

FOOD & DINING

LOCAL APPEARANCE

No food unadorned in Art Deco dining

BY ELLEN KANNER
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"Tell me what you eat and I'll tell you who you are," said gastronome Brillat-Savarin. What, then, do we make of shrimp wiggle, sweetbread salad and cottage cheese-stuffed prunes? According to Kristen Caven, lecturing here Tuesday on "Deconstructing the Deco Diet," these and other Deco-era delectables say, "There's a creative mind trapped in the kitchen."

Caven, whose talk is sponsored by the Miami Design Preservation League, didn't get into Deco for the creamed kohlrabi; she did it for the glamour. From the red lipstick housewives wore to the molded salads they served, "every aspect of Deco was so flattering." The San Franciscan would know; she was named Miss Art Deco by the California Art Deco Society.

"There really was creativity," says Caven. "Art Deco inspired housewives to embellish and arrange, to make food visually pleasing as well as good for you."

On the Deco Diet, no food was left unadorned. Humble ingredients were tricked out and tarted up. They were creamed, jellied, trussed, molded and stuffed.

Deco was all about style, but what scarlet-lipped women dished up was Depression-era cuisine. "There's plenty of recipes for hunted food and what we'd consider road kill. Nothing was wasted."

Caven's collection of Deco-era tomes like *The American Woman Cook Book* (1939) provides uses for every bit of the animal, from recipes for sweetbreads (um, calves' thymus glands) to instructions on boiling down hooves and such for gelatin.

Vintage volumes like *The Modern Family Cookbook* (1942) didn't go for niche, they tried to cover the waterfront, at least as it applied to American tastes.

Ethnic? The best you can find is a recipe for chop suey. Specialties could be found in pamphlets like those sponsored by the Wheatflour Insti-

IF YOU GO



Caven

What: The Miami Design Preservation League presents Kristen Caven on "Deconstructing the Deco Diet."

Where: The Art Deco Welcome Center Auditorium, 1001 Ocean Dr., Miami Beach.

When: 7 p.m. Tuesday.

Cost: Free.

Info: 305-672-2014, mdpl.org.

tute, the Irradiated Milk Institute and Caven's favorite, "Meat and Romance," from the National Live Stock and Meat Board.

We may have lost our taste for sweetbread salad, but, says Caven, we've lost something else as well.

"Time in our kitchens. We have these fabulous state-of-the-art kitchens and we cook in them maybe on Sundays."

In the '30s, she says, women were considered "a force of society because they created homes. In the '50s that became an oppressive thing, but in the Deco era, that was a point of pride."

Though Caven has eaten her fair share of sauerkraut chocolate cake and has been known to whip up a luncheon loaf from time to time, "I like to read from the cookbooks more than I cook from them," she says. "I read them as storybooks."

Caven's lecture is free and open to the public. As added incentive, a reception featuring Deco delights follows. Stuffed prune, anyone?

TODAY

Manischewitz Cook-Off: Semi-finals of national kosher recipe contest; 9 a.m.-1:30 p.m., Fort Lauderdale Marriott North, 6650 N. Andrews Ave., Fort Lauderdale. Free. 954-744-0707, ext. 24.

Food News & Views: Italian cheese experts Luigi Di Palo and Elisabetta Serraiotto join host Linda Gassenheimer on Joseph Cooper's Topical Currents. Miami Herald Wine columnist Fred Tasker is also featured. 1:30-2 p.m., on WLRN (91.3 FM); 1-800-743-9576.

Sunset Corners Tasting: Includes 2001 Bordeaux wines; 6:30-8:30 p.m., Sunset Corners Fine Wines & Spirits, 8701 Sunset Dr., Miami. Free. 305-271-8492.

Casa Toscana Tasting: Prosecco, moscato and other Italian sparkling wines; 7 p.m., Casa Toscana, 7001 Biscayne Blvd., Miami. \$20. 305-758-3353.

Thirsty Thursdays: Argentine wine tasting with Barry Alberts; 7-9 p.m., Jaguar-Ceviche Spoon Bar and Grill, 3067 Grand Ave., Coconut Grove. \$15. 305-444-0216.

Michel Richard Dinner: Washington, D.C., chef-author is honored with a meal by Palme d'Or executive chef Philippe Ruiz; 7 p.m., Palme d'Or at the Biltmore Hotel, Biltmore Hotel, 1200 Anastasia Ave., Coral Gables. \$125; \$105 Cellar Club members. 305-913-3203.

Cosentino Wine Dinner: With Jeff Brody, national sales manager of Cosentino Signature Wineries; 7 p.m., North One 10, 11052 Biscayne Blvd., Miami. \$95 plus tax and tip. Reservations required at 305-893-4211.

FRIDAY

Kids Bake Holiday Gifts: Popcorn garland, cookies-and-cream cheesecake bonbons, cocoa-pecan crescents and candy-cane sugar cookies are among the treats kids and adults can learn to make; 2-4 p.m., Ariana's Etiquette & Culinary Arts, 8441 SW 132nd St., Pinecrest. \$30. 305-234-9002.

Greek Food & Wine Festival: Three-day event features Greek food specialties, wine, ouzo, folk dancing, music and children's activities; 6-10 p.m., (continues 1-10 p.m. Saturday and Sunday); Annunciation Greek Orthodox Church, 12250 NW Second Ave., North Miami. Free admission. 305-681-1061.

Friday Night Wine Tasting Series: Alsino Vineyards Chilean wines with Barry Alberts; 7-9:30 p.m., Mayfair House Hotel, 3000 Florida Ave., Coconut Grove. \$10. 305-793-3120.

