

WORDS TO COOK BY

Title: "NBC Sunday Night Football Cookbook"

Publisher: Time Inc.

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Available at: Bookstores and online at nbcports.seenon.com

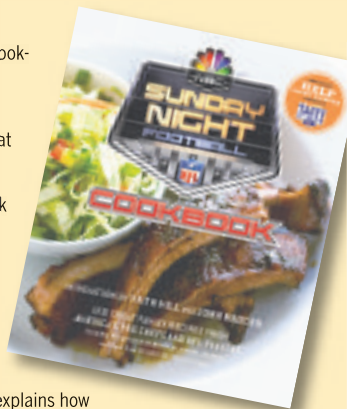
Summary: Football and food — does it get any better? Not really. The book features 150 recipes for appetizers, main courses and desserts from America's top chefs, NFL players and NBC broadcasters such as John Madden. The book links each recipe with a cuisine found in each NFL city. On a page for the Chicago Bears, chef Susan Goss of the

West Town Tavern in the Windy City explains how to make a spicy sausage-and-pepper sandwich. And on a page dedicated to the New Orleans Saints, it's all about Emeril Lagasse's country gumbo.

What's to like: That NFL players give recipes for their favorite dishes. Ravens tight end Todd Heap scores points with his maple-walnut French toast. It's a scrumptious dessert, even if it's a carbohydrate fest that uses vanilla ice cream, a half-stick of butter and six slices of thick bread. But hey, at least the berries that garnish the dish are good for you. Baltimore's section also includes a fried chicken salad and soft-shell crab tempura by chef Nancy Longo of Pierpoint in Baltimore. Each recipe tells the reader how long it takes to prepare, and the instructions are easily to follow, even for a novice chef.

What's not too like: That the book fails to list the nutritional content of each dish. I'm sure the chicken casserole recipe submitted by Redskins quarterback Jason Campbell is tasty. But considering it uses 32 ounces of creamed soups and a stick of unsalted butter, something tells me I'll look like an offensive lineman when I'm finished eating. Still, I'd like to know how many calories and grams of fat are in each dish.

Bottom line: It's a cookbook that proves there is more to football fare than hot dogs and hamburgers. From dishes that take 30 minutes to prepare — like Tiki Barber's Korean-style short ribs — the dishes that can take about three hours — like Lagasse's country gumbo — "NBC Sunday Night Football Cookbook" will last long after the game is over. — *Jon Gallo*



Eating in season is reason to celebrate

By Christine Stutz
Examiner Correspondent

Kerry Dunnington is an evangelist for eating in season. The local cookbook author and caterer founded the Baltimore Eat in Season Challenge in May, under the auspices of Slow Food Baltimore, to showcase local chefs' creativity in using seasonal — and often local — ingredients.

Growing up in Baltimore, Dunnington was accustomed to eating seasonally because that's how her mother cooked. "As my catering business grew, I couldn't believe that people were asking me for crab in January and asparagus in December," she said. "For the most part, people have no idea that a carrot has a season, that chocolate has a season."

Because modern supermarkets carry virtually all foods all year-round, she said, many consumers don't know, for example, that "99 percent of our asparagus comes from Peru, and our tomatoes come from Holland."

Eating in season reduces the carbon footprint for food purchases, and it's best for people nutritionally, Dunnington said. It's also a great way to support local farmers.

Eight restaurants have participated so far, with five more on board for next year. Joe Edwardson, who took the one-week challenge in July



KRISTINE BULS/EXAMINER

One World Cafe's Sue Novak shows off locally grown, seasonal produce.

at his restaurant, Joe Squared, was enthusiastic about the experience.

"I was very interested in doing it because I believe that all restaurants need to do their part to support local agriculture and to help cut back on fossil fuel usage," Edwardson said. "Since the Eat in Season Challenge, I've become much more knowledgeable about the produce and meat available in this area, and have begun concentrating my specials on using other local ingredients that aren't necessarily on my menu."

John Shields, whose restaurant Gertrude's participated in September, called the challenge "important, educational, creative, and most of all, delicious."

