

THE NEW EDITION

FABIO'S

FOOD, DRINKS, BUSINESS & LIFESTYLE

MAGAZINE

#PANINI

The best thing
since sliced bread!

FABIO'S BUSINESS 101

No egos are allowed in the workplace!

It's good to be seen...
are you taking the proper steps?

#BEER

Are you ready for
International Beer Day?

#GLUTENFREE

You've asked for Gluten Free tips...
and here they are!

#PANCETTAVSBACON

Bring home the bacon!



10/10 FABIO

Give a warm welcome to chef
ROBERT IRVINE, as well as
TAMARA BERG, to this issue!



TABLE OF CONTENTS

5

FABIO'S MAGAZINE

August marks two of my favorite things: National Panini Month and International Beer Day!



9

RECIPE RECAP

This week I am bringing you six fresh recipes straight from the kitchen of Cafe Firenze.



18

BUSINESS 101

Are you checking your ego at the door? Find out ways to maintain your perspective.

We all strive to do well in life. Here's how to be SEEN.



23

WINE 101

It's time for some wine etiquette! Here are the answers to all the questions you may have been too scared to ask ;-)



28

THE HEALER GUY

Just be! Are you able to sit there and do nothing? Try it this month.

30

10/10

It is my pleasure to have celebrity chef ROBERT IRVINE and DIY guru TAMARA BERG as my guest interviewees in this month's issue!

35

LET'S TALK ABOUT

Are you leading a gluten free lifestyle? Want to know more? I'm here with the answers!

Let's have a healthy discussion about the Bacon vs. Pancetta topic.

40

FOOD FOR THOUGHT WITH EMILY THE RD

Ice cream is all around us this summer! Can we get ice cream that has healthy benefits and fewer calories?

44

DIY STYLE WITH TAMARA BERG

See a penny, pick it up. All day long, you'll have good luck! Make a DIY Lucky Penny Pendant with brand new guest blogger Tamara Berg.

47

FABIO'S Q&A

Each week I will answer your questions here. Follow @Fabioviviani on Twitter or on Facebook to ask questions for the panel!!

48

UPCOMING EVENTS





**REAL TEA.
REAL BREWED.**

Just a tad sweet[®]





STACK, SLICE, AND REPEAT



D What's the best thing since Sliced bread? Fabio's sliced bread! I'm only kidding everyone, but really my sliced bread is amazing #TeamFabio. That's got me thinking though – What's your favorite thing since sliced bread? Maybe a piece of steak? A poached egg? Crispy pork belly with perfectly cooked vegetables? Only you can answer that question. For me? The standard has already been set. Nothing is better than sliced bread. Think about it - What else can be crunchy, soft, warm, and caramelized in the same bite? Being a staple in the American and Italian cultures, bread fresh out of the oven makes houses feel warmer, makes smiles bigger, and satisfies our souls to the fullest. So however you choose to spread the butter and roll out the dough, just remember that bread is THE center at our tables and forever will be. Regardless of all this no-carb nonsense, bread is my number one. I got your back toast – we're a team for life.

A couple hundred years ago in BF times (Before Fabio), there lived the earl of sandwich. As legend has it, the Earl was tired of having so many things to eat and not enough time to eat them (kinda sounds like me!) He told his household servants to bring him bread and then it happened – the sandwich! just like that the sandwich was born. With supporters of the Earl, the Sandwich began to spread like wildfire. Meats, cheeses, and vegetables began to appear all over the globe between the delectable slices of baked wheat goodness. Bread could already stand on it's own to flour feet, but now, could stand even higher by being filled with other foods. Because when you are on the top and bottom, the opportunities reach as far as your imagination will take it! Take that how you want to, but I'm just talking about sandwiches.....

So what's my go-to sandwich? Panini style for sure! Focaccia with cold cuts and cheese. Olive



oil on the bread and pressed to perfection. The Panini press is the king in bakeries, artisan sandwich shops, and even most lunch driven eateries. It's like a grill on both sides with controlled temperatures. All you have to do is open, close, and press! The result is a crispy, warm, almost cracker like exterior of the bread. The press melts the cheese and makes the inside components slightly warm. It takes the guesswork out of grilling bread and gives you perfect results every time. Just make sure to take it out!

I can only guarantee perfect results if you use your brain, America. Understand it's common sense. If you leave the bread on the press for 10 minutes, it's going to burn. I'm good at lots of things, but telling you that your bread is burning is not one of them. It's simple!

Sandwiches make for the perfect light meal. Fill with tasty lettuces, a light spread, add some deli cuts, and you've got the key to a great lunch to keep you fueled. Here are a couple of tips to keep your sandwiches all they can be! You guys already know Fabio is here to help you every step of the way.

- **Eat it now** - Think when you are eating the sandwich. If it's for later, keep the components separated. Moisture will destroy a sandwich and you already have enough stress in your day. It will take you 10 seconds to assemble the sandwich and you'll be much happier. If you are eating it within 15-20 minutes, make it ready for consumption.
- **Fillings that last** - Food is fuel. Your two pieces of bread will be filling on their own. Don't let this sandwich weigh you down! Opt for a 1-to-3 ratio of meat-to-everything else. Let me break it down a little further for you - For every ounce of meat, have a vegetable or

spread. If you have 4 ounces of meat, have at least 3 vegetables and a spread/cheese. This way your sandwich will be balanced and keep it exciting with every bite. This isn't set in stone either people. It's just a guideline.

- **Bread Variety** - Don't be lame. With so many different choices, make it an adventure trying new kinds of bread. I know that white and wheat are the easiest roads to take, but sometimes an Olive loaf, or maybe sun dried tomato and oregano will take your sandwich to the next level. And who doesn't love a next-level sandwich! Stupid question – the answer is nobody. #BOOM

Now that you are equipped with a touch of history, a few tips, and a story of my bread background, you've got the perfect Fabio sandwich! Trust me - it's the most delicious one of all the sandwiches ever made. Perfect for a lunch gathering, a kids snack coming home from school, or maybe early in the morning with eggs, the sandwich has got everyone going crazy. Just remember these three things - Stack, slice, and Repeat. #Panini

[Click here to read more
MAIN blogs](#)



BEER NOW, BEER LATER



#BEER

I can grow a pretty rad beard #TeamFabio. I'm talking about "I can be Santa Claus if the job was available" type of beard. It has nothing to do with beer, but I just wanted to brag a little bit. Thanks for putting up with me. Men like beer and men like beards. Not sure why our thoughts go in the direction of hairy faces and alcoholic delights, but that's just the way we were created! Don't hate the game – just learn how to play it. Let's talk beer.

Do you know how beer got its start? It can be traced back all the way to 10,000 BC – now that's some serious aging! Beer-like beverages have been in existence for centuries and even used as currency in some civilizations at one point or another. It was also one of the first documented

experiments to inducing fermentation for converting sugars and cultures. Who knew that the smartest people were brewing the good stuff – I knew that beer was a good thing! It started peaking when the Industrial Revolution started to take place. It became less of a domestic product and more of a worldwide one. Now, the beer industry grosses over to 300 billion a year! Now that's something to lift your glass too America!

Different beers have different tastes, colors, and smells. Being the nice Italian that I am, I'm gonna hook you up with a small list of the most popular beer varieties that stem from the two main types – Ales and Lagers. Then you will know what you are looking for when at your local supplier or favorite sporting event.



Ales - This is the sweeter of the two. The range in color of Amber to rich brown due to the grains applied during the making of it. You have Amber Ales that get their sweetness from excess malt – Fat Tire and Budweiser American Ale. India Pale Ale (IPA) have a distinct hoppy flavor and cross shades of golden and dark brown. Expect a bitter taste and scent. Stouts are dark ales that break away from the pack. Malt-free, roasted barley, and scents of chocolate and small amounts of hops. Think Guinness and you are on track.

Lagers - Crisp and filtered, lagers taste is a product of the fermentation process where yeast settles towards the bottle and doesn't float to the top. They have a smooth flavor and are less bitter than their Ale counterparts. Pale lagers are the most popular with a straw-like also have a malty finish. They are lower in alcohol content and might be a reason in why people enjoy them so much. You can drink lots of them! Bock lagers are dark in color and originated in Germany. Two examples are Shiner Bock and Michelob Amber Bock.

Now that professor Fabio has given you some specs on the history and description of the beer world, it's time to find out what works best regarding food! With beer having that wheat/barley vibe, I automatically think sauces. The longer we can let the beer sit in a sauce, the more it will lend itself to the flavor. Here's some meats I enjoy pairing with beer.

- **Short Ribs/Dark Ale** - Any dark ale will give a touch of sweetness and lots of body to the sauce. Use a touch of brown sugar to enhance the sweetness if desired. Chopped mushrooms and shallots will be the perfect base. Best short ribs you've ever had in my book! #BOOM

- **Pot Roast/Dark Lager** - Grab your meat, favorite root vegetables, caramelize in the pan, and deglaze with the lager. The aroma will be one of toasted wheat, with a crisp finish. Off set the beer with some chicken/beef stock. Add woody herbs such as a rosemary and sage for an herbal compliment to the beer.
- **Roasted Chicken/Light Lager** - Pop the top, stick it in the cavity, and set it on the oven! The beer will evaporate and lend its flavor to seasoning the chicken. Incredibly moist and incredibly flavorful. Season the chicken with salt, pepper, paprika, and a touch of cayenne. This chicken is gonna be drunk!

Are you gonna give beer a try today? Maybe you already give it too much attention! Whatever the case, let my team and I know what you are sipping on. Do you enjoy one with the boys or is a light lager your choice on girls night out? Whatever the choice, snap some pictures, and tag me in them @Fabioviviani. I wanna see how you celebrate beer with your loved ones. Bottoms up and cheers to the world! #Beer

[Click here to read more MAIN blogs](#)

RECIPE RECAP

The perfect mix of savory and sweet, with underlying earth tones.

