



# The Cork & Fork

## AIWF Monterey Bay Quarterly Newsletter

Summer/Fall Issue 2023 • Vol III, Issue 1

Editor/Designer: Amy J McDonald

### CHAPTER CHAIRS' WELCOME

Dear AIWF Members & Readers

What a glorious time on the Monterey Peninsula towards the end of summer and looking forward to our coastal fall of sunny days and warm breezes. We close out this season with the sounds of high-performance engines, private jets, extravagant private and public parties, and flocks of tourist to view what the motor vehicle world has to offer during car week.

Our August event at Happy Girl Kitchen Company was a blast. A special thanks to Jordon who provided us with a wonderful vegetarian dinner and workshop canning **jams and fruit preserves**. We all enjoyed the hands-on experience of creatively designing our **honeyed berries**, which were fabulous over vanilla ice cream. In addition to the food, wine, camaraderie of a small group we also made goodies to take home for later, **strawberry jam** and **mixed berry jam**.

Our next event is sure to please as Monette and Evan have designed an exclusive movie event at the Lighthouse Theater in Pacific Grove on **September 25**. The topic, of course WINE! Please reserve your seat soon for the movie *Somm*. There will also be a well-known Sommelier from Carmel to provide a preview to the movie and the best of gourmet dining from a fabulous food truck. You won't want to miss this event.

We are pleased to be part of the **Taste of Carmel on October 5<sup>th</sup>** with lots of good tastes and wine. Please stop by our table to sample some dessert wines and some desserts prepared by our members. The **November** event will be a small group at the Bernardus Winery Tasting Room in November to assist the holiday home chef in wine pairing with for those holiday gatherings. Reserve early before it books. **December** will be our yearly holiday dinner, details to come.

As the year nears to a close, we approach our annual membership renewal. In 2024 we will be offering a promotion for our members. There will be a 10% discount in the 2024 dues if they should bring in a new member. The new member will need to identify the current member to receive the discount.

Please keep attending our events and support AIWF as we continue to provide first class wine, food, and education to the Monterey Bay.

*AIWF Monterey Bay Co-Chairs  
Terri Paden & Monette Thiele*

### UPCOMING 2023 EVENTS CALENDAR

#### September 25, 2023

Dinner & A Movie  
Details Enclosed

#### October 5, 2023

Taste of Carmel Participant

#### Fall/Winter 2023

- Shop for AIWF – Ami Carmel
- Bernardus Winery Event
- Annual Holiday Dinner

Event details will also be sent to AIWF Members & Opt-in Mailing List as they are updated. Go to [aiwfmb.org](http://aiwfmb.org) to signup



**AIWF Monterey Bay**

**[www.aiwfmb.org](http://www.aiwfmb.org)**

**[aiwfmontereybay@gmail.com](mailto:aiwfmontereybay@gmail.com)**

**[Newsletter Opt-In](#)**





## AIWF'S MISSION – ABOUT US

### The American Institute of Wine & Food®

#### Our Mission

The American Institute of Wine & Food® is a national non-profit organization dedicated to advancing the understanding, appreciation and quality of wine and food through fun educational experiences in support of our signature Days of Taste® and Scholarship programs.

#### Our Values

These shared beliefs are the principles we hold most dear, and which energize our action...

#### Educational

- We share our passion for the knowledge of food and drink with our membership and with a broad public through our chapters, programs, and publications.
- We communicate the health and social values that matter most to us through our programs and publications.

#### Social

- We preserve the regional and ethnic culinary heritage of the table.
- We educate others on quality food and drink.
- We encourage professional research to grow our culinary culture and knowledge.

#### Health

- We encourage the preparation of enjoyable, healthy food and the pleasures of eating with family and friends.
- We communicate and teach others about the value of healthy, flavorful meals and about identifying high quality, good tasting, and healthy ingredients.

#### Leadership

- We are individually and collectively responsible for the success of our mission.
- We are fair and consistent and treat all people with respect.
- We base our decisions on the best available information, science, and technology.
- We value all who are members or staff of our organization.



