already, we hope you will take the time to go see this special piece of Americana on exhibit in the future.

The exhibition features Julia Child's actual kitchen including the cabinets, appliances, cookbooks, kitchen table, and hundreds of utensils and gadgets. The exhibition gives visitors a peek into the working kitchen of one of the world's bestknown cooks, and explores how her influence as an

author and host of several television series changed the way America cooks.

A replica of the kitchen plays a starring role in the new movie "Julie & Julia" with Meryl Streep and Amy Adams. Thirty beautiful French copper pots and pans have been reunited with the kitchen and are now on view. The exhibition features:

- a six-burner Garland commercial range, used by Julia Child from 1956 to 2001
- a blowtorch, a tool that Julia Child popularized for browning the top of crême brulee
- Julia's array of indispensable knives
- Mastering the Art of French Cooking, Julia Child's groundbreaking cookbook published in 1961.

Also, we encourage you to visit the online exhibition the American History Museum has put together at www.americanhistory.si.edu/juliachild ❖

Remembering Julia

A collection of memories...

Submitted by Drew Jaglom

My fondest memory of Julia is my first. My then-wife Janet Stampfl and I were staying at Les Prés d'Eugénie, Michel Guerard's Michelin 3-star in the southwest of France in 1981. The first night we recognized Julia and Paul Child in the dining room, but left them alone. The next night they were with a group of ten Americans at the table right next to ours

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Submitted by Tor Kenward

Julia would always make sure I ate everything and anything with butter and/or cream. Breakfast/brunch, if she had her way, had eggs benedict and, of course, bacon.

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Submitted by Meredith Light

I grew up with a check from Julia Child on our kitchen wall. Food & Wine magazine had just dedicated their entire editorial to a cookbook my mother wrote. When my mother walked into a bookstore in NYC to find the magazine, what she found inside was much better—Julia Child autographing a recent cookbook. They met and Julia soon sent a check for my mother's cookbook.

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Submitted by Judith Segal

"Julia doesn't like the idea of being roasted. She's seen some of these affairs and thinks that they are unkind. She's afraid that her feelings will get hurt."

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Submitted by Gene Sinsler

She emphatically pounded the table and said, "I hate arugula!" Guess what the salad we served her was full of?

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Submitted by Vicky Murphy

Julia Child did not even seem to realize how highly revered she was. Her humility was heartwarming.

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Submitted by Elizabeth Skylar

I had a list of things to accomplish, now called a "bucket list". One of those items was meeting Julia Child.

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Submitted by Vincent Speranza

Inspired me to start cooking....
30 years later that's all I want to do!
Happy birthday, Julia!

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Submitted by Jay Block

I told her, when I was in school, her recipes, for a poor student, cost so little but meant so much. I didn't want a new book signed; I wanted the book that started me on my culinary adventures autographed.

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Submitted by Melissa Libby

My heart was pounding as I dialed her Boston telephone number but I had to giggle when she trilled "Hellooooooooooooooooooooo" on the other end. She was so accommodating with my requests and agreed to spend one day with me during her visit, going from TV station to print media to radio station interviews.

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Submitted by Silvio di Loreto

I was a charter member of the original AIWF when Julia formed it. I have never known a more upbeat woman in my life.

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Submitted by Lisa Lipton

I give full credit to Julia Child many years ago for my involvement in The AIWF. I had never heard of The AIWF, but as someone who had gone to culinary school after law school in the 1980's and was involved in a hobby growing out of control following chefs, food writers, and culinary trends nonstop, how could I resist an event at Julia's home in Cambridge?

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Submitted by Linda & Ted Fondulas

"Wonderful!" she replied, arcing her voice almost an octave in one word. "It's just that right now I am 6 by 4 and I cannot stand the idea of being 6 by 6!"

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Submitted by Ken Sethney

Julia moved from booth to booth, behind the tables, chatting with the helpers who were preparing the food. She asked them about their processes, ingredients, and where they learned their skills. She complimented them, encouraged them, and thanked them for their work before moving on.

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Submitted by Paula Lambert

one man ... recognized Julia in the car, and before we knew it the manhole had exploded with all his buddies' heads popping up to wave to Julia.

[Read More...](#)

Submitted by Sarah

Pepper mysteriously was getting sick. We took her to the vet. He discovered that she was eating soup bones. It turns out that Julia was feeding Pepper the leftover soup/stock bones. We had to ask her to stop.

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Submitted by Gene Sinsler

She emphatically pounded the table and said, "I hate arugula!" Guess what the salad we served her was full of?

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Submitted by Suzanne Dunaway

I remember her always with that wistful longing for the lovely man she was losing and eventually lost.

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Submitted by June Jacobs, CCP

Imagine how pleased I was to hear Julia respond, "I think you should have some of this delicious scallop mousse," as she guided him over to its place on the table.

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Submitted by Cauleen Glass

Julia answered with "I am very busy right now. Please call me back in half an hour." I thought this was a very practical way to handle the situation. It didn't make any difference to Julia who was calling, only that she could not talk at that time.

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Submitted by Susan Carter

What a fantastic experience, talking and eating with her, watching her grab food with her fingers, and just being Julia.

[Read More...](#)

A Tribute to Julia Child – 100 years

Submitted by Allen Susser

When Julia came to Miami on one of her many visits, she insisted that I take her out stone crabbing. She wanted to know firsthand all about our delicious stone crabs. Julia was funny, though; she seemed large for the little boat.

[Read More...](#)

Submitted by Joan Cooper

My husband insisted I go over to her, since she was my idol and inspiration for cooking. She couldn't have been nicer and autographed a menu for me, which I still have hung in a frame in my kitchen!!!

[Read More...](#)

Submitted by John Blanchette

And then I heard the voice. She was looking at a monk fish in the case and said to the monger, "I'm going to turn this ugly beast into a prince on my show tonight!"

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Submitted by Celeste McCall

When Winkler was explaining how to check fish gills for freshness, Child calmly interjected: "Just smell it."

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Submitted by Frieda Rapoport Caplan

she stunned those present with her defense of the continuing importance of beef, especially as a taste enhancement and the need for protein in the diet.

