

## SHEILAH KAUFMAN

**Culinary Instructor, Cookbook Author, Food Editor, Culinary Lecturer**

### COOKING INSTRUCTOR

Bringing the flavors of the world into homes and kitchens is Sheilah Kaufman's greatest gift. As the award-winning author of 26 delectable cookbooks, a culinary instructor, culinary lecturer, and food editor for more than 40 years, Sheilah has shared her great passion for richly flavored, no-fuss food and cooking with thousands of home chefs across the nation.

Known by students and home chefs as the spokeswoman for all things "fearless and fussless," Sheilah brings to the table uniquely refreshing and creative recipes that are practical and easy while maintaining a delicious elegance. With her many helpful hints and tips Sheilah removes the intimidation from cooking and entertaining. In her books, *The Turkish Cookbook Regional Recipes and Stories* (Interlink), *A Taste of Turkish Cuisine*, and *Sephardic Israeli Cuisine* (Hippocrene Books), Sheilah shares with her readers the deeply beautiful tapestry of Turkish and Israeli food and culture, offering a multitude of delicious and healthful recipes that can easily be re-created in the American home and kitchen.

Few culinary instructors have achieved the culinary versatility that Sheilah has with her books and classes, spanning global cuisine from French and Mexican to Kosher and Mediterranean. From Alaska to Hawaii and Maine to Mexico, Sheilah has taught thousands of students who are endeared by her ability to teach all forms of cooking with humor and ease.

With her fearless and fussless series, including *Sheilah's Fearless Fussless Cookbook*, (Delacorte), *Upper Crusts: Fabulous Ways To Use Bread*, and the new edition of *Simply Irresistible: Easy, Elegant, Fearless, Fussless Cooking*, Sheilah demonstrates the ease of entertaining with recipes taking less than 30 minutes preparation time while achieving stunning results. Recognized as an expert on entertaining, *Glamour* magazine noted, "If you like to entertain, *Sheilah's Fearless Fussless Cookbook*, should be your best friend."

### LECTURER

A popular lecturer and expert on chocolate, Mediterranean cooking, and also on Jewish culinary traditions and history, Sheilah has been an invited guest speaker for the Library of Congress and the Textile Museum on the topic: *The History of Turkish Cuisine and the Sultans' Kitchen*, Epcot's Food and Wine Festival (3 time for Turkish cuisine), the Smithsonian Institution, The Metropolitan Cooking & Entertaining Show, Capital Speakers, and the Jewish Museum of Montreal. She has recently been selected to be one of 5 culinary lectures for the Library of Congress at their International Book Festival. She has taught and lectured on Turkish cuisine at Les Dames d'Escoffier symposiums, The Turkish Embassy (in programs for history and social studies teachers), The Turkish Society of Canada, Brandeis, CHoW, Hadassah, Jewish Federation, diplomatic groups, and other special interest groups and organizations. She also lectures around the country and on cruise ships on culinary topics. Sheilah was also a guest on Martha Stewart Living Radio, discussing Turkish cooking and a meal to celebrate Memorial Day.

## **WRITER**

A prolific writer and editor, Sheilah is the food editor for *Popular Anthropology* and the Maryland chain *The Town Courier*; in addition, she is a free lance writer. She has written for numerous magazines and papers, including *Vegetarian Times*, *Eating Well*, *The Washington Post*, *Tampa Tribune*, *The Jewish Journal of Greater Los Angeles*, and the *Baltimore Sun*. She is a contributing editor to a number of papers in the USA.

Besides mentoring cookbook authors, Sheilah and Paula Jacobson have a business (COOKBOOK CONSTRUCTION CREW) which does editing, copy editing, proof-reading, and recipe testing, and indexing for cookbook authors...from famous to beginners...

She was the fancy food and gourmet editor for *Gift and Dec Magazine* for more than 20 years. Sheilah has developed recipes for Beatrice Foods, Dickinson/Smucker's, Gourmet Delight, Sunsweet, and is known for creating "The Cheater's Diet" for Walden Farms.

Sheilah began her training at L'Academie de Cuisine and with a variety of well-known teachers of different ethnic cuisines.

A founding charter member of the International Association of Culinary Professionals, Sheilah also is an active member of Les Dames d'Escoffier, American Food Journalists, AJPA, Slow Foods, several diplomatic organizations, and CHoW.

Sheilah's web site is [www.cookingwithsheilah.com](http://www.cookingwithsheilah.com)

## **AWARDS FOR THE TURKISH COOKBOOK REGIONAL RECIPES AND STORIES**

*THE TURKISH COOKBOOK Regional Recipes and Stories* by Nur Ilkin (wife of former ambassador to Turkey) and Sheilah Kaufman (Interlink) was selected by the Washington Post as one of the TOP COOKBOOKS of the year for 2010. The book is a comprehensive window on Turkey's regional foods.

## **GOURMAND WORLD COOKBOOKS AWARDS 2010**

**WINNER IN THE USA with:** *The Turkish Cookbook Regional Recipes and Stories* by Nur Ilkin and Sheilah Kaufman (Interlink) **In the category: Best Mediterranean Cuisine Book**

## **BRONZE MEDAL for Best Book from Independent Publishers**