

Commonweal Theatre Company presents

I Love To Eat

by James Still

In performance: April 15 - June 27, 2021



Biography

From the website of the James Beard Foundation: jamesbeard.org/about

Appointed the “Dean of American cookery” by the *New York Times* in 1954, James Beard laid the groundwork for the food revolution that has put America at the forefront of global gastronomy. He was a pioneer foodie, host of the first food program on the fledgling medium of television in 1946, the first to suspect that classic American culinary traditions might cohere into a national cuisine, and an early champion of local

products and markets. Beard nurtured a generation of American chefs and cookbook authors who have changed the way we eat.

James Andrew Beard was born on May 5, 1903, in Portland, Oregon, to Elizabeth and John Beard. His mother, an independent English woman passionate about food, ran a boarding house. His father worked at Portland’s Customs House. The family spent summers at the beach at Gearhart, Oregon, fishing, gathering shellfish and wild berries, and cooking meals with whatever was caught.

He studied briefly at Reed College in Portland in 1923, but was expelled. Reed claimed it was due to poor scholastic performance, but Beard maintained it was due to his homosexuality. Beard then went on the road with a theatrical troupe. He lived abroad for several years studying voice and theater but returned to the United States for good in 1927. Although he kept trying to break into the theater and movies, by 1935 he needed to supplement what was a very non-lucrative career and began a catering business. With the opening of a small food shop called *Hors d’Oeuvre, Inc.*, in 1937, Beard finally realized that his future lay in the world of food and cooking.

In 1940, Beard penned what was then the first major cookbook devoted exclusively to cocktail food, *Hors d’Oeuvre & Canapés*. In 1942 he followed it up with *Cook It Outdoors*, the first serious work on outdoor cooking. Beard spent the war years with a brief stint in cryptography, but he primarily served with the United Seamen’s Service, setting up sailors’ canteens in Puerto Rico, Rio de Janeiro, Marseilles, and Panama.

When he returned to New York in 1945, Beard became totally immersed in the culinary community. Between 1945 and 1955 he wrote several seminal cookbooks. He appeared in his own segment on television's first cooking show on NBC in 1946, and then on many other spots on television and radio. He contributed articles and columns to *Woman's Day*, *Gourmet*, and *House & Garden*, served as a consultant to many restaurateurs and food producers, and ran his own restaurant on Nantucket. He became the focal point of the entire American food world.



In 1955, Beard established the James Beard Cooking School. He continued to teach cooking to men and women for the next 30 years, both at his own schools (in New York City and Seaside, Oregon), and around the country at women's clubs, other cooking schools, and civic groups. He was a tireless traveler, bringing his message of good food honestly prepared with fresh, wholesome, American ingredients, to a country just becoming aware of its own culinary heritage. Beard also continued to write cookbooks, most of which became classics and many of which are still in print.

When James Beard died at age 81 on January 21, 1985, he left a legacy of culinary excellence and integrity to generations of home cooks and professional chefs. His name remains synonymous with American food.



Timeline of Television Cooking Show Personalities

Information from "Timeline of Television Cooking Show Personalities" by CooksInfo: www.cooksinfo.com/timeline-of-tv-cooking-show-personalities and "The Most Popular Cooking Show the Year You Were Born" by Lauren Cahn: www.tasteofhome.com/collection/most-popular-cooking-shows/

- 1946** Philip Harben in "Cookery"
- 1946** James Beard in "I Love to Eat"
- 1947** Alma Kitchell in "In the Kelvinator Kitchen"
- 1947** Marguerite Patten: Cooking expert on "Designed for Women"
- 1948** Dione Lucas in "To The Queen's Taste"/ "The Dione Lucas Cooking Show"
- 1949** Joseph Milani in "Chef Milani Cooks"
- 1955** Fanny Craddock in "Kitchen Magic"
- 1959** Graham Kerr in "Entertaining with Kerr"
- 1963** Julia Child in "The French Chef"
- 1966** Joyce Chen in "Joyce Chen Cooks"
- 1968** Graham Kerr in "The Galloping Gourmet"
- 1972** Justin Wilson in "Cookin' Cajun"
- 1973** Delia Smith in "Family Fare"
- 1982** Jacques Pepin in "Everyday Cooking with Jacques Pepin"
- 1982** Madhur Jaffrey in "Madhur Jaffrey's Indian Cookery"

- 1983** Jeff Smith in “The Frugal Gourmet”
- 1986** Martha Stewart in “Holiday Entertaining with Martha Stewart”
- 1994** Gary Rhodes in “Rhodes About Britain”
- 1996** Sara Moulton in “Cooking Live”
- 1996** Clarissa Dickson Wright and Jennifer Paterson in “Two Fat Ladies”
- 1997** Emeril Lagasse in “Emeril Live”
- 1997** Ainsley Harriott in “Ainsley’s Barbecue Bible”
- 1997** Hugh Fearnley-Whittingstall in “Cook on the Wild Side”
- 1998** Gordon Ramsay in “Boiling Point”
- 1998** Nigel Slater in “Nigel Slater’s Real Food Show”
- 1999** Alton Brown in “Good Eats”
- 2000** Nigella Lawson in “Nigella Bites, Series 1”
- 2001** Rachel Ray in “30 Minute Meals”
- 2002** Anthony Bourdin in “A Cook’s Tour”
- 2003** Rocco DiSpirito in “The Restaurant”
- 2005** Gordon Ramsay in “Hell’s Kitchen”
- 2005** Gino d’Acampo in “Chef v. Britain” (partnering with Claire Sweeney), “Too Many Cooks”
- 2007** Guy Fieri in “Diners, Drive-ins, and Dives”
- 2009** Marco Pierre White in “The Chopping Block”
- 2011** Pat and Gina Neely in “Down Home With the Neelys”
- 2012** Paula Deen in “Paula’s Home Cooking”
- 2015** Ree Drummond in “The Pioneer Woman”



Onion Sandwich Recipe

Recipe from the James Beard Foundation:
www.jamesbeard.org/recipes/onion-sandwiches

Ingredients

- 12 mini brioche slider rolls
- 1 cup mayonnaise
- 2 small white onions, peeled and thinly sliced
- Kosher salt
- 1 bunch parsley, finely chopped

Method

Using a bread knife, trim top and bottom of brioche rolls. Cut rolls in half to create 24 flat rounds.

