



Les Dames d'Escoffier
INTERNATIONAL
Minnesota Chapter



Message from Your President, Joan Donatelle

Calendar at a Glance

Look for upcoming chapter events in your email and on our Facebook page.



An Inspirational Look at Urban Roots. Virtual Program hosted by MN LDEI. July 15, 12-1:00pm



Julia Child Birthday Brunch. Virtual Meeting hosted by LDEI Int'l. Aug. 16, 12-1:30pm



August Newsletter articles due July 20



Save the Date: Annual Meeting, Nikki Erpelding's house, Sept. 3

Dear Dames,

Do you sometimes feel that the days are long, but the months fly by at Mach 1 speed? The world just feels a little wonky at times. I didn't realize that my navigational skill set would need to be akin to a pilot from Top Gun just to get through the day. Even though we have not had in-person meetings, there has been plenty of Dame activity. Here in Minnesota and throughout our LDEI International organization, bonding, sharing, caring, problem-solving and growth are abounding. All of this activity gives us hope that the healing has begun and someday soon we will be able to engage again in public.

Here are a few highlights that I recently participated in:

- A new chapter was ratified in Sonoma California. This will bring us to 45 chapters.
- The CBL-Chapter Board Liaison Call: Each chapter president discussed a positive gain from the pandemic, changes in dues structure in the coming year, and plans for the chapter annual business meeting. It was heartwarming and inspiring to hear from Dames from all over the world. Each chapter is finding their own way to stay connected, to help their community and each other. I am proud of our Minnesota chapter. We are a strong, resilient, resourceful group!
- The All-Presidents call with Jacke Hanson, Attorney for LDEI, "Covid -19 Webinar." If you would like to review the information, it is available on the www.LDEI.org members-only section, under documents.
- The Washington D.C. Chapter hosted a virtual event, "Reinventing Restaurants." Five restaurateurs were interviewed and shared how they are handling changes in their business.
- June 14 was the Virtual Brunch meeting, with members joining from around the world. A fun way to connect!
- We have another new member. Join me in welcoming Jessica Becker! Plus, we have a few more new members on deck that will be joining soon.

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President's Message, continued

On Saturday, I went to a farm to pick up supplies for my upcoming Facebook Live cooking event. I had the pleasure of meeting two artisan, sustainable farmers. They both had heard of Les Dames and were impressed with our mission and were anxious to share their expertise. As we talked, we found that we had all kinds of connections. You just never know when you will meet an amazing new Dame!

So, fasten your seatbelt and let's ride out this crazy time together!

Joan

Program Updates

After our recent successful virtual meetings, we've decided to continue on with more and continue to strengthen our bonds of culinary sisterhood during this difficult time! We hope you can join us!

Be on the lookout for ZOOM meeting invites.

An Inspirational Look at Urban Roots

July 15, 2020 from 12:00pm-1:00pm



Led by Dame Patsy Noble. Patsy is retiring as Executive Director after 20 years of leadership in this amazing program, which cultivates youth leadership.

During the virtual program, Patsy will share the work she has done over the past two decades at Urban Roots, helping build programs and partnerships, as well as adapting to community need. She will be joined by Saba Andulaem, Urban Roots Cook Fresh Program Manager, who will speak to her creative

pivots in the current virtual environment.

Also featured will be Dame Lachelle Cunningham, owner and Executive Chef of Chelles Kitchen Catering. Lachelle also serves as the Culinary Education Manager at the Good Acre. Her ultimate goal is to build her curriculum through her Healthy Roots Institute, which focuses on education in the fields of food healing, culinary arts and food business development & coaching. Saba & Lachelle will speak to their shared missions and what that might look like for future collaborations.

Join Zoom Meeting (copy and paste the link into your browser if needed):

<https://us02web.zoom.us/j/89227645097?pwd=VEcrUHN5TjJmRXBpRHF0aEJuOE9Ldz09>

Meeting ID: 892 2764 5097

Password: 000320

Program Updates, continued...

