



# Culinary Historians of Chicago

## SMOTHERED--SOUTHERN STYLE

Presented by

***Wilbert Jones***

*Author, "Smothered Southern Foods"*

**SATURDAY, DEC. 8, 2007**

**10 a.m. to Noon**

at

***CHICAGO HISTORY MUSEUM***

**1600 N. Clark St.**

**Chicago, Illinois**

**H**ere's what Art Smith, best selling author of "Back to the Table," and personal chef to Oprah Winfrey, has to say about our speaker for today: "When I was growing up in the South, I remember seeing so many wonderful foods on our family dinner table. Some of my favorite foods were smothered dishes, especially smothered pork chops--cut thin, browned in a pan, then we would add some flour and water to the reserved juices to make a wonderful sauce served over white rice. Wilbert Jones, my beloved culinary friend for many years, has brought back the art of smothering."

Do join us as Wilbert regales us with the history of smothered food, along with his own perspective on the South's culinary legacy. A native of Mississippi, Wilbert, says his inspiration for cooking came from his grandmother, Ruth Randle, who reportedly was one of the best cooks in the state. He will also sign copies of his new book on "smothering." And of course, we will smother you with some samples to taste. Wilbert is president of Healthy Concepts, Inc, a Chicago-based food and beverage development company. Wilbert previously was a food scientist at Kraft Foods, and does free-lance food writing.

\*\*\*\*\*

*Cost of the lecture program is \$5, \$3 for students and members and no charge for CHC members.*

*To reserve, please call Barbara Olson at (708) 788-0338.*

*Or e-mail your reservation to: [rsvpchc@yahoo.com](mailto:rsvpchc@yahoo.com).*

*Please leave your name, telephone number and the number of people in your party.*