PREPARATION TIME: 3 hour



Dry Aged Duck Breast, Parsnip Purée, Roasted Golden Beets, Cherry Gastrique

INGREDIENTS:

- 4 Ea. Dry Aged Duck Breast

Parsnip Purée:

- 13 Lbs. Parsnips (peeled & chopped)
- 1 Spanish Yellow Onion
- 4 Ea. Garlic Cloves
- 4 T Butter (unsalted)
- 1 C. Cream

Roasted Beets:

- 4 Ea. Golden Beets (Roasted, Peeled & cut into quarters))

Cherry Gastrique:

- 1 Lb. Cherries (pitted)
- 1 C. Light Brown Sugar
- 1/2 C. Apple Cider Vinegar
- 1/2 C. White Balsamic Vinegar
- 1 C. Water

DIRECTIONS:

Parsnip Purée: place parsnips, onion, garlic, & cream in a pot & cover with water. Cook until parsnips are soft and able to smash with tongs. Strain parsnips & reserve the liquid. In a blender add parsnips & cover with reserved liquid. Purée until smooth adding more liquid if needed. Keep warm.

Cherry Gastrique: place all ingredients in a sauce pot & bring to a boil reduce to a simmer. Reduce liquid until a thick syrup starts. Take half the mixture & purée it mix together with other half of mixture leaving pieces of Cherry in sauce.

To plate: heat up a nonstick pan with olive oil. Season duck breast with salt & pepper. Sear the duck fat side down first rendering the fat until crispy. Flip over & sear careful not to over cook. Take out of pan & let rest. In same pan sear beets in duck fat until caramelizing. In center of plate place parsnip purée. Slice duck breast in threes to show the ice temperature with should be medium rare. Place beets around the duck & drizzle cherry Gastrique around plate. Serve & enjoy.

IF YOU LUNCH WITH US...
YOU SHOULD PROBABLY BRUNCH WITH US.



WEEKEND BRUNCH

powered by dineamic group

STARTING AT 10AM

HOSPITALITY DEVELOPMENT



siena tavern

est. MMXIII

312.595.1322 / sienatavern.com

PUBLIC  HOUSE

312.265.1240 / publichousechicago.com

BULL & BEAR
BAR • GRILL • VANTAGE POINT

312.527.5973 / bullbearbar.com

BOOK YOUR TABLE NOW: WWW.DINEAMICGROUP.COM/RESERVATIONS



Endive Salad, Bleu Cheese, Candied Almonds, Poached Saffron Pears with a Fennel Rosemary Vinaigrette

Go fresh with this sweet salad during the summertime!

PREPARATION TIME: 20 minutes

INGREDIENTS:

- 2 Endive
- ½ cup of bleu cheese
- ½ cup almonds
- 1.5 cup sugar
- 1 cup white wine
- 1 cup water
- 2 diced bosch pears
- A pinch of Saffron
- 3 pieces star anise
- ½ cup fennel seed
- ½ rosemary
- ½ cup white balsamic
- 1.5 cup extra light olive oil
- 1 T. Dijon
- 2 T. honey
- Micro Celery and Citrus greens.

DIRECTIONS:

Endive: Cut each endive in half, follow by cutting each piece in half again. Thinly chop.

Bleu cheese: If whole, crumble until the size of a pea.

Almonds: Take ½ cup of sugar and place in a sauté pan. Add a few drops of lemon juice. Turn on low heat and swirl pan until the sugar is a dark caramel color. Add Almonds and place on wax paper or a silpat pad.

Pears: Take 1 cup sugar, 1 cup water, 1 cup of white wine, pinch of saffron, and star anise. Bring to a bowl and let steep for 15 minutes. Strain and place diced pears into liquid. Bring to a bowl and let sit until soft.

Vinaigrette: Place ingredients for vinaigrette into a blender (Fennel, diced rosemary, Dijon, honey, garlic) and blend until smooth. Slowly add extra light olive oil until an emulsion. Salt and pepper to taste.

To plate: Take cut endive and place into a bowl. Add crumbled bleu cheese, crushed pepito brittle, and poached pears. Salt and pepper to taste. Place on plate and add micro celery.



Chocolate & Peanut Butter Torte, Vanilla Mousse, Spiced Chocolate Biscotti Crust

Feast your eyes on this delicious and decadent dessert.

PREPARATION TIME: 2 hours

INGREDIENTS:

Biscotti Crust:

- 1 C. Flour
- ½ C. Sugar
- ¼ C. Cocoa Powder
- ¼ tsp. Salt
- ½ C. Almonds (toasted & Chopped)
- 1 tsp. Vanilla Extract
- 1 tsp. Chocolate Liquor
- 2 Whole Eggs

Peanut Butter Layer:

- 1 C. Peanut Butter
- ¾ C. Butter (unsalted)
- 2 T. Powdered Sugar
- 1 C. Heavy Cream

Chocolate Ganache:

- 8 Oz. Dark Chocolate
- ¾ C. Heavy Cream

Vanilla Mousse:

- ½ C. Sugar
- 2 T. Cornstarch
- 1 ½ C. Whole Milk
- 1 T. Vanilla Extract
- 1 C. Heavy Cream (whipped to soft peaks)

DIRECTIONS:

Biscotti Crust: mix together all dry ingredients. In a separate bowl, Then mix together all liquid ingredients. Combine the liquid ingredients with the dry & mix until well incorporated. Mold biscotti into 8" by 4 ½" thick. Bake at 350 degrees for 30 mins. Cut 1 to ½ inch strips then bake for 5 mins. More until firm & hard. Once cooled put into a food processor & purée with 8 T. Melted Butter. Until crust starts to stick. Press crust mixture into individual ramekins. Bake at 350 for 8-10 mins. & let rest.

Peanut Butter Mixture: in a stand up mixer whip cream until soft peaks, set aside & clean bowl. Next whip butter until light & fluffy. Add peanut butter, Sugar & incorporate well. Fold the Cream with the Peanut butter mixture to create a light mixture. Place peanut butter mixture in bottom of ramekins leaving half way from the top. Place in refrigerator to set.

Chocolate Ganache: in a sauce pot bring cream to a simmer. Place Chocolate in a bowl & pour hot cream over chocolate, let rest for 2 minutes then slowly mix together until nice & smooth. Pour over the top of the peanut butter mixture to the top of ramekin & place in refrigerator to chill.

Vanilla Mousse: in a sauce pot mix together milk, vanilla bean, cornstarch, sugar & bring to boil. Reduce the heat & simmer for a couple minutes stirring constantly to stop it from burning. Take of heat & let cool. Once cooled fold whipped cream into custard. Refrigerate till ready to use.

To Plate: place torte in middle of plate, place a nice dollop of mousse on top garnish with mint & powdered sugar.

Quick & Easy! Make Ahead!
Family-friendly and Great for Entertaining!

Come on into Fabio's own home kitchen as he shares more than 125 recipes for his favorite American dishes, infused with his own special Italian Flair.



From delicious starters to main dishes to savory side dishes and sweet endings, and including menu suggestions that will make your meals easy to plan and easy to prepare, **FABIO'S AMERICAN HOME KITCHEN** takes you right into the chef's home kitchen as he puts an Italian accent on classic home-cooking from all parts of the USA.

COMING IN HARDCOVER FROM HACHETTE BOOKS



Kale, Ricotta Salata, Pappadew Vinaigrette, Smoked Bacon

Taste the smokey undertones in this earthy summer salad.

PREPARATION TIME: 20 minutes

INGREDIENTS:

- 4 cups Kale
- 1 cup Smoked bacon, raw, diced
- ½ cup Pappadews
- 1 cup Olive Oil
- ¼ cup White Balsamic Vinegar
- 2 tsp Shallots, minced
- 2 tsp Honey
- 1 tsp Dijon Mustard
- 1 cup Ricotta Salata, grated
- Salt and Pepper

DIRECTIONS:

1. Rinse the kale in cold water and clean the leaf away from the stem. Set aside once cleaned and pat dry.
2. In a cold pan, place in the smoked bacon. On medium heat, render the fat until the bacon is crispy, about 10-12 minutes. Remove from fat and set aside.
3. Take next 6 ingredients, place in a blender and blender together. Adjust seasoning with salt and Pepper.
4. Toss the Kale with the dressing, sprinkle bacon on top, the scatter the cheese on top and around. Finish with fresh cracked black pepper, if desired.

INGREDIENTS:

- 1 shallot, minced
- 3 Tbsp Olive Oil
- 1 cups Arborio Rice
- ¼ cup White Wine
- ¼ cup Limoncello
- ¼ cup Yuzu Juice
- 1 ½ cups Chicken Stock, heated
- 3 Tbsp Butter, Unsalted
- ¼ cup Heavy Cream
- Zest from 1 Lemon
- ½ cup Parmesan, grated
- Salt and Pepper
- ½ cup Salsa Verde, already prepared

SHRIMP:

- 1 lb. 21/25 Shrimp, peeled and deveined
- ¼ Parsley, chopped
- 2 tbsp. Chives, chopped
- 2 tbsp. Chervil
- 1 tbsp. Tarragon
- 2 tbsp. Olive Oil
- Sprigs of Rosemary, ¾ removed to expose stem
- 1 Pint Yellow Grape Tomatoes
- 2 Pint Red Grape Tomatoes

This bright and fresh risotto is sure to please the whole crowd!

PREPARATION TIME: 40 minutes

DIRECTIONS:

1. Take Shrimp and next 5 ingredients and toss them together. Season with salt and Pepper. Then, alternate on the skewer one red tomato, a shrimp, yellow tomato, shrimp, and another red tomato. Do this until all the Shrimp are used.
2. In the large saucepan, heat the olive oil and butter. Using a wooden spoon, gently sauté the shallots, do not allow them to burn. Add in the risotto and toast very lightly only a few minutes. Deglaze with white wine, limoncello, and Yuzu. Adjust seasoning.
3. Once slightly reduced, add chicken stock 1/3 cup at the time. Don't add more until the first batch is reduced.
4. At the point where you've used all the broth, finish with cream, butter, and cheese. Stir into the rice for a rice finish.
5. In a hot sauté pan, drizzle a touch of olive oil and lay in the shrimp. Cook on each side for 1 minute then let rest for 1 minute out of the pan.
6. To plate, Drizzle salsa verde around the plate. Ladle risotto in the middle, and place 2 skewers on top.