## RECENT AIWF EVENT

# Monterey Yacht Club

July 11, 2023 - AIWF Members enjoyed an open bar, provided by Bill & Terri Hicks, and a wonderful meal prepared by Chef Michael Jones





## RECENT AIWF EVENT

# Happy Girl Kitchen

August 21, 2023 - AIWF Members went Jammin' at Happy Girl Kitchen





Summer/Fall Issue 2023 • Vol III, Issue 1

## UPCOMING AIWF EVENT



MONTEREY BAY

Presents



# Dinner & A Movie

**Monday, September 25, 2023**

**6:00pm – 10:00pm**

Lighthouse Theater, Pacific Grove

**Movie: "SOMM"**

*Four wine stewards prepare to learn everything about wine as they ready for the master sommelier exam, one of the world's most challenging tests, which is presided over by the notoriously secretive Court of Master Sommeliers.*

With Guest Speaker Eric Ewers from Grasing's

Filipino Dinner by The Choke Coach

Wine Sponsored by Morgan Winery

Desserts by Pastry Chefs Edeen Hill & Charlotte Muia

**Cost \$65/person (members) \$80/person (non-members)**

**RSVP by 9/18 to Lois Hines (831) 521-4131**

Payment is required with RSVP

We accept Visa, MasterCard or Check payable to AIWF

Checks mail to:

Lois Hines – 405 Fountain Avenue, Pacific Grove, CA 93950

Payments can also be made via Zelle at [tapaden@comcast.net](mailto:tapaden@comcast.net)

There will be no payments accepted at the door



Summer/Fall Issue 2023 • Vol III, Issue 1

## 2023 AIWF MONTEREY BAY CHAPTER SCHOLARSHIP RECIPIENT



Carson Meachim

Carson Meachim has completed his Bachelor of Science degree in Sustainable Hospitality Management at California State University, Monterey Bay. As an alumnus of the university, he serves as a proud ambassador of the Sustainable Hospitality Management (SHM) program and the College of Business.

Throughout his four-year education at CSUMB, Carson volunteered for the 2020 U.S. Census, Jacob's Heart, Our City Forest, and the Monterey County Hospitality Association, among others. As the Student Volunteer Coordinator for SHM as well as the Hospitality Club Secretary, Carson provided students with hospitality-related volunteer experiences in Monterey County. He was a team leader in the

Pebble Beach Special Event Management Team Internship where he managed a hospitality patio for corporate client Hagerty at the most elegant car show in the world, Concours d' Elegance. He was welcomed back as a temporary team supervisor for AT&T Pro-AM and ensured a flawless guest experience operating out of the Stanton room in the Lodge at Pebble Beach.

In 2022, Carson became a summer intern for the Hyatt Regency Monterey Hotel & Spa, where he had the opportunity to get paid while living and working on property at Monterey's only resort-style hotel. At the conclusion of the season, he was kept on as a part-time operations trainee where he became enriched with the day-to-day operations of a 560-room hotel. Carson has since been recruited by the Monterey Plaza Hotel & Spa to pioneer a manager-in-training program at Monterey's only four-star hotel rated by Forbes.

In addition to his AIWF scholarship, he has also been awarded scholarships and awards including the Cal Travel Summit Scholarship Award, the California Hotel and Lodging Association 2022 & 2023 scholarships, the CSUMB Outstanding Future Alumni Award, and the BSSHM Outstanding Graduating Student Award. It is with these accomplishments that showcase Carson as someone that chooses to lead not just from the head, but also from the heart.



## FOUNDER'S CORNER

# Happy Birthday, Julia!

Let's all raise our knives in honor of a legend. Here's to you, Julia... you truly are one of a kind. Bon appétit!



