



Slow Food
OKLAHOMA CITY

Rick Bayless Award Winning Chef Event at the Coach House

December 2005

On Sunday, November 27, Slow Food Oklahoma City hosted Rick Bayless, the award winning chef and restaurant owner at a sold-out event at the Coach House. Over 75 guests enjoyed an extraordinary evening that included a book signing and an authentic 5-course Mexican meal prepared by Kurt Fleischfresser of the Coach House and Kamala Gamble, who trained at Rick Bayless' Frontera Grill in Chicago.

Chef Bayless, an Oklahoma native, was in town for the holiday, as well as on book tour for his newly published book, *Mexican Everyday*. Full Circle Books sponsored the book signing, and many attendees enjoyed the opportunity to have Chef Bayless personalize their copies of his new book..

Rick Bayless has been committed to Slow Food principles in his restaurants for over 20 years. He is Chairman of Chefs Collaborative that supports food grown in a healthy environment with careful farming practices. He also founded Frontera Farmers Foundation, a group committed to supporting small, sustainable farms in the Chicago area. In 1987, he was chosen "Best New Chef" by Food & Wine and, in 1995,

he was awarded both the prestigious James Beard National Chef of the Year and the International Association of Culinary Professionals Chef of the Year Award. Additionally, Chef Bayless has hosted his own PBS television series, *Mexico, One Plate at a Time*. It was truly an honor to have Rick Bayless at this special Slow Food Members-Only Event.

At the event, Chef Bayless addressed the guests and spoke about his commitment to locally produced ingredients, about his love of the pleasures of the table and his life-long enthusiasm for the "food of a place". He described growing up in a family that ran an Oklahoma City barbecue restaurant and how, from his earliest experiences of shopping for ingredients with his father, he saw the value of locally produced, high quality ingredients. Chef Bayless truly inspired the group with his stories about how recipes are full of history, emotion and a sense of family.



Award Winning Chef, Oklahoma Native
www.fronterakitchens.com

At the event, Slow Food Oklahoma City presented Chef Kurt Fleischfresser with its first "Chef of Distinction" award—honoring his decades' long commitment to Slow Food principles.

Chef Kurt and his staff prepared an extraordinary meal. Corey Bauer of The Cellar paired wonderful artisanal wines with the meal. Many thanks to all of our friends and supporters who worked hard to make the event a success. Many thanks to local producers who were highlighted at the event including NoName Ranch Beef, Honey Hill Farm Eggs and Guilford Gardens Produce.

Menu

Mexican Palette Teasers

Marinated Atun en Agua Chile
Sunflower Sprout Salad with Jicama and Serrano Salsa

Sopa de Calabaza with Confit of Smoked Ham Hocks and Chile Morita

Carne de Res en Coloradito Oaxaqueno with Anasazi Beans and Camote Fritos

Flan de Naranja

Farm to Table Cooking Classes

Kamala Gamble, local chef, cooking instructor and Slow Food OKC co-founder recently began offering a unique series of hands-on cooking classes based on Slow Food principles, called Farm to Table Cooking Classes to be offered the first Saturday of each month.

In each class, a locally produced food is featured. Students learn how to prepare these foods, learn about the local producers who offer these products and are given a rare opportunity to meet the local producers and ask them detailed questions

about their businesses and offerings.

The first Farm to Table Cooking Class (11/5) highlighting Heritage Turkeys and Organic Chicken featured the preparation (and consumption) of heritage turkeys from Walters Hatchery as well as organic, free-range chicken from Horn Organic Farms. The Daily Oklahoman Food Writer, Sherrel Jones, was in attendance and we hope to see a profile in the paper soon. The Horn family was on hand to discuss their farm—see profile on p.2.

Look for additional Farm to Table Cooking Classes including free range beef (January), buffalo (February), Venison (March). You can eat well, learn something and share in the principles of Slow Food OKC. For more information contact Kamala at 840-0725 or visit www.kamskookery.com.

Producer Profiles—Horn Family Organic Farm

At the first Farm to Table Cooking Class, Charles and Peggy Horn were on hand to talk to the participants and give information about their organic poultry operation based in Cordell, Oklahoma.

The Horn family has been farming its land in Oklahoma for over 100 years. Currently, they farm certified organic dried corn, certified organic chickens and organic eggs. The Horns sell through the Oklahoma food coop and are on-site every Saturday at the OSU-OKC Farmers' Market selling eggs and chicken.

