



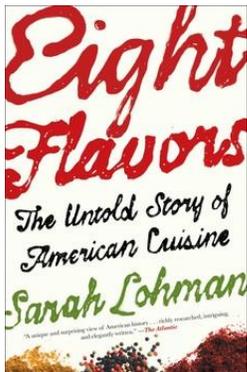
Sarah Lohman

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Sarah Lohman is a culinary historian and the author of *Eight Flavors: The Untold Story of American Cuisine*. Released in 2016 with Simon & Schuster, *Eight Flavors* is a #1 Bestseller on Amazon. The *Atlantic* called the book, "Richly researched, intriguing, and cleverly written." *Eight Flavors* received additional praise from the [New York Times](#), USA Today, and NPR.

Lohman focuses on the history of American food as a way to access stories of women, immigrants, and people of color, and to address issues of racism, sexism, and xenophobia. Formerly the Curator of Food Programming at the Lower East Side Tenement Museum, she has lectured at hundreds of universities and institutions nationwide, including the Museum of Science, Boston, the American Museum of Natural History, and The New York Public Library.



Below are talks that Lohman has prepared that can be customized to your institutions. Additionally, Lohman is available for consulting and is happy to build a unique lecture, educational experience, or staff training for your institution.

Eight Flavors Book Lectures

These topics can be combined in any way to create 30, 45, 60, or 90 minute programs. The programs can also incorporate tastings or cooking demos.

Eight Flavors: The Untold Story of American Cuisine (overview)

This illustrated lecture offers a fascinating look at our past and uses long-forgotten recipes to explain how eight flavors changed how Americans eat.

Black Pepper: Taste a Revolutionary Story

What does black pepper have to do with the American Revolution, and how is Salem, Massachusetts, connected to Sumatra? We'll look at the history of black pepper, and discover how it went from being as precious as gold to the ubiquitous shaker on a dinner table. Then, we'll track its production from life on a vine into tri-color pepper in the spice aisle of Whole Foods.

Vanilla: An American History

America's most popular ice cream flavor has only been in use for the last 200 years. Where did vanilla come from, and what came before it? All in all, you'll be filled with facts you can bust out at your next dinner party and dazzle your friends, as well as make better informed choices when using vanilla in your kitchen.

Chili Powder: A History

What was chili's path from a local dish of the Southwest to an easy weeknight meal for millions of Americans? From traditional spices to national chili cook-offs, we'll discover how the distribution of commercialized chili powder affected our eating habits and how it fits into our national pantry.

Curry Powder and the King of Curry

Long before NYC had Danny Meyer, the charismatic chef J. Ranji Smile took the city by storm. Arriving in NYC in 1899, Smile introduced Indian cuisine to the well-to-do, ushering curry into America's foodie lexicon. In this talk, we'll explore the history of Indian cuisine in America, as well as the lasting legacy of Smile.

Ranji Smile: America's First Celebrity Chef

Trace the life of this fascinating chef, the charismatic J. Ranji Smile, who arrived in NYC in 1899 and introduced Indian cuisine to the well-to-do, ushering curry into America's foodie lexicon.

A California History of Curry

Beginning in 1899, hundreds of thousands emigrated to California from India, changing the culinary landscape of America. From the Indian-Mexican cuisine of SoCal, to Ranji Smile, arguably America's first celebrity chef, we'll explore the history of Indian cuisine in America.

Soy Sauce: An American History

How has soy sauce come to represent Asian food in the US? And what does it reveal about how we define "ethnic" cuisine? In this talk, we'll look at the connection between this condiment and Asian-American identity.

MSG: Friend or Foe?

MSG has a long history in traditional Japanese food, as well as the story of Dr. Kikunae Ikeda, the scientist who discovered it. She'll unveil how MSG ended up on American shores and why Americans eventually grew to fear it.

The Story of Sriracha

Sriracha is a cultural mashup that typifies American cuisine: based on a Thai sauce, it was created by a Vietnamese immigrant of Chinese descent, and is made outside of LA with California-grown ingredients. All your burning hot sauce questions will be answered as we explore how Sriracha has become more American than apple pie.

The Eight Flavors of Cocktail History

Uses eight different ingredients as a path to explore the history of mixology, from the 18th century to the present day. This talk will explore the histories of juniper, citrus, nutmeg, ice, anise, grenadine, cola, and flavored vodka, with brief digressions into tea, bitters, eggs, hay, the “no flavor” push of the vodka era and Red Bull.

Cooking Classes

Intro to Ice Cream Making

Learn the simple steps of making homemade ice cream from heating the custard to freezing the final product. Discuss the history of ice cream in America, the science of ice cream making, and enjoy samples!

