



Les Dames d'Escoffier
INTERNATIONAL



Birmingham

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Founded in 2013

ldeibirmingham.org

Winter 2017

President's Note

Greetings Birmingham Dames! The last couple of weeks have been a sweet reflection of our grand picnic, Champagne and Fried Chicken, held on Sunday, October 15, at Jones Valley Teaching Farm. We raised over \$26,000 for scholarships and grants that will mobilize our agendas for the future.

The food was beautiful and delicious: buttermilk fried chicken by Randall Baldwin of Dyron's Lowcountry, homemade dill pickles by Tripp Mauldin of Satterfield's, deviled eggs by Kristen Farmer Hall of Feast and Forest, fall vegetable succotash by Adam Evans formerly of The Optimist in Atlanta, local honey from Justin Hill of Eastaboga Bee Company, roasted potato salad by Andrea Griffith of Pursell Farms, buttermilk biscuits by Becky Satterfield, dark chocolate brownies and pumpkin snickerdoodles by Brittany Garrigus of Satterfield's. International Wines and The Sorting Table donated most of the champagne which was enjoyed by everyone. Buffalo Rock and Royal Cup donated our soft drinks, bottled water, and coffee that quenched our thirsts during the

Over \$26,000 raised at Champagne & Fried Chicken!



The October 15, event was held at Jones Valley Teaching Farm, providing the perfect backdrop for our Champagne and Fried Chicken fundraiser picnic. The food was prepared by a variety of Birmingham's best culinary talent. Read the full story on page 2. Images by Becky Stayner.



continued on page 18, see Letter

Champagne & Fried Chicken a delicious success!

By Christiana Roussel

You just HAD to be there! No doubt, you’ve heard that said after a really great party and our Champagne and Fried Chicken picnic was certainly one such event. On Sunday, October 15, more than 100 dames and guests gathered at Jones Valley Teaching Farm in downtown Birmingham for a truly one-of-a-kind event.

The weather was perfect for sitting outside in the space that Dames Mary Clayton Carl Jones and Kathy G. Mezrano along with a team of dames had decorated with so much charm. Early James and the Latest, an Americana band, provided the background music to a lot of champagnes flutes clinking. Eileen Hallmark from The Sorting Table filled these glasses with special grower champagnes that paired beautifully with the afternoon’s menu.

In addition to some of the best fried chicken around (thank you Randall Baldwin of Dyron’s Low-country in Crestline!), guests dined upon Becky Satterfield’s biscuits and Adam Evans’ fall vegetable succotash. Tripp Mauldin’s (Satterfield’s) bread-and-butter pickles, Kristen Farmer Hall’s (Feast & Forest) deviled eggs, Andrea Griffith’s (Pursell Farms) Potato Salad, and Justin Hill’s Eastaboga Bee Co. Honey rounded out the picnic spread. Satterfield’s Brittany Garrigus made Pumpkin Snickerdoodles and Dark Chocolate Brownies that paired perfectly with bubbles too.

Over \$26,000 was raised at the event but none of it would have been possible without the tireless efforts of Idie Hastings and our members. Cleverly named after wine bottle sizes, donation levels were listed as:



Early James and the Latest provided the musical entertainment at the Champagne & Fried Chicken picnic fundraiser. Image by Becky Stayner.

- Jeroboam: Medical Properties Trust
- Magnum: Altec Industries, Inc. and Aegis Foundry
- Bottle: EBSCO, WBHM, Protective Life, Ashley Mac’s, Satterfield’s, Hoffman Media, Dreamland Bar-B-Que, Hot & Hot, and OvenBird
- Demi: Performance Food Service, Royal Cup, Servis1st, The Bright Star, BirminghamRestaurants.com, Stone Hollow Farmstead, Birmingham Knife Sharpening, Kathy G & Co., Katherine Cobbs LLC, Mary Grace Viado & Ronald Howard, Leslie’s Party Diaries, Cathy Sloss Jones, Outside the Box Food Service Training, Pat Terry
- Split: Fresh Fields Cooking

In kind sponsors included Jones Valley Teaching Farm, Evans Meats, Ice by Design, Pepsi/ Buffalo Rock, The Sorting Table, Event Rentals Unlimited, Chelsea Antique Mall.

Baptist Health Foundation provided a fantastic gift basket that our social media team was able to use to generate Instagram followers and sell picnic tickets. Culinary students, including recent scholarship recipient Daphne Jones, provided valuable hands-on assistance in prepping, serving, and bussing at the event.

In addition to raising funds to provide scholarships and grants to other women in food and hospitality, the picnic allowed guests to catch a glimpse of what we Dames do. Leigh Sloss-Corra produced a short film featuring three of our founding Dames which highlighted what it means to be a Dame and our impact on the community. This video can be used again in other venues to promote our mission and show the culture of our organization.

A huge thank you to everyone who made this event a smashing success!



Above left: Eileen Hallmark and Rosalyn Bloomston serve Champagne and wine to guests (at left): Stan Bosich, Maridith Geuder, Martha Johnston. Above: Randall Baldwin and Adam Evans perfect their dishes prior to the event. Below left: Dames Susan Green, Mary Esther Carpenter, and Sherron Goldstein. Below right: Scholarship winner (left) Daphne Jones and (right) Samford nutrition student Aleigh Walker assisted at the event.