*Julia Child poses with "the chicken sisters" before an episode of The French Chef in which she teaches us how to roast a bird. Photograph by Paul Child. © Schlesinger Library, Radcliffe Institute, Harvard University*

Julia Child established organizations to inspire others to share her love of food and to expand people's awareness of cooking. She co-founded The American Institute of Wine & Food in 1981. For all her work, she was awarded honorary doctorate degrees from numerous schools, including Harvard University and Brown University.

***"As we say in the American Institute of Wine and Food, small helpings, no seconds. A little bit of everything. No snacking. And have a good time."***

— Julia Child

Featured in: [Julia Child Quotes](#)



## FROM THE KITCHEN



### 10 Essential Julia Child Recipes Everyone Should Master

Learn from the queen of French cuisine.

*Click on Recipe Links Below*

**Coq a Vin** - Translated as "chicken in wine," this **classic French dish** is deceptively simple. A Burgundy wine like Pinot Noir gives the dish complexity and body—you can use any red wine you'd like, but in honor of Child, we suggest selecting a French bottle.

**Vichyssoise** - Well-known as one of Julia Child's favorite dishes, this chilled leek and potato soup is startling in its simplicity. Aside from the leek, potato, and water, Child's version of the soup calls for barely any additional ingredients. Julia Child allows adding a bit of cream to the completed soup as a "nourishing touch, but by no means necessary." Find the recipe in **Julia Child's cookbook**.

**Quiche Lorraine** - A thin, light crust is the trademark of this French quiche, filled with bacon, eggs, heavy cream, and nutmeg. Julia Child's recipe for **Quiche Lorraine** is guaranteed to impress.

**Boeuf Bourguignon** - As one of the first recipes Julia Child featured on *The French Chef*, this stew of slow-cooked beef and red wine is a Child staple. It may take six hours to come together, but that leaves plenty of time for developing a big flavor. **Find the recipe [here](#)**.

**Crêpes Suzette** - A quintessential French dish of crepes flambeed in a buttery orange sauce and brandy, Child describes this as an "elegant dessert," and we can't help but agree. **Watch Julia Child make Crêpes Suzette [here](#)**.

**Chicken Waterzooi** - What Julia Child called "**Chicken Waterzooi**"—chicken nestled in a silky sauce of cream and egg yolks—is Child's take on a classic Flemish dish. She swaps fish for chicken, layers it with vegetables, and simmers it all in chicken stock and vermouth. Chicken Waterzooi is undoubtedly one of Child's most underrated recipes (if not for the fun name alone).

**Cassoulet** - Just as Southerners hold casserole near and dear to our hearts, Julia Child celebrated the cassoulet as a perfectly humble dish of beans and meat. Here's Child's quite involved take on **cassoulet**

**Vinaigrette** - Homemade vinaigrette is one of the easiest things to whip up in a home kitchen, and it's so much better than bottled stuff. **Julia Child's recipe for vinaigrette**—certainly stands the test of time.

**French Baguette** - If you're new to bread-baking, we suggest testing your hand with a classic French baguette. It may not be simple, but the result is spectacular. **Get the recipe [here](#)**.

**Tarte Tatin** - A showstopper of a dessert, this upside-down apple tarte is the French answer to an apple pie. When served hot and topped with a dollop of cream, this warm, caramel-coated tarte is simply irresistible. Julia Child developed multiple versions of this recipe—**find them [here](#)**.





