



THE STEW

A taste of Chicago's food, wine and dining scene

By Chicago Tribune's Good Eating and Dining staffs

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Food the topic at Printers Row Good Eating tent

By Carol Mighton Haddix

A steamy Saturday didn't deter the crowds of customers under the Good Eating tent at the Printers Row Book Fair. They came to listen to a day-long lineup of cookbook authors and food experts. Carlyn Berghoff started the morning off with a behind the scenes look at iconic Berghoff restaurant recipes, included in her "The Berghoff Family Cookbook." Jeffrey Alford, co-author of "Beyond the Great Wall," talked with Tribune critic Bill Daley about the foods and politics of China's many regional areas.

Food stylist Carol Smoler, who styled photos in "Chicago Cooks," showed the audience some tricks to making food look good, including a great garnish idea: thin, red bell pepper "curls." (Soak them in cold water overnight in the refrigerator to make them curl.) Cathy and Tony Mantuano demonstrated their "small plates" from their book, "Wine Bar Food," then joined a panel on wine pairing with Sergio Esposito, author of "Passion on the Vine."

Tribune test kitchen director Donna Pierce shared secrets for red beans and rice (make sure the dried beans you use are less than a year old—check the package for a date.) And Good Eating assistant editor Renee Enna moderated a panel discussion on how to create a family cookbook with Laura Schenone, author of "The Lost Ravioli Recipes of Hoboken," and Susan Sanvidge, co-author of "Apple Betty & Sloppy Joe." The event was sponsored by Jewel-Osco and the Chicago Tribune's Good Eating section and continues Sunday. All in all, it was a steamy, tasty day.