

# PANACHE

*Newsletter of Les Dames d'Escoffier Chicago*

## Summer in Chicago

**T**he long days, the breezes off the lake, local farmer's markets, and the thrill of the patio grill— all spell summer in Chicago. As a group and individually Les Dames have been busy enjoying it all.

After the well-attended and wonderful Annual Meeting in June (see page 3), the highlight of July was the extended visit of Carol Brock, founder of Les Dames and active member of the New York City chapter. Her hostess, Toria Emas, planned a full-spectrum of activities for Carol and her son Craig, beginning with the *Dames Who Drink Summer Picnic* featuring the Beach Boys at Ravinia on July 14. Twenty Dames and guests attended, and the combination of great food and wine as well as “California Dreaming” was delightful. Maria Concannon contributed her traditional guacamole and chips. The ever-original Jennifer Anderson brought individual little boxes of tortellini salad. Kathy Kari tossed a refreshing salad, Nancy Brussat made a lovely roast potato, goat cheese, bacon and olive salad, and Joan Reardon passed a tray of deviled eggs. Toria Emas made a cherry pie. Debra Crestoni brought a watermelon. And Sofia Solomon contributed an excellent selection of cheeses. Even Carol Brock did a little dance.

The following day, Toria and Carol, who had won a *Green City Market Tour* for eight people through the LDEI Auction, gathered around 10:30 a.m. in Lincoln Park for the market tour led by chef Carrie Nahabedian with commentary by Rick Bayless. They dined on Hawks Hill Elk Ranch elk burgers prepared by Sunday Dinner.

On Thursday evening, July 16, Toria escorted Carol and Craig to the *Green City Market Chefs' BBQ*, where Carol greeted the chefs at their individual stations. Although the event began with a brief shower, it soon gathered momentum with chefs Carrie Nahabedian of NAHA and Sarah Stegner of Prairie Grass taking the lead, along with Convito's Nancy Brussat and Candace Warner, caterer Rita Gutekanst, owner Ina Pinkney, restaurateur Debra Sharpe, cheese cake diva Jolene Worthington, entrepreneur Shelley Young, and cheese mavens Sofia Solomon and Judith Schad, who all contributed wonderful food for 2500 attendees, the largest attendance in the BBQ's history. On Friday, July 17, before Carol and Craig left Chicago, Ina Pinkney hosted a breakfast for twelve at 9 a.m., featuring her famous



Dames Karen Levin and Nancy Brussat at Ravinia



Dames Toria Emas, Carol Brock, Joan Reardon, and Nancy Brussat at Ravinia.



Dames and Guests at Green City Market



# President's Message

Dear Les Dames Members

... and especially all of you fellow autumn lovers,

At the autumnal equinox (Sept 22, 2009; 11:44:18 a.m. EDT), the sun appears to cross the celestial equator, from north to south; this marks the beginning of autumn in the Northern Hemisphere.

It is my favorite season! Even though spring marks the official beginning of the seasons, it is autumn that begins things for me. In days gone by, it used to mark the beginning of school when everything was brand new – pencils waiting to be sharpened, notebooks waiting to be filled, and new classes with new teachers waiting to be explored. It was a time to reconnect with old friends, make new ones. It was time to get busy again.

I still feel that same autumn energy. The summer heat is gone, and autumn cool is in the air. Leaves have turned from bright summer green to deep gold, fiery red, burnt sienna and a whole array of rich earth tones. Crops have ripened, and the farmers have been busy with the harvest bringing us a luscious variety of squashes, savory apples, root vegetables, and glorious grapes perfectly ripened and just waiting to be made into something wondrous by the great winemakers and cooks of the world.

It is my hope that each of you begins anew this autumn. That you reconnect with old friends, that you make an effort to get to know new members and welcome them into Les Dames. That you put your autumn energy into volunteering at the McCormick Boys & Girls Club and working on what I am certain will be a very creative and fantastic fundraiser.

I have no doubt that all of you in this organization will enjoy the fruits of the harvest. We have never had to do any Les Dames arm-twisting when it comes to eating and drinking, and our program goals have always embraced the enjoyment of food and wine. But we have also put a high premium on education. So get your blank notebooks out, sharpen your pencils and get ready for another splendid Les Dames year!