Julia Child Birthday Brunch! Hosted by LEDI International

Sunday, August 16th from 1pm to 2:30pm EST (virtual program, stay tuned for a link)

- Open to both LDEI Members AND the general public
- No charge to Dames; \$25.00 charge for guests (monies to go to the LDEI Relief Fund after any expenses)
- A celebration of Julia (wear those pearls, girls!) complete with a “dress up like Julia look alike contest” with prizes

June Program Re-Cap

The First Ever Virtual Eat! Drink! And Be Dame Resilient Brunch!

Submitted by: Dame Robin Asbell

Let it be known, Les Dames may get knocked down, but we get right up-and get back to changing the world! At least that's what I took from the very first Zoom brunch, a gathering of stellar Dames, all sharing their struggles and triumphs as they have navigated the unexpected changes brought by Covid-19.

Organizers expected nearly 300 attendees, and in preparation, posted recipes and wine recommendations available to all, so we could share a virtual meal. Then we all kicked back with our computers and let a sampling of our shared experiences in the brave new world of food unfold through each Dame's story. Flexibility, creativity and responsiveness were the common thread, weaving through all their inspiring presentations.

Whatever your line of work, you will find value in the experiences shared by this panel. The speakers were selected to bring observations from a broad spectrum of food businesses. I absorbed useful ideas and energy from all of their stories. Big thanks to all the Dames who shared and organized the event.

Here's a roundup of the panel:

Tanya Holland, chef/owner of Brown Sugar Kitchen, San Francisco, has been rolling with the many changes that come with running a restaurant in a pandemic, as well as taking on a role of building community among her diverse clientele. Take out, delivery, and a loyal customer base are keeping her in business.

Liz Griffith, Door Creek Orchard, Madison WI, has been dealing with the effects of social distancing on the business, and had to shift their sales to drop off, on-farm pick up, and a drop site, to replace the usual channels.

Laura McIntosh, Host of Bringing it Home with Laura McIntosh Monterey Bay, saw her plans put on hold when social distancing shut down production, but has spent the time planning and coming up with ways to work around the pandemic.

Krista B. Horn, PR/Marketing, Revolution Foods, St. Louis, had to shepherd the message for Revolution Foods, a provider of high-quality school lunches, through the Covid-19 crisis with a pivot into re-heat able meals for families affected by food insecurity.

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June Program Re-Cap, continued

Kathy Gold, Cooking School: In the Kitchen Cooking School Philadelphia, Kathy saw her cooking school closed indefinitely, and quickly moved to an online, virtual class model. Zoom classes are doing well, even if people can't share with the group.

Dee Patel, Hotelier, The Hermitage Hotel Nashville, was already in the business of providing exemplary service to her guests. She found that making personal connections and going the extra distance to make her guests happy was the best course in navigating the pandemic.

@LynnBuono, Caterer, Feast Your Eyes Catering Philadelphia, saw her catering business disappear as soon as the pandemic hit, and made the shift to creating meal kits and other meals for delivery, to stay in business. She had to stay nimble and respond to her customers, who no longer crave rich, celebratory food, and want healthful meals with an eye towards building immunity.

It's that Time of Year Again for Membership Dues

Soon you will receive an invoice for MN LDEI Membership Dues for the coming year, October 1, 2020, to September 30, 2021. Payment is due August 18th.

\$90.00 stays with our Minnesota chapter, while \$85.00 is sent to International, for a total of \$175.00.

If you choose to pay with PayPal, the extra fee PayPal charges will be added to your total. Or, you can send a check to Treasurer, Lois Tlusty, to save that extra fee.

International had planned to increase their portion of the dues but that's been put on hold due to COVID-19.

LDEI International Relief Fund

Les Dames d'Escoffier (LDEI) has a newly established [LDEI Relief Fund](#), created in response to the COVID-19 pandemic and its impact on women in the culinary industry. The LDEI Relief Fund will provide funding to established 501(c)(3)'s, non-governmental agencies (NGO'S) and other recognized international nonprofits benefiting women impacted by COVID-19 and other disasters globally. Click on the link above to learn more or to donate.