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Julia Child AIWF Chapter 100th Birthday Celebration Events

August 2012

- 
- 4 Julia Child's 100th Birthday Celebration - AIWF Dayton (OH)
 - 15 Julia Child's 100th Birthday Celebration - AIWF Milwaukee (WI)
 - Julia Child's 100th Birthday - AIWF San Diego (CA)
 - Julia Child's 100th Birthday Celebration - AIWF South Florida (FL)
 - Happy Birthday Julia Child! - AIWF Washington (DC)
 - 19 Julia Child inspired French "Picnique" at Hope Ranch - AIWF Santa Barbara (CA)
 - 23 Remembering Julia: Feast at Stone Barns - AIWF New York (NY)
 - Classic Julia! - Wichita (KS)
 - 24 & 25 Remembering Julia: Exploring NYC's Watershed and Foodshed - AIWF New York (NY)
 - 26 Julia's 100th Birthday Party - AIWF Monterey Bay (CA)

September 2012

- 12 Julia@100: A Celebration at the GConsulate General of France - AIWF New York (NY)

Event Calendar always updating. For more information on chapter events, please visit www.aiwf.org/site/calendar/details.html

Julia Child's Cock au Vin



Ingredients:

1/2 lb bacon slices
20 pearl onions, peeled, or 1 large yellow onion, sliced
3 lbs chicken thighs and legs, excess fat trimmed, skin ON
6 garlic cloves, peeled
Salt and pepper to taste
2 cups chicken stock
2 cups red wine (pinot noir, burgundy, or zinfandel)
2 bay leaves
Several fresh thyme sprigs
Several fresh parsley sprigs
1/2 lb button mushrooms, trimmed and roughly chopped
2 Tbsp butter
Chopped fresh parsley for garnish

Directions:

Blanch the bacon by adding it to a saucepan or deep skillet filled with

enough water to cover the bacon, and bring to a boil. Reduce heat and simmer for five minutes. Strain and pat dry with paper towels. Cut the bacon into small pieces (1 inch or so).

Brown the bacon for about ten minutes over medium heat in a dutch oven large enough to hold the chicken (or a large stock pot if you don't have a dutch oven). Remove the bacon and set aside, but leave the bacon grease in the pan (yum, so healthy).

Add the chicken skin side down to the dutch oven (or stock pot if that's what you're using). Add the onions. Brown the chicken on all sides, this should take about ten minutes. Add the garlic and salt about half way through the browning process.

Spoon off any excess fat. Add the chicken stock, wine, and herbs. Replace the bacon you removed earlier. Lower

the heat down to a simmer and cook covered for about twenty minutes until the chicken is tasty and tender. Remove the chicken and onions and place them aside. remove all of the herbs and garlic and throw them away.

Add mushrooms to the remaining liquid and return to a boil. You're going to make a reduction sauce with this remaining liquid, so continue boiling until about 1/4 of the liquid remains. Lower to a simmer and stir in the butter. Replace the chicken and onions and mix well, thoroughly coating with the sauce. Garnish with parsley and serve with potatoes, or over egg noodles. ❖

Recipe courtesy Julia's Kitchen Wisdom: Essential Techniques and Recipes from a Lifetime of Cooking by Julia Child, Alfred A. Knopf, 2000



THE JULIA CHILD FOUNDATION
for Gastronomy and the Culinary Arts

The AIWF wants to extend a special thank you to The Julia Child Foundation for its continued support - The Julia Child Foundation for Gastronomy and the Culinary Arts was created by Julia in 1995 as a grant-giving private foundation. Through its support of 501©(3) organizations whose work advances matters Julia valued, the Foundation honors her lifelong love of learning, her far-reaching impact as a teacher and mentor, and her passion for gastronomy and the culinary arts.

Julia Child's Favorite Roast Chicken

Yield: 4 Servings

Ingredients

2 1/2 Tbsp unsalted butter
 1/3 c each finely diced carrots, onion and celery
 1 tsp thyme, savory or mixed herbs or 2; fresh thyme sprigs
 4 lb fresh chicken
 1 salt & freshly ground pepper
 1 parsley stems & celery leaves
 6 1/8-inch thick lemon slices
 1/2 c each sliced onion & carrot
 1 tbsp fresh lemon juice
 3/4 c chicken stock or broth

Instructions

Melt 1 tablespoon of the butter in a skillet. Add the diced carrots, onion and celery and cook over moderate heat until softened about 5 minutes. Stir in the herbs. Wash the chicken rapidly inside and out with hot water and pat thoroughly dry. For easier carving, cut out and discard the wishbone. Pull the neck skin up over the breast and secure it to the back with a toothpick. Salt and pepper the cavity and spoon in the cooked vegetables, a handful of parsley stems and celery leaves and the lemon slices.

Massage the chicken all over with 1 tablespoon of the butter then truss it. (Alternatively, tie the ends of the drumsticks together and tuck the wings under the body)

Preheat oven to 425F. Choose a flameproof roasting pan that is 1 inch larger than the chicken. Salt the bird all over and set it breast up on a rack in

the pan. Roast the chicken in the oven for about 1 1/2 hours, as follows:

AT 15 MINUTES: Quickly brush the bird with the remaining 1/2 tablespoon of butter. Scatter the sliced vegetables around the bird. Reduce oven temperature to 350F.

AT 30 MINUTES: Baste the chicken with the pan drippings.

AT 45 MINUTES: Brush the lemon juice over the chicken, Add 1/2 cup of water to the pan to prevent the vegetables from burning.

AT 60 MINUTES: Baste with the pan drippings. Begin testing chicken for doneness: the drumsticks should move fairly easily in their sockets and their flesh should feel somewhat soft. If not, continue roasting, basting and testing every 7-8 minutes.

Spear the chicken through the shoulders and lift it up to drain; if the last of the juices run clear yellow, the



chicken is done. Set it on a carving board and discard string. Let rest for 15 minutes. Spoon all but 1 tablespoon of fat from the juices in pan. Add the stock and boil rapidly until reduced and lightly syrupy. Strain the juices -- you will have just enough to bathe each serving with a fragrant spoonful.

Recipe courtesy Julia's Kitchen Wisdom: Essential Techniques and Recipes from a Lifetime of Cooking by Julia Child, Alfred A. Knopf, 2000



Julia Child's Cherry Clafouti (Cherry Flan)

The clafouti (also spelled with a final "s" in both singular and plural) which is traditional in the Limousin during the cherry season is peasant cooking for family meals, and about as simple a dessert to make as you can imagine: a pancake batter poured over fruit in a fireproof dish, then baked in the oven. It looks like a tart, and is usually eaten warm.

(If you have no electric blender, work the eggs into the flour with a wooden spoon, gradually beat in the liquids, then strain the batter through a fine sieve.)