Pies from Scratch: Galettes

Bake a pie from start to finish with in-season fruit, discussing tips and techniques. Participants make their own mini galette to take home and bake, and enjoy a slice of pie in class.

Let's make a CROQUEMBOUCHE!

Learn to make this masterpiece holiday centerpiece, a conical confection tower of cream puffs and spun sugar. We'll cover custard making, choux paste, sugar work and assemblage.

Make Your Own Candy Corn

Try your hand at making Chicken Feed, better known today as candy corn, from scratch. Handmade candy corn tastes vastly better than its commercial counterpart, while still managing to trigger childhood nostalgia. We'll cover candy-making basics, as well as a bit of candy corn history, then dye, roll and cut our own candy corns!

Hands-On (Food)

Smartphone Food Photography

Whether participants want to start a food blog or blow up their Instagram, this class will help them take better food photographs using their smartphone.

So You Want to Write a Food Blog?

This in-depth, three-hour workshop covers the nuts and bolts of launching a food blog: solidifying an idea, designing the blog, conceptualizing posts, and taking great food photographs.

Introduction to Open Fire Cooking: Campfire Cooking Beyond Hotdogs

Participants cook a four-course meal over an open fire, learning the primal cooking skills that will make you a better cook in daily life: baking, roasting, frying, and boiling.

Advanced Open Fire Cooking: Fine Dining on Flames

Students who have taken the Intro to Fire Cooking course will learn ash cooking, ovens, roasting, brûlée, deep-frying, and more. Dishes include doughnuts, pizzas, a roast, and charred peaches.

Hands-On (Drink)

Soda Fountain Favorites

Hear the histories behind four fountain favorites: the Egg Cream, Dr. Brown's Cel-Ray soda, the Purple Cow, and the Lime Rickey. Includes a demo of how to mix each drink, as well as a tasting!

Bitters, Infusions, and Simple Syrups: A Custom Cocktail Workshop

Use historic recipes as inspiration to infuse liquors with herbs and spices, and concoct herbal cocktails with flavored simple syrups and fresh ingredients. Participants make bitters from scratch to take home, make botanically inspired cocktails in a hands-on demo, and enjoy a cocktail in class.

The Big Apple: Historic Cocktails With Regional Apple Alcohols

In small groups, participants will learn the history of and how to make three historic 19th-century apple cocktails: the Jersey Cocktail, the Apple Toddy, and the Tiger's Milk Punch.

The Grand Secret of Punch

We'll make and taste three wintery punches including Charles Dickens' recipe for an impressive, flaming-hot punch, discuss safety concerns of eggnog using contemporary and antiquated recipes, and try apple alcohol-based cocktails.

Cocktail Bitters: The Liquid Spice

Everything you need to know about the world's most popular cocktail ingredient! Covers its history, a tasting of three classic bitters and three new, artisanal blends, a how-to demo to make bitters at home, a taste of bitters made from a historic recipe, and a special sweet treat flavored with bitters.

The History of Drinking Games

We'll unveil the ancient history of drunken sport, from Romans to Geisha Games to Rock, Paper, Scissors. No drinking required!

Lectures with Cooking Demo and/or Tasting

Chinatown and Chop Suey

Talk dim sum and tea houses, the Jewish connection to Chinese food, and the history of Chinatown as a cheap lunch destination. Live demo (and tasting!) of a 19th-century recipe for the “original” Chop Suey, featuring chicken livers and gizzards.

Sorry, No Sugar Today

Explore the challenges that Americans faced throughout WWII as a result of wartime rationing. Recreate wartime recipes with necessary ingredient substitutions using real ration books and explore the ins and outs of the ration system. Participants will try two types of cakes, one decadent, one frugal.

Food of the Dead: A Culinary History of the Funeral

Although mourning traditions have changed over time, and vary from place to place, what they have in common is food and drink. We'll look at the culinary traditions surrounding funerals throughout American history, and we'll taste beer from Midas's tomb, funeral cakes, and Mormon funeral potatoes.

Lectures

Tastings can be incorporated into any of these lectures.

Food

The History of Ice Cream

We'll unearth the stories behind our favorite ice cream treats and share some of history's wildest bygone flavors – flavors that may be due for a revival. By the end of the night, you'll be able to answer questions like: which came first, chocolate or vanilla? The ice cream sandwich or the ice cream cone? Neapolitan or liquid nitrogen?

The History of Chocolate

The history of chocolate from its roots as an ancient Meso-American beverage to its current world-championship status. You'll learn how a yellow, football-shaped tropical fruit transforms into high-end dark chocolate and what “Mexican Hot Chocolate” actually has in common with what Montezuma drank.