Limoncello Risotto, Rosemary Skewered Shrimp and Tomatoes



ROASTED PORK WITH APPLE PARMESAN SALAD

Serves 2, double ingredients for 4 servings | Prep Time: 20 minutes | Cook Time: 10 minutes

2 pork chops
Sprig fresh parsley, leaves chopped
Sprig fresh sage, leaves chopped
2 sprigs fresh rosemary, leaves chopped
Salt and freshly ground black pepper
3 cloves garlic, crushed
2 Tbsp. **Bertolli® Extra Light Tasting Olive Oil**

3 lemons, halved, divided
2 cups microgreens or baby spring mix
1 Red Delicious apple or other crisp apple
1/2 cup grated Parmesan cheese
Bertolli® Extra Virgin Olive Oil
Bertolli® Balsamic Vinegar of Modena

Preheat oven to 375°. Season pork on both sides with herbs. Salt and pepper to taste.

Add garlic and **Bertolli Extra Light Tasting Olive Oil** to ovenproof skillet over medium heat. Sear chops on both sides. Add 4 lemon halves for flavor. Finish in oven 5–10 minutes.

Add microgreens to bowl with pinch of salt. Quarter and seed apple; squeeze lemon juice from one-half lemon on top of apples. Add Parmesan to salad.

Thinly slice quartered apples and squeeze remaining half lemon over slices. Mix all the salad ingredients. Drizzle with **Bertolli Extra Virgin Olive Oil**.

Once pork chops are done, plate and top with salad. Finish with a couple of drops of **Bertolli Balsamic Vinegar of Modena** and drizzle with **Bertolli Extra Virgin Olive Oil**. Season with freshly ground black pepper and a squeeze of roasted lemon juice.

Recipe courtesy of Chef Fabio Viviani



For recipes and cooking tips go to www.bertollioliveoil.com

World's No 1 Olive Oil Brand
Source: Euromonitor, retail value sales



Bacon wrapped Cod, Shaved Asparagus, Clams, Saffron Broth

Can't go wrong when you add bacon to your dish!

PREPARATION TIME: 30 minutes

INGREDIENTS:

- 1 ½ lb. Cod, portioned into 4 oz pieces
- 1 lb. Bacon
- 8 Jumbo Asparagus, blanched and shaved
- 2 lb. Manilla Clams
- 3 cloves Garlic, minced
- 2 tsp Saffron
- 2 quarts Fish Stock, warmed
- Salt and Pepper
- Olive Oil

DIRECTIONS:

1. Season cod with Salt and Pepper. Take bacon and wrap around the fish. Set aside.
2. In a large pot on medium high heat, drizzle in olive oil and add clams, garlic, and asparagus and cook for 1 minute. Add in stock and saffron and cook until clams open up. Turn off the heat and let sit. Season to taste.
3. In a medium heat saute pan, add a touch of oil, and set fish in to sear outside. Rotate fish after cooking for 5 minutes on each side, or when the bacon is crispy.
4. In bowls, Ladle broth with clams and asparagus, and place the fish in the middle on top of the clams. Finish with a drizzle of olive oil.

Click here for more of
FABIO'S RECIPES

EGOS ARE NOT ALLOWED

#BUSINESS101

by FABIO



A It's gonna be the death of us all. Not the zombie apocalypse, no, but pride. Our Ego. The little voice in our head that says, "you deserve more because you think so," without any merit or confirmation from your peers. It's great and encouraging to be confident. Confidence gives us the nerve and ability to shoot for our goals and exceed expectations. But when confidence takes a trip over the cliff, it extremely distorts your decision making process. "Negative Confidence", at its best, results in mistakes, single person decision-making, and judgments not grounded by more than one person. This isn't the time to do it all on own because you think you are god's gift to the world. This is a time to seek advice and make sound decisions first, then to lead with confidence in the work place. Nobody puts baby in the corner, but that's where your ego has to stay if you want to hit your stride inside and out of the business world.

Business has seen it's due amount and fair share of prideful persons trying to conquer the world. Whether a merger between tech companies, or

a joint venture of banks moving towards a larger unit, pride and ego have too often gotten in the way of making things happen. There is a word for excessive pride and arrogance - Hubris. Sounds like a tropical fruit to me, but don't be fooled by its bitter taste! My grandfather always told me that confidence can take you to the moon, but arrogance will surely lead you back to the ground - and it will hurt. Heed my family advice, America! The fact that we can dream big and even reach those dreams is what makes our human core so amazing. But doing so without care for others, through greediness or other avenues, will make those "dream big" ideals come crashing down. It comes in a couple different forms; decisions made without the right help, acting out based on foolish pride, and failing to properly evaluate the reality of a business' opportunity to expand and grow in a positive way. The key to these problems? Checking our decisions and actions, with ample time to change, will result in determining if your thoughts are authentic or are a false sense of confidence. In simple terms, always double check.

However, the more he or she begins to succeed, the more that person must reevaluate their decision making process.



Good leaders have to embrace the consequences, both good and bad, of all-important decisions regarding a company or community. Get in check and stop kidding yourself! America is the hot spot for good leaders to emerge. But more times than not, over confidence take on too strong of a roll and things come crashing down. Look at the stock market for example. At best, it's split down the middle with winners and losers. Even though logical statistics show to be cautious, people will make rash decisions to try and "beat the system." I'm not saying don't invest in the market, but know what you are getting yourself into. Having your ego not checked at the door can lead to big spending with small or no return. A loss is a loss at the end of the day in the business world.

Rags to riches stories are the best. An idea for a better life through hard work and constantly pushing the envelope because you have nothing to lose. However, the more he or she begins to succeed, the more that person must reevaluate their decision making process. Never think you are too high or too invincible to not be brought down. Pride has a nasty way of striking the Achilles heel at the most random moment, leaving you immobile, hypothetical speaking. We must become more aware of managing our confidence, stopping excessive decisions before they happen. Here are several ways to maintain your ongoing perspective and reduce the negative effects of hubris.

1. Before taking another step and moving forward, consider ALL consequences with more than two people.
2. Make sure your choices to solutions are good for both you and your business.
3. It's more important to get a job done correctly, rather than aligning yourself to impress others by what you are doing.
4. Just because you are good in one area of business, doesn't mean it will translate to another area. Pay close attention to your strengths and weaknesses.
5. Be sure that your confidence and drive are ground in reality. It's great to shoot for the stars, but not if you have trouble seeing.
6. Keep the thought of compensation and self-financial growth separate from your pride sense. These two can shape a very ugly web.

The take away? Leave your ego at the door. Your pride in working and working harder than anyone else can and will be rewarded in time. There's no reason to brag about how good you think or know you are. Let other people tell you if they feel like it. Your accomplishments should be able to speak for themselves rather than you going on and on about them. Because in the business world, there's always plenty of room for winners. But, too often, that same room is occupied by losers trying to impress too many people, at too fast a pace. Stay grounded and get after it, America. #Business101

[Click here to read more BUSINESS 101 blogs](#)

IT'S GOOD TO BE SEEN

#BUSINESS101

by FABIO



We all strive to do well in life. We strive even harder to do well in sub groups of life such as relationships, physical appearance, and yes, the business realm. Where does this drive come from to do well? Maybe it's the hope of being seen as someone who can make a difference in society. Maybe it's the want to be something more than sub par and continually be reaching for more from yourself and others. In business though, to do well, you have to be a "social Gardener," ever so smoothly cultivating your presence as someone who inspires respect. Your very own personal image is at stake everyday and can either shift for the better or worse based on how you choose to strive. Today, we are going to improve it from all angles and keep you on the path of success.

Now, how you dress and personal hygiene are important, but I'm not referring to that type of appearance. I'm talking about how you are seen in the workplace from the characteristic standpoint. How you carry yourself with others. How you

handle business with partners. How you treat others when they are on their lunch breaks. Things such as this are essential in gaining the proper amount of respect from your peers. To make this strong and solid as a rock, you must use leadership skills to generate an idea of community. For sake of this conversation, we will call this "Cashing In." You have to get your peers and customers to "cash in" to your likeness and your ability to influence others to push harder and work faster. This doesn't happen overnight, but the mindset happens and will stay as long as you stay on track.

Ever wonder why the Lion is always the leader of the pack and has domain over the Safari? It's his presence. He demands attention and will always get it. Other animals may be smarter or faster, but the lion has a balanced diet of speed, strength, agility, and sound that keeps him at the top of the pride. Translated to business, if you want to hit the top and bring others with you, you must exercise this sense of ownership. Everything from communication, to being able to read people, will

help you to attain this goal. Also, influencing people to “cash in” with you will make matter even better in the long run. Build a strong support underneath and your building will be all that much harder to knock over.

Here’s a fact for you whether you believe it or not - you are a salesman(woman). You might not see yourself as that yet, but caterpillars do not envision flight until they are mature enough to understand it. Whenever you try to persuade someone to see where you are coming from, you are pitching them an idea that you want them to “cash in” on. The pitch is at the core of our hearts as humans. We want to be heard and be understood. The pitch is a viable way to make this happen. It’s basic human interaction! But your pitch depends on a key point - audience perception. Doesn’t matter what you are selling or the intent behind your sale. It matters the most when people attach themselves to you because of the way you carry yourself. When you have that, then you can really fun with it. This all is coming back to obtaining the respect and trust of the pack within your business jungle.

- Always Pursue the Sale - Talent alone isn’t gonna get you where you want. Does it help? Of course! But it’s finding the right blend of talent and appearance that will make your business soar. What influences people’s perception of your selling? Good question - To one school of thought, it’s a control of what your audience members or company affiliates see. Perception is everything. Want to be successful? Look the part. Want to be come off as well spoken? Then practice dialect. It even can come down to a sense of smell when you walk into the room. Too much and people become hesitant. Too little and people will not take you seriously. That’s why it’s a constant balance. You can’t get from East to West without going through the middle space of human perception.
- Become a Better Reader - When you are able to read someone, the game begins to change. You gain the upper hand. This technique

goes back to being a social gardener and cultivating your crops. As you learn to dissect people’s words and actions, you’ll have a higher chance of gaining the retired outcome. Be sure to pay close attention, not only to the words spoken, but the true meaning behind them. Be very aware of the role that context plays in conversation. People are actually very easy to read. As you become familiar with subtle patterns in behavior and speech, you’ll begin to finish the sentences for co-workers and potential consumers. Then, and only then, you will be able to take the next step and make magic happen on an executive stage, knowing what will happen before it actually does.