Spread each round with a thin layer of mayonnaise. Top half of them with slices of onion and sprinkle with salt. Cover with remaining round of bread. Press them together gently and spread a thin layer of mayonnaise around the edges. Roll each sandwich in the chopped parsley.

Place sandwiches in a single layer on a platter and chill for several hours before serving.

Yield

12 sandwiches

Biographies on James Beard

The Man Who Ate Too Much:

The Life of James Beard

by John Birdsall

Epicurean Delight:

The Life and Times of James Beard

by Evan Jones

James Beard: A Biography

by Robert Clark

PBS American Masters series:

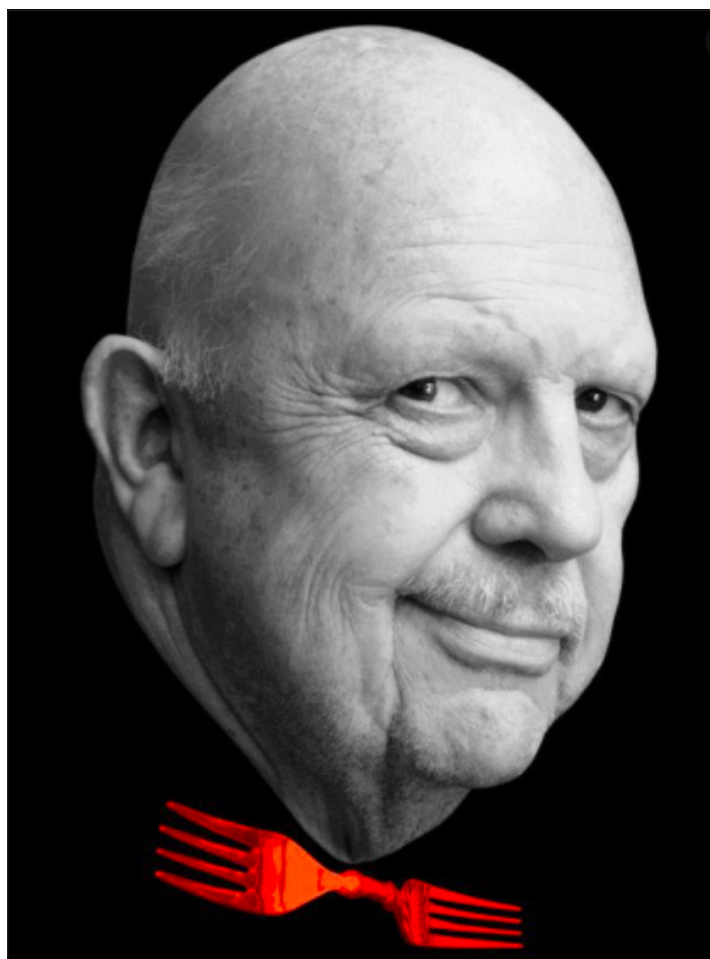
James Beard: America’s First Foodie
 (2017)

Books by James Beard

Hors d'Oeuvre and Canapés, 1940
Cook It Outdoors, 1941
Fowl and Game Cookery, 1944
The Fireside Cookbook: A Complete Guide to Fine Cooking for Beginner and Expert, 1949
Paris Cuisine (with Alexander Watt), 1952
James Beard's Complete Book of Barbecue and Rotisserie Cooking, 1954
Jim Beard's Complete Cookbook for Entertaining, 1954
How to Eat Better for Less Money, 1954
James Beard's Fish Cookery, 1954
The Casserole Cookbook, 1955
The Complete Book of Outdoor Cookery, 1955
The James Beard Cookbook, 1959
Treasury of Outdoor Cooking, 1960
Delights and Prejudices: A Memoir with Recipes, 1964
James Beard's Menus for Entertaining, 1965
The Grand Grand Marnier Cookbook, 1970
How to Eat (and Drink) Your Way Through a French (or Italian) Menu, 1971
James Beard's American Cookery, 1972
Beard on Bread, 1973
James Beard Cooks with Corning, 1973
Beard on Food: The Best Recipes and Kitchen Wisdom from the Dean of American Cooking, 1974
New Recipes for the Cuisinart Food Processor, 1976
Benson and Hedges 100's Presents 100 of the World's Greatest Recipes, 1976
James Beard's Theory and Practice of Good Cooking, 1977

The New James Beard, 1981
Beard on Pasta, 1983
The James Beard Cookbook on CuisineVu, 1987
*James Beard's Simple Foods**, 1993
*Love and Kisses and a Halo of Truffles**, 1994
*The James Beard Cookbooks**, 1997
*The Armchair James Beard**, 1999
*The Essential James Beard Cookbook**, 2012

*Published posthumously.



James Andrews Beard

May 5, 1903 - January 23, 1985