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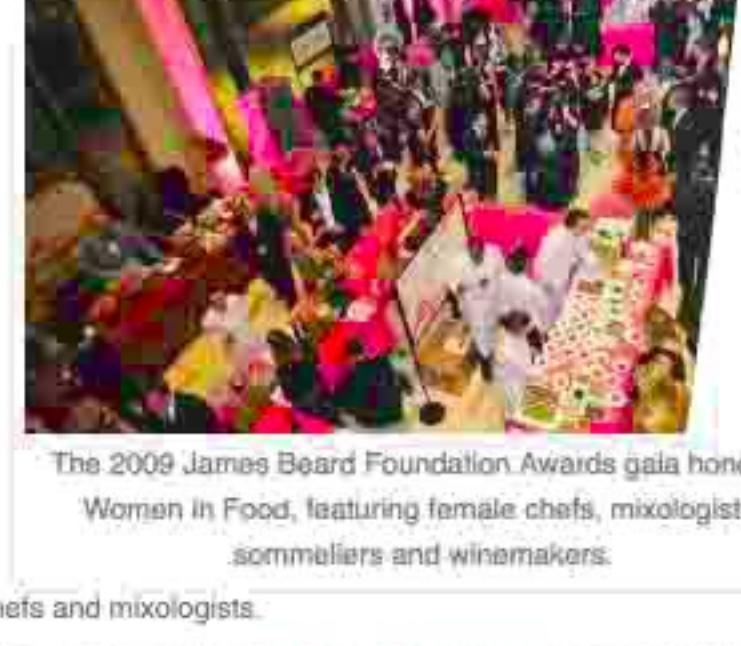
May 15th, 2009

James Beard Foundation Gala Honors Women in Food

We had the opportunity to attend the [James Beard Foundation](#)

Awards ceremony — the Oscars of food — held at the Lincoln Center in New York City May 4. This year's annual gathering of chefs, sommeliers, restaurateurs and other culinary professionals

featured the theme of **Women in Food**, with all 22 food tables and 13 cocktail tables headed by female chefs and mixologists.



The 2009 James Beard Foundation Awards gala honored **Women in Food**, featuring female chefs, mixologists, sommeliers and winemakers.

This year's big awards — presented by [Cat Cora](#), [Emeril Lagasse](#) and [Stanley Tucci](#), who plays Julia Child's husband in the upcoming film *Julie & Julia* — went to [Jean Georges](#) in New York (Outstanding Restaurant), [Dan Barber](#) of New York's [Blue Hill](#) (Outstanding Chef), [Nate Appleman](#) of [A16](#) in San Francisco (Rising Star Chef) and [Momofuku Ko](#) in New York (Best New Restaurant). The 2009 Lifetime Achievement Recipient was [Ella Brennan](#), who has been involved with the 129-year-old New Orleans landmark [Commander's Palace](#) since 1969.

Past female winners include [Nancy Silverton](#) in 1991 — the first year the awards ceremony was held, though honors have been given since 1967 — for Outstanding Pastry Chef when she was at [Campanile](#). (Check out Silverton's antipasto salad recipe for [VIVmag](#) [here](#).) A year later, local- and slow-food advocate [Alice Waters](#) of [Chez Panisse](#) won both Outstanding Chef and Outstanding Restaurant. [Andrea Reusing](#) of the [Lantern Restaurant](#) in Chapel Hill, NC, told us she sees a bright future for women in the industry. "Tons of young women are seeing this as a career possibility," she says.

For light warm-weather fare, try this recipe for Lebanese Fattoush Salad from 2008 award winner [Carrie Nahabedian](#) of [Naha](#) in Chicago.

Lebanese Fattoush Salad

1 cup Mt. [Vikos](#) "True" Greek Feta Cheese, slightly crumbled
 2 cucumbers, peeled, split lengthwise, seeds removed, sliced into 4-inch diagonals
 4 plum tomatoes, peeled, quartered, seeds removed
 3 hearts of Romaine, torn, inner leaves only
 ¼ cup kalamata olives, split, pits removed
 1 small red onion, peeled and thinly sliced
 1 bunch mint leaves, torn
 3 pieces pita bread, split, toasted golden brown and broken into large pieces
 ½ bunch flat-leaf parsley, leaves torn
 2 teaspoons kosher salt
 2 garlic cloves, minced
 ½ teaspoon cracked black pepper
 1 teaspoon each of fennel seed, anise seed and cumin seed, all lightly toasted and cracked
 1 tablespoon dried oregano
 4 ounces extra-virgin olive oil
 Juice of 1 lemon
 2 ounces red-wine vinegar
 Salt and pepper

Place all ingredients in a large bowl and toss well to mix. Season to taste with salt and pepper.

Serves 8

NUTRITION SCORE (per serving)

269 calories (64% fat)

Fat 19 g

Carbs 20 g

Protein 6 g

Fiber 3.3 g

Calcium 177 mg

Iron 2.7 mg

Sodium 659 mg

We love discovering new and noteworthy restaurants. Would you go out of your way to support one if you knew a woman was at the helm?

Photo credit: Daniel Krieger