

## Cookbooks of Note by Nancy Oster

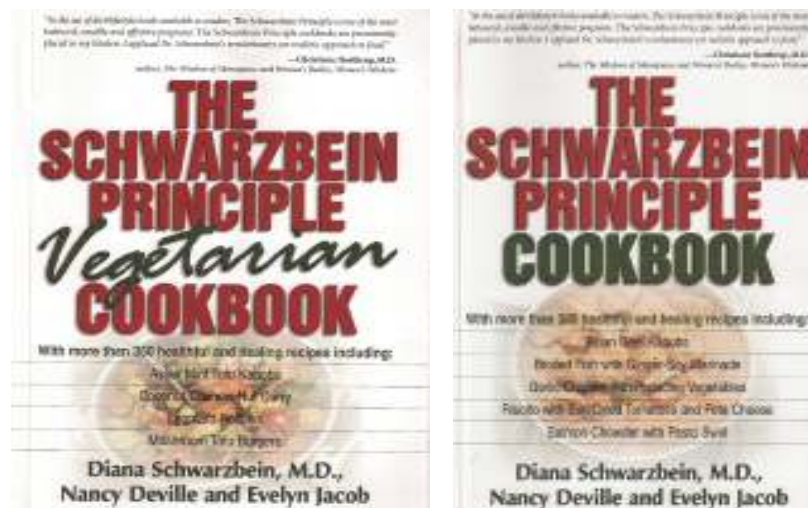
The Schwarzbein Principle Cookbook  
The Schwarzbein Principle Vegetarian Cookbook

Both by Diana Schwarzbein, M.D., Nancy Deville, and Evelyn Jacob Note, that's our Evelyn Jacob. If you haven't checked out these two books, do it. The recipes feature fresh easy-to-find ingredients combined without a lot of fuss. No recipe looks daunting.

I was especially interested in these books because I've recently decided try to eat more fresh healthy balanced diet... and maybe lose a few pounds. Evelyn's recipes are easy to adapt to whichever popular low carb diet plan you want to follow. Plus if you want the protein without the meat, the vegetarian book gives you a variety of tasty options.

Ease of prep is especially important to me. When I'm dieting I don't want recipes with a lot of steps between taking the food from the refrigerator and getting it into my mouth. The sauces, soups, spreads, and dressings I've made ahead from these books have saved me more than once from food-prep meltdown. For example, I was able to slather the Basil Pesto on a quickly sautéed filet of fish, heat up some Creamy Roasted Eggplant Soup, and put some of the Creamy Dill Dressing on a green salad with cherry tomatoes, cucumbers, goat cheese, and pistachios in a record 15 minutes. But wait, there's more... my family thought the meal was delicious!

So if you're dieting or if you just want to add some basic good recipes to your repertoire, these are two good books to add to your cookbook shelf.



## Interesting Pulp

**GASTRONOMICA** *The Journal of Food and Culture* has celebrated eclecticism by featuring the work of scholars and artists, amateurs and professionals, cartoonists and cooks. Only once before (Fall 2001) have they devoted an entire issue to a single subject. But a couple of years back (Summer 2005) after Julia Child passed on, this colorful magazine compiled a special issue to honor Julia and deepen our understanding of her place in American culture. Inside the 139 pages of the issue you'll discover the woman beneath the icon as you learn about Julia's politics-you'll read playfully erotic poems her husband, Paul, wrote for her birthdays-you'll share in



jokes-sometimes off-color, that she loved to tell and you'll find out what happened the first time she dined alone. My favorite inspirations were all of the old photos of Julia and her husband playing, cooking and being real, down to earth people. Log onto [www.gastronomica.org](http://www.gastronomica.org) to purchase this particular issue and others as well...or join the gastro club. A treat to behold at the beginning of each season.

## Newsletter, Winter 2007

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# WOMEN'S CULINARY Arts Guild

## PRESIDENT'S CORDIAL

### Dear WCAG Members:

I would like to begin by thanking Tracy Beard, Margie Churchill and Marie Ofria for putting together the wonderful events we enjoyed last year. Thank you Meridith Moore, Christine Dahl, Rey & Kristine Castillo, Randy Bublitz and the culinary students at SBCC, Steven Giles of Sage & Onion, Robin Goldstein, Classic Party Rentals, Smokin' Jack's Kansas City BBQ, Girls Inc. and The Upham Hotel! Everything was delicious, educational, entertaining.

Our annual "Cook-Off for the Kick-Off" raised enough money for us to complete our first endowment scholarship fund in the name of Julia Child at the Santa Barbara City College School of Culinary Arts. I would like to complete a second endowment fund this year so start planning NOW.

Thank you everyone for bringing new people to our events and introducing them to WCAG. Come on ladies, let's reach out to the male population more ~ we only have two male members. We can certainly do better than that!