For 6 to 8 people

3 cups pitted black cherries
1 1/4 cups milk
2/3 cup granulated sugar
3 eggs
1 tablespoon vanilla extract
1/8 teaspoon salt
1/2 cup flour
Powdered sugar in a shaker

Preheat oven to 350 degrees.

Use fresh, black, sweet cherries in season. Otherwise use drained, canned, pitted Bing cherries, or frozen sweet cherries, thawed and drained.

Place the milk, 1/3 cup sugar, eggs, vanilla extract, salt, and flour in your blender jar in the order in which they are listed. Cover and blend at top



speed for 1 minute.

Pour a 1/4-inch layer of batter in a 7- to 8-cup buttered, fireproof baking dish or pyrex pie plate about 1 1/2 inches deep. Set over moderate heat for a minute or two until a film of batter has set in the bottom of the dish. Remove from the heat. Spread the cherries over the batter and sprinkle on the remaining 1/3 cup of sugar. Pour on the rest of the batter and smooth the surface with the back of a spoon.

Place in middle position of preheated oven and bake for about an hour. The clafouti is done when it has puffed and browned, and a needle or knife plunged into its center comes

out clean. Sprinkle top of clafouti with powdered sugar just before bringing it to the table. (The clafouti need not be served hot, but should still be warm. It will sink down slightly as it cools.)

Excerpted from **Mastering the Art of French Cooking, Volume I** by Julia Child, Louisette Bertholle, Simone Beck. Copyright © 2001 by Julia Child, Louisette Bertholle. Excerpted by permission of Knopf, a division of Random House, Inc. All rights reserved. No part of this excerpt may be reproduced or reprinted without permission in writing from the publisher. ❖

Remembering Julia: An Evening with Spencer Christian



Spencer Christian, KGO-TV San Francisco, formerly with Good Morning America

Through a mutual friend, Frank Gaimo, AIWF National Vice Chair, was thrilled to have the opportunity to meet for dinner and interview Spencer Christian, current KGO-TV weather man here in San Francisco. Spencer was a friend and colleague of Julia's ever since they appeared together on Good Morning America on ABC in the late 70's. Apart from their time together on GMA, Spencer was honored and thrilled to be asked to emcee her 90th Birthday celebration at Copia in 2002. Spencer remains keenly interested in wine and food to this day and since he and Julia share a joie de vivre he enthusiastically agreed to our meeting.

1. How did he come to know Julia?

He first met Julia in the late 70's when they were on Good Morning America together along with Charlie Gibson and Nancy Snyderman. Julia was doing the cooking segments. The times he spent with her enriched his life. As Spencer tells it "She did everything in a big way yet she was so down to earth. She did not see herself as a celebrity. And she loved butter! I can remember.... it seemed like every show

started with 'melt a stick of butter in a pan'"!

Spencer was thrilled when in 2002 he was asked to be the emcee at her 90th birthday celebration at Copia in Napa. He remembers vividly how when she first saw him on stage there she grabbed his arm and said "Hold me I'm so nervous"!

At a press conference after her 90th Birthday celebration when asked by a reporter what she would request as her last meal she replied "A hamburger and a glass of whiskey!"

2. Having known her, how did he feel about her depiction in "Julie and Julia"?

The movie was a pretty good depiction of Julia and Meryl Steep did a fantastic job playing her...true to form.

3. What did he learn from her that he feels is most relevant for today's culinary/wine world?

She had an incredible gift of communication – she was a master at being able to convey the joys of food and wine in a plain spoken way. She could speak to the average person but also appeal to professionals and those with

encyclopedic knowledge. Julia made the person at home feel like they too could be a gourmet chef.

4. Was she a formative influence in his involvement in food and wine?

Spencer's love of wine predated knowing Julia but he really appreciated her love of life, fun, food and wine and they got to share many wonderful experiences on their travels as part of GMA. In Spencer's words "I enjoyed food and wine with Julia...there was nothing like it!".

5. How do you think she would like to be remembered on the 100th anniversary of her birth?

She loved life, lived life to the fullest and would wish everyone else around her did as well.

Spencer reminisces about the weekend before her 90th birthday. He was invited to her home in Montecito, CA with some other couples and after enjoying copious amounts of Cristal Rose and the best caviar he ever had, they all piled off to the Wine Cask restaurant to relax and have some fun with more food and wine. Said Spencer, "Julia was a spry 90 and even after 11pm at the restaurant, she was the life of the party!" ❖

About Spencer Christian

http://abclocal.go.com/kgo/bio?section=resources/inside_station/newsteam&id=5771740

12 Julia Child Facts on Her 100th Birthday

Visit PBS's website for more info www.pbs.org

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BY BETH BOWER

Celebrating 20 years: Wichita style!



Watching video: Gala guests watch AIWF “over the years” video

What do you get when you combine 26 killer wines, outstanding food, music, prizes and 155 wine & food lovers? You get an AIWF event!

Well, not just any AIWF event but the Anniversary Gala celebrating 20 years of fantastic, educational and fun events in Wichita, Kansas.

Food and wine lovers, friends — old and new — of AIWF-Wichita and newcomers to the group gathered on May 15 at Wichita’s Venue ABODE to enjoy a food & wine sampling featuring outstanding wines enjoyed in a special Riedel glass sponsored by J.P. Weigand

& Son’s Realtors’ Alissa Unruh.

“I was thrilled to support the 20th anniversary event with Riedel wine glasses since they are the perfect vessel for enhancing and enjoying wines,” Unruh said. “My wish was to give the guests an amazing wine experience while honoring the 20-year-celebration. The Wichita Chapter of AIWF has transformed food and wine enjoyment for our community and deserves only the best.”

The wine enjoyed in the special glass included such crowd favorites as Roederer Estate L’Ermitage, Cakebread Chardonnay, Far Niente Chardonnay, Caymus Cabernet Sauvignon,

Ethos Syrah, Stag’s Leap Artemis, Don Melchor and Rombauer Zinfandel.

Along with the wines, tapas and desserts were provided or donated by local restaurants and caterers including Olive Tree Catering, Larkspur Bistro & Bar, DoubleTree by Hilton Wichita Airport, Brown Sugar Bakery, Sweetly Scrumptious and Cocoa Dolce.

“It was an enchanting evening at the AIWF anniversary gala,” said new members Linda and T.J. Johnson. “The evening was a celebration of wine, food, meeting with old friends and making new friends. We look forward to our next AIWF event!”

Music by Harpist Elaina Orwoll was the perfect backdrop as members and guests sipped and nibbled their way through the wine and food.

