

The Buffalo News : Life

THURSDAY, AUGUST 23, 2007

COOKBOOK

Oldways takes on fast food

By Storer H. Rowley - CHICAGO TRIBUNE Updated: 08/22/07 9:59 AM

CHICAGO — Little in Sara Baer-Sinnott's past gave a clue she would end up co-authoring a scrumptious book on cooking, healthy eating and wisdom from the culture of cuisine.

She got a master's degree in regional planning at the University of Massachusetts, worked on a couple New England commissions and settled in as special projects editor at Inc. magazine in Boston. Her book, "The Oldways Table: Essays and Recipes from the Culinary Think Tank," was published in January by TenSpeed Press.

Now executive vice president of Oldways Preservation Trust, she organizes food conferences and events around the world and has surprised the family and herself with all she's learned about food, cooking and healthy dining.

The book tells the story of how Oldways was created to challenge "the rise of junk food, fad diets and genetically modified agriculture" by promoting traditional, healthier cuisine.

Gifford's Baked Oysters

12 oysters on the half shell

Rock salt

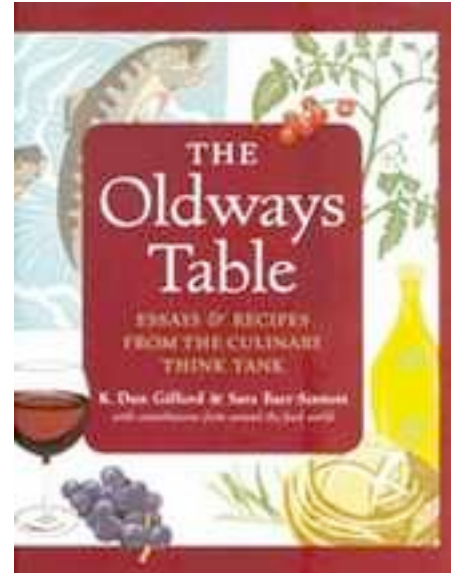
3 slices Canadian bacon

4 tablespoons butter, at room temperature

1/2 cup chopped shallots or onions

2 tablespoons freshly squeezed lemon juice

Preheat the oven to 450 degrees. Place the oysters on rock salt in a sheet pan.



Cook the bacon in a small skillet over high heat until the slices are cooked halfway through. Cool and cut each slice into four equal pieces. Set aside.

Mix the butter, shallots and lemon juice together. Spoon the butter mixture on top of each oyster and cover with a piece of bacon. Bake until the bacon turns brown, and the oysters are warm.

Pasta with Cheese and Garden Vegetables

1/2 pound of your favorite pasta

2 to 4 tablespoons extra virgin olive oil

1/2 cup cubed, chunked or shaved cheese (such as feta, Parmigiano-Reggiano, Grana Padano, Cheddar, Gorgonzola)

1/2 to 1 cup chopped tomatoes, bell peppers or zucchini (or a combination)

1/2 cup chopped leafy herbs or greens (basil, arugula, watercress, parsley or any other fresh, leafy herb)

Sea salt

Freshly ground black pepper

Bring a large pot of salted water to a boil. Add the pasta and cook until al dente. Drain and return to the pot.

Pour 2 tablespoons olive oil over the pasta. Mix in the cheese, 1/2 cup chopped vegetables and herbs or greens. Add additional olive oil and remaining 1/2 cup vegetables, if desired. Season with salt and pepper and serve immediately. Makes 4 servings.

Source: <http://www.buffalonews.com/185/story/146270.html>