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**NEWS RELEASE**

For Immediate Release

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**2009 LIVING TRADITIONS KITCHEN**

Living Traditions Kitchen offers a series of live cooking demonstrations featuring a variety of ethnic dishes prepared by local chefs and hosted by Audrey Maynard. Each demonstration provides the audience with illuminating techniques and authentic ingredients while the chef tells their personal connection to the recipe. Samples of the food prepared by each chef are distributed to the audience, and such cuisines as Salvadorian, Indian and Lebanese on the schedule.

**Saturday, May 16**

**2:00 pm**

**Indian Aloo Burjee with Rice**

Mona Nissar demonstrates a vegetarian version of this popular dish made with curried potatoes and peas, served over rice.

**4:00 pm**

**Congolese Soso Muamba Nguba Na Makemba**

Cathy Tshilombo-Lokemba simmers chicken breast and vegetables with a fragrant peanut sauce and serves with fried plantains in this mouthwatering Congolese dish.

**6:00 pm**

**Lebanese Tabbouleh**

Caroline (Coco) Allam puts her chopping skills to the test by making Lebanon's national dish, a salad made with cracked wheat, parsley, tomatoes, mint, lemon juice, and olive oil.

**Sunday, May 17**

**2:00 pm**

**Greek Spanakopita**

Arisitidis Deslis, a Greek native, creates this classic savory pie of spinach, feta cheese and eggs, baked inside a flaky phyllo crust.

**4:00 pm**

**Jewish Latkes**

Dana Tumpowsky fries up variations of these "potato pancakes," a traditional food served during the Jewish holiday of Hanukkah.

**6:00 pm**

**Salvadoran Papusas**

Doña Rosita prepares this traditional Salvadoran dish of hand-rolled tortillas stuffed with meat, beans, and cheese and fried to perfection

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