- It’s Story Time - The greatest leaders of the last 100 decades told stories, they connected through common bonds of struggle, love, and emotion. Facts, numbers, and figures won’t get anyone’s attention like a rags to riches story will. To make your story better, focus on a theme and try to transport the listener to a place in time where you were at one point. Let them see, smell, and feel the scenery of your passage. Success stories are always positive, with real situations as the basis. It’s everyday living here people! Stay away from rumors and get to the heart of the matter. People will attach to that more than a jellyfish does to your leg on a summer vacation.

Your executive position can be attained, and if you already are there, it can with stand any rock thrown at it if you will apply these rules to your everyday life. A story can transport people that numbers and data simply cannot - the realm of imagination and the promise of something better. What do you want to be seen as and what story are you trying to tell? Rule your kingdom with an iron fist, yet a heart of gold. It’s a strong core and exterior that every business wants and needs. #Business101

[Click here to read more
BUSINESS 101 blogs](#)



WINE EMOTION
wine dispensing system

TECHNOLOGY AT THE SERVICE OF WINE

- **Three Volume Pour Control**
- **30 Days Preservation**
- **Ideal Temperature Serving**

4 to 8 Bottle, Home and Commercial
Wine Dispenser Models Available.

For More Info: 800.671.3317

www.WineEmotionUSA.com



WINE 101

WINE ETIQUETTE PART 1



Don't put your elbows on the table...Don't slouch your shoulders.....Don't chew your food loudly....Don't slurp your drink. Wow, so many things to keep up with America! In the vast list of do and do not's, we enter into the world of etiquette. A place where knowing "how to act in public" meets "success on the dance floor." As a chef, I know a thing or two about this subject. I'm a neat freak in the kitchen and like everything to be organized. I'm the same way at the dinner table and my home kitchen. When you're done with a course, you set your utensils on top to communicate that you are finished. When cutting vegetables and other fruits, you set your knife to the side of the cutting board to keep things clean and consistent.

But this is a wine blog! Don't think I don't have some tips for you beautiful people. We've spent some time over the last couple of months discussing wine from a tasting perspective. I want to look at wine for the next couple of blogs from the serving prospective. When you're at

your party, it's not only important to know the right kind of wine, but to also know the proper way to serve it!

- **Opening a Bottle** - Still table wine is opened with a spiral corkscrew tool. All wine keys have these on them. It's like a car that doesn't come with a steering wheel. It just doesn't happen. All keys have the corkscrew. It's a very simple process, but one that does need a touch of practice. First, hold the neck of the bottle. This is the weakest link of the bottle, so it's important to provide support there. Remove the foil using the blade on the tool. Make sure to not leave any around the spout because it may impart a metallic flavor, which you don't want if you spend 100 bucks on a bottle! Wipe the outside lip and insert the corkscrew (this sounds like wine surgery). Slowly turn the screw to ensure that cork crumble doesn't end up in your wine. Once in, place the tool on the side of the bottle to apply pressure while gently pulling up to



release the cork. Save the cork too! This is what you will reseal the bottle with, unless you drink it all!

- **Pouring a Bottle** - Take a cloth napkin and wrap around the neck. This is help to catch and drop of wine from the spout and also will insulate the wine. Hold the bottle in the palm of your hand to allow the guests to see the label and vintage. It's the little things like this that make the wine experience so wonderful. Pour the wine into the glasses using a steady hand. Don't pick up the glass though. Pouring while still on the table is seen as a professional way of doing business. Once done pouring, slightly twist the bottle to stop dripping.
- **Amount to Pour in a Glass** - People always want more in their glass, but sometimes you have to make it last! Wine isn't just meant from drinking. It's meant for admiring and smelling too. When you pour too much into a glass, it doesn't leave enough room to swirl and let the aromas free themselves for enjoyment. For a **White wine or Rose**, aim for about 3 ounces in a glass. You should be able to count three seconds for this pour, or look for the glass to be 1/3 of the way full. For **Red wine**, pour four ounces, have the glass be

about half full. Red Wine glasses are typically bigger than white, so although there is more wine, the space ratio still makes sense. But if it's your wedding night, all best are off and nobody is really worried about pouring wine anyway - am I right? Of course I am!

When you use these 3 techniques, your wine experience will be elevated and your guest will be able to tell that you are someone who has an eye for the good stuff. Again, don't be scared to mess up a couple of times because practice will make perfect eventually! Over time you will see the different shapes and sizes of glasses and get a feel for how much is a 1/3 and half of the glass for reds and whites. Don't be afraid America! Your technique will be as sharp as my knives in no time! if you want me to see you in action, post a video on Twitter for me @Fabioviviani with the "Wine101" hashtag. I wanna see how good you guys are getting at opening your wine and pouring it. As always, stay safe and keep the wine in steady flow. Love you guys! #Wine101

[Click here to read more
WINE 101 blogs](#)

The New York Times

BEST SELLER

FABIO'S

ITALIAN KITCHEN

When Fabio Viviani was growing up in a housing project in Florence, Italy, the center of his world was the kitchen, where his mother, grandmother, and especially his great-grandmother instilled in him a love for cooking and good food.

Now he shares the best of Italian home cooking while telling the story of his hardscrabble childhood, his success as a chef in the United States, and the women in his family who inspired him. In more than 150 delicious recipes, Viviani takes us from his family home, where his great-grandmother taught him to make staples like Italian Apple Cake and Homemade Ricotta, to the kitchen of a local trattoria, where he honed his craft cooking restaurant favorites like Gnocchi and the Perfect Tiramisu, and then across Italy where he studied each region's finest recipes, from Piedmont's Braised Ossobuco to Emilia Romagna's Perfect Meat Sauce.

A gorgeously illustrated cookbook, Fabio's Italian Kitchen is a celebration of food and family that brings all the joy, fun, and flair that Fabio Viviani embodies to your kitchen.

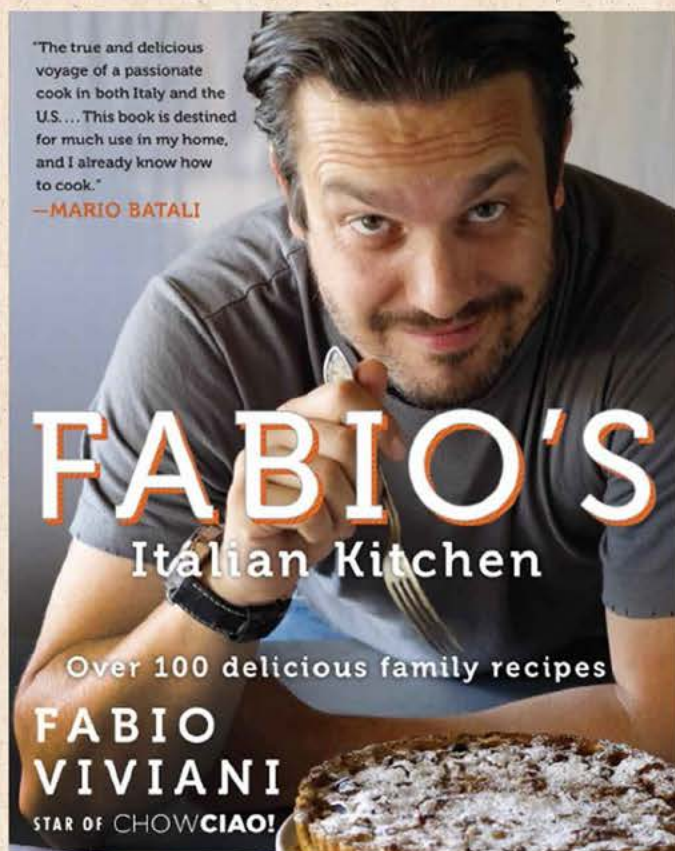
Fabio Viviani was born in Florence, Italy, and became a sous chef at Il Palladio, a trattoria in Firenze, at the age of sixteen. He now works as the owner and executive chef of Cafe Firenze, a renowned Italian restaurant in Ventura County, California, and Osteria Firenze, a Los Angeles Italian eatery. He has appeared on Top Chef (season five), Top Chef All Stars, and Life After Top Chef.

From growing up in a Florentine housing project to charming millions on Top Chef, Italian chef Fabio Viviani blends his amazing personal story with his favorite recipes from his home country.

Fabio shares the best of Italian home cooking while telling the story of his own, hardscrabble Italian childhood (and subsequent success upon arrival in US) and especially the women in his life mother and great grandmother who taught him to cook and inspired him. The book will feature photos and over 150 recipes with stories, including Viviani staples (Italian Apple Cake, 7 Flavors Meat), restaurant favorites (Gnocchi, the Perfect Tiramisu), and recipes from his travels and apprenticeships across different regions of Italy (Braised Ossobuco from Piedmont, the Perfect Meat Sauce from Emilia Romagna).

amazon.com

BARNES & NOBLE
BOOKSELLERS





WINE 101

WINE ETIQUETTE PART 2

Hold on everyone - It's time to take two on our Wine Etiquette series. If you didn't know how to act around wine before, now is your chance to turn the tables. I'm not actually asking you to stand up and start rearranging the furniture people, although this room does need a touch of Feng Swai.....moving on! When headed to one of my restaurants or perhaps another one of your favorites, the more you know the better. If you don't know what you are looking for with your wine, you might end up with a bad experience. I'm here to help as always! Let me guide you on some restaurant tips and tricks to ensure your wine experience is the best it can be. And if you are on date night, you'll be sure to steal the show and make momma proud with your actions as well.

People often think that wine is for stuffy, stuck up people. To some extent, that's true. But for the majority, it's a chance to experience flavors and smells from different parts of the country and world. Let the stuck up people have their wine -



We will not only have our wine, but drink it too! I'm going to touch on 5 different areas within the restaurant of where you can make sure your game is on point and leave nothing to chance. You deserve that best and restaurants want to give that to you! So before placing an order, think about what you'd like to spend, what kind of food you'll be eating, and how to act when the wine is brought to the table. Check this out.....