New Member Spotlight

Jessica Anna Becker

FoodE Expert, Lunds & Byerly's



Tell us about your journey in food and how has food changed your life?

I was a failed want-to-be academic when I started cooking right out of college. Restaurants/cooking became the safety net for many of us trying to determine what the next step would be. Luckily for me, I found my next step making cold dishes for a small restaurant in North Carolina. That experience prompted me to enroll in culinary school, which in itself opened a world to me that I never knew existed, or one that I hadn't considered looking for. I've worked in high-end restaurants, farm-to-table restaurants, catering, vocational teaching, gastronomic studies, grocery store food expert and am a newly minted blog writer. All of these varied experiences

have truly solidified my belief that there is room at the table for all of us to pursue our own course. Because of my decision back in the 90's to stay in the culinary sphere, I had found my voice creatively, intellectually and, in the process, strengthened my backbone and resolve. Every dish, ingredient and technique have a unique and amazing story, and I want to learn each and every one.

What advice do you have for individuals entering your profession today?

Stay humble, there will always be someone who knows more than you, learn from them and you will reap the benefits. Carry around a notebook in your back pocket for off-the-cuff recipes, chef comments and prep lists. Research, read cookbooks, read histories, stay up-to-date on what is happening in the scene. Cultivate relationships with fellow industry folk, farmers, vintners, brewers and so forth. Treat you dishwasher and janitorial staff with respect and kindness.

What is the "secret ingredient" in your cooking?

Apple Cider vinegar, it brightens savory dishes, gives sweet desserts more depth, is fabulous in a vinaigrette and is inexpensive.

Best thing you ate this year?

So far (this isn't exciting), Bushel Boy started growing hydroponic strawberries. I tasted them first in February when it was cold and damp, and while I do hate hyperbole, biting into that berry was like tasting July.

What are your hobbies (food and non-food)?

I have a very serious cookbook and culinary-related book addiction. I am truly running out of shelving in my house, but I keep buying them, I just love reading them so much. I am a lapsed knitter. I have many half-done projects that, at some point, I need to complete. I love to travel and am currently working on learning Polish with a sprinkle of French and Italian.

Why did you join Minnesota LDEI?

MN LDEI and LDEI is known for its women-led, philanthropic work in the hospitality, agricultural, and culinary industry. For me personally, to be part of an organization that supports and celebrates women through the various grants, continuing education and global connectiveness, is an honor. I wish I knew about LDEI when I started out.

Cookbook Chronicles: A Savored Life

Website Excerpt from Dame Beatrice Ojakangus

beatrice-ojakangus.com

Beatrice grew up on a small farm in Floodwood, Minnesota, where her mother taught her how to bake bread on their wood stove before she was old enough to read. During her youth, she participated in 4-H club, inspired by a desire to win a trip each year to the Minnesota State Fair as a county grand champion, which had to be in a different food category every year. This persistence ultimately led her to two national grand champion 4-H titles.

She graduated from the University of Minnesota, Duluth with a degree in home economics, and was introduced to gourmet food while working a summer job as a private cook. She won the Second Grand Prize at the 1967 Pillsbury Bake-Off, and worked in recipe development for Jenò Paulucci, for whom she invented pizza rolls. Sunset Magazine was the start of her magazine writing career, and she later published articles in Gourmet, Bon Appetit, Woman's Day, Family Circle, Better Homes and Gardens, Midwest Living, Cooking Light, and numerous newspapers. She is the author of 31 cookbooks and was inducted in 2005 into the James Beard Cookbook Hall of Fame. She received an honorary doctorate from the University of Minnesota in 2007.



On the farm with 5 younger siblings. Beatrice was the oldest of 10 children.



Ready for the South St. Louis County Fair!



