

CATEGORY: CULINARY ARTS

Health professionals, including registered dietitians, have become increasingly interested in the culinary arts as food and nutrition are closely associated. Sessions within this category cover a variety of culinary-focused topics, including recipe development and cooking techniques.

Culinary Demonstrations

- **Beefy Benefits: How to Boost Flavor in Vegetable-Centric Dishes by Adding America's Favorite Protein – Beef!***
- The Flavor Bridge

Food and Drink Pairings

- B & B (Beef and Bourbon)
- Beef and Wine – Imagine the Possibilities
- Perfect Pairings: The Art and Science of Food and Wine Pairings
- Weird Science: Food and Wine Reactions

Recipe Development and Cooking Techniques

- Expanding Your Repertoire: Culinary Techniques Every Nutrition Professional Should Master
- It's the Taste, Silly! Adding Taste Using Fruits, Vegetables and Spices
- Recipe Writing 101
- The 5 S's of Wine-How To Taste Wine Like a Sommelier
- The Chef and the Sommelier
- The Science of Beef Eating Satisfaction

Speakers Available for this Category

- Bridget Swinney, MS, RD, LD
- Dave Zino
- Laurie Forster
- Liz Weiss, MS, RD
- Michael Schafer, Esq., Sommelier, CSW, CCTP
- Toby Amidor, MS, RD, CDN

SESSION DESCRIPTIONS

Culinary Demonstrations

Beefy Benefits: How to Boost Flavor in Vegetable-Centric Dishes by Adding America's Favorite Protein – Beef!*

Beef has long been America's favorite protein. Rightfully so. It delivers what you want and what you need: great flavor, powerful nutrition and versatility galore! This culinary demonstration will take you on a journey with beef where you will learn to pair lean beef with a vegetable-centric dish, and also learn the diverse benefits of cooking with beef. After this presentation, nutrition professionals should be able to:

- Describe the flavor and nutritional benefits of preparing dishes with lean beef;
- Explain the specific cooking technique used in the demonstration; and
- Prepare a nutritious and delicious meal that includes a variety of food groups.
 - *Possible Learning Needs Codes: 8000, 8060, 8090*

The Flavor Bridge

In the past, chefs leaned on sodium and fat to perk up flavor for the meals they were preparing. This session will share this chef's personal epiphany that took place during the creation of The Healthy Beef Cookbook that sodium and fat are not necessary to create delicious and nutritious recipes. The flavor bridge is an interactive presentation including a cooking demonstration for practical application. The principles of Umami will be reviewed before the focus shifts to methods of incorporating flavor into recipes without adding fat or sodium.

- *Possible Learning Needs Codes: 2000, 8000*

Food and Drink Pairings

B & B (Beef and Bourbon)

Discover how beef is enhanced using America's whiskey. Using recipes and pairings, experience the fantastic combinations these all-American products can create for your table.

- *Possible Learning Needs Codes: 2000, 8000*

Beef and Wine - Imagine the Possibilities

Explore the varied possibilities of beef and wine pairings with a certified sommelier. While Cabernet Sauvignon is frequently the first choice, there are many other wonderful wines that enhance the king of meats.

- *Possible Learning Needs Codes: 2000, 8000*

Perfect Pairings: The Art and Science of Food and Wine Pairings

As more consumers make wine part of a healthy dinner they are also looking for advice on food and wine pairings. This session will begin with the keys to food and wine pairing. Attendees will then interactively discover how wine reacts with common food components like salt, acids, and fats. Different styles of wine will be sampled with light fare and participants will learn how to describe each wine with instruction on how to create perfect food pairings. Attendees will taste their way to understanding how to create delicious food and wine pairings every time.

- *Possible Learning Needs Codes: 2000, 6000, 8000*

Weird Science: Food and Wine Reactions

Are you looking to advise your clients on how to incorporate wine into a healthy diet? This seminar focuses on the key principles of food and wine pairing. The presenter will review the basic styles of white and red wine along with their typical flavor profiles. Then you'll discover how wine reacts with common food components like salt, acids, and fats. Understanding these reactions can be your guide to knowing the right wine for any dish. Attendees will walk away with the knowledge to create perfect food and wine pairings every time.

- *Possible Learning Needs Codes: 2000, 8000*

Recipe Development and Cooking Techniques**Expanding Your Repertoire: Culinary Techniques Every Nutrition Professional Should Master**

Traditional French culinary techniques rely on butter, salt, and sugar to flavor food. However, these are foods that nutrition professionals are trying to minimize in most diets. Basic healthy flavor enhancers, sauce alternatives, and cooking techniques will be discussed along with examples on how to use them. Once a nutritional professional can master these techniques, they can begin to develop their own delicious, healthy recipes.

- *Possible Learning Needs Codes: 2000, 8000*

It's the Taste, Silly! Adding Taste Using Fruits, Vegetables and Spices

Research confirms that people choose their food by taste, not by health. Learn the science of taste as well as how to incorporate taste without adding extra salt by using fresh and dried herbs, vinegars, fruits and vegetables. This session includes a recipe makeover that can be served for lunch. It can also have a hands-on aspect for participants to make their own flavorful concoctions. (This talk can be customized for different groups including School Nutrition staff, dietitians and culinary students.)

- *Possible Learning Needs Codes: 2000, 8000*

Recipe Writing 101

Whether you're creating an original recipe from scratch for a blog, publication, or for your clients or using a recipe you found online or elsewhere, knowing the basic rules for recipe writing is critical for mealtime success and for putting nutrition guidelines into action on the dinner table. If a recipe is unclear and too difficult to follow or simply does not work, then you run the risk of wasted ingredients and frustrated consumers. During this session, you'll learn how to write a good recipe, evaluate existing recipes, and use best practices for using and giving credit to outside recipe (and food photo) sources.

Learning Objectives:

- List the basic rules of recipe writing.
- Explain how to adapt recipes to your target audience.
- Identify best practices for crediting third-party recipes.

- *Possible Learning Needs Codes: 2000, 8000*

The 5 S's of Wine - How to Taste Wine Like a Sommelier

Learn how to taste wine like a Sommelier using the 5 S's of wine tasting. Share with friends and family how much better beef tastes when paired with the appropriate wine.

- *Possible Learning Needs Codes: 2000, 8000*

The Chef and the Sommelier

Join a chef and sommelier as they present the wonderful marriage of wine and beef through lively discussion and sampling.

- *Possible Learning Needs Codes: 2000, 6000, 8000*

The Science of Beef Eating Satisfaction

Production of 'protein' is easy, but production of a food that provides the eating satisfaction of beef is a complex series of management practices that are aimed at creating a superb dining experience for consumers. This presentation will also describe how the biological features of muscle are managed to maximize the sensory experience, and why U.S. beef offers the most unique and desirable eating experience available world-wide.

- *Possible Learning Needs Codes: 2000, 8000*