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Electrifying Jazz Concert will Sizzle at Lafayette Library Nov. 13

Submitted by Alison Williams



Jon Krosnick

Photo Michelle Le

Based in the Bay Area and soon celebrating their 25th anniversary, Charged Particles crosses stylistic boundaries and blends jazz styles with elements from Latin music, classical music, funk, and more. The band will be offering an electrifying, free jazz concert at the Lafayette Library from 7 to 8 p.m. Friday, Nov. 13.

The group's original compositions are mixtures of elaborate orches-

tration and opportunities for creative improvised solos. And they bring a similar approach to playing arrangements of tunes by other jazz artists and traditional jazz standards, each played with a new twist. Reviewers, such as Jazz Times Magazine have called the group "a tight and enormously talented trio."

Charged Particles has appeared at Yoshi's in San Francisco, Vitello's in Los Angeles, Café Cordiale in Sher-

man Oaks, and the historic Lighthouse in Redondo Beach. The group's hundreds of other appearances include the Houston International Jazz Festival, the John F. Kennedy Center in Washington, D.C., the Orange County Arts and Jazz Festival, the Midwest Jazz Heritage Festival, the Trenton Jazz Festival, the King Cobra Jazz Festival, and a tour of Sweden. For information, visit www.chargedparticles.com.

Must-Know Basics for Serious Foodies

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Photo provided

Talk soon turned to eggs, with Lopez-Alt describing "blind egg" research he had conducted. After people peeled "hundreds of eggs" prepared with slightly different methods, he said the best results depended on the starting temperature of the water. Cold to warm makes the shell adhere to the egg, but starting the eggs in boiling water, adding a little ice 30 seconds into the boiling, and cooking at a simmer for 11-12 minutes before shocking them with ice water is best.

A proponent of low-water volume pasta cooking (scoring a hit during California's four-year drought), he said the best time to go to an Italian restaurant is late at night. The cooks reuse the pasta water and this raises the starch content of the pasta.

Newbies in the kitchen benefit most from learning knife skills. "If you can't cut well, you can't cook evenly," he said. And training your tongue to recognize savory, salty, acidic, sweetness, heat intensity and the right amount of seasoning requires constant tasting while cooking. Essential tools other than good knives include cast iron pans and an accurate meat thermometer. Advice others give to "poke your cheek then poke your meat and if they feel the same it's medium rare," had him saying, "Everyone's cheeks are different. How do you know yours are medium rare?"

With Thanksgiving Day just one month away, Lopez-Alt said toss the roasting pan; the part of the turkey you want to cook the slowest receives excess heat from

being close to the pan edges. Instead, ask the butcher to "hack out the back," salt under the skin two days prior to cooking and spread the turkey out on its breast in a flat pan to bake it. He admitted, you must not mind "your turkey looking like a porn star." For those who object and prefer a Norman Rockwell turkey, there is a solution. A turkey's fast and slow twitch muscle fibers create two temperature zones: placing a preheated baking stone under the turkey he said will allow both light and dark meat to cook at different rates and retain their moisture.

Of course there was more information – including that at one point his manuscript "meat-balled" into a 1,600-page book before it was trimmed to just under 1,000 pages. Lopez-Alt's next book will include material cut from his first book, mostly things you can eat with your hands including burgers and tacos. Book three will be a vegetarian cookbook.

Another Food Lit Event at LLLC Dec. 3

Join chef, cooking instructor and television host and author Joanne Weir, in conversation with Chef Gary Danko, as she takes a trip down culinary memory lane, sharing stories from her days cooking with Alice Waters at Chez Panisse, traveling and teaching throughout Europe and becoming the California chef she is today from 6:30 to 8:15 p.m. Thursday, Dec. 3 at the Lafayette Library and Learning Center. For information, visit <http://www.lllc.org/calendar/consortium.html>. Tickets are \$15 - \$25 at www.commonwealthclub.org.

Are you looking to enroll your child in preschool for the 2016-17 school year?

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