All images by Becky Stayner.



LDEI Birmingham's story debuts on video

By Leigh Sloss-Corra

To bring awareness of the LDEI Birmingham chapter, its history, mission, and purpose to a wider audience, three of its founders, Becky Satterfield, Angela Schmidt, and Pardis Stitt, gathered at Stitt's iconic Birmingham restaurant, Bottega, one rainy Sunday in September to share their stories in an on-camera interview.

The resulting 4-minute video, directed and produced by Dame Leigh Sloss-Corra with videographer Caleb Zorn was screened at the Champagne and Fried Chicken fundraiser. Since the video was screened and posted, the responses have been unanimously positive. If you missed it, you can view it on the



Dame Leigh Sloss-Corra in conversation with Dame Pardis Stitt, filming for LDEI Birmingham's first video. Image by Caleb Zorn.

LDEI Birmingham website, ldeibirmingham.org.

At the recent LDEI Annual Conference in Newport Beach, California, Dames from other chapters expressed admiration and asked

how they could make a video. The video will be used to help recruit new members, secure sponsorships and partnerships, and motivate the public to be more supportive of the organization and women in food.

Dames "take over" the Market at Pepper Place

By Martha Johnston

Birmingham Dames did a fabulous job of increasing our visibility within the community every Saturday in September at Pepper Place Market as they demonstrate recipes using fresh produce from the Market and offered samples to those attending. Dames Cathy Sloss Jones and Leigh Sloss-Corra extended the invitation to LDEI and promoted the appearances in the Market newsletter.

Those presenting were able to talk about LDEI as a supportive network of women leaders in the food, beverage, and hospitality industry. Audiences learned that our mission includes education, philanthropy, advocacy, and mentoring. Information on our fundraiser was included in the presentations.



Birmingham Dames took over the demo area at the Market at Pepper Place during September.

Tiffany Denson organized the events and the following Dames participated:

- September 2: Susan Green and Sherron Goldstein
- September 9: Kathy Mezrano and Jan Gautro

- September 16: Sherron Goldstein and Christiana Roussel
- September 23: Becky Satterfield and scholarship winner, Daphne Jones
- September 30: Brooke Bell and Mary Esther Carpenter

Meet Our New Members!

Our chapter gained 11 new members in August 2017. Here, get to know the first five of them a little better. The other six will be featured in the Spring 2018 newsletter. Interviews by Rachel West.

Leslie Register

Place of birth: Mayfield, KY
College/professional school(s) attended, major, degree earned: BFA, the University of Alabama
Current position: Mother of Lily and Sallie, wife to Jon, freelance photo stylist, author of *Leslie's Party Diaries*, and soon to be blogger at dearpartydiary.com

How did you get your start?
My first job out of college was with Parisian, formerly Belk, in visual merchandising. I would dress the mannequins and set up department displays all over the store. My first photo styling job was freelancing for Oxmoor House Publishing, for *Christmas with Southern Living*. After that I interviewed for a position at *Southern Living* as a photo stylist. After a couple of years doing that,



I was made senior photo stylist at *Southern Living*. I was on staff in the foods and photography department

for nine years. Since then I have freelanced with all of the Time Inc publications, Oxmoor House, and *Birmingham Home and Garden*.

What do you enjoy about your current position?

Cooking is my cigarette and the kitchen is my office. I've never smoked a cigarette in my life, but I am very relaxed and at home in the kitchen. Cooking combined with a pretty photograph—well it's art to me. Combing colors, textures, with beautiful food elements in a pleasing way is exciting and fulfilling.

What does success look like to you? Success to me is when a goal or project exceeds your expectations. You know you did something right. My father taught me to live by this quote, "The harder you work, the luckier you get". He is right.

If you could plan your last meal, what would it be? 1st course: a homemade pizza like the kind you get in Italy and at Bottega Cafe. 2nd course: the Pasta Trifecta-Fetticini Alfredo, Pasta with Pesto, Pasta with Bolognese served with a side of Fon Fon fries and a baguette from the Continental Bakery. 3rd course: probably a warm cobbler with ice cream or a yummy cheese plate and another glass of wine. I'm not a huge dessert fan. Thank goodness!

Erin Isbell

Place of birth: Birmingham, AL
College/professional school(s) attended, major, degree earned: University of Alabama, BA in Classics and English; Bryn Mawr College, MA in Classical Philology
Current position: Co-Owner of both locations of The Red Cat
How did you get your start?

After moving back to Alabama from Pennsylvania, I was looking for great coffee. The quest to find it led to our roasting business opening in 2006. In the early years we were doing a wholesale business in Tuscaloosa and Birmingham and The Red Cat grew into two



successful retail locations over the years.
What do you enjoy about your current position?
Owning my

own business and the autonomy involved in that role is an exciting thing. Having worked in various fields before opening a coffeehouse, there's something priceless about creating my own business from the ground up through ideas and hard work and watching it grow and become a success. I feel like Red Cat offers the Birmingham community a gathering place like no other in

the area, and I find so much satisfaction in connecting to the customer and the community.