Halfway through the event, the “educational part” began. Guests watched a five-minute video, hosted and produced by Master of Ceremonies Sierra P. Scott, TV Host of “It’s ALL Good!” on KSCW Ch. 5, Wichita, talking with Guy Bower, founding member, past chapter chair, wine educator and host of The Good Life radio talk show on KNSS 1330AM.

“Starting an American Institute of Wine & Food chapter in Wichita was easier than I ever imagined,” Bower said. “There are so many people here who have lived all over the world and



US: L-R: Master of Ceremonies Sierra Scott, Programs Co-Chair Elizabeth Sauer, Guest Speaker Guy Bower, AIWF-Wichita Co-chairs Beth Bower and Greg Rowe.

brought their wine enthusiasm to the Midwest. Their thirst for wine entertainment and education was and remains phenomenal."

Bower told how when he first called AIWF National in early 1992 to tell them he wanted to start a chapter in Wichita, he said they laughed. "Little did National know that the wine enthusiasm in Kansas was tremendous," he said. "They learned quickly when I called after the first event and had more than 50 members. It made us the fastest ratified chapter and subsequently the fastest growing in the history of the organization."

After that first event and the subsequent steering committee meeting, Wichita was on board with 300 members and the chapter has stayed vibrant and is now the fourth largest chapter in the United States.

"The Wichita Chapter started and stayed strong thanks to its members and some outstanding events," Bower said. "One of the first winemakers to participate in a dinner was Hubert Trimbach from Maison Trimbach Winery. Other events that year included an Italian wine tasting and Sparkling Wine Holiday event featuring 12 champagnes and sparkling wines. Wine and cheese, wine and barbecue, wine and beef, scotch and lamb, beer and brats — you name it — over the years, AIWF-Wichita has done it all!"



Speakers: L-R: Master of Ceremonies Sierra P. Scott, Guest Speaker and Founding AIWF-Wichita member Guy Bower, Past Chair Scott Hampel, Current Co-chair Greg Rowe

"I love to volunteer my time to AIWF because I think it's such a positive way to bring people together," said Master of Ceremonies for the evening, Sierra P. Scott. "There's nothing better than a shared love of wine and food to connect people from all walks of life and bring them together."

After the video presentation, Bower thanked AIWF Chairs through the years including Tony DiStefano, Scott Hampel, Pat Collins-Hysko, Beth Bower, Bobbi Hansen, Elizabeth Sauer and Greg Rowe. He also said thanks were owed to many others. Those include dedicated AIWFers, winemakers, vineyard managers, celebrity chefs, winery owners, international wine experts, cookbook authors, wine and food educators, and liquor retailers and wholesale distributors including Standard Beverage Corporation, Glazers of Kansas and House of Schwan.

"They all came to be a part of this viable and exciting chapter," he said, "and we're pleasantly surprised to see the enormous welcome and famed Midwest hospitality."

"It was a great opportunity to reflect back upon our beginnings and the people who were involved in getting the Chapter off the ground," said Greg Rowe, Chapter co-chairman. "We were able to see the faces and names of those involved over the years and remi-

nise on many of the incredible events our Chapter has hosted. I'm looking forward to the next 20 years."

If attendees didn't come for the wow-factor, wines and foods, or camaraderie of fellow enthusiasts, then they must have come for the prizes.

Thanks to the generosity of the AIWF-Wichita Chapter, friends of AIWF-Wichita Sandy Fox, Rob & Jeanne Bennett, Chris Kowalski, Tom Jacobs, Guy Bower, Jason Febres of Taste and See Restaurant and Ron Groves and Bob and Sheryl Born, the event raised \$8,600 in for the "Food 4 Kids" program of the Kansas Food Bank.

Among the items auctioned were a number of outstanding wine items, a Paella dinner for 12 at the home of Guy and Beth Bower, a dinner for 10 at Taste & See Everyday Gourmet restaurant, a sailing adventure, and an amazing everything-wine themed shadowbox created by AIWF board member Sandy Fox.

The Food 4 Kids program was established for students who are food insecure and who are not getting sufficient



Ice Sculpture: 20th Anniversary Ice Sculpture by DoubleTree by Hilton Wichita Airport Executive Chef Larry Walker



ABODE Venue: Guests enjoy the Gala evening at Venue ABODE

food outside of school on a regular basis. The program allows participating schools to receive food and backpacks from the Kansas Food Bank at no cost so food can be provided to chronically hungry children.

Another \$1,200 was raised from a “suggested donation” raffle to help fund the Wichita chapter’s support of the National Days of Taste® program. Last year’s DOT event helped more than 30 girl scouts work towards badges in food prep and safety. Days of Taste coordinator Jane Nelson said after the success of last year’s DOT, local Girl Scout troops have been clamoring to be chosen to participate in the upcoming October DOT event.

Other events AIWF-Wichita supports

In 1995, organizers of the first Midwest Winefest (AIWF-Wichita is

one of the presenting sponsors) — Beverly Moore of Standard Beverage Corp., Bower and Tony DiStefano then AIWF-Wichita Chair, Dr. Joe Schlageck, Guadalupe Clinic advisory board, and Joe Gaudet, then food and beverage manager at the Airport Hilton — unanimously agreed the Guadalupe Health Foundation would be partner and beneficiary of proceeds from the first Winefest. To date, the Winefest, a three-day event with an Old Town Walkabout and Celebrity Wine Dinners preceding the Grand Tasting, has raised more than \$2.8 million dollars to help support the Clinic and its mission of helping those with no health insurance.

In 2001, Bower started the Midwest Beerfest that has allowed AIWF-Wichita to provide more than \$50,000 in food and beverage continuing education scholarships to Kansas residents. Beerfest and AIWF have also partnered with a number of local charities — most recently Children’s Miracle Network Hospitals — to help fund their missions from the Silent Auction and Midwest Chickenfest.

“I am still amazed today at the continued growth and evolution of the Wichita Chapter,” Bower said. “When I think of all the changes that have occurred with National leadership and structure and the many changes to the bylaws and subtle changes to the goals and direction of AIWF, our chapter’s events have always maintained a strong educational slant and fulfilled its mission with some of the finest events nation-wide.”



Big Bottles: Winners of wine: Steve Yates, Sierra Scott and Mike Palmer



Live Auction items: From Riedel to Bottle-Shock, great live auction items for Gala!