A Brief History of Irish Food

The surprisingly complicated – and heartbreaking – backstory of Irish food, from dinner in the homeland, to the diets of Irish-American immigrants.

Theodore Roosevelt, Upton Sinclair, and the Poison Squad: The Great 20th-Century Food Battle

Roosevelt helped create modern food policy and laid the groundwork for the FDA. This talk paints the scene of the sometimes horrific food world at the turn of the 20th century and tells stories behind the somewhat eccentric advocates for change.

The Real History of Thanksgiving

What really happened in Plymouth, the rush of nostalgia that made Thanksgiving a national holiday in the 19th century and a look at Thanksgiving menus from colonial, Civil War, and modern times.

Rewriting Recipes

Sarah will teach how to translate and interpret historic recipes, unveiling tricks on how to interpret amounts, flesh out directions, find comparable ingredients for today's kitchen, and show how to pull inspiration from these recipes to create unique contemporary dishes.

Candy: From Early History to Halloween

A brief world history of candy, from the botanic roots of sugarcane to the magical candy medicines of medieval Europe. Discussion of the origins of Halloween, and modern myths like the "razor blade in the apple." Historic candy samples!

From Thick to Thin: A History of Dieting

From William Banting's "Letter on Corpulence," to "Fletcherizing" with John Harvey Kellogg, we'll explore "reducing" in all its forms, as well as taste some of the best (and worst) foods historic diet trends have to offer.

Fifteen Cent Dinners

In 1877, Juliet Corson self-published a pamphlet entitled "15 Cent Dinners for Families of Six." I'll share my experiences living on Corson's suggested diet, costing \$3 a week, about \$50 in today's money, totaling about 800 calories a day.

The World's Oddest Flavors: Animal Extracts (Ambergris, Castoreum and Musk)

Mankind has always loved strong scents and powerful flavors, but sometimes goes to questionable lengths to obtain them. Flavoring from a deer's butt, anyone? Hear harrowing tales of aromatic animal extracts, in high demand as dessert flavorings from the medieval era through the 19th century.

Historical Female Poisoners

First comes loves, then comes marriage, then comes a little bit of rat poison in their coffee cup. When love goes wrong, out comes the Victorian obsession with female poisoners: delicate and seductive, these ladies made headlines in the age of yellow journalism for offing their lovers with poisoned food. Come hear their stories and...hey, does this taste like almonds to you?

Barbecue

Have you ever wondered where the tradition of slow cooking generous hunks of fatty meat came from? From its roots in Spanish barbacoa, to massive Southern meat pits and the modern-day backyard cook out, we'll track the barbecue's history.

Ergot (Monsters, Myths and Culinary History)

Some anthropologists theorize that the murderous mania of the Salem Witch Trials wasn't caused by religious panic or hectic politics. They blame ergot, a grain fungus that causes paranoia, hallucinations and convulsions—the same symptoms that were thought to be caused by “bewitchment.”

Floral Flavors

We'll explore the long tradition of floral foods, including medieval custards scented with jasmine, early ice cream flavored with violet, and American apple pie perfumed with rosewater.

Fried Food

We'll look at a world history of fried foods, seeking out the first examples of these crispy delights. Then she'll expose the story of churros and their path from medieval Europe to Mexican treat to All-American favorite.

Sandwiches

Sarah will relate this sordid tale via the PB&J, perhaps the sandwich Americans feel the most passionate about. But jelly wasn't always thought to be peanut butter's natural companion. Then, we'll review sandwich suggestions from *1,001 Sandwiches* published in 1928.

Strange Meats

I'll recount my adventures eating beaver, bear and moose “mouffle,” along with the historic precedent for each.

Vegetarian, Vegan and Raw

An overview of the surprisingly old origins of alternative eating movements: vegetarian, vegan, and raw food.

Drink

Soda

We'll dissect Coca-Cola's namesakes, exploring the now-illicit 'Coca' and the Africa-sourced 'Cola'. I'll have samples of Kola nuts, Celery flavored soda, and I'll tell you what happened when I tried coca for myself.

Gin History

Explore the history of gin and why it was the alcohol of choice during Prohibition.

Discuss gin's current day revival and see and smell the botanicals that create its distinctive flavor profile.

Brooklyn Boozehounds: A History of Distilling in Kings County

The production of alcohol has long been tied to Brooklyn's history through commerce and controversy. Learn about the county's booze-soaked past, from the earliest applejack producers to the end of distilling during Prohibition and its current renaissance here.