

OLLI @Berkeley
Winter Term 2022 (via Zoom)

Course Syllabus

COURSE TITLE: Cooking with Winter Produce

INSTRUCTOR: Linda Carucci (www.CookingSchoolSecrets.com)

DATES: Wednesdays, January 19 through March 9, from 9:30 am to 11:00 am PT

GOAL: To familiarize students with fresh seasonal fruits and vegetables and to teach best practices for selecting, storing, prepping, and cooking with peak-season produce.

OVERVIEW: For those of us who enjoy the pleasures of cooking in the San Francisco Bay Area, the arrival of winter produce feels like a reunion with friends we haven't seen in a year. As the season unfolds we'll be exploring and cooking with all sorts of **citrus fruits, cruciferous veggies, brassicas, root vegetables, and frost-kissed dark leafy greens**. Every Wednesday morning, you'll Zoom into my home kitchen in Oakland where I'll demonstrate the preparation of a couple of recipes that you'll be able to recreate throughout the season as each item is at its flavor peak.

Please note: This is a demonstration (not a hands-on or cook-along) cooking class. And, while each recipe presented may be considered "plant-forward," the recipes presented in this class are not vegan, nor are they necessarily vegetarian. If meat, poultry, or seafood is used in a recipe, suggestions will be made for how to prepare the recipe without this protein.

CLASS FORMAT: Several days prior to each class, the recipes that I'll be demonstrating in our next class will be posted on the OLLI Member Dashboard. While I intend to utilize as much of the aforementioned produce (in boldface above) as possible during this course, market availability throughout the season will dictate the order in which the various fruits and vegetables are presented.

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 preparing food. During our Zoom classes you'll have both overhead and head-on views of the stove and me, respectively.

To prepare for class, please print out and look over the recipes beforehand and be prepared to take notes during class. During each class I will allow time for Q&A via the Zoom chat box.

ABOUT YOUR INSTRUCTOR: 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 three hundred students, and a faculty of thirteen 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.

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 Cooking with Winter Produce and I'm excited to share my craft with you.

BIBLIOGRAPHY: These are some of the culinary reference books and cookbooks that inspire me when I cook with seasonal produce. I'll be mentioning others as the course progresses.

Andrés, José, and Matt Goulding. *Vegetables Unleashed*. New York: HarperCollins Publishers, 2019.

Bayless, Rick, with Deann Green Bayless and Jean Marie Brownson. *Rick Bayless's Mexican Kitchen*. New York: Scribner, 1996.

Bertolli, Paul, with Alice Waters. *Chez Panisse Cooking*. New York: Random House, 1988.

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Cusick, Heidi Haughey. *Soul and Spice: African Cooking in the Americas*. San Francisco: Chronicle Books, 1995.

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Pépin, Jacques. *Fast Food My Way*. New York: Houghton Mifflin Company, 2004.

Rodgers, Judy. *The Zuni Cafe Cookbook*. New York: Norton, 2002.

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Trang, Corinne. *Essentials of Asian Cuisine: Fundamentals and Favorite Recipes*. New York: Simon & Schuster, 2003.

Traunfeld, Jerry. *The Herbfarm Cookbook: 200 Herb-Inspired Recipes, Plus a Complete Guide to Growing, Handling, and Cooking with Fresh Herbs*. New York: Scribner, 2000.

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