



2021

CAMP DELICIOUS!TM



A hand is shown from the bottom, palm up, holding several small, glowing, golden-yellow particles. The background is dark with large, out-of-focus bokeh lights in shades of yellow, orange, and green. The overall mood is warm and inspiring.

We honor the people
who inspire us
every day.

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to support LUMINARI.

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LIFE CHANGING MEDICINE

As the Pandemic cast a dangerous pall over 2020, we retreated to the safety of our homes. Cooking quickly became central to the suddenly constricted everyday lives of Americans. With our favorite restaurants' dining rooms closed, we rediscovered our kitchens. As it dawned on us that the Pandemic would not go away quickly, Americans became cooks again.

Some of us learned cooking for the first time out of necessity. Others decided to revisit tried and true recipes or explore new ones. As we regained our skills and confidence at the cutting board and sauté pan we expanded our repertoire. Soon scouring the Internet for even more adventuresome recipes became our new passion.

For those of us who had never lost the love of putting together a nutritious and delicious meal, the new normal was an opportunity to let those talents flourish. For the alumni of Luminari's Camp Delicious, this was a chance to showcase their culinary skills and expanded palates!

The summer of 2021 feels very different from this time last year; but for me, the clouds of 2020 had a personal silver lining, which is at the heart of Camp Delicious!: enjoying good food, making Cantonese recipes I learned growing up in Hong Kong, and appreciating the range of international flavors and healthy ingredients all readily available here in Pittsburgh!

Bon Appétit,



Hilda Pang Fu
Founder and President, Luminari



Ava



Colette



Diya



Emma



Ezra



John



Michael



Nina



Noa



Roman



Sofia



Sophie







Monday: Italian Cuisine and local inspirations
Tuesday: Eastern European Food

Salmon Demonstration with Chef Ed Smith from Monterey Bay Fish Grotto
and lunch with Hal B. Klein, food writer with Pittsburgh Magazine

Be **FOOD POSITIVE** by changing
negative habits around food and
making eating a positive
experience in our lives.





Sustainable **GROWTH** & ENVIRONMENTAL **PROTECTION**

Sustainability is all about our choices and how they affect our health and the health of our planet. Choose to buy local, seasonal and environmentally friendly food. For example, try your local farmer's markets. One more thing: don't forget to take reusable tote bags to the grocery store and skip the plastic bags.



Partners in the Fight Against Food Insecurity

What you can do to reduce food waste:

- 1 Use ugly fruits and vegetables to whip up healthy smoothies and soups.
- 2 Have a cook-off to see who can come up with the best dish using "left-overs" or foods that are about to expire.
- 3 Prepared too much food? Pack extras in containers to share with family, friends or neighbors.
- 4 Think twice before throwing food away by composting kitchen waste and food scraps.



(FDA.GOV)

WEDNESDAY: Asian Food

Guest Chef Carlos Thomas from Feed the Hood on the link between social justice and food insecurity.

THURSDAY: Indian Food

Guest Chef Jay from Popping Mustard Seeds and Preserving Pittsburgh Food History.

FRIDAY: Cooking with Rescued Food

Guest Chef Chris Fennimore from WQED Cooks and an overview of Non-Profits that Fight Food Insecurity.



Camp Delicious! Leadership Team

Erika Bruce (Director) is new to the Luminari kitchen for 2021! Erika worked for years as a pastry chef in the San Francisco Bay Area and Boston before embarking on a 20-year career developing recipes and writing about the process for publications including *Cook's Illustrated*, *Cook's Country*, and *Milk Street* magazines. She also appeared as a regular cast member on several TV cooking shows. Erika launched her bakery, *Le Beau Gateau*, after relocating to Pittsburgh.

Beth Taylor (Co-Director) is a Chef Instructor for Common Threads, a nonprofit that provides cooking and nutrition education to encourage healthy habits. A graduate of Chatham University's Master of Arts in Food Studies program, Beth has led food tours and has done freelance food writing. She's also an instructor for 412 Food Rescue's Cooking Matters food education courses. After getting her undergraduate degree in child development and child care, Beth spent many years working with children.

Tracy Fasnacht joins the Camp Delicious team as our Chef Assistant. With Bachelor's and Masters degrees, in Early Childhood Education Tracy taught Kindergarten before staying home to raise her two sons. She currently works for YMCA of Greater Pittsburgh in their Learning Pod and Before and After School Enrichment programs.