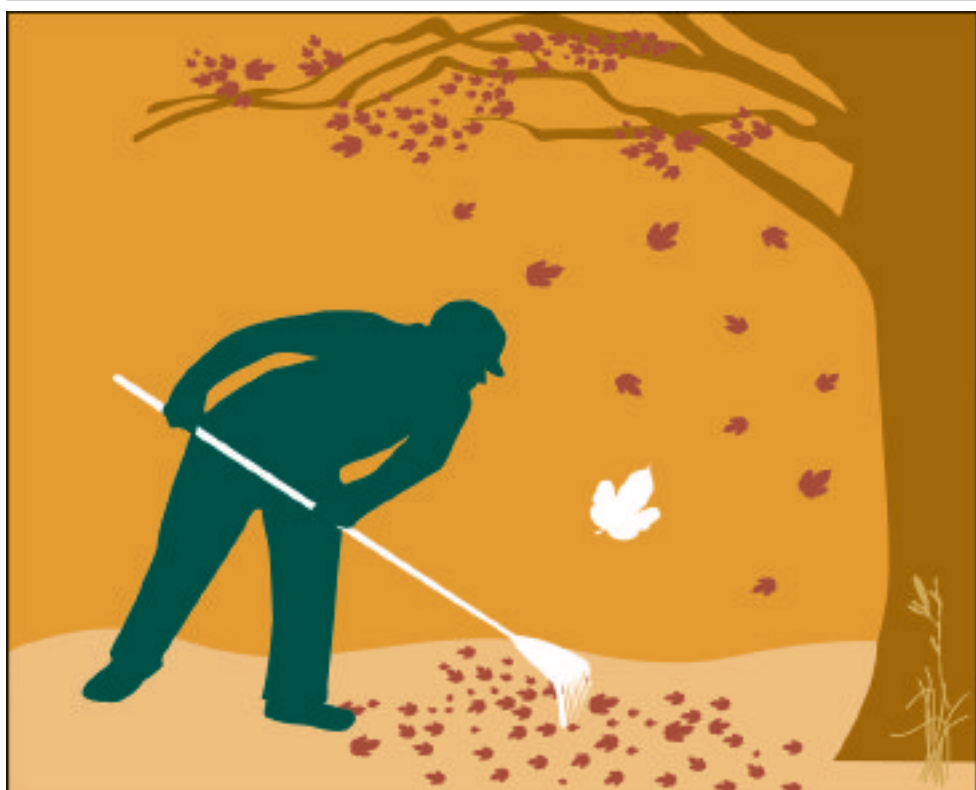
"We had fun putting together the menu for the challenge, and the response from the customers was truly gratifying," said Shields. "They

appreciated our effort, and it was a learning experience for them as well. Most had no idea of the variety of the amazing local products that are grown or made by food artisans."

Through Dec. 15, One World Cafe on University Parkway is featuring a seasonal menu as part of the challenge. Chef/owner Sue Novak's menu items include a spinach salad topped with goat cheese, dried cranberries, sliced pear, clementine sections and toasted walnuts, served with a pomegranate vinaigrette; a root vegetable pot pie; and sliced Tofurkey with mashed parsnips and Brussels sprouts in a creamy horseradish sauce.

Find a list of participating restaurants for 2009 at slowfoodbaltimore.com.

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TABLE FARE

Feast of Seven Fishes

Celebrate the Feast of Seven Fishes on Dec. 23 and Dec. 24, Christmas Eve, at Aida Bistro in Columbia. An ancient Italian Christmas tradition, the Feast of Seven Fishes includes shellfish, pasta dishes and fresh fish. All dishes are paired with wine. The three-course, small-plate dinner costs \$34 per person. A limited a la carte menu is available for those who do not like fish. The Feast of Seven Fishes is available from 5 to 9 p.m. both evenings. For reservations, call Joe at Aida Bistro, 410-953-0500.

Pizzelles for the holidays

For many Italians, pizzelles are a key ingredient in any holiday meal. These slim golden cookies, delicately flavored with vanilla, orange and anise, can be served with ice cream, jam, Nutella and other toppings. Because they are made with a pizzelle iron to produce the beautiful lace pattern, baking them is time-consuming. But they can be ordered for holiday gift-giving and enjoying from BellaPizzelle of Morgantown, Pa. The mother-daughter team hand-bakes all of their pizzelles, two at a time, and ships them all over the country.

They are packed in bubble wrap and shipped in a pretty gold box. Order at bellapizzelle.com.

Bonefish Grill debuts new menu

This fall, the Bonefish Grill introduced a new menu, with lighter and more budget-conscious items such as "hand-helds," salads, smaller fish portions and \$5 cocktails. Hand-helds, priced between \$9 and \$13, include tacos filled with Bonefish Grill's delicious spicy Bang Bang Shrimp, fish and chips, and crab cake sandwiches.

A number of mouth-watering salad options, including Caesar, Cobb, and salmon and asparagus, make it easy to eat healthy, and for under \$13. But Bonefish Grill is known for its fresh seafood, and there it does not disappoint. Diners have their choice of sauces for grilled fish.

There is also a selection of fish, meat and pasta dishes, such as shrimp fettuccine, chicken marsala and a pork chop smothered in cheese, prosciutto, mushrooms and garlic. Entrees range from \$13 to \$24. Bonefish Grill has locations in Owings Mills, Glen Burnie and Bel Air. Visit bonefishgrill.com.

— *Compiled by Christine Stutz*