

point between the earth and the sky, where all compass directions converge. It is also seen as the natural human instinct to create identity. The exhibit features a dozen photographs To continue the theme of Axis Museum of Art is open Wednestaken by Hutt as he traveled across Mundi, all the paintings are long day through Sunday, 11 a.m. to the United States and Europe. The columns that examine vertical space

tos and sound clips inspired Hutt to create digital works, which appear to be a mix of science fiction imagery and Japanese landscape paintings.

by William Keith, artwork by Luis Guttierez, and "The Dr. Maurice Alberti Print Collection of European and American Masters."

The Saint Mary's College 4:30 p.m., 1928 Saint Mary's

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LAMORINDA WEEKLY

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locations range from as far as Ams- as well as a depth of field. There are Road, Moraga. terdam and Greece, to as close as a number of similarities between the Cloverdale, California. Each photo digital images: they all feature a http://www.stmarys-ca.edu/saintutilizes vertical and panoramic sphere seemingly representing a sun marys-college-museum-of-art.

Wednesday, November 4, 2015

For more information, visit

Must-Know Basics for Serious Foodies

Author Lopez-Alt discusses 'The Food Lab' at LLLC **By Lou Fancher**

thor J. Kenji Lopez-Alt's 960-page doorstop of a cookbook, "The Food Lab: Better Home Cooking Through Science" (W. W. Norton & Company, 2015). The Serious Eats managing culinary director balances must-know basics including tips for the perfect boiled egg and properly toasted bagels with a bicep-building pancake technique (baking soda is vital), 20 pages of Thanksgiving-related instructions, over 1,000 full-color images, 39 pasta recipes, eight pages on making chicken stock (unflavored gelatin is key) and easy-to-read explanations of radiant heat transfer, the anatomy of a knife, the chemical makeup of meat and why a burger's "smash time" matters – and more.

For kitchen fanatics, the best-selling book by the author of the James Beard Award-nominated column bring out the juices: don't try to bring "The Food Lab," is exhaustive. But even those less inclined to ooh and ah over conversations about meat moisture or engage in fresh versus dry oregano debates can experience the thrill of discovering there is a scientific reason Granny's roast beef was five star-worthy or Uncle Joe's meatloaf had that extra zing.

Lamorinda's love for all things food was evident Oct. 22, as approximately 100 people attended a Com-

ulinary secrets unfold into sci- Lafayette Library by Lopez-Alt. ence lessons in the pages of au- Moderator Joanna Pearlstein, deputy managing editor for Wired, said Lopez-Alt was a like a superhero for "geeks" who like to cook. Seeking wisdom, she first asked about the most common mistakes made by cooks.

> Lopez-Alt said the one rule that should never be violated is to "respect the person with the knife in their hand," setting a casual, fun tone for the evening. Sounding more like two friends chatting over brisket and beer than like highly respected writers and experienced cooks (Pearlstein shared that she's been perfecting a chocolate chip cookie recipe for years and has no intention of stopping), the conversation moved swiftly to searing, salt, brining and more.

The words from the master?

Searing meat incorrectly will not the meat to room temperature and start out with a dryer steak for faster searing and a moister steak in the end. "Salt is one of the most important ingredients in dishes," Lopez-Alt said. "It enhances the way you perceive other flavors." Chemical properties in salt draw moisture out of meat by osmosis so timing is crucial for forming a brine on the surface. With poultry, salt allowed to relax the muscle fibers by seasoning the bird and letting it sit, monwealth Club appearance at the then evaporate and cook when dry,

again results in the most desirable texture.

Lopez-Alt uses three kinds of salt in cooking: Kosher salt that is coarse enough to pick up with his fingers for 99 percent of the food he prepares; large-flake finishing salt for adding crunchiness; and popcorn salt. He said for regular table salt, Morton is OK.

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