The holiday dinner January 30th at Opal was a great success thanks to Christine Dahl and all her hard work. Over 46 people dauntlessly sloshed through the streets to attend enjoying a wonderful dinner. Gretchen Hewlett introduced Beth Roeser, this year's Santa Barbara City College scholarship winner. Beth received a grand round of applause and graciously told the group about herself and her future goals. Congratulations, Beth!

Thank you, everyone, for your help and support this last year.  
Karyn Yule, President, WCAG

## Opal Shivoo.....a Nancy Oster Experience

The banquet room at Opal Restaurant and Bar was full with WCAG members and their guests. Manifestos were brief and sweet. Gretchen Hewlett introduced Beth Roeser, our most recent scholarship student. Beth is in the culinary program at SBCC to expand her cooking skills for use in her job planning menus and cooking for a river rafting expedition company in Arizona. Lily Berrish mentioned that she has an opening for an asst. at UCSB Special Events Catering; Rey Castillo told us about the cooking classes now being offered at Village Modern Foods and our illustrious President, Ms. Karyn Yule, thanked Christine Dahl, Pastry Chef extraordinaire, for a job well done! Christine put this evenings event together and even made special Valentine cookies for us.

Now free to visit, eat and libate to our pallets content, I had the wild mushroom stuffed chicken. It was lovely. I also had the good fortune of sitting with someone who had the salmon so we traded tastes. Yum. Judging from the buzz in the room, there was plenty of visiting going on (and probably more entree sharing). Desserts were passed and shared as well. As the party broke up, we said our goodbyes and picked up our Valentine cookies. Pretending to be on the South Beach diet, I didn't taste mine until today. Big mistake. That was no ordinary sugar cookie with a white chocolate glaze decorated with pink hearts. It was exquisite. After the first bite, I stopped worrying about my glycemic index. There just are some things that are worth the glycemic load and that crisp buttery cookie was definitely one of them.

This WCAG shivoo was a great start to our New Year. Much thanks to Christine Dahl for all of her efforts and also to the good people at Opal Restaurant and Bar for having accommodating this rather gregarious group of people!

## Town Hall Moot

In mid November, 2006, close to 30 culinary professionals and artisans convened in the lovely Garden Room at The Upham Hotel for the groups yearly Town Hall Meeting. Cocktails were served along with delectable hors d'oeuvres prepared by the Executive Chef from Louie's California Bistro right next door. The object of our gathering was to discuss the programming and direction for 2007. Ideas, images and opinions flowed. Certainly we come together with one common interest, culinary arts in our beautiful city. All of us are involved in the food industry in one capacity or another or we enjoy what the food industry represents here so making connections and hanging with like folk is meloniscious, certainly. We also, via our combined knowledge, experiences and energies, want to help/mentor others trying to make dreams come true within the industry. And clearly we as a group are hungry to learn more about the science of food, culinary lore, foods of the world, technique, recipes, the organics wave, farming, sustainable gardening, the corporate world of culinary arts, how to start and end businesses, writing and publishing articles/books. We are social, nurturing creatures, maybe more so in this industry than most, so we talked social soirees as well. I think all in all, this was a fruitful evening for all who attended. Onward into the new year, 2007.

## Little Delicacies

Madame Tallien, a prominent figure at Napoleon's court, purportedly added the juice of 22 pounds of strawberries to each of her baths. Seedy, huh?

"Food is like art, only you get to eat it"..... Marcella Hazen

## Mind Bending Trivia Broil

Be the first to identify this hidden treasure and **WIN** a lunch for 4... plus get your name mentioned in the next newsletter! Here goes.

Offering one of the most beautiful views in the city, this intimate restaurant opens Monday through Friday for lunch and two evenings a week for dinner.

Lunch features a French Bistro style menu with home-baked bread hot from the oven and two additional daily specials. There's even a vegetarian entrée! The desserts change daily, so you will want to go often.

The dinner menu is off the charts—four courses, each with four to six selections to choose from. Each selection pushes the envelope of creativity in both flavor and food artistry and is served with a wine chosen specifically for that menu item. A seasonal menu, the selections change three times a year... always new, always delicious. And the best part? This elegant dinner is only \$30 per person including tax and tip.

While you might be able to get a walk-in table at lunch, it's safer to reserve ahead and for dinner it's an absolute must to reserve ahead... far ahead, so you won't be disappointed.

Email me now, Nancy Oster ([noster@silcom.com](mailto:noster@silcom.com)), if you know the name of this restaurant. If you don't have the answer, you can email me for the name, location, and reservation information. I'll send you the answer after we have a winner. (Shhh, it's Santa Barbara's best-kept secret.)