In celebration and appreciation of friendship and the bounties of the earth, I wish you all an awesome autumn!

Sincerely,

**Nancy Brussat**

*Postscripts:*

Congratulations to Mary McMahon on her marriage Saturday August 22, 2009.

We send sympathy to Nancy Harris whose longtime companion, Robert "Bobby" Stovall, passed away on August 2 from a heart attack.

Correction to the program/menu from the annual dinner meeting. New Les Dames member Keli Fayard is married to Dimitri Fayard and together they own Vanille Patisserie. Although they both worked for Payard's Patisserie & Bistro in New York, Keli is not married to Francois Payard.

## Executive Board 2009—2010

President: *Nancy Brussat*

Vice President: *Queenie Burns*

Treasurer: *Pamela Reardon*

Secretary: *Sharon Olson*

Past President: *Barbara Glunz*

## Board Members

*Linda Avery*

*JeanMarie Brownson*

*Shannon Kinsella*

*Donna Pierce*

*Sandra Suria*

*Jill Van Cleave*

## Appointed Members

Newsletter: *Joan Reardon & Eleanor Hanson*

Financial Committee: *Nancy Kirby Harris*

Chapter Historian: *Toria Emas*

Events: *Jill Van Cleave*

Scholarship: *Carrie Nahabedian*



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# 2009 Annual Meeting

By Sharon Olson

**D**ame Sarah Stegner and Chef George Bumbaris welcomed Les Dames d'Escoffier to Prairie Grass Café for the annual meeting on June 22, 2009. From our entrance to our exit, they shared their passion for beautiful food, exquisitely prepared in their kitchen and served in the warmth of their comfortably casual dining



Chef /Owner George Bumbaris, Dame Carrie Nahabedian, Chef/Owner Dame Sarah Stegner, sommelier Rohit Nambiar

room. The atmosphere was personal, and the special menu credited the farmers, fisherman and vintners who made sure everyone enjoyed the best, most flavorful ingredients.

President Nancy Brussat's report reviewed a year filled with inspiration, accomplishments and new opportunities to make a difference within the local community. As the new board was introduced, retiring board members Dana Benigno, Carrie Nahabedian and Scholarship Chair Suzanne Florek were thanked for their contributions and continued commitment. Joan Reardon was recognized for leading the significant undertaking of reviewing and updating the By-Laws and creating the Handbook, which was approved during the year. Program chair, Jill Van Cleave created a wide range of events and scored record attendance, beginning with The Cult of the Chef and culminating with a Sustainable Seafood Education Event. Many who attended the seafood event remembered the pictures of the Alaskan fishing trip which added to the appreciation of the wild Alaskan halibut prepared for this special evening. Karen Levin continued to provide memorable and enjoyable opportunities for Dames Who Drink to meet, greet, and mingle throughout the year.

Members were reminded to save May 20, 2010, for the bi-annual fund raising event and to look forward to hearing more details on what promises to be an exciting, one-of-a-kind experience. The communications committee, chaired by Eleanor Hanson, worked to improve the effectiveness of member communications and continues to evolve this work in process. Joan Reardon and Eleanor Hanson were recognized for their work on *Panache*, which is acknowledged to be the best chapter newsletter in the LDEI organization.



New Members: Front left to right Marsha Damien, Keli Fayard, Catherine Koelling, Tamar Mizrahi, Back left to right Nell Funk, Laura Jensen, Judith Schad, Betsy Sanchez, Lisa Santos. Not pictured: Mary Smith.

Pam Reardon presented the Treasurer's Report and a review of how the chapter has dealt with challenging financial times. Since it has been 20 years since the original philosophy for the endowment fund was established, the finance committee provided a new recommended budget to the board. An open meeting will be held for all members to express their views on the philosophy of the endowment fund in October.

Mary Abbott Hess introduced the new Green Tables Initiative where Chicago Dames are working with the children at The McCormick Boys & Girls Club of Chicago planting and harvesting a garden, sponsoring field trips and conducting food and cooking classes for the children. During the course of the evening a signup sheet was circulated and filled with names of the volunteers who wish to participate in the project during the year.