Charles Horn described his decision to farm using organic methods. "We found that after having farmed the same land for as long as we had and used fertilizers for years, when we were looking for worms with which to fish, we no longer had any". The lack of worms in the soil was a wake-up call for the Horns, realizing that they needed to do something different on their land in order to ensure that the

soil would be productive for years to come. The Horns discussed their approach to processing chickens—

humanely and extremely quickly—to ensure freshness.

The Horns are currently launching a new venture to sell organic goat "cabrita". This venture should be available soon.



Horn Family Organic Farms
hornfarms@italnet.com
(405) 832-2974

For more information
www.oklahomafood.org

What is Sustainable Cuisine?

In 1996, the Chefs Collaborative hosted a dinner with the UN environmental organization Earth Pledge to focus on food that "meets the needs of the present without compromising the ability of future generations to meet their own needs." This event marked a start in the concept of Sustainable Cuisine—an idea that has been around for many years.

Small family farms have been disappearing, replaced by huge agribusiness. As processed convenience foods took

the place of home cooking and fresh, local ingredients, lifestyle-related diseases such as adult-onset diabetes rose to epidemic proportions.

Diners and consumers have begun to fight back. "People want to reconnect with the source other their meal" says Dan Barber, the New York based chef of renowned Blue Hill at Stone Barns and supporter of local farms.

"In our culture, we associate doing good with sacrifice. But here's an op-

portunity to combine morality with pleasure. You can cast a vote with every piece of food you buy, choosing what kind of world you want to live in."

How to Support Sustainable Cuisine:

- Buy locally when you can.
- Ask about the handling of products—look for organic products, free range products—focus on environmentally-friendly methods of production

The Edible Schoolyard Project—an Education Model

Founded in 1994 as a collaboration between Alice Waters, the chef and founder of Chez Panisse, and the Martin Luther King Middle School in Berkeley, California, the Edible Schoolyard, is a unique educational experience for middle school children.

The mission of the Edible Schoolyard is to create and sustain an organic garden that is wholly integrated into the school's curriculum and lunch program. Students are involved in all as-

pects of farming the garden—along with preparing, serving and eating the food. "Kids who learn environmental and nutritional lessons through school gardening and school cooking and eating learn ethics," says Alice Waters

Prince Charles, long time supporter of

We may be witnessing the first generation in history that has not been required to participate in the primal rite of socialization, the family meal—Francine Gray

Slow Food, visited the school farm while in the US last month and ate lunch prepared by students with fresh ingredients from the garden. For more information visit www.edibleschoolyard.org.

One of the longer term education goals for Slow Food OKC is to find ways to offer education to students in the area possibly even modeling a program on the Edible Schoolyard. If you are interested in helping to work on this project for OKC, contact Cristina at 440-6555 or cmquistion@teleflora.com

December 2005
Newsletter

**We wish you Happy
Holidays and a Wonderful
New Year
From all of us at Slow
Food OKC**

**A warm welcome to all our
new Slow Food Members!**



www.slowfoodokc.com



**Farm to Table Cooking Class—November 5
Heritage Turkey and Chicken featuring
Horn Family Farm and Walters Hatchery**

Slow Food Upcoming Activities: Convivium Dinner February 26th (tentative) Mardi Gras Benefit to Support Producers in the Louisiana area); Agritours to OK producers (April & Octo-

Slow Food International –Slow Fish Conference

November 11-13th in Genoa, Italy, Slow Food International sponsored a conference called Slow Fish. The conference highlighted key topics of sustainability in international fishing.

According to the Food and Agriculture Organization of the UN (FAO), 47% of all fish families in the world are used to the fullest supportable extent, 18% are overused and 10% have collapsed. Altogether 75% of all of the planet's fish stocks will be lost if we do not drastically change our fishing methods. Nonetheless, we keep investing in more powerful technology—technology that nets all kinds of fish, many of which are

discarded. In various areas of the world, however, there are boats working year-round to capture selected varieties of fish only in the appropriate seasons by using nets and selective systems. A sustainable approach to fish farming is also possible, one that is attentive to both the well being of the environment and the health of consumers.

In attendance at the conference were members of 52 communities including: Norwegian cod and herring fishermen, Irish wild salmon smokers and Chilean seaweed gatherers. For more information about the Slow Fish initiative visit the website at www.slowfish.it.

Some basic issues contributing to overfishing include the use of large trawl nets for ocean fishing that flatten the ocean's floor and trap all types of fish and sealife as well as fish farming practices such as salmon farming that produce waste products that pollute surrounding oceans.

For detailed information about sustainable seafood choices visit www2.blueocean.org/Seafood/



To Join Slow Food USA contact Kerry Norman at kernorm@aol.com