“The gala celebration marking the 20th anniversary of the Wichita chapter of AIWF was a stellar event,” said Mike Palmer, board member and 2012 Midwest Beerfest dinner coordinator. “The venue was beautifully decorated to include a specially designed ice sculpture by DoubleTree by Hilton Wichita Airport Executive Chef Larry Walker featuring the AIWF logo. With numerous top flight wines, sumptuous food, a live auction raising money for the local Food Bank and our own Days of Taste® program, it was a fitting way to celebrate a milestone anniversary for a chapter that has flourished for so many years.” ❖

Beth Bower is a freelance writer/editor and is currently co-chair of the Wichita AIWF chapter. She is also Programs co-chair, a member of the National AIWF Chapter Relations Council and a member of the National AIWF Executive Council.

Quick Facts

Attendees:	155
New memberships:	16 and still going
Monies raised for Days of Taste:	\$1,200+
Sponsors:	9
Wines to sample:	26 reds, whites and bubbles!

Starting at the vine and ending in the classroom



Neela Gentile of Olive Grove Consulting

The Northern California chapter (covering San Francisco, Oakland, Silicon Valley, Napa & Sonoma) has had a very busy year thus far hosting an array of fundraising, educational, and recreational events.

The spring got off to a strong start with the AIWF NorCal board holding a full day strategic planning retreat at The International Culinary Center. The chapter brought in Neela Gentile of Olive Grove Consulting who impressed leadership at the Napa Summit in January. Neela is an innovator and leader in the field of social entrepreneurship and



Suzanne Chowla – Professional sommelier | AIWF Board Member (Formerly of Chez TJ & Cellar 360)

corporate community involvement. She led the group in a full day of activities to help identify key areas of chapter growth. The board created a new strategic plan by identifying such elements as new target member demographics, a new chapter events strategy, and chapter branding and marketing initiatives. The Napa leadership summit task force assignments were also addressed. To round out the retreat, a 2012 Days of Taste® action plan was created.

AIWF NorCal has embraced Days of Taste® and has already begun work on rolling out a 2012 campaign in the

classrooms. The fundraising campaign kicked off in March as the chapter partnered with Four Seasons Silicon Valley Hotel by hosting a gala dinner in association with Treasury Wine Estates. The fabulous dinner created by Executive Chef Marco Fossati was accompanied by thoughtfully selected wine pairings by AIWF NorCal board member and professional Sommelier Suzanne Chowla.

Continuing to move forward with raising funds & awareness for Days of Taste®, on April 25th, the chapter partnered with Pinot days for the return of Fili-Pinot! The dinner was held at Attic Restaurant in San Mateo, featuring Chef Tim Luym's special Filipino inspired menu (Chef Lyum was named a Rising Star Chef by the Chronicle and is a James Beard Rising Star nominee). This event was truly special and unique as each dish featured a Pinot Noir pairing with the winery owner or winemaker educating the group on their selected wine giving guests an opportunity to learn from the masters.

On June 14th, AIWF NorCal held a special dinner at an acclaimed new San Francisco restaurant, Dixie, whose kitchen is run by renowned chef Joseph Humphrey, previously of 3-Michelin star The Restaurant at Meadowood in Napa Valley. Chef Humphrey created a world-



Dixie Restaurant located in the Presidio, San Francisco, CA

class menu presented alongside some spectacular Pinot Days Winemakers: fourteen wines, fourteen winemakers, and an incredible one-night-only menu.

AIWF board members/ Boomer Travel bloggers, Tom & Joyce Kucharvy, write a full in-depth review of the event, highlighting some of Chef Humphrey's mouth watering dishes:

"From his grits with smoked maitake mushrooms, halibut with sassafras, grilled rabbit and roast duck, ending with a dark chocolate and bourbon mousse with chocolate-olive oil cake and crème fraiche ice cream".

To read the full article, visit www.activeboomertravel.com/2012/06/30/a-pinot-noir-dinner-to-savor/



Four Seasons Silicon Valley Executive Chef Marco Fossati

www.aiwf.org

AIWF NorCal Board Members Tom & Joyce are the writers behind www.activeboomertravel.com and are former business executives who sold their professional services company and are now in their semi-retirement "en-core" careers. They are still healthy and very active (they credit the hills of San Francisco), allowing them to continue to enjoy travel & leisure experiences. Their blog features resourceful information about tips and advice on where to, why to, and how to with regards to their travel and leisure experiences.

June 16th & 17th, San Francisco hosted its annual (and largest event of its kind in the world!) Pinot Days! at the Fort Mason center. The festival featured



AIWF Members & Activeboomertravel.com writers Tom & Joyce Kucharvy

170 winemakers pouring over 500 pinot noirs, showcasing pinot's greatest asset - its diversity of style! It was a great occasion to meet the winemakers and taste celebrated wines. Remember, no two are alike. It was the perfect opportunity to fall in love with pinot noir all over again, as if you could possibly fall out of love with it. AIWF NorCal participated with a booth throughout the weekend where it highlighted the AIWF mission and promoted the Days of Taste program to the local community.

AIWF NorCal has had a very busy and productive year thus far raising funds and awareness for the Days of Taste® program. The chapter is looking forward to spending the next few months piloting the program in schools. The chapter is also very pleased to announce it is partnering with the International Culinary Center of California who along with the San Jose Sharks Foundation will work together to teach Days of Taste® in Northern California classrooms come the fall. ❖

For more information on what AIWF NorCal is up to, visit AIWF.ORG/Norcal or visit them on facebook/twitter. www.facebook.com/northerncalifornia or www.twitter.com/aiwf_norcal



Pinot Days at Fort Mason Center in San Francisco, CA



Lunch Courses

San Diego Bay Wine & Food Festival's Celebrity Chef Luncheon

Raises Money for Aspiring Chefs and Enologists in San Diego

Each year, the weeklong San Diego Bay Wine & Food Festival culminates with the Wine Spectator Celebrity Chef Luncheon & Live Auction, where culinary masters and legendary winemakers come together to prepare one unforgettable meal. Six mouthwatering courses are expertly paired alongside a portfolio of fine wines from 15 of the nation's most prestigious wineries. This year's luncheon, held November 18, features six award-winning culinary trendsetters, with courses prepared by AIWF Ambassador and James Beard award-winner Chef Gale Gand of Tru in Chicago, Chef Gavin Kaysen of Café Boulud in New York, James Beard award-winner Chef R.J. Cooper of Rogue 24 in Washington D.C., Chef James Campbell Caruso of La Boca in Santa Fe, "Iron Chef America" winner and Rising Star Chef

Katsuya Fukushima, and Chef Bernard Guillas of the Marine Room La Jolla, and Chef Kerry Simon of Kerry's Gourmet Burgers in Las Vegas.