Chef Sarah Stegner spoke about what inspires her at Prairie Grass, "George and I are creating an atmosphere that is very personal, both in the dining room and in the kitchen. We love passing our skills and techniques along to our staff and sharing our ideas with our customers." Her words served as the perfect introduction to the announcement of the scholarships that were awarded to Washburne students, Arianne Kendrick and Tania Merlos Ruiz, and Kendall College student, Jia Mei.

Jean Marie Brownson introduced ten new members who bring new energy and new experience in culinary leadership and craftsmanship to our chapter. We welcomed: Marsha Damian, Keli Fayard, Nell Funk, Laura Jensen, Catherine Koelling, Tamar Mizrahi, Elizabeth (Betsy) Peterson Sanchez, Lisa Santos, Mary Smith, and Judith Schad.

As the evening progressed, the volume escalated with the enjoyment of the evening's menu and the opportunities for Chicago Dames to participate in the organization's new initiatives for the following year. Mom's Seedlings Strawberry Cream Pie, baked by Sarah's mother Elizabeth, ended the dining experience with the comfort and indulgence so perfect to inspire the year to come.

## Fine Preserving

French toast, pancakes, and egg dishes. It was a perfect ending to a Grand Dame's visit.



July also ushered in a variety of easy-going activities for individual Dames—concerts at Ravinia and Millennium Park, trips far and near, ethnic and neighborhood street celebrations, and outdoor dining in favorite restaurants.

The beginning of August brought a number of previews of the much-publicized movie, *Julie and Julia*. For the *Sun Times*/Bloomingdale's preview and post-movie party on August 4<sup>th</sup>, Nancy Brussat, Carrie Nahabedian, Gale Gand, and Shelley Young were on the host committee and mingled with the food establishment at Bloomingdale's Home Furnishings Store in Medina Temple, where the password was *Bon Appetite*. And on August 15 and 16, chef Carrie Nahabedian and the Armenian community sponsored their annual St. Gregory's the Illuminator Armenian Church Fest featuring great Armenian Food, music and dancing!

Summer in Chicago always offers unique and pleasurable ways to relax, recreate, and realize that even in a vacation mode, Les Dames manages to celebrate the season.



From the Madison Wisconsin Farmer's Market by Jennifer Marx

*It's September and the local outdoor markets are overflowing with the bounty of the harvest. In an effort to preserve this golden moment, we have asked our members to contribute recipes for their favorite jam, jelly, condiment, and preserved fruit and vegetable.*

*In lieu of a recipe, Susan Lamb Parenti sent the following, "My parents both came from farming backgrounds so I have a lifetime of wonderful memories of the bottles in the root cellar at the farm (or our basement in the city) filled with the best of that summer's garden. I hate to say that I have not kept up the tradition, because my late summer and fall is filled with getting my kids back to school." She also sent wonderful photos taken by Jennifer Marx, a Chicago food photographer, at the Farmer's Market in Madison, WI.*



### **From Mary Abbott Hess**

I have been serving this Mango Chutney with my Thanksgiving Tandoori Turkey for about 30 years. It is a very versatile recipe and is very good on turkey, chicken or roast pork sandwiches, over goat or cream cheese with crackers, or in chicken or sweet potato salad. I do home canning of lots of preserves, jams and chutneys and this recipe can also be done with peaches, but mango is the classic.

### **Mango Chutney**

- 1 large or 2 small ripe mangoes, peeled and thinly sliced
- 1 cup dark brown sugar
- ½ cup cider vinegar
- ¼ cup water
- 2 tablespoons chopped onion
- 1 tablespoon chopped fresh ginger root or 2 Tbsp. chopped crystallized ginger
- 1 teaspoon finely chopped jalapeno or other hot pepper (optional)
- 1 clove garlic, chopped
- ½ teaspoon mustard seeds
- ¼ teaspoon salt
- ¼ cup dark raisins
- ¼ cup golden raisins

1. Put sliced mango, sugar, vinegar and water in a pot and cook until mango is soft, about 8 minutes.
2. Add remaining ingredients except raisins and simmer 10 minutes.
3. Add raisins and simmer 5 minutes longer.
4. Taste and adjust seasonings, adding more ginger or sugar if necessary.
5. Refrigerate. Flavors improve after several hours and it should be used within 2 weeks.