1. **Wine Lists** - Wine lists should offer variety in both flavor and price. They may or may not offer explanations of the wine itself. I've seen some lists that give a quick explanation of the wine as well as some that just name the vintage and price. It all depends on the how extensive it is and what the restaurant is looking to push. The best wine lists, again, offer variety within them - They should have less expensive and quite expensive wines, but over 75% of the list should be around the cost of an average an entree.

2. Wine Prices - A good rule of thumb I picked up in my earlier days of the restaurant wine business is if concerned about how much to spend, it's ok to ask. But to do it discretely is even better. How you ask? Start off by picking a wine in a category you like and another at a price you are comfortable with. Ask the server or sommelier about your first selection. Then point to the price of the second and ask for their opinion. They will understand that you are actually asking about pricing rather than taste. It's a subtle way to speak while not having to announce prices at the table.

3. Picking your Wine - I don't expect you to memorize regions, varieties, and countries of where wine is produced. Otherwise YOU would be writing this blog! But here are two very food friendly wines that will help you get from point A to point B. Pinot Noir is an excellent choice for red. Most wine from the regions of France, California, and Oregon will produce quality stuff. For white, consider a dry Riesling. Ones from Germany and the Alsace region of France are almost always food friendly. If you want to take an extra step, check out the wine list online. This will give you some time to study ones that sound interesting and provide the chance to pronounce the producer correctly. Brownie points on date night are right around the corner!

4. The Sommelier - This is the title given to a person in the restaurant that is knowledgeable and trained in the study of wine. They make the wine list and have a vast understanding of the wines on it. They are here to help America! Ask them as many questions as you like because that's what they are there for. When asking them question though, be able to answer some of their questions such as "What kind or Style do you enjoy," and "Are you open to trying new

wine?" You'll be headed in the right direction with their suggestions.

5. Wine Inspection - It's generally the host's responsibility to order wine for the table. For a group of people, go with bottles. They will be less expensive than by the glass, and much easier to keep up with on the table. Your server will come to the table with the wine you've ordered and present it to you. Check the label for the vintage and to confirm it's what you've ordered. When tasting, look, smell, and taste the wine to make sure it's what you're looking for and to pick out any flaws, such as spoilage. If you agree that it's suitable for the evening, simply let your server know and you can start drinking! A good ratio is half a bottle per person. If dining with a larger group, consider ordering whites and reds.

Remembering these 5 simple things will ensure that your experience is a memorable one. Now, I can't speak for every restaurant out there, but I know that the ones I'm a part of are passionate about wine and making sure to open the world up to you. Look for wine tastings and chances to experience numerous tastes with your meal. Also consider asking the Sommelier to pair wines with your courses. They love the challenge and it helps them stay on their game. See? You're helping someone else succeed and didn't even know it - I'm so proud of you guys! Snap some pictures of what you are drinking on you nights at and post them to Facebook and Instagram @Fabioviviani. Want to keep an eye on my students and cheer for you along the way. Happy eating and happier drinking everyone! #Wine101

[Click here to read more
WINE 101 blogs](#)



THE HEALER GUY

DEAN SCHAEFER

JUST BE

Just Be. This statement is probably the easiest action of creating your daily life experience, if you allow it to be. To “just be” does not require any special training or knowledge. The only thing required is that you do nothing. There is no need for thought or action of any kind at this level of experience. The key is to become comfortable in the silence and purity of God energy. This is where perspective, desire, want, need, energy vibration, imagination, visualization, believing, allowing and detachment reside. Here, there is no place for ego or fear, just pure silence and a knowing that does not require thought or acknowledgment. When you allow yourself to “just be”, you remove judgments, labels, concern, worry, fear, resentment, jealousy, doubt, disbelief, need for protection, assumptions, control, discontent, unhappiness, sadness, or any negatively-labeled energy vibration.

To “just be” does not mean you have to settle or accept any outcome as final. What it means is that you allow the moment to be as is, which was perfectly created through you and of the universe. You may or may not have been aware of how and why you created this moment, or even like the experience of the moment, but I assure you it was created by you and through you. But regardless of what any moment has



to offer, the acceptance of that moment is where you can step into practicing just being. When you resist a moment, you immediately respond with a mechanism of stress. To “just be” allows you to accept any and every situation for what it is without resistance. And without resistance, stress becomes a non-issue, for stress can only be created when you are resisting what “is”. Just being allows you full control at all times. Just being allows you to react, if you choose, from a place of awareness and understanding and without fear.

Questions about healing or holistic medicine? ASK Dean !!

Send Q's To: askdean@fabioviviani.com

When you allow yourself to “just be”, you are acknowledging and allowing your expression to resonate to that which you are - God energy. By allowing this, you unlock the doors of every desire and experience you want to create. Just being allows one to openly communicate with God energy and universal wisdom. It is the act of allowing; it is the act of detachment and it is the act of trusting that allows God energy to work through us. When we allow the moment to be as it is, we are not forcing anything upon it. We are simply allowing the moment to be open and clear to express itself as it needs to.

When you allow things to “just be”, by default, you become the witness of the wonderful and creative realm of your so-called physical experience. You allow things to be as they are without forcing them into what you believe they are, by attaching labels and judgments. When you allow things to be as they are, dysfunction and imbalance ceased to exist because the comparative segregation of things – good, bad or indifferent dissolves. Indifferences can only be registered through a visual perspective or a vibrational resonance of individual impact and variance. A belief of right or wrong does not come into play. All things are equal.

When you allow things to “just be”, the concept of lack disappears and the abundance of the universe overflows. Within any moment that is allowed to stand as it truly is, without judgment or the need to change it, the fullness and the abundance of that moment can be nothing less than perfect and complete. The belief of anything different than perfect and complete is just a residue of a mental concept from not allowing the moment to just be. Each and every moment that you experience is abundantly full when you allow it to just be. The only way for the concept of lack to appear within any moment is by creating a mental concept and or belief that something is missing.

One way to enter into a mindset that allows you to just be is through meditation. Meditation is a practice that allows you enter into a creative silent realm of pure God energy. Meditation is all about creating and holding an empty space to

allow the creative process of your intentions to begin. It has been said that when we pray we talk to God, and when we meditate we listen to God. By meditating, you allow yourself to enter into the silence and stillness of God energy. You allow the universal forces of energy to flow naturally and without resistance through your physical, mental and spiritual existence. You are aligning and allowing yourself to resonate within a vibrational match to God energy, which in turn allows you to become a direct conduit of creational energy. Meditation is a way for you to reconnect and experience all the beauty, stillness and silence of God energy. The true act of meditation is mindless, meaning it is without mental concepts. It's about allowing God energy to move through you, so that you can better align yourself to your desired state of being.

Many people have become so attached to their physical self-expression that they do not remember their true essence of stillness and allowing. The physical expression of your self becomes so real that you forget you are a human being, and I stress the word “being”. The problem lies in most of us concerning ourselves with being human, which couldn't be further from the truth. Your physical body is just a temporary means of transportation for your spiritual essence. Your true essence, your spiritual vibration, can only find its truth within silence and stillness. And that truth is all about allowing yourself to just be.

To allow and “just be” reconnects you to your true self; pure God energy. “Just be” is an act of unconditional love for it embraces acceptance, tolerance and kindness. Just Be allows you to reconnect to a realm that is innate to your spiritual essence and it allows you to realign to your true self, being God energy. Our mission in this physical realm is not about resistance. Our mission is to learn openness, allowing, accepting, tolerance, forgiveness, kindness and to live in balance with what is.

Dean Schaefer
The Healer Guy

[Click here to read more
THE HEALER GUY blogs](#)



10/10

with **FABIO**

Robert Irvine

We know him best from his many TV shows such as *Restaurant: Impossible*, *Dinner: Impossible*, and more... please give a warm welcome to Robert Irvine! Keep up with the busy Robert Irvine by following him on Facebook at Chef Irvine, Twitter [@RobertIrvine](#) or [www.chefirvine.com](#)

1 Let's assume that I don't know you. In a few sentences, please share with my readers why the world can use more of you?

Robert Irvine – I can only respond to that with what people tell me I do for them. So many fans say that they learn things about their own workplace or business by seeing the mistakes that the business owners on *Restaurant: Impossible* are making, as well as, by learning my personal management style and philosophies on business operation.

Alongside that, my focus on fitness and healthy eating is something that I think the majority of people could utilize to make positive changes in their lives. I hope to become more of an ambassador for health and wellness as poor nutrition and lack of physical exercise is quickly becoming a #1 concern for our nation's future.

2

What is one food you love and could not live without? What is your least favorite food that you wish would disappear from the face of the earth, and why?

My favorite meal to this day is roast chicken and mashed potatoes. So simple to make yet so difficult to perfect. On the other hand, if cinnamon and red bell peppers were wiped off the face of the Earth, I wouldn't bat an eye. I hate their flavor and they also affect your taste buds and mask the natural flavors in a dish.

3

What is one thing you wish you had time to do but currently doesn't fit into your busy schedule?

Enjoy some time at home with family. I travel 300+ days a year and, while I do get my family to travel with me as much as possible, just having time at home alone with them more often would be nice.

4

What is the weirdest things you have ever eaten and where were you?

Probably the weirdest thing I've ever eaten was muskrat on the set of *Restaurant: Impossible* in Smyrna, Delaware. It's a delicacy in the area but I found it very gamey and quite foul. It was also difficult getting over the idea of eating a rodent.

7

What is the hardest dish that you have ever had to make?/ Is there a dish that you have still never successfully completed?

The hardest dish I ever had to make was the very first dish I ever made in a high school economics class: Quiche Lorraine. While not overly complex in required skills, it's the perfection of simple foods that I find to be the best challenge. As I watched the egg set perfectly in that first dish I knew I was hooked on cooking for the rest of my life.

9

Of course you want 2014 to be a good one. If all else fails, what would you want your one and biggest success to be?

That my efforts have either saved a family's business from collapse or that I may have inspired someone to lead a healthier life through fitness a proper nutrition.

5

What is the one meal that reminds you most of your childhood/family?