A spirited live auction followed the luncheon, where attendees bid on an array of luxury items, jet-setting vacation packages, large format bottles and private dinners at the city's top restaurants. The funds raised from the auction partially benefit The American Institute of Wine & Food's (AIWF) scholarship program for students pursuing full-time or continuing education programs in the culinary or enology arts. Each year, AIWF scholarship winners are invited to attend the luncheon. The San Diego Bay Wine & Food Festival has raised more than \$205,000 to date in scholarships for the AIWF.

Applicants for the 2011 scholarship program took part in a thorough interview process led by The AIWF San Diego Chapter scholarship committee and Festival producers, Michelle Metter and Ken Loyst, from which the following winners were selected: James Arens, Jeff Gonzalez, Monica Van Orden, Myres McDougal, Rachel Caygill, Lindsay Pomeroy, Keri Knudtson, Kevin Rhodes, Julie Prior, Christine Piccolo, Jason Rivas, and Rob Orloff. The schools the recipients are



AIWF Ambassador Gale Gand, Michelin Star & James Beard Award Winning Pastry Chef, Tru-Chicago with Chef Jeff Roberts, Secretary, American Culinary Federation

attending include The Culinary Institute of America, The French Culinary Institute, Grossmont College, Neptune School of Wine, San Diego Culinary Institute, San Diego State, and Wine Smarties.

"It feels great to be able to give back to the community of aspiring chefs and enologists in San Diego," said Vickie Mogilner, Chair of The AIWF's San Diego Chapter. "The American Institute of Wine & Food is indebted to Michelle Metter and Ken Loyst, the producers of San Diego Bay Wine & Food Festival, for bringing this absolutely fabulous event to San Diego. Without their support, this would not be possible."

To be eligible for scholarships award-



Bryan Ogden, Bernard Guillas, Bradley Ogden, Suzette Gresham, Ron Oliver (in back), Kenny Gilbert and Celestino Drago

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ed by The AIWF, applicants must be tied to San Diego through school, work or recent involvement in the city through food or wine. The scholarships funds awarded cover the costs of tuition and other applicable school fees for study at an accredited institution in or outside of San Diego. To be considered for this year's scholarships, visit www.SanDiegoWineClassic.com for information regarding the application process.

This year's Wine Spectator Celebrity Chef Luncheon and Live Auction benefits The American Institute of Wine & Food and Chaîne des Rôtisseurs. Single seats at the luncheon cost \$200 and are available for purchase online, www.SanDiegoWineClassic.com or for those interested in sponsoring an entire table, call 619-312-1212 for package rates and to select your winemaker. To see a complete schedule of Festival events for the 9th Annual San Diego Bay Wine & Food Festival, taking place November 14-18, 2012, visit www.SanDiegoWineClassic.com. ❀



Live Auction – proceeds benefiting The AIWF & Chaîne des Rôtisseurs Culinary Scholarship Programs



2011 Scholarship Winners – Julie Prior, Kevin Rhodes, Monica Van Orden, Myres McDougal, Lindsay Pomeroy, Jason Rivas, Jeff Gonzalez. Additional winners: James Arens, Rachel Caygill, Keri Knudston, Christine Piccolo and Rob Orloff.

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Top left: Calabrian town after a shower; top right: Fortress protected townspeople from raids by the Turks; bottom left: Fishing Village along the coast; bottom right: Laundry Day

Getting a Boot out of Italy: A Culinary Journey from Heel to Toe

Reggio Calabria, Italy – One of the most neglected destinations in Italy is the lower boot.

But things are changing as tourists discover the remarkable beauty of the rugged hilltowns, Mediterranean influenced cuisine and travel bargains the south affords. Greek influences are felt here and a dialect of the language is still spoken in some areas.

In summer the little lanes that run through the towns and the beautiful beaches on the Adriatic and Ionian Seas get a lot of European tourists and recently Americans have been discovering their charms.

With more and more restaurants in America featuring the tasty foods of Puglia (on the heel and pronounced "poolea"), the instep of Basilicata and toe of Calabria, gastronomic tourism is becoming more important as well. Cuisine changes with the land in this area, depending on what the earth provides and tradition demands.

The stigma thrust on the south by the wealthier north as a land of peasants, has preserved the area and its agricultural economy and the new rush of tourism is bringing money and new self-esteem to its inhabitants. Many Americans trace their family roots to this part of Italy; where over the last 150 years poverty and internecine warfare forced Italians to leave the "old Country," fleeing to America.

My plane descended into southern Italy on a wet January day, landing in the Adriatic port city of Bari, which lies on the Achilles tendon of the boot in northern Puglia. Southern Italy is not particularly warm in winter if you're a spoiled Southern Californian. But the temperatures are moderate, reaching into the mid 50s, and you get as many rainy days as sunny. We even saw a little snow. In summer temperatures can soar well above 100 degrees.

Puglia is an abundant agricultural area, flat and lush, producing the hard

durum wheat that makes the best bread in the country. The tomatoes are sweet and tangy and when sun dried spectacular. Citrus is abundant in all forms and often served at the end of meals. Forty percent of Italy's olive oil comes from the region and the primitivo grape makes the best red wine.

I also liked several of the whites, especially the Librandi from Calabria. Other excellent southern wineries are Cantina di Venosa and Il Conte di Melissa. Cantina Sociale in Venosa has a tasting room.

Wine has been made in Italy for more than 4,000 years. The Ancient Greeks arriving in Southern Italy named the countryside Enotria - land of the vine. Matera is the home of Amaro Lucano, my favorite new discovery. The name means bitter and it is usually served as an after dinner digestivo.

Because of the area's long seacoast there are many picturesque fishing villages and great fresh seafood. The southerners are also fond of hot pep-

pers and they can surprise an unwary diner. The Spanish introduced potatoes to the area and one of the best dishes I had was potatoes roasted over an open wood fire until soft and smoky, then sprinkled with a mixture of salt and rosemary and drizzled with olive oil. Simple but sublime.

This is primarily a cuisine of poverty and you won't find a lot of beef, cream based dishes or eggs in the pasta, but the simple combinations of scavenged greens, seasoned breadcrumbs, fruits, and vegetables of the season, all sorts of seafood, lamb, rabbit, chicken, pork sausages and occasionally wild game, creating a delicious and healthy cuisine. Orecchiette (little ears) pasta has its origin here. One of my favorite meal endings was orange segments and thinly sliced fennel dressed with olive oil, a touch of vinegar and lightly salted.