Yield: about 3 cups

Notes:

1. Ripe soft mangoes generally do not need additional sugar. Firm mangoes may need more sugar and longer cooking time.
2. Make 4 times the recipe for home canning of chutney for gifts. If making 4 times the recipe, reduce sugar to 3 cups.

**From Joan Reardon**

Whenever those small, vibrant, green cukes arrive at the farmer's market, I'm a goner. I lug bagfuls home and out come the empty Bonne Mamam jelly glasses, the cider vinegar, the spices, and the mandolin. It's pickling time.

**Cucumber Pickles**

- 10 small cucumbers, cut into thin slices
- 6 medium sweet onions, cut into thin slices
- ½ cup salt
- 2 cups cider vinegar
- 2 cups water
- 1 tablespoon celery seed
- 1 tablespoon mustard seed
- 1½ cups sugar
- 1 teaspoon ground ginger
- 1 teaspoon turmeric

1. Combine cucumber and onion slices with salt in a large bowl and let stand for two hours. Drain.
2. Combine remaining ingredients in a saucepan and bring to a boil.
3. Place cucumber and onion slices in hot sterilized jars.
4. Pour hot liquid over to fill. Cover with sterilized lids.
5. When cool, refrigerate.

**From Nancy Brussat**

My father was a lovely man—educator, football coach, principal, and gardener. Each summer he lovingly tended to his garden filled with beautiful fruits and vegetables. In the autumn my mother would help him preserve his harvest for our enjoyment through the cold winter months—gooseberry, raspberry and strawberry jam, rhubarb sauce and rhubarb wine, tomatoes, and my favorite—his zucchini pickles.

**Grandpa Ray's Zucchini Pickles**

- 2 pounds small zucchini
- 2 medium onions
- 1/4-cup sea salt
- 1 pint white vinegar
- 1-cup sugar
- 1 teaspoon each celery seed, mustard seed, turmeric
- 1/2 teaspoon dry mustard



- Wash unpeeled zucchini and slice into thin rounds.  
Slice onion into very thin slices. Place both into a bowl and cover with water. Add salt. Let stand 1 hour. Drain.  
Place vinegar, sugar, celery seed, mustard seed, turmeric & dry mustard in a saucepan and bring to a boil. Pour over zucchini & onion. Let stand for 1 hour. Put all back into saucepan and bring to a boil. Simmer for 3 minutes. Pack in 3 hot sterilized pint jars and seal. Process 5 minutes in hot water bath.

Note: Can be stored, in refrigerator without processing. Use in about 2 to 3 weeks.

## Green Tables Project Update

By Mary Abbott Hess

The Les Dames Green Tables Project at McCormick Boys & Girls Club is a great success. Drive by the Club (4835 Sheridan Road, two blocks north of Lawrence Ave.) and feast your eyes on the glorious garden that you can see from Sheridan Road. You are likely to see kids working on the earth boxes, weeding the beds, planting, watering or harvesting.



Dame Patty Erd talks about spices.

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They are very proud of the garden, and they harvest and taste produce from the garden every few days. Lettuces, beans, spinach, potatoes, broccoli, eggplant, peppers and some potatoes have been harvested, and we are on our second planting of radishes, lettuces, spinach, and beans and watching the corn and tomatoes grow daily. Many Dames have worked in the garden with Club members contributing to the success of our project. Check out some of the photos on the Chapter website.

We have an ambitious program of classes and field trips in addition to the garden. The club members loved Jen Lamplough's cooking class and two groups enjoyed tastings at The Spice House and field trips to the Farm in the Zoo and Green City Market. Donations from Dames Sharon Olson and Nancy Brussat have funded busses for those field trips. On the most recent visit the kids learned about composting and tasted several kinds of cherries, maple syrup, cheeses and bison. In early September

they will take produce from their Pizza Garden (tomatoes, peppers, onions, herbs) and have a hands-on pizza making class at Robert Morris College Institute of Culinary Arts. Donations from Dames Nancy Rodriguez and Jennifer Anderson will fund field trips to go apple picking and there will be an apple pie class to use those apples at Now We're Cooking.



6 If you have not already volunteered to work with the kids on a gardening day, to teach or help with a class, or donated to the fund to support field trips and garden expenses, there is still time and need. Contact Karen Levin and be a part of this fulfilling and wonderful project.



