



RCN Introducing TiVo® Premiere from RCN Exclusively with RCN VOD!

Food for thought at Arlington Community Ed

Zoom

Photos



Courtesy photo

Margaret Kyle, left, and Robin Cohen, right, will share their culinary expertise with classes offered through Arlington Community Ed.

**By Paige Bradley Frost
The Arlington Advocate**

Posted Feb 22, 2010 @ 06:30 AM

Arlington, Mass. — Arlington's appreciation for great food is apparent in everything from its eclectic restaurants to its thriving farmers' market. Now this gastronomic passion is reflected in Arlington Community Education's spring term with courses such as "The Vegetarian Oenophile," "Cooking Fresh from the Farmers' Market," and "The Yoga of Eating."

Margaret Kyle and Robin Cohen are two Arlington chefs who are sharing their culinary skills with others by teaching at Arlington Community Ed. They spoke to the Advocate about the classes they'll teach this spring.

Q Margaret, as a New York City-trained chef and busy mother of two, what drew you to the opportunity to teach with Arlington Community Ed?

A My family lives in Arlington, so teaching a class here seemed like a good way to engage with the community. My two courses, "Food Allergy-Friendly Baking" and "Food Allergy-Friendly Family Dinners," were borne out of personal experience with my 4-year-old son who has multiple, severe food allergies. Even with my professional background, I found cooking for him to be a daunting task. I've learned a lot about cooking without milk, eggs, nuts, soy and wheat, and want to share that knowledge with other parents.

Q Can you describe your professional training as it relates to food and cooking?

A I'm a graduate of the professional program at the Institute of Culinary Education in New York City. Until my son was born, I worked as a pastry chef in Brooklyn. When we moved to the Boston area I started my own private cooking business, preparing food in my clients' homes.

Q Robin, you're a well-known devotee of the local farmers' market. Tell us about what you will teach this spring and what attracted you to the subject.

A I will be leading a tour of the Arlington Farmers' Market where students will get to meet the farmers and shop with me for produce, meats, fish and local specialties. The next evening, we will prepare the contents of our shopping baskets into a farmers' market feast for the students to share.

I am also teaching a class about canning and preserving. This is a wonderful skill to have, especially in New England. The fresh produce that is so lush and delicious at the height of summer can be savored again in the middle of winter with some simple techniques.

Q Instructors at ACE possess very different backgrounds and bring a variety of experiences to their classrooms. Robin, tell us about your background with food and cooking?

A I learned to cook at an early age by watching my dad who is an amazing cook and baker. He was schooled in the love of food by my grandmother who had a delicate ethereal touch and my grandpa who had worked as a butcher and knew everything about meat. I spent a brief time cooking in professional kitchens and have baked and cooked informally for many large events but I am basically a home cook.

Q What unexpected lessons might your students learn from your course(s)?

A Margaret: My students are often surprised by how much they can learn from one another. That sense of community and connection at ACE makes it special.

A Robin: A sense of relief. Many people are actually fearful of the kitchen. Everyone can make these recipes and many people who say they can't cook lack only the confidence to try. We'll make it fun, I promise!

Arlington Community Education's Spring 2010 term begins March 8 with new courses starting weekly. Explore the course catalog at www.arlingtoncommunityed.org and call 781- 316-3568 to register. Enrollment is currently underway.

Tools

 Print

 Comment

 ShareThis

 Like  Be the first of your friends to like this.

Copyright 2010 The Arlington Advocate. Some rights reserved

Comments (0)

Login or register to post a comment:

Login

Username:

Password:

 [Forgot password](#)

Register

Email:

First Name:

Last Name:

I agree to the terms of use

I am over 13 years of age

NOTE: Your inbox must accept emails from "no-reply@gatehousemedia.com"