I hopscothed between Puglia and neighboring Basilicata, before heading to Calabria, with its breathtaking coastal vistas and its romantic Strait



Deserted buildings haunt the fields



Olive and tomato focaccia



Style always matters in Italy



Shepherd with his flock in the stoney hills near Foggia

of Messina, which separates the boot from the soccer ball of Sicily, the island kicked off the toe into the Mediterranean.

Basilicata is a rugged land full of stony fields and rocky terrain. As a result there's a lot of herding including goats, sheep and cattle, which thrive on the herbal grasses that grow among the sedimentary rock and gives the cheeses and meat a special flavor. The south's most famous cow's milk cheese, caciocavallo, which rivals Parmesan as the king of Italian cheeses, is produced in these aromatic fields. The lactic heaven of oozing buffalo mozzarella comes from the damp, soft grassy fields around Foggia, which the water buffalos prefer.

The old town of Matera is a UNESCO world heritage site. Carved out of sedimentary rock, it is quite beautiful. In this town, one man's floor is another's roof, with houses cascading down narrow serpentine streets and walkways. Not a good place to be a postman or furniture mover.

Matera is one of the oldest inhabited human settlements in the world. Mel Gibson set "The Passion of the Christ" here because of the terrain's similarity to Mount Golgotha. From the first century, early Christians practiced Mass in the caves of the surrounding hills and escaped persecution from Romans and others who worshiped pagan

gods and Orthodox Old Testament religions.

Because of the areas deep and long spiritual history there is a great deal of religious tourism in the south, especially with the Canonization of Padre Pio a few years ago. The formally agrarian town of San Giovanni Rotondo, site of the hospital where Padre Pio recorded 490 miracles, recently completed construction of a 5,000-seat cathedral. More than seven million pilgrims now visit the town every year and the farmland has been converted into new hotels, restaurants and shops, and street vendors sell everything from giant statues of the Virgin Mary to holy water; and the biggest seller, items featuring Saint Pio.

Unfortunately as you ride through the rich farmlands of southern Italy, deserted and crumbling lovely old stone buildings and estates loom, haunting the fields like the skeletal bones of animals.

Lying on the tip of the toe, Calabria offers dramatic landscapes as you cross from the Ionian Sea on the south over the high Apennine ridge, where we encountered snow, and descend to the Tyrrhenian Sea side and view the steep coastline that shelters little fishing villages, especially the charming Borgo Marinaro and Costa Viola. The seaside resort town of Crotona gets the fame or

blame for the invention of fruitcake.

The city of Reggio Calabria is the largest in the area and has a lovely promenade facing the Strait of Messina that many consider the most beautiful in Italy. Just two and a half miles across the Strait is the island of Sicily. The town has been talking about building a bridge to the island for 40 years, and it looks like it may finally be happening as architectural plans are being submitted.

If you go:

Hotels and Restaurants:

In the stone city of Matera, the modern hotel Locanda di San Martino is carved out of the rock and features an underground pool. A rustic local restaurant, Le Botteghe, cooks food over an open wood-burning pit. Try the potatoes and lamb here and the pasta at nearby Rivelli.

In Foggia, stay at Palazzo Sant'elena or Hotel Rossemi, which serves excellent seafood.

Agriturismo Carpe Diem in Venosa is a working farm with eight guest rooms, great breakfasts and food from the farm. La Casa di Gianna is a friendly restaurant serving local cuisine and in Potenza the Tourist Hotel serves regional cuisine.

Continued...

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F&WT President Larry Marth (3rd-from right) having fun with friends

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Produce vender sells her fruit in a Calabrian village

In the city of Crotona in Calabria, dine at Ristorante Il Conte di Melissa, Don Pedro or La Taverna del Borgo. The best hotels are Palazzo Foti, Baia degli Dei and Lido degli Scogli. In Reggio Calabria, Stay at the Montesano Hotel, either downtown overlooking the promenade or outside of town on a magnificent property facing Sicily and the Strait of Messina.

On the last day of my visit I enjoyed the best pizza in the region at Pepy's in Reggio Calabria, a proper end to my culinary tour.

If you want to get a boot out of kicking around southern Italy, the Italian Tourist Office, www.italiantourism.com, publishes a number of free pamphlets and maps, information on special events, festivals, museums, churches and castles, religious tourism, guided and self-guided tours, and places to stay and dine in all price ranges. ❀



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



Stone town of Matera featured in Mel Gibson's "The Passion of the Christ"



Southern coast of the boot and sight of Scylla and Charybdis in the Strait of Messina separating Italy from Sicily

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- 7 AIWF Dallas/Ft. Worth (TX)
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Happy Birthday Julia Child!
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- 23 **AIWF New York (NY)**
Remembering Julia: Feast at Stone Barns
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Classic Julia!
- 24 & 25 **AIWF New York (NY)**
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- 26 **AIWF Monterey Bay (CA)**
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Learn about Italian food beyond the tomato

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Canning 101
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- 14 AIWF South Florida (FL)
Party like the Swedes - Crayfish
- 19 AIWF Chicago (IL)
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- 24 AIWF Boston (MA)
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- 30 AIWF Dayton (OH)
Remote Dine Around TBD

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9th Annual Culinary School BBQ Battle
- 6 AIWF Dayton (OH)
November Dine Around
- 9 AIWF Chicago (IL)
Pinot Days Dinner
- 14 AIWF Boston (MA)
Gala Dinner and Auction - Top of the Hub
- 14 - 18 AIWF San Diego (CA)
San Diego Bay Wine & Food Festival

Event Calendar always updating. For more information on chapter events, please visit www.aiwf.org/site/calendar/details.html

One of life's simple pleasures is a juicy bite of ripe home-grown tomato, with sweet and tart flavors blending magically on the tongue. So what is the best tasting tomato? It depends! Tomato flavor comes from a mix of plant chemistry and garden variables such as temperature, sun, rain, and soil type. Flavor won't be the same everywhere or all the time.

Flavor is a balance of acidity and sugar, plus the influence of elusive volatile compounds for aroma and flavor that tomato breeders are itching to grasp. The volatile compounds are an emerging science, while sugars and acids are more fully understood. We all know that some tomatoes taste sweet, while other taste acidic. But why? "The ones that taste the most acidic, or sour, have higher level of acids combined with low level of sugars," explains tomato breeder Dr. Randolph Gardner of North Carolina State University. "A tomato high in sugars and low in acids has a sweet taste. If a tomato is low in both acids and sugars, it has a bland taste. The preferred flavor for most people results from high levels of acids combined with high level of sugars to balance the taste."