Swirl & Sip Tasting: Italian wines; 8-10 p.m., Vine Wine Shop & Tasting Loft, 7657 Biscayne Blvd., Miami. \$20, includes tumbler. 305-759-8463.

SATURDAY

Miami International Wine Fair: Fifth annual, two-day event kicks off. Includes tastings of international wines, seminars, golf, dinner and awards ceremony; 8 a.m.-10 p.m. (continues 11 a.m.-10 p.m. Sunday); Miami Beach Convention Center, 1901 Convention Center Dr., Miami Beach. tasting packages \$40 to \$160; 305-777-2255, 305-673-7311, miamiwinefair.com.

Mayfair Farmers Market: Fresh produce from area farms plus flowers and plants, nuts and candies, baked goods, gifts and live music on the Mayfair Promenade; 9 a.m.-5 p.m., Streets of Mayfair, 2911 Grand Ave., Coconut Grove. Free admission. 305-448-1700.

Cooking at The Cellar-Dadeland: With chef Tim Scott; noon, second floor; Macy's Dadeland Kids and Home Store, 7675 North Kendall Dr., Miami. Free. 305-577-2296.

Cooking at The Cellar-Aventura: With chef Dewey LoSasso of North One 10; 1 p.m., second floor; Macy's Aventura Men's and Home Store, 19053 Biscayne Blvd., Aventura. Free. 305-577-2296.

FOOD & WINE CALENDAR

SUNDAY

Circle of Champions Charity Brunch: Hosted by Olympic swimmer Gary Hall Jr. to benefit the Diabetes Research Institute. 11 a.m.-2 p.m., Joe's Stone Crab, 11 Washington Ave., Miami Beach. \$175. 305-538-8734.

The River Oyster Fest: Chef David Bracha presents an array of oysters, including Island Creek, Fanny Bay, Kumamoto, Malpeque and Blue Point; 2-5 p.m., The River Oyster Bar, 650 S. Miami Ave., Miami. \$30. 305-530-1915.

TUESDAY

Signature Chefs & Wine Extravaganza: Samplings of chefs' signature dishes and tastings of wines and spirits benefits the March of Dimes; 6:30 p.m., Hotel InterContinental, 100 Chopin Plaza, Downtown Miami. \$150 in advance, \$175 at the door, \$250 with champagne reception; 305-477-1192, signaturechefsandwine.com.

Catena Wine Dinner: Hosted by Alfredo Bartholomaeus, founder of Billington Imports; 7 p.m., Graziano's Coral Gables, 394 Giralda Ave., Coral Gables. \$120. 305-774-3599.

Contemporary Thanksgiving Cooking Class: 7 p.m., Lenore Nolan-Ryan Cooking School, 228 Commercial Blvd., Lauderdale-by-the-Sea. \$45. 954-491-2340.

Thanksgiving Cooking Class: 7-9:30 p.m., Ariana's Etiquette & Culinary Arts, 8441 SW 132nd St., Pinecrest. \$45. 305-234-9002.

WEDNESDAY

Taste of the Town: Samplings from Hallandale area restaurants, a classic car

show, beer tastings, holiday card making, fingerprinting, live entertainment and fitness program demonstrations plus vendors; 5-9 p.m., RK Plaza, 1715 E. Hallandale Beach Blvd., Hallandale. \$10, \$5 for children. 954-454-0541.

Wine Tasting & Smoker: Sampling of 70 wines plus hors d'oeuvres and an outdoor tent for cigar and spirit sampling; 6-8 p.m., ABC Fine Wine & Spirits, 16355 Biscayne Blvd., North Miami. \$10. 305-944-6525.

Felipe Rutini Wine Dinner: 6:30 p.m., Himmarshree Bar and Grille, 210 SW Second St., second floor, Fort Lauderdale. \$79. 954-524-1818.

Australian Wine Dinner: By Biltmore executive chef Tim Keating and 1200 chef Benjamin Rottkamp; 7 p.m., 1200 at the Biltmore Hotel, 1200 Anastasia Ave., Coral Gables. \$75; Premier & Cellar Club members \$59. 305-913-3203.

Traditional Thanksgiving Cooking Class: 7 p.m., Lenore Nolan-Ryan Cooking School, 228 Commercial Blvd., Lauderdale-by-the-Sea. \$45. 954-491-2340.

Viva Via 55: Event held in the breezeway shared by restaurants City Cellars, Max's Grille and Tarpon Bend Raw Bar & Grill. features food and beverage specials to benefit Kristi House; 6-9 p.m., Tarpon Bend Raw Bar & Grill, 65 Miracle Mile, Coral Gables. \$10. 305-444-3210.

E-mail newscalendar@MiamiHerald.com two weeks before event. Items run on a space-available basis. For complete listings, go to MiamiHerald.com and click on Calendar.

Advertisement for Gravy Master featuring a bottle of gravy and the text: "DON'T FORGET! Gravy Master. Thanksgiving isn't the same without it. Perfect Turkey, Perfect Gravy...and more www.gravy.com"

Advertisement for Sentry Table Pad Co. featuring the text: "Custom Table Pads Free Locks Save \$25 Guaranteed quality and service from America's oldest and largest table pad company-since 1911. Free measuring service available in most areas. Satisfaction guaranteed with unconditional return privilege and 30-year limited warranty. Holiday Sale 305/379-3633 ext.156 OUTSIDE METRO 1-800/328-7237 ext.156 Sentry Table Pad Co."