**Worth Seeing....**

**A Case for Wine: From King Tut to Today**

July 11 through September 20

Regenstein Hall of the Art Institute

This exhibition marks the first time a fine arts museum has explored art through the vine. The cross-departmental exhibition presents nearly 300 objects tracing this beloved beverage's surprisingly significant role as a stimulus and source of artistic endeavor from ancient times through the modern day.

# Fashion Plates 2010

By Chandra Ram

Mark your calendar, whet your palate and dress to the nines for a night of food, fashion and fun at the 2010 Les Dames d'Escoffier fundraiser. The event, called Fashion Plates, will take place May 10, 2010, in the Preston Bradley Hall in the Chicago Cultural Center. The event chairs—Shannon Kinsella (Kraft), Linda Avery (Leite's Culinaria) and Jen Lamplough (Institute of Culinary Arts at Robert Morris University)—are working hard to create a successful fundraiser that will attract Les Dames and other Chicago foodies to come together for the evening.

Kinsella, Avery and Lamplough are all relatively new members of Les Dames, and as such were given the charge to mix things up a bit and create a new type of fundraising event, something fresh and interesting. They've reached far and wide with their contacts to brainstorm new ideas, tapping suggestions from Les Dames members from around the country, and from the varied members of the event planning committee.

"When we started planning the event, everybody immediately said, 'We're tired of auctions!' so we knew we had to come up with something different to fill the coffers," says Avery, who has chaired the American Cheese Society dine-around, among other food events, in the past. "We wanted something different than the usual grazing event; something really unique and fun."

Many event specifics are still under wraps during initial planning, but Avery revealed that Adam Segar, the nationally-renowned mixologist from Chicago's Nacional 27, has agreed to create a signature cocktail for the cocktail hour. Following the reception, six celebrity chefs and fashion designers will pair up for a fashion show that demonstrates the stylish ties between what we love to wear and to eat, and dishes from those chefs will be served at a seated dinner. A surprise dessert event will wrap up the evening for a sweet finale; Avery promises more details as we get closer to the big night, noting that coming up with new twists for the event is just part of the fun of planning it.

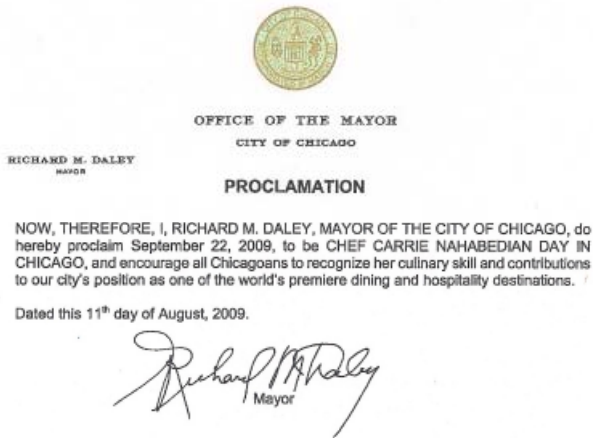
"It's been great for me, working with the board and on the new event," she says, adding that getting involved in planning the fundraiser has added meaning to her involvement with Les Dames D'Escoffier. "It's the best way that I've found to meet new people and work with them; it's been great to see people come together for the cause. For me, it's wonderful to work with smart and accomplished women, and have the support of that same group."



Preston Bradley Hall at the Chicago Cultural Center

# Headliners

**Dame Carrie Nahabedian** continues to make our organization proud - and everyone who knows her! The Chicago Culinary Museum and Chefs Hall of Fame has named Dame Carrie as the 2009 inductee and Mayor Richard M. Daley has proclaimed September 22, 2009 as Chef Carrie Nahabedian Day in Chicago.



**Dame Camille Stagg**, food, wine and travel journalist, teacher and author of *The Parthenon Cookbook*, will prepare a menu from her book at the Great American Cooking Expo. The event is Chicago area's premier annual food, wine and specialty beer-pairing culinary event, to be held October 23-25, 2009, at the Expo Center Harper College. Stagg wrote the cookbook in collaboration with The Parthenon Restaurant owners for its 40<sup>th</sup> anniversary in 2008. On Saturday, October 24, 1:30 p.m., Stagg will prepare four recipes from a traditional Greek meal from the book.