Winning 2nd prize at the 1967 Pillsbury Bake-Off.

MN Dames Cookbooks

It's time we compiled a guide of Minnesota Dame written cookbooks! Here is a sampling of what we have compiled so far. We hope to soon have this complete guide handy on our website for anyone to search. Most books are available to purchase on Amazon or other online retailers.

Robin Asbell, "Plant Based Meats; Hearty High Protein Recipes for Vegans, Flexitarians and Curious Omnivores." Countryman Press, November 2018.

Arlene Coco, "Cajun Cooking: Recipes and Remembrances from Acadiana." Wordwarepress, 1977.

Joan Donatelle, "Astonishing Apples." The Minnesota Historical Society Press, August 2015.

Amalia Moreno-Domgaard, "Amalia's Guatemalan Kitchen-Gourmet Cuisine with a Cultural Flair." Beaver's Pond Press, 2012.

Mary Evans, "One Dish Chicken Cookbook." Broadway Books, 2006.

Betsy Nelson, "Tasting Minnesota: Favorite Recipes from the Land of 10,000 Lakes." Far Country Press, September 2016.

Kim Ode, "Baking with the St. Paul Bread Club: Recipes, Tips and Stories." The Minnesota Historical Society Press, 2006.

Pam Powell, "Beautiful Salads: Delicious Organic Salads & Dressings for Every Season." Voyageur Press, release date September 2020.

This list should get everyone started, we look forward to seeing the master list unfold and adding these to our collections! If you have a book you would like added to the list, please email Nikki Erpelding, nlerpelding@gmail.com.

The Waconia Wine Country Festival July 25

Here's a fun event to consider! Get out into the country and enjoy the fresh air and Minnesota wine. There are limited tickets available to help ensure social distancing.

Tour all three wineries: the Winery at Sovereign Estate, Parley Lake Winery & Schram Vineyards. All within a 5-mile radius. \$40 per person, must be 21+. Your paid reservation includes admission to all three wineries, a souvenir logo tasting glass and a wine tasting at each location. Choose your starting winery and follow the trail! Check-in from 12pm-3pm. Festival is over at 6pm. Each winery will be offering unique food options and entertainment. Please check out each winery for details. [Click here to purchase tickets.](#)



BEVERAGE CORNER

By Nikki

MADEIRA, NOT JUST FOR COOKING!

An overlooked segment of the wine world these days is fortified wine, including Madeira, a centuries-old accidental wine that was taken on voyages around the globe. Once heated or literally cooked, (and eventually fortified) in casks along the spice route, today's Madeira is made (cooked and fortified) entirely on the Island of Madeira, Portugal.

Madeira ranges in style from dry to sweet, and non-vintage to vintage-dated. In fact, you can still get Madeira from the 1800's! Flavors range from dried fruits, nuts and coffee to tropical and citrus fruits. These wines are all very balanced with palate-cleansing acidity. Madeira also lasts a very long time after opening, so purchase a few different styles and get to know them!

Tips for Madeira wine buying:

- ◇ Brands to look for: Milles, Cossart Gordon, Leacock's, Atlantis, Blandy's
- ◇ Madeira Wine Company's website has a handy chart connecting styles with foods, and everything you need to know about Madeira, including cocktail recipes
- ◇ Last year the Island of Madeira celebrated 600 years of cultural, natural and social heritage



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Program notices (and reminders) are sent out via EventBrite. If you are not receiving a [usually] monthly invitation from us to attend the monthly program please let us know at mnlesdames@gmail.com.

Techno Reminders....

Face Book—this is a private page. If you do not have access please email mnlesdames@gmail.com so we can get you added.

Find the Dames on **Instagram** at [lesdamesmn](https://www.instagram.com/lesdamesmn)

Dame It—is our public Face Book page. Be sure to “like” this page, it gets lots of action when the Dame It! event promotion is in full swing.

Our **website** MNLesDames.org has a Members Only page where you can find all kinds of “stuff”. The password is: members only