

Sara Moulton

Chef, Cookbook Author, Television Personality

One of the hardest-working women in the food biz, Sara Moulton has been juggling multiple jobs for years. Admired by millions as the host of "Cooking Live," "Cooking Live Primetime," and "Sara's Secrets," Moulton was one of the Food Network's defining personalities during the outlet's first decade. In addition to her work on the Food Network, the energetic Moulton was the Executive Chef of *Gourmet* Magazine for twenty-three years. She is currently the Food Editor of ABC-TV's "Good Morning America," and the author of the new cookbook *Sara Moulton's Everyday Family Dinners*, which will be published by Simon & Schuster on April 6, 2010. Her previous books include *Sara's Secrets for Weeknight Meals* and *Sara Moulton Cooks at Home* (both published by Broadway Books). In April 2008 Moulton launched a 20-episode television series on public television, entitled "Sara's Weeknight Meals," for which she received a 2009 Gracie Award (Local Market, Public and Student) in the category of "Individual Achievement, Outstanding Host - Information or Entertainment."

Ask Sara how it all began and she will tell you, "I've always liked to eat." The idea of channeling this deep affection into a career, however, didn't occur to her until after she graduated from the University of Michigan with a major in the History of Ideas in 1974. And, indeed, it was at the Culinary Institute of America that Sara found herself. She graduated with highest honors in 1977 and commenced working in restaurants immediately, first in Boston and then in New York, taking off time only to apply herself to a postgraduate apprenticeship with a master chef in Chartres, France in 1979. Sara's restaurant experience peaked with a stint as *chef tournant* at La Tulipe in New York in the early Eighties. It was also during this period that Sara co-founded the New York Women's Culinary Alliance, an "old girl's network" designed to help women working in the culinary field. The Alliance celebrated its 20th anniversary in 2002.

In the interest of starting a family, Sara left restaurant work to pursue recipe testing and development. She worked for two years as an instructor at Peter Kump's New York Cooking School (renamed the Institute of Culinary Education), where she discovered her love of teaching, a passion that would give focus to her subsequent work in television. In 1984 Sara took a job in the test kitchen at *Gourmet*. Four years later she became chef of the magazine's executive dining room.

Her TV career began in 1979, when she was hired to work behind the scenes on public television's "Julia Child & More Company." Her friendship with Julia led eventually to Sara's gig at "GMA," where what started as another behind-the-scenes position ripened by 1997 into on-camera work. By then Sara had begun hosting the Food Network's "Cooking Live." Six years and over 1200 hour-long shows later, "Cooking Live" ended its run on March 31, 2002. "Sara's Secrets" began the next day. "Other TV chefs may own famous restaurants and perform with theatrical flair," noted *TV Guide's* Herma Rosenthal, "But Moulton's the one you can actually picture popping over to help you fix the lumpy gravy or the fallen soufflé." Sara's mission has always been to counter America's disastrous love affair with fast food by encouraging everyone to cook delicious and healthy food at home and to dine with family and friends. In her third cookbook, *Sara Moulton's Everyday Family Dinners* (Simon & Schuster; April 2010), Sara gives cooks who want to serve something nutritious and family-pleasing every night of the week more than 200 new recipes to add to their repertoires. "My new book offers home cooks straight-forward, time-saving tips that are very user friendly and do not sacrifice taste," Moulton says. Among the highlights: pulled-from-the-pantry meals based around eggs like "BLT and Egg Pie" and "Breakfast for Dinner Pizzas," Sandwich Night specials like "Kielbasa Sandwiches with Kimchi and Cheddar" and "Roasted Vegetable and Fresh Ricotta Sandwiches," as well as an entire chapter devoted to "Five Ingredient Mains."

Sara lives in New York City with her husband and two children.