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Michael Hutchings  
Christine Dahl  
Tracy Beard

## Cooking Local.....with "the Genie"

With a terrific, successful year under our apron strings (Cooking Local observed its 1st year anniversary July 5, 2006), everyone involved in production of this fine show look forward to another year of enticing culinary topics. Guy De Mangeon, Owner, President, *The Berry Man, Inc.* has been thrilled to partner with Cox Media and its affiliates along with the beautiful Ms. Jeanne Bergh who heartily co-produces/hosts the show. Each featured half hour episode airs on Cox 8 and Channel 73 with heavy cross-channel promotions on 45 networks to assure maximum exposure. We have, thus far, aired a whopping 55 plus spots highlighting local eateries, caterers, talented chefs and local wineries and this coming year promises to be just as fun filled and culinarily informative as the last. Women's Culinary Arts Guild has been an integral force on the show thus far showcasing Cynthia Miranda, Tracy Beard, Christine Dahl, Brenda Simon, Eileen Randall, Cindy LaFond, Kristine and Rey Castillo and the Hutch....which brings us to *TWO BRAVE, TALENTED and VERY HAPPY MEN and A BUNCH OF DYNAMO WOMEN....hats off gentlemen!*

One of the two truly bold men Roman enough to be part of our own Women's Culinary Arts Guild, *Chef Michael Hutchings* has shown brilliantly on Cooking Local several times. Michael is a consummate perfectionist, highly knowledgeable, classically trained and shows up on set handsomely organized, ready for camera. Michael has shown interested viewers just how to go about preparing seemingly complicated, even intimidating classical dishes with such grace and ease, i.e., Soufflé Suisse, Lobster Queen Many Revisited and Cherries Jubilee, - on TV set yet! Here's a little tribute to Michael.

Michael Hutchings has paid his dues. Like many other American chefs, he took a job in a restaurant to work his way through college. An accomplished flutist, he planned a musical career. But in the kitchen of Disneyland at the fabled private Club 33 under the tutelage of Black Hat Master Chef Rudolph Stoy, his priorities began to change. Hutch eventually became Exec. Chef of Club 33 and then worked under several more prominent chefs. Chef/Owner, Jean Bertranou, L'Ermitage, suggested Michael go to London to work with the Roux brothers at Le Gavroche. In 1978, Michael and family headed for London. Highly impressed with his seriousness and ability he was promoted and eventually partnered by the brothers resulting in Michael's Waterside in Santa Barbara. During ten years of operation, Michael's Waterside was recognized as a leader in contemporary California-French cuisine. After selling Waterside in 1993, Chef Michael hung his toque at the S.B. Polo Club, Nations Bank Executive Dining Room, the Tower Club in Charlotte, Kaiser Grill and St. James in Palm Springs. Presently Chef oversees a food consulting and service business here in S.B. We are thrilled to have Michael Hutchings back as an integral part of our culinary tapestry.

And then we have *Rey Castillo*....the other brave man in WCAG. We love our Rey who is one half of Village Modern Foods in partnership with Ms. Kristine Castillo. Village has shown a few times now on the show, bringing unique energy, vigor and personality to the set each showing. Their famous signature dishes are based on culinary classics with a modern, elegant flair. This writer has, herself, worked along side these two dynamical creatures and can attest personally to the truly amazing artistic, professionalism with which they carry out any culinary endeavor. Rey is a "mover and a shaker" in our community, running the business/managerial end of Village....coming to the culinary table having provided service and coordination for many Santa Barbara caterers, firms and private estates. Proficient in American, French, Russian and family style service, Rey coordinates the Village staff service training program including proper table service. Rey has personally coordinated large fund raising events for many local non-professional events. What we love most about Rey, though, is his professionalism, terrific sense of humor, always open and accessible personality with enthusiasm for any task at hand. And we appreciate his manly input at our brainstorming meetings....this is a good man, deserving kudos and special recognition from all the members of our group. Thank you Rey!

## Upcoming Events

**WCAG: "Grape Expectations"**  
Wednesday, March 21, 6:00 pm, \$32 Members-\$40 Non-Members  
Cellar 205 Winery & Marketplace, 205 Anacapa St., SBCA. Wine tasting (learn about the wine making process from owner & wine maker Chris Garvin). Hors d'oeuvres by Tamara's Catering

**WCAG: Indian Cuisine**  
April—Date, time and location not firm  
Contact Tracy Beard 729.3813

**Natural History of Spices**  
Sunday, April 15, 2007 from 3 pm to 5 pm  
Museum of Natural History  
Contact [Jbarber@sbnature2.org](mailto:Jbarber@sbnature2.org)