**Dame Jennifer Bucko Lamplough** earned her Master of Business Administration degree in June 2009 from the Morris Graduate School of Management in Chicago.

**Dame Judith Dunbar Hines** accompanied sixteen Chicago chefs to Ireland where Chicago chefs and food were the feature of a four-day BELFAST TASTE & MUSIC FEST held Aug 6 – 9. At the event, Chicago ambassador chefs partnered with Belfast chefs to prepare Chicago signature dishes made from local Belfast ingredients for the 35,000 attendees on the grounds of the Belfast Botanic Gardens. The ten-day trip included dining in Belfast restaurants, touring, and a lot of prep at a local culinary school before the festival began. Chef ambassadors were selected for their diverse backgrounds, menus, and examples of Chicago's dining scene.

**Dame Ina Pinkney** reports, "If you're flying Virgin Atlantic from the UK to Chicago, don't be surprised if my face shows up on their in-flight video, extolling the wonders of Chicago! The UK Market seems to love us since we were in the Guardian and Manchester papers." Ina's Gluten-Free Fried Chicken night (2nd Wednesday of each month) received a full-page photo in the July issue of *Chicago Magazine*. And "Time Out Chicago's" piece on Chicago's best breakfasts included Ina's in the sausage, pancake and overall best categories.

Season 7 of Wilton's Public Television show "Bake, Decorate, Celebrate!" was taped in Cleveland, Ohio, during the first two weeks of August. Show host and executive producer **Dame Nancy Siler** states that over 16,000,000 shows have aired in Latin America countries since April 2009.

**Dame Barbara Kuck** gave a lecture, *Inaugural Dinners and Soldiers' Rations*, at the Green City Market Saturday, August 22, 9 a.m. The talk on behalf of the Chicago Public Library in collaboration with the Green City Market celebrated Lincoln and some of the heirloom and heritage produce that was grown on the Illinois frontier in his day.

**Dame Rita Gutekanst's** catering company Limelight has been nominated for two Biz Bash Magazine Chicago Event Style Awards—sales executive Elias Hildebrand's Steppenwolf Gala and the Lincoln Park Zoo Ball.

## From the Editors



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We urge all members to send articles and submissions to:

[joanreardon@jreardon.com](mailto:joanreardon@jreardon.com).

We ask that your submission be current and complete. Deadline for the Winter issue—November 15, 2009.

**Panache** is published by the Chicago chapter of Les Dames d'Escoffier for the benefit of its members.

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# 2009 Calendar of Events

## September 2009

**New Member Mix-It-Up** Wednesday, September 2, 2009, 6-7:30 p.m.  
The House of Glunz, 1206 North Wells  
RSVP Sandra Suria 708.955.6264

## **Remembering Abby** Wednesday, September 9, 2009

Green City Market Lunch at North Pond  
Chef Bruce Sherman will prepare a three-course lunch featuring fresh market ingredients served with wine to honor the memory of Green City Market founder, the late Dame Abby Mandel.  
North Pond is located at 2610 N. Cannon Dr., between Diversey & Fullerton Pkwy  
11:30 a.m. until 2:00 p.m. \$55 prepaid registration for members and guests.

## October 2009

### **South America's Sizzling Wines** Tuesday, October 20, 2009

Sweets & Savories; 1534 W. Fullerton Ave., Chicago. Street parking available. 6:00-9:00p.m.  
Liz Caskey of Santiago, Chile presents South America's premiere wines in a tasting and discussion of terroir, wine culture and upcoming trends in Chile, Argentina and Uruguay. Three-course dinner paired with South American wines will follow the presentation. Limited to 50 members and guests. Cost to come.

## November 2009

### **Bernard & Julia** Sunday, November 8, 2009

Priscilla and Bernard Cretier (Le Vichyssois is in McHenry, IL. 220 W. Route # 120) present Sunday dinner in the countryside at their restaurant, Le Vichyssois, with a three-course menu inspired by Julia Child.  
Reception at 4:30 p.m. followed by dinner at 5:00 p.m. Partnered with ChicaGourmets!  
Seating is limited. Members and guests invited. Cost: \$79.00 all-inclusive.



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