What does success look like to you? Creating a place that is welcoming to all people and all tastes. Our motto at Red Cat is coffee for everyone. Success for me is seeing that concept come to life each day when we open the doors.

If you could plan your last meal, what would it be? Rainbow trout pulled straight from the water and cooked over a campfire.

If you had one week free of all obligations and \$5,000, where would you go and what would you do? I'd jump on a plane to Rome and walk the city, eat fabulous food, and absorb the history.

Anne Cain

Place of birth: I was born in Dayton, OH, but my parents moved to Huntsville, AL when I was 3 weeks old.
College/professional school(s) attended, major, degree earned: Auburn University, BS Nutrition and Dietetics; UAB, MS Clinical Nutrition; UAB, MPH, Public Health
Current position: Books editor for *Food & Wine*
How did you get your start? After working as a dietitian at a hospital and then in public health, I was hired as a cookbook editor at Oxmoor House to work on health-related book titles. With a position that combined my love of food, writing, and organization, I knew that I had found my “perfect job” in the world of publishing.
What do you enjoy about your current position?



I am excited about my new position as the books editor at *Food & Wine* and about being a part of the magazine’s editorial transition to Birmingham. It’s wonderful to know that cookbooks are still popular and selling well, and I’m enjoying taking a deeper dive into the amazing content of the magazine.
What does success look like to you? Working with a creative and hard-working group of colleagues to produce quality cookbooks and magazines that inspire and inform the audience.
In my free time I enjoy reading—real books, audio books, Kindle books! I walk and go to Zumba and make handmade cards. In the fall I am in Jordan-Hare stadium watching my Auburn Tigers play football.

If you could plan your last meal, what would it be?
If I could plan my last meal it would include a glass of Champagne, pimiento cheese and flatbread, Hot and Hot Fish Club Tomato Salad (if my last meal is in the summer!), pinot noir, grilled salmon with roasted potatoes, and a big slice of my grandmother’s caramel cake with a cup of coffee.
If you had one week free of all obligations and \$5,000, where would you go and what would you do?
I would go to Asheville, NC with my husband and stay at the Grove Park Inn. I would spend one whole day at the spa, another day hiking in the mountains, and a few more days doing nothing but reading and eating in our favorite restaurants and exploring some new ones.
Bonus! I am married to Hal Cain and have a step-daughter and a son-in-law.

Rosemary Dallam

Place of birth: I was born and raised in New Jersey. My father immigrated as a young child from Scotland in 1924 with his siblings and my grandparents and settled in NJ. My grandfather worked for a steel company that built ships. Our Scottish clans are McGregor and Thompson. My mother was second generation Irish and Dutch. My hometown is a 22-minute train ride to Penn Station. NYC was my “kinda town”.
College/professional school(s) attended, major, degree earned: I earned a BS degree from Montclair State University in NJ then moved to Birmingham to complete the clinical and academic credit hours



to become a registered dietitian and the Master of Science in Clinical Nutrition and Dietetics at UAB. I was a dance minor in undergraduate school and since I was so close to NYC, I took a master class from Martha Graham, Alvin Alley, and Paul Cunningham.
Current position: I’ve had 10 different professional jobs during my 40 years of full-time work. This included clinical dietetics, public health nutrition, and education at both the high school and col-

lege level. I am a certified ProStart teacher but since retirement now am an adjunct instructor for UA and JSU.
What does success look like to you? Professional success occurs when mentored students find their way on the path to reach their goals. Academic and professional advising/mentoring can be so rewarding and supportive of future practitioners.
If you had one week free of all obligations and \$5,000, where would you go and what would you do?
Oh where would I go with \$5000? Straight to Tuscany then to Edinburgh: split the week between both of my favorite places. Food & wine in Italy; salmon, scones, and tea in Scotland.

Phyllis DePiano

Place of birth: Guntersville, AL
College/professional school(s) attended, major, degree earned: Graduated from UAB in 1975 with a BS in accounting
Current position: CEO/Chairman of the Board at Hoffman Media
How did you get your start? When I retired from public accounting after several years, I had my twin sons and chose to stay at home. One of the greatest movements in our country was the infatuation with needlework, particularly counted cross stitch. I loved it and tried to find a magazine about this. There were none. So I thought that maybe this would be a great thing—to launch a magazine. I knew women spent a fortune on their hobbies and counted cross stitch was no exception.
That was in 1983 and since then we have launched 12 magazines, bought two companies, and are continuing to grow our business. There are many events that occurred during the 32 years, includ-



ing the launch into the food industry with *Cooking with Paula Deen*. Today we have several magazines in the entertaining and food space.
What do you enjoy about your current position? It is interesting to see how much importance is placed on food these days. People are not just eating, they are dining. The same holds true for cooking. People want to cook wonderful dishes and serving them in style. The love of great food is exploding and I think it is grand.
As the chairman, I get to see every magazine staff working to develop editorial material that people love to read and collect. The magazine industry is going through a change with all the emphasis on digital. We have two audiences that read our magazines: print and online. Our print audience is larger. There is a great experience of reading and turning pages!