Holiday dinners were always the most memorable in my family. While English food has a bad reputation in the States, traditional holiday food in the UK has a rich history and will always be some of my favorites.

8

Breakfast, lunch, & dinner: What would be your perfect 3-square meal?

If I have time, after working out, I'll start my morning an egg white omelet and toast or oatmeal. Breakfast is the most important meal. For lunch, I'm usually on set or on a plane so I'll typically go for one of my FIT Crunch protein bars. My busy schedule was one of the reasons I wanted to create a protein bar, I personally wanted something that was healthy, tasted good, and filled me up. In the mid-afternoon I'll have a hot tea. For dinner, depending on where I am, I'll go for a grilled salmon with fresh vegetables or roasted chicken.

10

What is your most prized possession?

I spend 300+ days on the road so aside from a suitcase and clothes, there aren't many possessions I couldn't do without. What I cherish the most is what I do. My 'job' is my prized possession. Because of my job I have the ability to reach and help a lot of people. From giving back to our troops to helping struggling business owners, my opportunity to help them is what I value the most.

6

What would be the last meal you would want to eat/make if you only had 1 more day to live?

Again, I would have to refer to my favorite meal: roast chicken and mashed potatoes. Always my go-to for a great meal.



10/10

with **FABIO**

Tamara Berg

DIY specialist Tamara Berg hails from a long line of artists, crafters, quilters and all manner of makers, and is host of the lifestyle show, The Tamara Twist. [@TamaraBerg](#) is a self-proclaimed Food Geek, Craft Maniac, Lifestyle Wiz, and Celebration Enthusiast. Check out her website at [TamaraCentral.com](#).

1

Let's assume that I don't know you. In a few sentences, please share with my readers why the world can use more of you?

Tamara Berg – My mantra for this column, or anything I'm doing really, is to entertain, educate and inspire. Whether it's by showing new ways to do things that are better/faster/cheaper, or by reminding us of old ways that are tried and true... I think the world can use more of anybody who strives to make life a fuller, richer experience.

2

What is one food you love and could not live without? What is your least favorite food that you wish would disappear from the face of the earth, and why?

I cannot live without butter! I suppose that's more of an ingredient than a food, but, it's a crucial element to nearly everything I make. And it's part of my Scandinavian heritage... everything is a vehicle for butter!

Beets. Hate 'em. They taste like dirt. I've tried many times to like them. Can't do it.

3

What is one thing you wish you had time to do but currently doesn't fit into your busy schedule?

Gardening. There's nothing like homegrown tomatoes or fresh picked berries. I'm growing tomatoes now, but I wish I had time for a large, abundant garden. And I love the satisfaction that comes with pulling a weed and getting the entire root.

4

What is the weirdest things you have ever eaten and where were you?

Fried ants "hormigas culonas" in Bucaramanga Colombia.

5

What is the one meal that reminds you most of your childhood/family?

Barbecued spare ribs and corn on the cob. That was my birthday dinner every year as a kid. My Mom is an excellent cook... and she just made me the ribs last week, for the first time in years. Flavor flashback!

7

What is the hardest dish that you have ever had to make?/ Is there a dish that you have still never successfully completed?

Since I'm not a chef, I thought I'd bring this question around to my area of expertise. My most difficult project was DIY-ing my sister's wedding.

Because we were working with a micro-budget, it meant that I not only had to plan the event, but I needed to make everything by hand, and in less than six months. From flower arranging to hors d'oeuvres, hair and makeup, décor, and even designing and making her dress... all DIY-ed! It was a huge challenge, but in the end all that mattered was that she looked beautiful, the food was delicious and everyone had a good time.

9

Of course you want 2014 to be a good one. If all else fails, what would you want your one and biggest success to be?

Obviously, being part of Fabio's magazine is already a high point, but I don't think in terms of "one big success." I know this may sound corny, but what it comes down to for me, is: I'll consider this year a success if I continue to do inspiring work and make my family proud.

6

What would be the last meal you would want to eat/make if you only had 1 more day to live?

Salmon with a light balsamic glaze, roasted broccoli, fresh baked bread & butter (of course), and raspberries and cream for dessert. Oh, and somewhere in there throw in some bacon. I love it almost as much as butter.

8

Breakfast, lunch, & dinner: What would be your perfect 3-square meal?

Breakfast: Steel-cut oatmeal with blueberries and walnuts. A cup of tea. Maybe a side of bacon. (Turkey bacon, to cut down on the fat.)

Lunch: A salad with grilled Portobello mushroom, roasted red peppers, & gorgonzola cheese, and a cup of quinoa and lentil stew.

Dinner: I'm sticking with the balsamic glazed salmon. (See #6 above, but easy on the bread and butter.)

10

What is your most prized possession?

My courage and my curiosity.

I've always been interested in how things work, how to make them better, and the "why" of everyday items. That curiosity was fostered by my parents, who taught me how to figure things out and make stuff on my own.

As for courage, from childhood I was blessed with a sense of blissful ignorance, in that, at an early age, I believed there were no mistakes in art. When you have little fear of failure, you can be tremendously brave, and a whole world of possibilities open up.

BED BATH & BEYOND[®]

Fabio Viviani Signature Series Bialetti Aeternum Evolution



SHOP NOW

Bialetti[®] Aeternum
"Fabio Viviani Signature Series"
Ceramic Fry Pans

\$29.99 - \$49.99



SHOP NOW

Bialetti[®] Aeternum
"Fabio Viviani Signature Series" Ceramic
6-Quart Covered Dutch Oven /

\$69.99



SHOP NOW

Bialetti[®] Aeternum
"Fabio Viviani Signature Series" Ceramic
10-Inch Square Griddle

\$49.99



SHOP NOW

Bialetti[®] Aeternum
Fabio "Signature Series" Ceramic
10-Piece Cookware Set and Open Stock

10 Piece Set \$199.99



SHOP NOW

Bialetti[®] Aeternum
"Fabio Viviani Signature Series" Ceramic
11-Inch Covered Deep Sauté Pan

\$69.99

SHOP FABIO NOW



LET'S TALK ABOUT...



Greetings #TeamFabio!! I'm pacing back and forth with excitement over our topic today because I KNOW that it is such a hot topic in our current food scene. Let me roll up my sleeves so you know I mean business. Gluten Free Living and Dieting is a topic that I consistently receive emails and letters about, and I want to give you guys a quick "Gluten 101" lesson so you can be in the know.

A gluten-free living/diet is a lifestyle that excludes foods containing gluten. Gluten is the protein complex that we find in wheat, barley, and rye (to name the major groups). Anything from bread, doughnut, cereals, and cookies have gluten. Those are some of my favorites too. But I make it easy to remember by reciting this phrase – "It's easy as Pie, forgetting wheat, barley, and rye." And since I'm such a nice man, I'm happy to let you in on my secret phrase ☺) So with so many things that have gluten, where can you turn? To me, OF COURSE!! Uncle Fabio has got

just the trick and has made a couple of substitution lists that you and your love ones can site in the event of a gluten free guest. We want to make people with certain dietary restrictions ALWAYS feel welcome at the dinner table, and make it delicious. Let's dive in...

FLOURS

This might be the trickiest ingredient for people to adapt to substituting. Thankfully, most major supermarkets and some specialty stores carry a wide variety of wheat-free flours. Our food industry has opened its generous arms and is happy to meet the needs of their customers aka YOU.

Heavier Grain Flours, typically contain more protein. Look for these when looking to substitute a recipe calling for whole-wheat flour.

- Millet
- Buckwheat
- Quinoa
- Cornmeal

Medium Grain Flours should be viewed and are similar to All-Purpose Flour. Here are some great substitutes when looking for that light, airy texture in your cookies and cakes.

- Sorghum
- Certified Gluten Free Oat
- Superfine Brown Rice Flour

When you are looking to sub flours for a Gluten-Free recipe, remember to match your flour weight. Sub medium for medium, heavy for heavy, etc. (check lists above. I've done the work for you America). The same rule applies to subbing out starches. And if ever questioning if one of your substitutes is ok for your Gluten-Free diet, check for products labeled "Certified Gluten-Free." That's like that equivalent of getting a gold star approval at school, but from the FDA. Come to think of it, I never got gold stars. But I became very good at picking off other students stars...Sorry Mom.

I always encourage experimenting with new products, and will do so here as well. Bakers will use a mix of All-Purpose flour and Cake flour to achieve a certain protein structure and texture. Try using a mixture of flours that satisfies your taste buds! Here is a great base recipe for breads, muffins, and cookies. And don't worry if you can't pronounce them – Google can do that for you in the search box.

- 2 cup sorghum flour (or GF oat flour, brown rice flour)
- 2 cup potato starch, corn starch or tapioca starch (not potato flour!)
- 1 cup almond flour, GF millet, or GF buckwheat flour
- 3 teaspoon Xanthan gum

I can tell that you guys have BIG SMILES on your face, but still have one burning question – What about BUTTER?? Butter is a magical fat, and that's a fact. However, when approaching a change in diet or lifestyle, some things can be different, but just as good. I've had many desserts and meals when butter wasn't even present and thought, "I can't believe it's

not butter!!" Oops, wrong Fabio – "I knew it was Olive Oil!" That's better.

My go-to is of course Olive Oil. I'm Italian and that is never changing. I look for a lighter tasting olive oil for my cakes and desserts, seeing that I DO NOT want to have the taste of Grandmas Olive chicken floating in the back of my mind!! Light olive oils are perfect for a fat substitution, while delivering minimal olive taste. Coconut Oil is a close second with its smooth texture and mild taste, similar characteristics of Olive oil. One added benefit is that at room temperature, it's a solid. This makes it very easy to cut and portion for biscuit recipes – #BOOM!! Here is a list of some other oils that are great for baking and cooking to add to your growing knowledge of Gluten-Free eating. Using organic varieties of all the above-mentioned foods are encouraged, but not absolutely necessary.