# FOOD & WINE TIPS: A GUIDE TO PAIRING WINE



	Sauvignon Blanc	Chardonnay	Torrontés	Pinot Noir	Malbec	Merlot	Cabernet Sauvignon	Zinfandel
<b>Serving Temp</b>	46-48°	50-52°	48-50°	59-61°	60-62°	60-62°	62-64°	60-63°
<b>Cheese / Nuts</b>	teta chèvre pine nuts	asiago havarti almonds	goat cheese mozzarella toasted nuts	goat cheese brie walnuts	asiago romano gouda	parmesan romano chestnuts	cheddar gorgonzola walnuts	ripe brie aged cheese
<b>Meat / Fowl</b>	chicken turkey	veal chicken pork loin	smoked meats grilled chicken chorizo	lamb sausage filet mignon roasted chicken	hamburgers duck barbecued pork ribs	grilled meats steak	venison ribeye beef stew	pork spicy sausage beef duck
<b>Seafood</b>	sole oysters scallops	halibut shrimp crab	sushi seabass grilled mahi mahi	orange roughy tuna	grilled halibut shark swordfish	grilled swordfish tuna	grilled tuna	cioppino blackened fish
<b>Veggie / Fruit</b>	citrus green apples asparagus	potato apple squash mango	mango pineapple mixed green salad	mushrooms dried fruit figs strawberries	sautéed spinach baked potatoes blueberries	caramelized onions tomatoes plums	black cherries broccoli tomatoes	cranberries grilled peppers eggplant
<b>Herb / Spice</b>	chives tarragon cilantro	rosemary ginger	marjoram basil garlic	nutmeg cinnamon clove	rosemary black pepper	mint rosemary juniper	rosemary juniper lavender	pepper nutmeg
<b>Sauces</b>	citrus light	sweet bbq spicy chutney	white asian peanut	mushroom light-medium red sauce	cajun barbecue mole sauce	bolognese béarnaise	brown tomato	spicy cajun salsa
<b>Desserts</b>	sorbet key lime pie	banana bread vanilla pudding	cheesecake tiramisu	crème brûlée white chocolate	banana pudding chocolate dulce de leche	dark chocolate berries fondue	bittersweet chocolate espresso gelato	spice cake gingerbread carrot cake





# AIWF MONTEREY BAY MEMBERSHIP

## BUSINESS MEMBERS

We would like to acknowledge and thank our Business Members who support our Chapter: **“Click logos” to learn more about these businesses**



## BUSINESS MEMBERSHIP

When your company partners with The AIWF Monterey Bay, there are numerous benefits...from complimentary memberships to website placement and more!

To learn more about chapter corporate sponsors benefits listed in link below.

To learn more contact: Amy McDonald (831) 206-9075

## NEW MEMBERS

**AIWF Monterey Bay is please to announce the following 2023 New Members:**

Katherine Fallo

Anh Le & Rachel Garcia

Gary Love

Jeannine Pacioni &

Phillip Penko

Pamela Patterson

Pamela Patterson

Pat Pilas

Francisco & Jocelin Ramos

Craig & Laurel Robertson

Scott Schneiderman

Lynn Scott

Elizabeth Sebring

Rhonda Stieglitz

Linda Stillman

Jeffrey Wilson

## Want 10% off 2024 Membership Dues?

- ❖ AIWF Members will receive 10% off 2024 Membership dues by bringing a NEW Member to Join AIWF Monterey Bay Chapter.
- ❖ New Member gets rest of 2023 Free included with dues for 2024 Have New Member Join online at [www.aiwfmfb.org](http://www.aiwfmfb.org) and list you as referring member before December 31, 2023, to qualify.



# MEET YOUR BOARD OF DIRECTORS



## Executive Committee

**Emeritus Chapter Chair  
National Vice Chair**  
Mary Chamberlin

**Chapter Co-Chairs**  
Terri Paden  
Monette Thiele

**Chapter Vice Chair**  
Evan Oakes

**Chapter Treasurer**  
Douglas Lee

**Chapter Secretary**  
Jennifer Block

## Board Members & Committees

**Scholarships**  
Mary Chamberlin  
Alan Williams

**Days of Taste®**  
Edeen Hill  
Lois Hines

**Membership**  
Jennifer Block  
Ron Chaplan  
Alan Williams

**Chapter Liaison**  
Sheila Wilson

## Industry Professional Advisory Board

Bert Cutino – Sardine Factory  
Eric Ewers – Grasing's  
Bill & Teri Hicks

Phillip & Shirley Ladd  
Jacques Melac  
Richard Pepe – Pepe Int'l

Bob Wecker – Wecker Group  
Jacques Zagori