

Profile

In this podcast, we will be exploring the inspiration and philosophy of chef and food pioneer Alice Waters. She is well known for her restaurant Chez Panisse in Berkeley California, which she opened in 1971. The restaurant, inspired by Water's visit to France, is famous for being the first farm to table eatery and helped to launch an entire counter-culture food movement. Since this success, Waters has become more involved in promoting the ideals of her restaurant with the rest of the world.

Her philosophy of forming a closer connection to food by buying local, cooking simply and knowing one's ingredients has been shared by other food activists throughout the last century and aligns closely with the world wide slow food movement. Slow food challenges fast paced modern society by encouraging people to slow down and enjoy meals, a value of the French that Waters appreciates. As a result of these shared views, she is currently the vice president and United States ambassador for the movement.

Waters has been the subject of many interviews and discussions. In addition to her media presence, she has written numerous books including biographies and a plethora of cookbooks. Her cookbooks do more than just provide recipes, but a way of living. Two books discussed in this podcast include the *Art of Simple Food I and II* where Waters encourages readers to cook simple and minimalist dishes. Instead of fearing the kitchen as society has caused many to do, Waters encourages readers that they have the ability to cook delicious yet simple meals. One does not need to be a chef to be a good cook, as Waters often considers herself to be a cook but not a chef, despite being given this title by numerous others. What she has tried to share is that good food is a joy that anyone can create and enjoy and should.

Sources

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Interview with chef, author and slow food advocate Alice Waters [Interview by K. Frost]. *ASU*. (2019, March 20). Retrieved from <https://sustainability-innovation.asu.edu/news/archive/interview-with-chef-author-and-slow-food-advocate-alice-waters/>

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Media Links

Microwave: https://www.youtube.com/watch?v=F5x_IsqT3qQ

Podcast Music 1: <https://www.youtube.com/watch?v=eHlti8lHYvo>

French Music: <https://www.youtube.com/watch?v=yvhPcuqyIig&t=21s>

Restaurant Background: <https://mynoise.net/NoiseMachines/cafeRestaurantNoiseGenerator.php>

Podcast Music 2:

<https://www.youtube.com/watch?v=kYHtcYpixs0&list=RDA8YvYcrTLJs&index=3>