

OLLI @Berkeley
Winter Term 2023 (livestreamed and recorded)

Course Syllabus 2.0

COURSE TITLE: Cooking by the Book

INSTRUCTOR: Linda Carucci (www.CookingSchoolSecrets.com)

DATES: Four Wednesdays, February 15 through March 8, from 9:30 am to 11:30 am PT

OVERVIEW: Among the canon of cookbooks collected by an enthusiastic cook over the years, inevitably, a few become favorites. In this course, we'll explore four such gems, each of which I've carefully selected for its distinctive recipes, techniques, and voice.

CLASS FORMAT: Several days prior to each class, the recipes that will be demonstrated in the next class will be posted on the OLLI Member Dashboard. To prepare for class, please print out and look over the recipes beforehand and be prepared to take notes during class.

Please note: This is a demonstration (not a hands-on) cooking class.

On Wednesday mornings, you'll log in and Zoom into my home kitchen in Oakland, CA where I'll discuss the book of the week and demonstrate the preparation of two or three of its recipes. During our Zoom classes you'll have both overhead and head-on views of the stove and me, respectively. During each class I will allow time for Q&A via the Zoom chat box. My hope is that after class you'll want to recreate these recipes in your home kitchen, and perhaps be inspired to delve deeper into the featured book on your own. It is not necessary for you to have a copy of the featured books. Please note that each of these classes will be recorded, so if you're unable to attend a class in real time, you'll be able to watch the recording.

FEATURED BOOKS FOR COOKING BY THE BOOK, WINTER TERM 2023:

WEEK 1: *The Zuni Cafe Cookbook: A Compendium of Recipes & Cooking Lessons from San Francisco's Beloved Restaurant* by Judy Rodgers. W.W. Norton & Company, 2002.

WEEK 2: *Cool Beans: The Ultimate Guide to Cooking with the World's Most Versatile, Plant-Based Protein, with 125 Recipes* by Joe Yonan. Ten Speed Press, 2020.

WEEK 3: *Cucina Rustica: Simple, Irresistible Recipes in the Rustic Italian Style* by Viana La Place and Evan Kleiman. William Morrow, 1990.

WEEK 4: TBA. Most likely a baking book, possibly *Naturally Sweet: Bake All Your Favorites with 30% to 50% Less Sugar* by The Editors at America's Test Kitchen.

ABOUT YOUR INSTRUCTOR: What I love about teaching culinary arts is passing on the kind of professional cooking techniques, secrets, and tips that enhance a home cook's enjoyment of food preparation. Of all the work I've done throughout my career, teaching cooking is what I

love most. I'm honored to be invited back by OLLI to teach this new course and I'm excited to share my craft with you.

As for my professional background, in a blurb he wrote for my cookbook cover, the French Laundry's Thomas Keller called me "the consummate teacher, cook, and coach all rolled into one." I swear I didn't pay him to say that.

I grew up in New England, the granddaughter of a Southern Italian cheesemaker. In 1983, embarking on a career change, I moved to San Francisco to go to culinary school, and for the past thirty-plus years I've been ensconced happily in the field of culinary education.

I'm the former dean of the California Culinary Academy (also my alma mater) and I've served as the inaugural Julia Child Curator of Food Arts at COPIA in Napa Valley. After these positions, in 2007 I was recruited to serve as the inaugural chef director at the San Francisco campus of The Art Institute of California, where I launched and directed the operations of The International Culinary School's degree programs as well as the school's student-staffed restaurant, Bistro 10UN. In my six years there, the school grew from a dean's dream and empty Civic Center office space to the campus's largest program with two professional teaching kitchens, nearly 300 students, and a faculty of 13 chef instructors.

Those of you who've been in the Berkeley area for a while may remember when Sur La Table opened on Fourth Street. Their manager hired me to conduct free cooking demonstrations to entice customers into the new store. Then she asked me to develop a four-week Basics of Cooking course, and as the company expanded to Maiden Lane in San Francisco, and then to Los Gatos, so did my teaching load. All of those technique-oriented classes begat a cookbook.

In 2005, Chronicle Books published my book *Cooking School Secrets for Real World Cooks* which was honored as a finalist for both James Beard and IACP Julia Child First Book Awards. The second edition of *Cooking School Secrets for Real World Cooks* was named a *Washington Post* Best Cookbook of 2016.

Before and among these various posts, I've also worked as a live-in private chef for a prominent San Francisco family and have cooked at and managed restaurants and culinary operations in several San Francisco Bay Area kitchens including Greens restaurant, UCSF Medical Center's Department of Nutrition and Dietetics, and Paula LeDuc Fine Catering.

Prior to graduating from culinary school, I earned a Bachelor's degree in psychology at Stonehill College in my home state of Massachusetts, then a Master's degree in education at Colorado State University. I was serving as Associate Dean of Students at Occidental College in Los Angeles when the urge to work in the hospitality industry led me to enroll in the professional chef training program at the California Culinary Academy in San Francisco.

I hope you'll join me on this fun adventure. Thank you in advance for your consideration.

BIBLIOGRAPHY: These are some of my preferred culinary reference books that I'll be using for this course:

Carucci, Linda. *Cooking School Secrets for Real World Cooks, 2nd edition*. Bloomington: AuthorHouse, 2016.

Crosby, Guy, with the Editors at America's Test Kitchen. *Cook's Science: How to Unlock Flavor in 50 of Our Favorite Ingredients*. Brookline: America's Test Kitchen, 2016.

Davidson, Alan. *The Oxford Companion to Food, second edition*. Oxford: Oxford University Press, 2006.

Del Conte, Anna. *Gastronomy of Italy*. New York: Prentice Hall Press, 1987.

Del Conte, Anna. *The Italian Pantry*. New York: Harper & Row, 1990.

Fletcher, Janet. *Fresh from the Farmers' Market*. San Francisco: Chronicle Books, 1997.

Herbst, Sharon Tyler. *The New Food Lover's Companion, 3rd edition*. New York: Barron's, 2001.

Joachim, David. *The Food Substitutions Bible, 2nd edition*. Toronto: Robert Rose, 2010.

Page, Karen. *The Vegetarian Flavor Bible*. New York: Little, Brown and Company, 2014.

Schneider, Elizabeth. *Vegetables from Amaranth to Zucchini*. New York: William Morrow, 2001.
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