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# What's Cookin

This blog offers a weekday update for the national "What's Cookin" radio show from CRN Digital Talk Radio. (M-F 8-9 AM PT). The nation's food, wine, travel, entertainment & health program airs live to an audience of 3 million on Time Warner. Hosted by veteran broadcasters Mike Horn & Paul Stern. This blog will be updated daily with guests and show information.

THURSDAY, OCTOBER 22, 2009

## Thu Oct 22, 2009

On Today's Show: [www.crntalk.com](http://www.crntalk.com)

### [Jim Lahey "My Bread: The Revolutionary No-Work, No-Knead Method "](#)

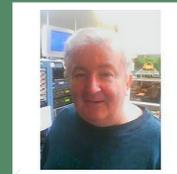
Jim Lahey studied sculpting at SUNY Stonybrook and the School of Visual Arts but soon headed off to Italy to work with bakers in northeastern and central Italy. He opened the Sullivan Street Bakery in New York City in 1994; the bakery has since moved farther uptown to Manhattan's west side. His new pizza restaurant, Co., opened in Manhattan in early 2009. The founder of New York's Sullivan Street Bakery, Lahey started a revolution in 2006 with his no-knead dough technique, in which flour, yeast, salt and water are mixed together quickly, left alone for 12 hours, then baked in a Dutch oven. The baking-averse found themselves suddenly capable of bread-making with a minimum of skill and fuss, opening a world of possibilities. In this wonderful compilation, Lahey elaborates on that method, explaining not only the science behind his approach but, through liberal use of photos, the technique as well. Once readers have mastered his basic dough (which won't take long), they're on their way to crafting homemade pizza, ciabatta, foccacia and rye as well as more playful variations such as peanut butter and jelly bread. While waiting for dough to rise, readers can pick from suggested sandwiches, such as Lahey's Cuban, made with Citrus Roast Pork and homemade pickles. Lahey's passion for bread-making and feeding people carries the book; his plainspoken advice and patient tutelage provide novices with a sure, steady hand to hold; and his methods will surely be adopted by chefs and bakers of all stripes.

### [Chef Kamal Al-Faqih "Classic Lebanese Cuisine: 170 Fresh and Healthy Mediterranean Favorites"](#)

Chef Kamal Al-Faqih, a Lebanese-American, began his career in 1986 as the owner and head chef of Med Catering, the first exclusively Mediterranean catering company in the Washington, D.C., area. During his twenty years there, his reputation became unmatched as his authentic dishes were offered at White House and embassy events, and for notables from Jordan's King Abdulla to Placido Domingo. In 2005, Chef Kamal relocated to California, where he tested and wrote the



### About Me



Jack Roberts

Jack Roberts is executive producer/program director at CRN Digital Networks and handles all programming on six national 24/7 outlets which are distributed through Time Warner, Cox and Comcast Communications. His career includes many years of national program experience working with Colonel Oliver North, Dick Cavett and Doug Stephan. In addition, his responsibilities include booking celebrity guests on all shows. He has worked with everyone from Tony Bennett, Tony Danza and Andy Williams to Hulk Hogan, Charlie Sheen and Bette Midler. He is a former rock jock at WRKO in Boston from the golden age of Top Forty. He lives in Hollywood, CA, and is a 30 year broadcast veteran. He is responsible for scheduling, producing and programming many national network shows on a daily basis.

recipes that comprise Classic Lebanese Cuisine. The cuisine of Lebanon epitomizes the best of the Mediterranean diet, which is esteemed for its health benefits. Abounding in a wealth of heart-healthy ingredients—including fresh vegetables, grains, herbs, and spices; poultry; lamb; yogurt; and olive oil—it yields meals replete with robust, earthy flavors. In *Classic Lebanese Cuisine*, a leading chef presents 170 dazzling recipes that reflect the full breadth of authentic Lebanese cuisine. Many recipes include several variations, giving you the option of preparing a vegetarian dish or adding chicken, lamb, or beef. Featuring favorites such as baba ghanouj, tabbouli, and kibbi, and a large variety of Lebanese classics ranging from entrees to hors d'oeuvres, salads, desserts, and side dishes, this book also presents Chef Kamal Al-Faqih's signature dishes. From London broil layered with garlic yogurt and pita, to heart-healthy fire-roasted wheat with lamb, he developed these singularly sumptuous recipes over two decades as the preeminent Mediterranean caterer in the Washington, D.C., area. Feedback from clients, friends, and family allowed him to focus on each dish individually and refine the ingredients and flavors. And, more recently, he devoted two years to further perfecting these recipes—for this book. Accompanied by full-color photographs throughout, and with step-by-step instructions, *Classic Lebanese Cuisine*—linked to the Web site [cookingwithkamal.com](http://cookingwithkamal.com), where you can find complementary information—makes Lebanese cuisine accessible to everyone who seeks to reproduce their favorite flavors and dishes, from the merely curious to more experienced cooks.

#### [Susan Whiteside VP Communications - National Confectioners Assoc](#)

Over more than a decade with NCA, the major trade show association representing the entire candy industry, Susan has become the go-to resource on confectionery products, candy sales, holiday celebrations and all things candy. Susan can answer questions on everything from the history of candy corn to the most popular candies and flavors. Susan has been featured on a range of national media from the Today Show to the Food Network and the New York Times, as well as numerous other local publications, broadcast affiliates and networks.

Trick-or-treaters beware! Adults are stashing sweets for themselves this year, this according to the 2009 Halloween Survey results by the National Confectioners Association's (NCA). Four in ten adults admit that they purposely keep treats instead of giving away all their sweets to revelers. And, nearly one third (30 percent) of adults admit that they will pocket at least a handful or more of goodies from the treat bowl to savor for themselves. Just in time for Halloween, NCA reveals the truth behind secret candy stashing by adults and unveils the top treats you'll find in trick-or-treaters' loot! Dust off your witch's hat, break out the jack-o-lantern and join Susan Whiteside as she unmask's NCA's 2009 Halloween survey results. Plus, learn best storage tips for candy corn, chocolate and all your favorite candies to help your loot last past October 31. Whether you share some or stash it all on Halloween night, NCA has the tips to enjoy a happy, healthy Halloween.

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Mike Horn & Paul Stern



"A Real Daily Double"

Posted by CRN Digital Schedule at 5:45 AM



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