- Canola
- Rapeseed
- Vegetable
- Sunflower
- Safflower

Quick Tip – If you are finding that your gluten-free baked goods and MUSHY and GUMMY in the middle, try cooking at a higher temperate for a short amount of time. This will help the food rise quicker, therefore helping to eliminate the inside problem. Be careful to keep a closer eye though. Higher temperatures mean greater chances to burn your goodies. But I have All the confidence in the world that you will do great. The world of Gluten-Free eating is ever evolving to meet the needs of you guys. Always feel free to shoot me your questions about gluten and send me some pictures of the sexy food you are cooking. Use this information as a starting point for your voyage into a new chapter of life. Thanks for letting to join you in this journey. You guys know I love riding shotgun as your partner in crime. Until next time, cook what you love and love what you cook! #Letstalkabout

[Click here to read more
LET'S TALK ABOUT....blogs](#)

A Fabio Viviani Restaurant

Café Firenze



Italian Restaurant & Martini Bar

*Please join us for a quick
Business Lunch,
a Dinner "al Fresco" or
simply for the best Martinis
in the 805 area, live music and
entertainment on weekends.*

MAKE YOUR RESERVATION ONLINE

www.cafefirenze.net

563 W Los Angeles Ave, Moorpark, CA 93021

(805) 532-0048



LET'S TALK ABOUT...

#PANCETTA VS. BACON

What's up #TeamFabio! Do you smell what the chef is cooking? Today, I'm bringing home the bacon AND eating it. Not really bacon, but Pancetta. That's the Italian way of bringing home bacon. And TRUST ME, you want to do as many things the Italian way as possible. Drinking espresso and eating gelato at least once a day is something to consider as well.

I'm all about competition and making sure I come out victorious, but for the sake of this conversation, let's have a healthy discussion about the Bacon vs. Pancetta topic. Pork, in recent years, has EXPLODED into our food arena. From butts to ribs, and hams to cheeks, Pork is in abundance and absolutely delicious. It's affordable meat, which means you can feed your family and friends without stretching your wallet too much. Specifically, Americans have made Bacon the breakfast, lunch, and Dinner go-to protein. It goes great with eggs in the morning, added to a sandwich

for lunch, or tossed with some roasted vegetables for dinner. My mouth is watering talking about this!

Bacon is nothing more than pork belly, the underside of a pig, that's been cured and smoked. I've also seen it being put through a brine solution before the later procedures take place. This is usually a cold-smoking process, meaning that the bacon is not heated or cooked during smoking and remains raw. That's why you never want to eat bacon straight from the package. Talk about a case of the runs, and I'm not thinking a marathon! Smoking can be done with a wide range of woods, from apple, maple, or hickory, which each give their own distinctive, delicious flavors to the meat. Here are a couple of flavorings you might not have thought about that you should give a try!

America, I'm getting married in the future that's for sure. And I already know my sweet wife is gonna get

Pancetta is where bacon wants to be when it dies and goes to heaven! While bacon goes on vacation 3 times a year, Pancetta is always busy with things to do.



whatever she wants! But if you are stuck in the pits with no ideas for your big day, feel free to take all the credit and use my suggestions. I promise to keep my mouth shut #TeamFabio. Are you already married? These ideas can be translated into any event you are putting on. Just remember to keep it simple, keep it classy, and keep it Italian (with me of course)! Love you to pieces! #WeddingbyFabio #Letstalkabout

- Lavender
- Juniper
- Jalapeno
- Brown sugar/Apple

Bacon has great fat too. When rendered properly, you can save the fat and use it like you would butter. The difference is the amount of flavor that is now being incorporated into your food. A slight smokiness and meat flavor takes vegetables, fish, and eggs to THE NEXT LEVEL. And I'm a proud supporter of #nextlevelcooking!

But enough about bacon. Pancetta is getting jealous and I have to make sure that I'm not told to sleep on the couch tonight ☺ Pancetta is where bacon wants to be when it dies and goes to heaven! While bacon goes on vacation 3 times a year, Pancetta is always busy with things to do. When you're Italian, you gotta make sure everyone is happy! Pancetta is cured with a dry rub, containing the curing agent. It can even be eaten uncooked if left to cure for a long period of time. The traditional shape of Pancetta is a roll that looks like a log. Usually laced with black pepper, it lends itself to more pork flavor since it hasn't been smoked. Are you following me so far

guys? This is a lot of pork talk just for one blog! Wouldn't want you to go crazy.

Having the right tips for the kitchen can always make or break your day. Check this small list that I've put together to make your life easier and your meals tastier. I'm all about you America and your pigs!

Cooking Tips:

- Freeze pancetta/bacon for 2-3 minutes to make cutting effortless
- Boil bacon for 5 minutes to get rid of some of the smoke flavor
- Save bacon/pancetta fat for the best roasted vegetables
- For the crispiest pork, cook it in the oven at 300 F for 10-12 minutes
- Always start pancetta/bacon in a cold pan. This is the best way to render the fat for later use.
- Use for wrapping leaner cuts of meat to infuse flavor and retain moisture within the meat.

Is your mouth watering yet guys? How do you enjoy this pork delight? Are you on team pancetta or team bacon? Remember to choose wisely and let me know! Thanks for letting me share and give some insight on this topic this week. It's only a matter of time before breakfast rolls around and you'll be left thinking, "should I go America or Italian?" Send me your pictures and recipes of what you are using this week via Facebook and Instagram and stay busy in the kitchen. Love you all to pieces! #Letstalkabout

[Click here to read more](#)
LET'S TALK ABOUT....blogs



FOOD FOR THOUGHT

WITH EMILY THE RD



DESSERTS THAT PAIR WELL WITH ICE CREAM

Ah, July! The sun is shining, the weather is hot...which means we all need something refreshing to cool ourselves down. It just so happens that July is National Ice Cream Month. While ice cream is delicious, it is packed with unwanted calories and can lead to unwanted weight gain. So what are some healthier options? Can we get ice cream that has healthy benefits and fewer calories? Thankfully, companies are making ice cream delights using various types of milk alternatives. Let's take a look at a few different kinds of the frozen treat.

Cow's milk. Plain, simple and has been around forever. Why stray from the ordinary? When we consume just regular, whole cow's milk, we're getting an average of 160 calories, 8 grams of fat, 8 grams of protein and 12 g of carbohydrates. Milk has its benefits of calcium, vitamin D, vitamin A and is a food that has both carbohydrates and protein. But are there other substitutes that could give us less calories but the added bonus of vitamins?

Now, let's compare whole milk to popular almond milk. When looking up the statistics on almond milk, it has an average of 60 calories, 2.5 grams of fat, 1 gram of protein and 8 grams of carbohydrate. When looking at the ingredients of the almond milk, they have added calcium, vitamin D and vitamin A, but

there are additives such as cane juice among other things. Comparing this to regular milk, it has less calories and fat, but the downside is less protein.

Next, let's look at soy milk. When researching this popular soy milk brand, I came across multiple varieties of soy milk! There is soy milk that contains omega-3, organic milk, chocolate milk, light milk in every flavor and the list continues. Soy milk has come a long way and it seems that they may be a force to be reckoned with. The average soy milk contains 110 calories, 4.5 grams of fat, 8 grams of protein and 9 grams of carbohydrate.

Soy milk seems to be the better choice thus far. It may have more calories than almond milk, but it has more protein with a moderate carbohydrate count. Soy milk also is cholesterol free and is very low in saturated and trans fat. When looking at the label, you also are receiving vitamin D, calcium, vitamin A as well as phosphorus and magnesium...something that also is found in regular cow's milk.

Last but certainly not least, let's take a look at coconut milk. Coconut milk seems to have boomed in the last few years and has been buzzing in the dietetic world. For 8 ounces of coconut milk, you're receiving 80 calories, 5 grams of fat, 0 grams of protein and 7 grams of carbohydrate ...ouch, no protein at all!



A Fabio Viviani Restaurant

Café Firenze



Italian Restaurant & Martini Bar

*Please join us for a quick
Business Lunch,
a Dinner "al Fresco" or
simply for the best Martinis
in the 805 area, live music and
entertainment on weekends.*

MAKE YOUR RESERVATION ONLINE

www.cafefirenze.net

563 W Los Angeles Ave, Moorpark, CA 93021

(805) 532-0048

Although this particular coconut milk has vitamin D, vitamin A and calcium, there isn't any phosphorus or magnesium like regular or soy milk. Another downside...saturated fat is 5 grams which is already at 8% of your daily value. The product claims to have 50% more calcium than dairy milk so that is an added bonus to this specific type of milk.

So which do you choose? Which is the better option? The answer is...whatever fits your lifestyle better. If you don't like to stray from habit or tradition, go with the cow's milk. If you want the same amount of protein with fewer calories and a variety of flavors that you can buy, soy milk seems to be your better choice. If you want the least amount of calories possible, and don't really mind that the protein is low, then almond milk would work best for you. And finally, if you want to try out coconut milk because you're curious, then go for it! It has fewer calories and 50% more calcium.

Still not enough guidance for you? Here's how I, the dietitian, would break it down: For everyday consumption, soy milk would be my first choice because it has moderate calories, the same vitamins and minerals as cow's milk, a great protein to carbohydrate ratio and it comes in a variety of flavors so I won't get bored. If I were cooking or baking, I would go with cow's milk because the flavorings of the other milks may make your dish or dessert taste a little "off." If I were maintaining a specific weight or had a specific weight goal, I would go with almond milk because it has the least amount of calories and fat and can pair with most meals. If I were making frozen treats...say for National Ice Cream Month, I'd use coconut milk because it has more fat that will help with the freezing process for ice cream and it will give it some added flavor to your tasty treat. Lastly, if I were watching my blood sugar or had diabetes, I would consume soy milk because it has the best ratio of protein to carbohydrates.

There you have it! All of the different types of milk that you can choose from, whether you're drinking your milk, or consuming some delicious ice cream



treat. But what if you're not an ice cream fan? Don't worry, I've got you covered. I found a delicious cool treat from Fabio Viviani's website that will have you forget all about the ice cream. Check out Fabio's Lemon Sorbet recipe for the month of July. If you're watching your weight or your blood sugar, just substitute the regular sugar with a sugar substitute of your choice.

Enjoy this July with delicious, cool-down treats and remember to be adventurous with your food!