**3rd Annual Wine and Design**  
Friday, April 20, 2007  
5 pm, Opportunity Shop  
Cindy La Fond, of La Fond Catering's Little Black Dress Events will promote WCAG providing culinary fare decorating her table in sexy retro Black Dress style.  
*Local chefs/restaurants who have appeared on Cooking Local and architects featured*  
Contact Jeanne Bergh at 683-7252

**WCAG: Earth Friendly Cuisine: The Farmer, Chef, and You**  
Saturday, May 12, 8:30 am to 2 pm  
SBCC Campus Center - Lunch \$8 (prepared by SBCC culinary students)  
*Ann Cooper will speak. Local chefs and farmers discuss ways to use local seasonal foods in large-scale food service settings.*  
Contact Gerri French at [gerrifrench@cox.net](mailto:gerrifrench@cox.net)

**WCAG: Mock "Cinco de Mayo" at El Cazador with Alex Castillo**  
May - Date and time not firm  
Contact Karyn Yule 895.6750

**WCAG: The Berry Man, Inc.**  
June—Date, time not firm  
*Tour and Tasting - Exotics*  
Michael Hutchings and Coral from *The Berry Man, Inc.* will present exotic culinary treats.  
Date and time not firm  
Contact coral@theberryman.com

**August**—Time and date not firm but we are tossing around a date to meet informally for fun. More later on this one.

**WCAG: Kickoff Event/Auction on the Drier property.**  
Monday, September 10, 2007  
More details later.

## SOS Culinary Requests

WCAG looking for **PROGRAM CHAIRPERSON**. Email Karyn Yule at [kkyule@cox.net](mailto:kkyule@cox.net)

**Food from the Heart**  
*Local non-profit prepares meals each week for 100 families in need of extra help.*  
Wednesdays from 8 am to 2 pm  
Need help preparing and delivering meals.  
Contact Robin Monroe at 898-3981, See website [www.foodfromtheheart.com](http://www.foodfromtheheart.com).

Looking for an experienced individual well connected in the catering and special event world in both the local and regional market. This person should have current experience in marketing catering services to businesses, organizations, brides and social catering. The position would be part time to start and would also involve day-of-event services. Compensation is negotiable and would be based on commission, cost allowance and a rate to be paid for overseeing events. Respond with resume. **Contact Michael Hutchings** [chefinkitchen@aol.com](mailto:chefinkitchen@aol.com)

## Got Any Wild Ideas?....

We, in the food industry, are also artists-creative creatures. Let's send us fun ideas for articles or stories to put into this newsletter, interesting food related pics, cool-cutting-edge recipes, share a topical book or magazine ...common on, I know we are looking and thinking all of the time. Want to see your name in print? How's about your photo? A photo you've taken? Broadcast an upcoming event-then let us know how it went. How's about telling us about an especially terrific happening that went without a hitch-now.... that would be novel. Or tell us about your soiree that was full of nothing but hitches, glitches and malfunction. Oh my! Common, give us a laugh. Discovered any neat, cool new kitchen gadgets? Got any wild kitchen stories for us? We want to know-we need to know! Should we visit or participate in an especially fascinating venue. Do you have a new project or item that you would like to show off? Email [coral@theberryman.com](mailto:coral@theberryman.com) today!

## Gastro Gossip, Scoops, Notes

A special thanks to the entire Drier family for your support and interest in WCAG.

Ms. Jeanne Bergh, co producer/host, Cooking Local, member of the guild and wonderful gal, is recently married to great guy, Jeremy Salts...there wedding was on a hot, sultry evening in October and one of the most beautiful, sexy-fun weddings lots of us were lucky enough to attend and then fortunate enough to make it home safely with the right person from! OOPS..... And there is a new little Salts baby in their house now.... Cooper Alexander was born Sunday, February 25 without a hitch! Mom, dad and baby are home doing their thing. Jeanne is on leave of absence for bout three months. Here's a pic of the little prince.....



Much gratitude to Ms. Nancy Oster for her contribution to this newsletter. Great, talented gal!

How's about Hutch and Dahlface....yummy, tasty duo!

Former and hopefully newly rejoined member, Ms. Kim Redman, Ambrosia Gourmet Catering, has recently and successfully entered her unbelievably *Chimichurri Sauce* into the Trader Joe's arena-not an easy endeavor for sure! Good job Kim....

Guess how much this tenacious group of culinary foodists have raised over the past year? Almost \$22,000 in the bank now! Thanks to everyone for making our goals more attainable....a special thanks to Ms. Tracy Beard for all of her heartfelt efforts.

Welcome all new members and rejoined members! And welcome as well to Ms. Danielle Merlino and to Patricia Heller, new, acting board members.

Village Modern Foods is now holding Cooking Classes at their Haley Street kitchen. Check their web site for details [www.villagemodernfoods.com](http://www.villagemodernfoods.com)