If you could plan your last meal, what would it be? My last meal would start with an heirloom tomato salad with friend okra. Followed by a steak grilled to perfection, filo-wrapped asparagus, roasted veggies and of course, yeast rolls with French butter. For dessert, I would want a scrumptious apricot pastry.
If you had one week free of all obligations and \$5,000, where would you go and what would you do? I would like to travel to Austria. I have always wanted to see where the Sound of Music was filmed and enjoy the countryside with a splendid view of the Alps. There was something magical in my childhood about that movie. I know the cuisine would be delightful and the quaintness very appealing.
Bonus! I am married to Neal DePiano. I have twin sons Eric and Brian Hoffman. My two grandchildren are the light of my life and I adore every waking moment with them. I love to sew and do needlework.

The results are in from the programs survey report

By Christiana Roussel

Thank you to everyone who completed the recent Survey Monkey survey on LDEI Birmingham programs. We had a 91% completion rate which is amazing! Here are some of the notable results:
• 44% of respondents said they’ve attended more than 10 LDEI BHM-sponsored events.
• A “social” event was the most likely one members have attended at almost 77%.
• Nine members reported attending events in other LDEI chapters.

- A majority (55%) of dames said they’d like to see about 10 to 14 events offered per calendar year.
- Respondents said they’d be interested in a variety of programs (social, educational, salon-style, book club) but only one member mentioned wanting an overnight program. Perhaps this is something we can think about in the future!
- Price was not an obstacle to attending LDEI BHM events for most members and many were flexible on meeting days and times.
- Six people mentioned being interested in participating in the

program planning/execution for the next year so please contact me (Christiana.Roussel@gmail.com) so we can discuss!
At press time, our January event is the rescheduled October Book Club where we will be discussing *Cinnamon and Gunpowder* by Eli Brown. Dame Gia McCollister has graciously offered her home for this meeting on Monday, January 8, at 6 p.m. when members will bring a dish or drink, inspired by the book, to share. Please mark your calendars now to attend. And pick up the book at your local book seller or library!

Behind the scenes: Mary Clayton Carl Jones

By Christiana Roussel

As one half of the creative duo Mason + Dixon, it is Mary Clayton Carl Jones’ job to ensure that every photo is swoon-worthy. But before the client ever exclaims, “That’s perfect!” Jones must do research to determine their needs and the direction of the brand, select the right staging surface, pick out appropriate serving pieces, and position the product just so. All while staying under budget, creating a current and timeless look while also making the product look amazing.

This image makes you think Jones might have had a past life as one of those plate-spinners in a traveling circus, no? Actually, it was a peripatetic life of working for Hearst magazines in France, free-lance projects in Washington, D.C., Savannah, and New Orleans that eventually led Mary Clayton back to Birmingham to set up shop with her husband, Paul Jones.

How did you get started as a prop stylist?
I was in New College at Alabama where I designed my own major of photography, journalism, and culture. I was going to save the world with my photography... until I learned about flesh-eating diseases and changed my focus. I was lucky enough to get my dream job right out of college, working for Southern Accents but I hated the corporate part of it, the office part of the job. I thought I was going to be traveling, going on shoots. And then one day, I saw the prop closet which was like Mecca to me. Prop stylist Lydia Pursell was running around, picking things out for a



Replicating a campsite—complete with leaves and branches—indoors at Time Inc. Food Studios for a camping cookbook.

shoot, and I asked what she did. And that was when I learned what a prop stylist was.

What is the worst piece of advice you hear being given out to people in your field?
I’d rather tell you the best piece advice I ever received which was from Francie MacDougall when I was an intern at *Southern Accents*: “It is just as important for you to know what you do NOT want to do, as it is to know what you DO want to do.” That has really resonated with me throughout this circuitous route to where I am now.

The other piece advice I have for women running a business anywhere, but especially in the

South, is talk money first. Don’t ever think, “Oh this will all work out.” Be straightforward then everyone is comfortable on a project.

Watching you work, so much of what you do looks like play to an outsider. Was there an evolution to where you are now? It seems like you wear a lot of hats throughout the day.
There is definitely a learning curve and you shouldn’t be so quick to think you know how to do this. For example, there are different scales that various magazines use: *Cooking Light* uses salad plates whereas *Southern Living* might want larger pieces for a tablescape.

We have the studio and if we have a shoot, I am styling it but it also means I am being hostess and PR person and then managing the business side of things. It is a balancing act.

What is the most gratifying part of your job?
Styling is my favorite part of any job but the most gratifying part is working with smaller brands and seeing them succeed with our contributions.

What is the most challenging part of your job?
Staying on top of things! We could really use an intern right now. (Know anyone?)
Oh, and then working with your husband! There need to be seminars devoted to this topic! Fellow Dame Tiffany Denson told me that she feels like being in business with your husband is like being married in dog years. But Paul and I gravitate to (socializing with) other couples who also are in business together. But come 6:00 pm, we try to put all shop talk aside.



Lunch at Bettola



(Left to right): Dames Anne Cain, Leslie Register, Susan Swagler, Kerry Kelley, Kathy Mezrano, Martha Johnston, Rosemary Dallam, and Becky Satterfield met for lunch at Bettola on September 12. It was a great networking opportunity that offered insight into Birmingham LDEI activities as well as the professional lives of the women attending.