There are other inherent reasons for variation in the intensity of a tomato's flavor and how acidic components balance with natural sugars. "An interaction of the plant's genetics with the environment is the key to tomato flavor," says University of Florida tomato breeder Dr. Jay Scott, who created Solar Fire tomato and developed a parent of Talladega tomato. (Incidentally, Jay Scott's father, Wilbur Scott, developed Jet Star, another tomato variety).

Here are a few ways you can choose varieties for flavor or tweak your gardening techniques to coax the most flavor from what you've planted.

The Basics of Tomato Flavor



Many people think yellow tomatoes, such as Lemon Boy, are low in acid. The truth about tomato flavor is a little more complex. Low-acid flavor is caused by higher levels of sugars than acids.

- **Size of fruit.** Cherry and grape tomatoes reach higher sugar concentrations than full-size tomatoes, so they taste sweeter. Want a really sweet tomato? Grow a cherry type.
- **Color of fruit.** Different pigments in tomatoes tend to produce different balances of sugars and acids. For example, orange or yellow tomatoes often taste milder and less acidic than red tomatoes. Some black tomatoes—created from the mixture of green and red pigments—have a reputation of having complex flavor (which some people love and others don't). It's not necessarily that a yellow

tomato is less acidic than a red or black tomato, but that the combination of sugar and acid levels, as well as other compounds, makes for a milder taste. Try some of each color and test for yourself.

- **Foliage.** A lot of leaves can capture a lot of sunlight, so a plant with dense, healthy foliage can convert more sunlight into sugars and other flavorful components. Heirloom varieties have a greater percentage of leaf than do market-ready hybrids, which may partially explain their flavorful. Do all you can to keep leaves healthy.



Cherry tomatoes are known for their sweet flavor, which many kids (and adults!) prefer.

Are Heirlooms Truly More Flavorful Than Hybrids?

“Most heirlooms have a very soft texture when ripe, and the cells rupture easily to release the juice along with the flavor components in the cells,” explains Dr. Gardner, father of Mountain Pride and other popular related tomato varieties. That is the complete opposite of grocery store tomatoes, which are bred for shipping to withstand rougher handling, but not necessarily for flavor. However, there are many home garden hybrids bred with outstanding flavor. One quick place to find some is All America Selections. All home garden varieties, AAS winners have been evaluated for many criteria, including taste.

Growing a Flavorful Tomato

Regardless of which variety you grow, how you grow a tomato and external factors such as weather can make a difference in flavor. The same variety may taste better in California than in the Deep South, where the nights stay hot.

Soil. Gardeners can maximize flavor by incorporating lots of organic matter into the soil and including plenty of

potassium and sulfur, and by watering sparingly as fruit matures; dry soil concentrates flavor compounds, and soils high in clay content hold nutrients better than sandy soil (which are often lacking in sulfur and other important nutrients), leading to better flavor.

- **Temperature.** The ideal temperatures for growing flavorful tomatoes are 80s during the day and 50s or 60s during the night. When days and nights climb above these temperatures, tomatoes may have trouble setting fruit, and when temps stay lower, plants don't create flavor compounds as effectively. This doesn't mean that gardeners with higher, lower, or less-than-ideal temperatures can't grow flavorful tomatoes, but it helps to choose varieties suited to your region. Bonnie Plants' "Tomato Chooser" can help: www.bonnieplants.com/

tomatoes/choose-your-tomato

- **Sun.** Intense sunlight maximizes photosynthesis in tomatoes, allowing the plants to make carbohydrates that are turned into flavor components—sugars, acids, and other compounds—in the fruit. Tomatoes prefer 8 hours of full sun daily. Wet, cloudy regions with little difference between day and night temperatures, such as the Northwest, do not typically produce the best-tasting tomatoes, though heirloom varieties like San Francisco Fog and Seattle's Best of All are known to perform better than most.

In the end, tomato flavor is a matter of taste—your taste. For more information on tomato varieties, detailed descriptions of flavor, and popular regional selections for your area visit www.bonnieplants.com



Tomato plants need nutrient-rich soil for best flavor. If native soil is too hard or sandy, raised beds are a great option. Add garden soil and plenty of nutrient-rich compost to raised beds.

Here are some favorites:

- Flavorful cherry tomato varieties Husky Cherry Red, Sun Sugar, Black Cherry, and Super Sweet 100 make terrific snacks. The Roma Grape (also called Juliet) tomato is a bit larger and has lots of uses.
- For rich, balanced flavor try Bonnie Original, Big Beef, Red Beefsteak heirloom, Better Boy, the heat-loving Creole tomato, and any All America Winner.
- Full-size tomatoes with sweet or low-acid characteristics include Lemon Boy, Mr. Stripecy heirloom, Bush Goliath, and Black Krim heirloom tomato.

dough into an irregular 8-inch circle. Sprinkle parchment paper with ½ teaspoon cornmeal and top with circle of dough.

Brush dough with olive oil, and sprinkle with garlic. Place tomato slices and cheese slices evenly over dough. Sprinkle with sliced basil.

Transfer pizza on parchment paper to heated pizza stone or baking sheet. Bake at 450 for 10 to 12 minutes until cheese melts and begins to brown and edge of crust is golden and crispy. Remove from oven and sprinkle with Parmesan cheese, salt, and pepper. Garnish with basil leaves. ❖



Mr. Stripecy heirloom tomato tastes less acidic than many varieties

Fresh Tomato and Sweet Basil Pizza

Makes 1 (8-inch) thin crust pizza

Ingredients

- 1 (4-ounce) ball fresh pizza dough or refrigerated pizza crust
- ½ teaspoon stone-ground corn meal
- 1 tablespoon extra-virgin olive oil
- 1 clove garlic, minced
- 2 plum tomatoes, thinly sliced
- 4 ounces fresh mozzarella cheese, thinly sliced
- 4 large Sweet basil leaves, thinly sliced
- 1 tablespoon freshly shredded Parmesan cheese
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- Small sweet basil leaves

Instructions

Preheat oven to 450° F. Heat pizza stone or heavy baking sheet 10 to 12 minutes in oven.

Place dough on a lightly floured surface. Using hands and fingers press

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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 27 chapters with over 4,000 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!



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