



*Southampton Creative Arts
MFA in Creative Writing and Literature
MFA in Film and Television Writing*

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FOR IMMEDIATE RELEASE

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Fifth Annual Food Lab Conference
“Cook, Eat, Drink: Taste the Terroir”
With Keynote Speaker Lidia Bastianich
September 13-14, 2019
Southampton Campus
Stony Brook University

Scheduled on Friday and Saturday, September 13 - 14, the **Fifth Annual Food Lab Conference** at Stony Brook Southampton will have a theme this year of “**Cook, Eat, Drink: Taste the Terroir.**” Headlining an impressive list of panels, discussions and tastings will be **celebrity chef Lidia Bastianich** in a keynote conversation with author and New Yorker magazine contributor **Adam Gopnik**.

Coinciding once more with the harvest season, this year’s conference brings together an impressive list of nationally admired speakers, along with tastings of the best local food and drink offerings, providing an immersive opportunity for those attending to better understand, experience and appreciate eastern Long Island’s culinary diversity, innovation, entrepreneurship and globally recognized excellence.

Tickets for the 2019 Food Lab Conference are \$100 for those who register by August 31; \$150 starting September 1. For tickets and program details visit www.TheFoodLab.org.

Emmy and James Beard Award-winning TV chef, author, and Long Island resident **Lidia Bastianich**—often called “the Godmother of the Italian table”—will talk with **Adam Gopnik** about “**The Power of Local: Taste the Terroir**” at 11 a.m. on Saturday, September 14, in the Duke Auditorium on Stony Brook’s Southampton campus.

Other highlights of this year’s conference include: a **Friday Afternoon Cooking Class with Chef Nicholas Poulmentis**; the Friday evening “**Farmer to Table**” cocktails and **buffet Opening Reception** featuring Early Girl Farm’s **Patty Gentry** in conversation with Saveur Magazine founding editor **Dorothy Kalins**; and the Saturday midday **Farmers Market Luncheon and Cooking Theater** for all participants.

Speakers and panelists at this year’s conference include: Restaurateurs and chefs **Tom Schaudel, Claudia Fleming** and **Nicholas Poulmentis**; pastry chef and baker **Carissa Waechter**; Dock-to-Dish’s **Sean Barrett**; four-time James Beard Award-winner **Rozanne Gold**; cookbook author, chef and former Martha Stewart Living editor **Susan Spungen**; Wolffer Vineyards partner and winemaker **Roman Roth**; East Hampton Star Food Editor **Laura Donnelly**; Open Minded Organics (OMO) farmer and CBD pioneer **David Falkowski**; Amber Waves Farm founders **Katie Baldwin** and **Amanda Mellow**; Stony Brook University Neurobiologist and Taste Expert **Alfredo Fontanini**; Satur Farms founder and chef **Eberhard Müller**; the founder of Long Island’s first commercial winery, **Louisa Hargrave**; Saveur magazine founding editor **Dorothy Kalins**; and East End Food Institute Executive Director **Kate Fullam**, to name only a few. (For a complete list of participants, visit thefoodlab.org)

Saturday session highlights include **Taste the Terroir**, an opportunity to taste and learn about wines, beers and spirits from all across Long Island, from Montauk Brewery and Wolffer Estate Vineyard and Channing on the Southfork to Matchbook Distillery, Paumanok Vineyards and RGNV on the North Fork.

Interactive Tasting and Taste Memory will offer an opportunity to learn all about “How We Taste,” led by chefs, food and wine writers, sommeliers and mixologists, together with experts in biology, anthropology and practitioners of mindful eating. The program is designed to help participants develop a deeper appreciation of what we eat and drink.

Conference Events:

Friday, September 13:

Friday Afternoon Cooking Class with Chef Nicholas Poulmentis

Kythira—called “the perfect Greek island” by The Guardian—is home (beyond Astoria, NY) to Chef Nicholas Poulmentis. This year, by popular demand, Chef Nicholas returns to the Food Lab Conference to offer a very special and personal interactive Mediterranean cooking class based on Kythira’s, and his, favorite taste memories. (“Greek Pizza”: did it begin in Athens, and travel to Rome?)

Ingredients will be sourced using local, seasonal products—tweaked by the addition of some Greek specialties from Chef Nick’s personal pantry—to create a special taste memory and table favorite for all who share this class. Food and wine will accompany

the cooking. There is an additional charge of \$50 to attend this class, which will be limited to 25 people.

Friday Evening “Farmer to Table” Opening Reception

The 2019 Food Lab Conference gets underway Friday evening, September 13, from 6 to 8 p.m. with cocktails and an East End Food Institute farmers’ buffet sourced from local farmers and prepared by Chef Joao Garcia at the Literary Landmark Windmill on the Southampton campus. Welcome remarks will be offered by Creative Arts Associate Provost Robert Reeves, Food Lab Executive Director Geoffrey Drummond, and East End Food Institute Executive Director Kate Fullam.

The program features **Patty Gentry**, farmer/owner and chef at *Early Girl Farm* in Bellport in conversation with **Dorothy Kalins**, the founding editor of *Saveur Magazine*, along with a short film on Gentry and her farm by award-winning documentary filmmaker **Roger Sherman**.

Saturday, September 14:

Keynote: “The Power of Local: Taste The Terroir”

Lidia Bastianich in conversation with Adam Gopnik at 11 a.m. in Duke Lecture Hall.

Saturday Cooking Theater and One Long Luncheon Table

Anolon Gourmet Cookware and East End Food Institute present “Cooking Theater: Healthy, Tasty and Easy Recipes inspired by Incredible Local Freshest Seasonal Ingredients.” During the Conference lunch break, all attendees will be treated to a Farmers Market Luncheon, a grand buffet celebrating local iconic dishes and drinks.

Everyone will be seated at one long horseshoe table with a cooking stage at its focal point. Preparation of three quick and easy dishes using locally farmed and fished ingredients will be demonstrated by chefs in the al fresco kitchen in a new form of dinner (or lunch) theater.

Saturday Sessions:

- The Science of Taste: Taste Memory and Mindful Eating
- Our Coastal Cuisine—Fishing, Farming and Cooking from the Sea
- Featuring “Long Island Cuisine”—Branding Our Terroir
- From Farm to Pharma: Hemp Farming, Superfoods and CBD
- What’s Happening in Baking?—Savory and Sweet Breads and Pastries
- Wines, Beers and Spirits with Edible Long Island/Edible East End:
Tastings and Talking with Our Favorite Makers

For Conference schedules and speaker details: visit thefoodlab.org

The Fifth Annual Food Lab Conference is a presentation of Food Lab Stony Brook University Southampton in partnership with East End Food Institute and media partner Edible Long Island and Edible East End. The Conference is made possible by generous sponsoring partners, Anolon Gourmet Cookware, Breakthru Beverage Group, and supporting sponsors Slow Food East End and Specialty Food Association, Wölffer Estate Vineyard, RGNY Wines, and Montauk Brewery.

Registration and Tickets:

Tickets for the 2019 Food Lab Conference are \$100 for those who register by August 31, \$150 starting September 1; special price tickets for students and farmers. For tickets and program details: www.TheFoodLab.org

To request interviews, please contact Kathie Russo at Kathleen.Russo@stonybrook.edu.