Outreach: Dames offer their expertise

By Martha Johnston
Kickin’ Chicken Wing Fest:
Birmingham Dames lent their time and expertise to the Junior Board of the Literacy Council of Central Alabama on Saturday, August 19, to judge the Kickin’ Chicken Wing cook-off at Ghost Train Brewing Co. Les Dames d’Escoffier was also list as an event sponsor. The Literacy Council serves approximately 92,000 functionally illiterate people in our area.

Mo’ Greens Please
When Becky Satterfield received an invitation from Urban Ministries to participate in Maw Maw’s Collard Green Cook-Off and Wellness Expo, she immediately started raising the entrée fee from her friends and agreed to be part of this educational event representing LDEI Birmingham. Angela Schmidt assisted Becky at the West End Gardens location.

Nutrition education and mentoring in Indonesia



By Patricia H. Terry, PhD, RD, LD, FAND

As a registered dietitian and university professor with 12 years of previous experience teaching moms and families about nutrition in Venezuela, I was asked by the Rumah Sakit Immanuel Way Halim Hospital in Bandar Lampung, Sumatra, Indonesia to evaluate their dietetic department and clinic. It is a 165-bed hospital and clinic and one of the few hospitals serving an area of over a million people.

I worked with the Indonesian registered dietitians on some of the recommendations that were made in their recent hospital accreditation visit, including ventilation in the hospital kitchen, follow-up for patient information from the wards to the dietary department and back, as well as communication between the new doctor of nutrition working in the hospital clinic and the registered dietitians in the dietary department.



Because of common nutrition-related health problems in Indonesia, the hospital dietitians requested information about current nutrition research and clinical practice related to obesity, diabetes, and kidney disease, as well as inflammation in the body that can result from a diet high in simple carbohydrates. Undiagnosed hospital malnutrition was another area that was addressed regarding follow-up between the dietetic technicians on the wards and the dietitians in the dietary department.

The other major problem addressed was the fact that there is no air conditioning in the main hospital kitchen and the current old ventilation fans are not adequate. The temperatures at many times of the day are extreme and this is a major food safety concern. Measures were taken to make a plan for air conditioners and update the kitchen hoods.

The best part of this trip was seeing what rural health workers were doing with practically nothing. With the help of the health department, this village organized and mens a well-baby clinic every month in the home of a local nurse. Dietitians from the Indonesian health department participate each month as babies are followed with height and weight measurements on home-made instruments, vaccinations, and overall pediatric care. Since continuing education for Indonesian dietitians is difficult because of the distance between islands, I hope to help them as much as possible in the future.

Civil Rights District Bike Tour



Above: Dames Gia McCollister, Susan Swagler, and Betsy McAtee (and others) toured the Civil Rights District using Zyp bikes.

By Susan Swagler

A handful of Dames met on Sunday, September 24, at the Birmingham Civil Rights Institute where they rented Zyp bikes (evryone got the really cool electric-assist or pedelec bikes) and headed out on a tour of the city's civil rights district.

Dame Susan Swagler led the group from Kelly Ingram Park, where the children's marches began, across the street to the Sixteenth Street Baptist Church where four little girls were killed by a bomb during the 1963 civil rights protests. Then they stopped by St. Paul United Methodist Church, where civil rights leaders planned their strategy, and Poole Funeral Home, which often transported civil rights leaders to various destinations and injured people to hospitals.



After that, the group rode up to Boutwell Auditorium (where Nat King Cole was attacked while playing for an audience of white teenagers in segregated Birmingham) before heading to the 4th Avenue Business District where they talked about the Masonic Temple, the Alabama Jazz Hall of Fame and the Carver Theatre for the Performing Arts.

The group ended the outing with great conversation and cold beers at Paramount Bar.

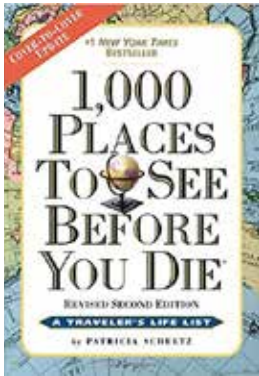
Dames Favorite Things: Gifts for the Holidays

By Christiana Roussel

Tis the season, y'all! Those of us in the food and hospitality industries have, ahem, certain feelings about this time of year, which may range from stress and anxiety to panic and angst. With any luck, all those deadlines will be met and everyone will go home happy, fed, and maybe even with a little gift tucked in their bags.

Here are a few your fellow Dames are hoping to give—and receive—this holiday season:

• **Betsy McAtee:** “A copy of the book *1,000 Places to See Before You Die* by Patricia Schultz along with some good luggage tags.”



• **Becky Stayner:** “My favorite thing to get this year will be both my kids home for Christmas. They’ve both moved out west so getting to be with them will be the best present of all. However, the thing I am hoping for, and something I think is a great gift, is the Nespresso milk frother. Coffee is my life blood in the morning and having hot foamy milk would be perfect!”