1. Krause's Food and the Nutrition Care Process by L. Kathleen Maha, Sylvia Escott-Stump, Janice L. Raymond; Appendix 34: Exchange List for Meal Planning, pg. 1112. Elsevier Saunders, 2012.
2. Refrigerated Almond Breeze Milk. Almond Breeze Milk Website: almondbreeze.com
3. Ibid
4. Silk Soy Milk Products. Silk Soy Milk Website: silk.com/products
5. Silk Soy Milk Original. Silk Soy Milk Website: silk.com/products
6. Ibid
7. Silk Coconut Milk. Silk Coconut Milk Website: silk.com/products
8. Ibid
9. Ibid
10. Lemon Sorbet. Fabio Viviani's Website: fabioviviani.com/general-recipes/lemon-sorbet/

Click here to read more
FOOD FOR THOUGHT
WITH EMILY THE RD blogs

Cancer Children's Foundation Stinks

www.cancer-stinks.com

Cancer Stinks Children's Foundation's mission is to bring joy, comfort and to help improve the quality of life of children and their families affected by cancer through advocacy, charity and support.

[Learn More & Donate](#)



In April of 2006 at almost 4, Nicholas Tarabokia was diagnosed with cancer. In the midst of treatment, he was feeling frustrated by how the disease was making him feel. He sat down and wrote two words "Cancer Stinks" and drew a picture. It was his way of telling the world how a child felt having cancer. On June 7, 2009, his 7th birthday, Nicholas took his last chemotherapy and remains cancer free today!

In honor of his survival and deep determination to help children like himself, Nicholas founded Cancer Stinks Children's Foundation. He and his brother Ryan, are on a

mission to bring comfort and joy to children battling cancer across the nation. Their "Nights of Love" packages help children and teens with cancer feel a little less afraid during their overnight stays at the hospital.

Cancer Stinks Children's Foundation hopes to deliver as many packages to children battling cancer as they can, but they need your support. Visit www.cancer-stinks.com today to learn more. Any donation helps Nicholas and Ryan get one step closer to giving every child with cancer a night filled with love.



DIY STYLE

WITH TAMARA BERG

DIY LUCKY PENNY PENDANT



“See a penny, pick it up.
All day long, you’ll have
good luck!”

Found between seat cushions, lying on the street, tossed into fountains... heck, you probably have a mason jar full of them somewhere. The shiny copper penny. It's ubiquitous, little valued and surprisingly versatile.

In 1983 the U.S. mint, in a cost-cutting maneuver, began making pennies out of zinc, and plating them with copper. Today, a pre-1983 one-cent coin, which is comprised of 95% copper, is actually worth nearly 2-½ cents in metal costs!

But if I may add my two cents, this little scrap of titian-colored metal can be transformed into some of the most attention-grabbing and beautiful jewelry you can imagine. And you won't believe how varied the designs, from intricate pieces to simple creations.

Charms similar to these Lucky Pendants were popular in the 1970s, and have experienced a resurgence today, due to the current emphasis on all things “green” or “upcycled.”

To make one, you do need a couple of items that might be out-of-the-ordinary for some crafters/makers, but they are worth their weight in... pennies. For example, 2mm Steel letter stamps – I've found them for as little as \$8 at Harbor Freight, [here](#).

Here's what you'll need to make your own Lucky Penny Pendant.

- Pennies
- Vinegar
- Salt
- Small bowl
- Steel block
- Small ball peen hammer
- Drill with small bits or steel hole punch (the one I use is [here](#).)
- Awl or center punch
- Steel letter stamps
- Small Metal Files (optional)
- Polishing cloth
- Fine point Sharpie pen (optional)
- Jump ring
- Chain or cord

Charms similar to these Lucky
Pendants were popular in the 1970s,
and have experienced a resurgence
today, due to the current emphasis
on all things "green" or "upcycled."

Clean coins. The easiest method I found is one that I use to clean my copper teakettle. In a small cup, dissolve ½ tsp. table salt in ¼ cup of vinegar. Add pennies. It will only take a few minutes to clean them up. Just dip and done! Rinse in clean water, and dry. Do make sure you rinse them thoroughly. If not, a residue of vinegar will remain on the copper causing oxidation. Coincidentally, that's how you would artificially age the copper to add a patina.

Stamp letters. The tricky part is getting them evenly spaced and straight. One suggestion: Don't be too picky. Second suggestion: Be patient! Third: Practice, it really does make perfect. Until then, be prepared to ditch a few mess-ups. But don't fret; they're only pennies after all.

Begin with the letter "C" and place it in the center of the penny. Using the hammer, strike the stamp with certainty, but only once. You don't want a double-strike, as it may blur the letter. If your first strike doesn't create a good enough imprint, place the stamp back onto the penny, making sure you have it perfectly aligned with the original impression and strike again. The stamping process goes a lot faster and with more legibility if you use just one strike per letter. However, with only one shot at it, you better make it a good one.

Once you pound the letter "C" into your penny, work outward to add the other letters – the "K" to the



right, the "U" to the left, and so on, until you've spelled "LUCKY"

Drill the hole: Mark the spot with a permanent marker. Use an awl or center punch to dent the spot and keep the drill bit from wandering.

If using a drill, tape down the penny onto a piece of scrap wood or hold in place with a clamp. Use a drop or two of machine oil on the drill bit to make the drilling easier. (I didn't want to go to the garage, so I used peanut oil!) Begin with a small drill bit, and if you need a bigger hole, drill a second time with a larger bit, this is much easier than drilling with the bigger bit from the start.

If using a punch-cutter like mine, carefully punch the hole. If necessary, file or sand any rough edges of the hole.

Polish penny and hang from a chain. Use a silver polishing cloth to buff the coin. Then use a fine-tip permanent black marker to draw in the letters and make them more visible. Connect to chain with a silver jump ring, and you've got a personalized keepsake.

They also make a really fun bracelet charm or cool key ring fob. And now you can carry your good luck with you wherever you go.

[Click here to read more
DIY STYLE
WITH TAMARA BERG blogs](#)



Restaurantware.com

ECO-FRIENDLY TABLEWARE

RestaurantWare.com is the leading online supplier of discount and wholesale restaurant supplies. In only 10 short years, a strong distribution base has been created and thousands of satisfied customers trust us to deliver in the U.S. As a top catering supplier, we provide catering business supplies, plastic party plates, and bamboo party plates used for custom dinners and occasions.

Planning your next party or event is easy using a trusted catering supplier. Your search for high quality plastic plates and plastic dinnerware is effortless. We take pride in supplying catering supplies to hard-working business owners looking for a trusted catering business supplies provider.

RestaurantWare.com is committed to delivering the highest customer service and timely product delivery to meet the needs of the restaurant and catering industries. Our reputation is only exceeded by the quality of our products. Whether you are cooking with bamboo skewers for one or a thousand, you will find it here — fast.



FABIO'S Q&A

ASK FABIO ANYTHING YOU LIKE!

@LINDAMERCERS ASKS:

IF YOU HAVE A DOUBLE-YOLKED EGG, DOES THAT COUNT AS ONE EGG OR TWO IN A CAKE OR COOKIE RECIPE?

FABIO: GOOD QUESTION ! SINCE THERE'S ONLY SO MUCH YOU CAN HAVE IN ONE EGG SHELL, I JUST COUNT IT AS 1 EGG. IT'S STILL THE SAME AMOUNT ☺

CANDY O'DONNELL ASKS:

I WANT TO KNOW HOW TO MAKE A GREAT SUNDAY SAUCE, (PASTA SAUCE), MY MOM HAD A GREAT RECIPE WHERE SHE ADDED PORK AND CHICKEN AND THEY FELL OFF OF THE BONE AND ALSO THE SAUCE WAS THICK AND WONDERFUL.

FABIO: HI CANDY ! I'M SHARING MY TOMATO SAUCE WITH OIL AND GARLIC WITH YOU... IT IS THE "SUNDAY SAUCE" THAT I MAKE :) HOPE YOU ENJOY

Tomato Sauce with
Oil and Garlic

BETH PRESSER ASKS:

IF I MAKE MY OWN TOMATO SAUCE, HOW LONG CAN IT BE STORED IN FREEZER AND NOT LOSE TASTE? THANKS CHEF.

FABIO: USUALLY ALL MY SAUCE IS GONE WITHIN ONE NIGHT ;-) I WOULDN'T PUT IT IN THE FREEZER FOR MORE THAN 10-12 MONTHS, ONLY IF SEALED VERY WELL. REALLY DEPENDS ON WHAT KIND OF CONTAINER YOU USE... I WOULD SUGGEST USING A HEAVY DUTY CONTAINER.

DANIELLE GOLDSTEIN KINSTLE ASKS:

WHAT IS YOUR FAVORITE DISH TO MAKE AND THE RECIPE?

FABIO: I LIKE TO MAKE A LOT OF DIFFERENT THINGS AND AM ALWAYS EXPERIMENTING, HOWEVER IT ALWAYS COMES BACK TO THE PASTA! ONE OF MY FAVORITE CLASSICS IS MY PAPPARDELLE WITH BOLOGNESE SAUCE... IT ALWAYS REMINDS ME OF BEING BACK HOME IN ITALY WITH MY FAMILY. HOPE YOU LOVE IT AS MUCH AS I DO

Pappardelle with
Bolognese Sauce

UPCOMING EVENTS

OXNARD SALSA FESTIVAL

SATURDAY, JULY 26

SUNDAY, JULY 27

WATCH FABIO ON THE TALK

MONDAY, JULY 28

MIAMI MAGAZINE TO LIVE & DINE MIAMI

WEDNESDAY, JULY 30

MIAMI NEW TIMES IRON FORK

THURSDAY, JULY 31

TASTE OF THE NATION CHICAGO

WEDNESDAY, AUGUST 13

WATCH FABIO ON THE TALK

THURSDAY, AUGUST 14

LOS ANGELES FOOD & WINE

THURSDAY, AUGUST 21

SATURDAY, AUGUST 23

WATCH FABIO ON GOOD DAY LA

MONDAY, AUGUST 25

SUNSET'S SAVOR THE CENTRAL COAST

SATURDAY, SEPTEMBER 27

SUNDAY, SEPTEMBER 28