Sheila Hyland, Operations Manager
Jacqueline Napier, Operations Intern



ALWAYS wash your hands before handling food. Wash your hands often, especially during these key times when germs can spread: before, during and after preparing food. After handling raw meat, poultry, seafood, or their juices, or uncooked eggs.

Special Thanks to our Guest Chefs



Jeffrey Lucchino, MS RDN CSSD, is a nutritionist and sports dietician for several organizations, including UPMC Sports Medicine, Duquesne University, and the Pittsburgh Ballet. His research interests include how nutrition and exercise can be used to improve athletics and injury prevention.



Chris Fenimore is the host of QED Cooks and the author of several cookbooks. He also serves as WQED Multimedia Pittsburgh's director of programming, and was formerly a food columnist for Pittsburgh Magazine. He has produced and hosted over 50 live cooking marathons, setting a new standard for fundraising.



Hal B. Klein has been writing about food and drink in the Pittsburgh area since 2011. A graduate of the Master of Arts in Food Studies Program at Chatham University, he is currently the Dining Critic and an Associate Editor for Pittsburgh Magazine. Hal is an avid gardener and home cook.



Jayashree (Jay) Iyengar is the owner of Popping Mustard Seeds - Indian Cooking Classes and More. She specializes in teaching Indian vegetarian cuisine. She grew up in Chennai, India before she moved to the United States more than three decades ago. She is an experienced chef and has taught several cooking classes in the Pittsburgh area.



Carlos A. Thomas' culinary activist platform, Feed the Hood, feeds thousands of families in south-western Pennsylvania and abroad by providing tasty, nutritious, and affordable meals to the community. Chef Carlos has spent most of his life working to untangle the strongholds of hunger, poverty, and food insecurity.



Edwin Smith is a Pittsburgh native and a graduate of the Pittsburgh Culinary Institute. He has a passion for sourcing the freshest fish and seafood in order to give Pittsburgh diners a world-class experience. With over 20 years as an executive chef, Chef Edwin understands the memorable experiences that food can create.



Chris Fennimore: MINESTRA Recipe

STOCK:

Usually, the basis for the dish is a rich chicken stock, created from leftover parts like wing tips, necks, backs and, yes, feet. These are simmered with vegetable peelings, some peppercorns and a bay leaf for several hours. Ours will look something like this:

INGREDIENTS:

- 8 cups cold water
- 2 stalks celery
- Ends and outer leaves of 2 onions
- Peels from 2 carrots
- 1 bay leaf
- 8 peppercorns
- 1 pound of chicken backs, wings & or necks

DIRECTIONS:

Bring to a boil and then let simmer for several hours.

In another pot, heat two tablespoons of olive oil and sweat two chopped onions, 1 diced celery stalk and the two carrots, cut into slices. A garlic clove is optional at this point. Once they are wilted, strain in the stock using

a fine strainer or china cap.

Next come the legumes. You can use one can of beans (15 ounces). Pick your favorite: Cannellini, kidney, black beans, navy beans, chick peas, etc. Or you can use ¼ cup of dried lentils.

Bring to a boil and simmer for at least 30 minutes until the lentils are tender (if you used them).

Add ½ cup of small macaroni: ditali, ditalini, tubetti, orzo, pastina, small shells, etc. Continue to boil for 10 minutes.

While the pasta is cooking, chop some greens (kale, escarole, swiss chard, spinach). You'll need about 2 cups. When the pasta is tender, throw in the greens.

NOW SEASON TO TASTE WITH:

- Salt
- Pepper
- Red Pepper Flakes
- Oregano



Simmer until the greens are tender; usually only a few minutes.

We always served our Minestra with heaping mounds of grated Pecorino Romano cheese and some crusty Italian bread.

Remember: the variations are endless. You can add tiny meatballs, shredded chicken, cubes of pepperoni, leftover ham or any other meat.

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Mission: Luminari is a Pittsburgh-based 501(c)(3) nonprofit organization founded to foster activities that broaden minds, inspire innovations & promote community engagement.

Core Values: We value knowledge, education and open-mindedness. We advocate that our actions be guided by compassion and kindness toward each other.

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