- **Maureen Holt:** “HERO Donuts. Who doesn’t love donuts?”
- **Carey Thomasson:** “Quilted pillows with the Alabama flag on them by Brooke Fleming of City Arts BHAM. I just found her at the farmers’ market and need to order some for friends!”
- **Ashley McMakin:** “I love giving anything local—especially Susan Gordon pottery (\$20 ring dishes to fancy appetizer platters.) I also love to give anything from Pepper Place Market like honey or BHM shirts and signs. Last year I gave out Copper Pot Kitchen olive oils from Dame Ashley Tarver.”
- **Deborah Stone:** Two current favorites are the Floral Preserves Gift Box featuring four varieties and the Meet the Marys Gift Box which makes proffering the perfect Bloody Mary a cinch.
- **Susan Swagler:** “Funny cocktail napkins! Use them and they’re gone—not another thing to have around. I also love homemade pickles and condiments.”
- **Sonthe Burge:** “This is nerdy but for years I gave friends and family a subscription to the Tufts University Health & Nutrition Newsletter. It is

one of the best in my opinion. I also love giving fresh greenery from Leaf n Petal, Williams-Sonoma kitchen towels, or Tena Payne’s noodle bowls.”

• **Katherine Cobbs:** “Baby Foot! After you use this exfoliant foot peel, you can’t wear sandals for weeks (until all the dead skin sloughs off) but it is worth it!”

• **Erin Isbell:** “For the coffee lover, the Bialetti Moka Pot for stovetop espresso. Timeless design and a great cup of coffee.”



• **Christiana Roussel:** “By special request, my sister-in-law will be getting some DIVA laundry detergent from The Tyler Candle Company. She stayed with us recently and fell in love with the way our guest room sheets and towels smelled. I also love their drawer liners and candles in the same DIVA scent.”

Events Calendar

Tuesday, Nov. 14	11 a.m.	Lunch at Ted’s Restaurant 328 12th Street South
Monday, Jan. 8	6 p.m.	Book Club: <i>Cinnamon and Gunpowder</i> by Eli Brown Meet at Gia McCollister’s home

Southern Maker Dinner showcases Bham talent

By Leigh Sloss-Corra

The 5th Anniversary of Southern Makers Festival was held at Pepper Place in downtown Birmingham this past August. Southern Makers is an annual weekend-long festival and cultural celebration of the very finest food, drink, music, art, and products made in the South led by Southern Accents Architectural Antiques owner and Cullman, AL native Garlan Gudger.

The Friday night dinner was conceived, organized, and styled by Dame Mary Clayton Carl Jones, working in conjunction with Garlan Gudger, his wife Heather, and a team of supremely talented collaborators and volunteers. Dame Deborah Stone provided the stunning dahlias, flowers, and herbs that transformed the giant air-conditioned tent in the

middle of 29th Street near 2nd Ave South into an elegant seated affair. Choice sponsors including Garden & Gun, Cathead Distilling, Mason + Dixon and Natalie’s Juices, among others, helped things run a little more smoothly.

Five award-winning chefs: Adam Evans (The Optimist, Atlanta), James Lewis (Bettola, Birmingham), Alex Harrell (Angeline, New Orleans), David Carrier (Certified Burger, Sea Island, GA), and Josh Quick (Odette, Florence, AL) joined James Beard Award winner Chris Hastings (Hot & Hot Fish Club & OvenBird, Birmingham) to create lip-smacking cocktails and a to-die-for menu.

Dames Maureen Holt, Kerry Kelley, Angela Schmidt, and Ashley Tarver lent their expertise to the food prep and serving along with dozens of others. Top makers from

around the southeast like Jimmy and Becky Sharp of John Emerald Distilling in Opelika swapped stories with Natalie Chanin of Alabama Chanin, Dame Becky Stayner of Biscuit Leather and media celebrity Mike Wolfe of American Pickers. Other Dames who joined in the festivities and fun included Tiffany Denson, Idie Hastings, and Leigh Sloss-Corra.

Despite the sweltering August heat outside the tent, the party inside was 100% cool. And the food, from grilled oysters to succulent Gulf shrimp with Carolina Gold rice was beautifully presented and perfectly seasoned—as good as anything literally anywhere, and this was a seated dinner for 120 people. Southern Makers is truly an event not to miss. Mark your calendars for next year’s celebration now!

Book Club: The Apprentice by Jacques Pepin

By Martha Johnston

The Dames who attended the August 14, book club meeting at Martha Johnston’s home arrived with their favorite French dish or beverage as well as a copy of *The Apprentice: My Life in the Kitchen* by Jacques Pepin.

The stories Pepin shared of working on a farm in war-torn France in exchange for food as a 6-year-old, assisting in his mother’s café, and working as a pre-teen apprentice in an old world kitchen were inspiring yet emotional. Pepin’s drive and determination coupled with his ability to reinvent himself on a professional level came through clearly.



Several in our book club attendees have had the opportunity to spend time with the chef and shared stories with insight into his charismatic

leadership. The stories added to the earlier observation of Julia Child that “Jacques Pepin is the best chef in America.”

Dames Recommend



Off the Pacific coast of Costa Rica near Manuel Antonio National Park.

Rachel West

Costa Rica: We traveled to Manuel Antonio on the Pacific coast, staying in a bungalow at Tulemar Resort and Villas. It was magical. The resort is near Manuel Antonio National Park, home to a wide array of wild life, from sloths and jungle raccoons, to tree crabs, frogs, and insects. Tulemar is also home to The Sloth Institute, an organization dedicated to protecting and rehabilitating these amazing creatures. Many sloths (both wild and rehabilitated/released) can be spotted on site, as well as macaws, three types of monkeys, and iguanas. Whale-watching tours are also available in nearby Quepos. Humpback whales were migrating and giving birth en route, so we spotted baby whales during our August visit. My 1-year-old and 3-year-old also had a blast and learned some Spanish, too.

Leigh Sloss-Corra

24 hours in Atlanta: Although Birmingham is exploding with new food options, it's still a thrill to taste the latest flavors of someplace else. So on a recent Saturday afternoon, my sweetie and I hopped in the car and rode over to Atlanta for a quick bite and overnight. After checking into our midtown hotel, we uber'd to Miller Union (millerunion.com), the latest James Beard Award winner for Best Chef Southeast.

We arrived on the early side and were able to snag two prime spots at the bar just in time. The fading sunset provided a gorgeous sparkle to the room, and the cocktail options were as refreshing and enjoyable as the other diners seated around us—a stylish family visiting from Missouri sat on one side and a TV producer couple was on the other. The menu offered a wide selection of starters and main

dishes. The arugula salad with squash blossoms was one of the best I've ever had. The thinly sliced duck breast with corn pudding and blueberries was tender and juicy. The grouper proudly topped a mound of summery succotash. Every bite was savored.

Some familiar faces from television and film passed through on their way to the dining room, but all the buzz was about the flavors and the place. A fellow foodie from Atlanta told me the next day, "Oh yes, that's really the best place in town. There are plenty of others that are fine and fun, but the food at Miller Union is unmatched and you can actually have a conversation with the people at your table—it's not so crowded and crazy."

After dinner, we took a long walk down to Westside Provisions to check out the fabulous shopping, and the crowds at JCT Kitchen—what a scene! A scoop of Jeni's Splendid Ice Cream might have tempted us, but the line was around the block, so we uber'd back to the hotel and enjoyed a last glass at the bar.

A quick walk through Piedmont Park the next morning was followed by a fresh Mexican brunch at Krog Street's Superica, a stroll on the Beltline, a quick tour of Ponce City Market, an Indian naan "wrap" at Botiwalla, and then a traffic-free drive that had us back in Birmingham before 6 p.m. A truly perfect weekend sneakaway!



Scenes from London's Portobello Road outdoor market.

Gia McCollister

London: The last decade has seen a monumental resurgence in the way Londoners enjoy food. Whether you go to the supermarket or enjoy a restaurant, eating in London is a great experience. As a multicultural city and one of the most influential in the world, it's not a surprise that London has many Michelin star restaurants (70 awarded as of October 2017), incredible bars, and endless street food markets that offer an amazing experience for a foodie traveler.

I lived in London during the 90s, and since then I have continued going back to visit my family. The food scene evolves constantly, and every year when I return I have to research new places and learn what is new in my classic ones. My best

advice is research with plenty of time before you travel, ask friends that have been in London before, and go with an open mind to explore all the different cuisines that London offers.

The classics that I recommend if you visit London are:

- Harrods. You never tire of the magnificent food hall at Harrods. The rooms transport you to another century and the quality of the products is the best. You also can eat in any of the restaurants inside the hall; the roast chicken is one of my favorites. Expect to pay, but it's worth it.
- Fortnum & Mason. Another classic not just for products but also to enjoy an afternoon tea or prepare a basket for a nice and elegant picnic.

- Claridge's. Considered an iconic hotel, the Claridge's afternoon tea is a total experience.
- Portobello Road Market on Saturday. Portobello has several markets in one so check the schedule for the week. On Saturday, hot foods are offered with plenty of choices from around the world, such as curry, paella, fish and chips, churros, and Latin.
- Hawksmoor Restaurants. They have different locations. I used to go to the one in Kingsbridge for the perfect "Sunday roast"—the best in town.
- Mark & Spencer. The supermarket side offers you perfect portions of packed food if you want to have a picnic in one of the great parks around the city.
- Rococo Chocolates. Since 1983 Chantal Coady has change the way fine chocolates are perceived and presented. She is also a Dame.



Dame Gia McCollister stopped into Rococo Chocolates during her recent trip to London.

Bham Dames share our story at Sidewalk Film Festival

By Leigh Sloss-Corra

To help honor Ella Brennan, the leader of New Orleans’ greatest food dynasty, and subject of the new documentary, “Ella Brennan: Commanding the Table,” the Birmingham LDEI chapter sponsored the film’s screening this past August at the 17th Annual Sidewalk Film Festival in downtown Birmingham.

As a special treat for festival goers attending the screening, Dames Becky Satterfield and Brittany Garrigus prepared 200 small bites of Satterfield’s famous Bananas Foster Cake, a nod to the Bananas Foster recipe that was created and popularized during Brennan’s reign at Commander’s Palace and Brennan’s in New Orleans. Dames Martha Johnston, Angela Schmidt, Leigh Sloss-Corra, and Rachel West passed out the treats and used the opportunity to tell people about LDEI and invite them to attend the Champagne and Fried Chicken picnic fundraiser.

Angela Schmidt introduced the film to the sold-out crowd, sharing the LDEI mission, and the need to recognize the power and importance of women food leaders, like Brennan. With the success of the screening, Sidewalk is now planning an expanded “food film block” for next year’s festival, and hoping to include LDEI Dames in 2018.



Dames Rachel West, Angela Schmidt, Leigh Sloss-Corra, and Martha Johnston shared treats and information with those attending the screening of “Ella Brennan: Commanding the Table” at Sidewalk Film Festival.



Annual business meeting update

By Leigh Sloss-Corra

The 2017 LDEI Birmingham Chapter Annual Meeting was held at the home of Birmingham Chapter President Becky Satterfield on Sunday afternoon, August 13, 2017.

Chapter officers and committee chairs reported on their various committee activities. Pardis Stitt and Susan Swagler discussed the remaining 2017 programs including regular book club meetings, visits to Revelator Coffee, Bettola and Ted’s Restaurant, and a bike ride to explore downtown and the Civil Rights Trail.

Angela Schmidt discussed fundraising, and how critical it is to support the mission of the chapter, which is, in part, providing scholar-

ships and grants to women seeking to advance in food, wine and hospitality. As plans for the big October fundraiser dinner event were coming together, she promised to keep everyone informed and involved. She urged each member to volunteer early and often.

Martha Johnston thanked the newsletter team for their combined efforts to produce our quarterly newsletter, which had and continues to receive high praise from the main LDEI office and other chapters. She encouraged everyone to take and submit higher-quality photos to this committee as well as with the social media team. There are never enough photos!

Linda Godfrey talked about the outreach work that the group has

been doing, and Tiffany Denson described the deeply moving experience of presenting a cash grant to Ama Shambulia at West End Café and the \$1,000 scholarship award to Daphne Jones, a culinary student at Jeff State Community College. She and others reiterated that this is the primary purpose of LDEI—to give, to lift up, and to support other women in the food industry.

Gia McCollister talked about the exciting qualities and qualifications of the new member nominees. The plan to take a group photo that day was rescheduled for the following week so more Dames could attend and everyone could celebrate afterward with champagne. New officers and new members were voted on, the results tabulated and reported.

New member nominating process getting streamlined

By Gia McCollister

The membership committee held a meeting to analyze the existing LDEI Birmingham new member nominee process as we look ahead to 2018. After discussing the strengths and weaknesses, the group has agreed to make changes to improve and simplify the process. A new 2018 nomination package will be developed and sent to current members.

The nominating process is going to start earlier than in previous years. In January, an orientation workshop will take place for current Dames who are nominating potential new members. The purpose of the workshop is to help all to understand the forms and stages required. In February, the committee will have an “LDEI: Who We Are” social meeting for nominees and Dames. Immediately after, the nomination process will open for a month.

Members will have a second chance to meet and greet the nominees in March when the chapter will host the “LDEI-BHM 2018 Nominees” social event. In April, each candidate will be interviewed.

An email with all the details and dates will be sent to all members before the end of November. It’s time to start thinking and looking in the community for talented women to join us in our mission. We have an incredible agenda for next year!

Let's Toast

Catherine Sloss Jones, president and CEO of Sloss Family Real Estate, was inducted into the Alabama Academy of Honor



2017 Class. Under her leadership, the company has focused on urban development. In 2000, Cathy created the Market at Pepper Place.

Anne Chappel Cain has started a new position with Time Inc. as books editor for *Food & Wine* and *Cooking Light*.

Andrea Snyder is opening Farm Bowl + Juice Company in late December. Located at 1920 29th Ave. South in Homewood, it will be a juice bar serving acai bowls, oatmeal bowls, cold-pressed juices and smoothies. For more information, go to www.farmbowlandjuiceco.com.



Betsy McAtee, CEO and president of Dreamland BBQ, has announced that the Dreamland Food Truck

now has an inspired new menu featuring barbecue items from around the globe. This menu utilizes all the legendary flavors of the traditional Dreamland BBQ but they are packaged in an exciting way for those who enjoy street food and food truck dining.

Angela Schmidt worked with Dreamland to develop the menu items including BBQ Poutine (shown at right), a Quebec traditional food dish that features home-style fries, Dreamland's legendary rib tips, brown sauce, and tempura batter cheese curds.



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event. Our music entertainment was provided by Early James and the Latest.

So many aspects of this event were encouraging...notably the volunteerism we had from our Dames and from our student volunteers. This is what it takes to make it happen in a smooth and successful way. Everybody worked happily, seamlessly together from morning until nightfall.

Our guests had so much fun there was no reason to hurry home after

a lovely time with LDEI Birmingham. One thing is for sure, a lot more people know about us and are beginning to understand we are a force of very talented, extraordinary women in Birmingham, moving and shaking things up in a positive way. The week following the event, my emails, texts, and Facebook were very active with curious friends wanting to be invited next year. This event was so gratifying, I know we can't wait for the next one! Have a great holiday season!

Best,
Becky

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