



For Immediate Release

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**ALL YOU NEED FOR A HEALTHY, HOME-COOKED MEAL:
JACQUES PÉPIN: MORE FAST FOOD MY WAY**

*-- 26 new episodes produced by KQED and available on public television stations
nationwide in October 2008 --*

San Francisco, California - Jacques Pépin, one of today's most respected chefs and teachers, returns to public television with home-cooked meals on **Jacques Pépin: More Fast Food My Way** (www.kqed.org/morefastfoodmyway), the sequel to his inspiring last series. His fans, including many of the world's best chefs, new culinary stars, and home viewers, know him for his unsurpassed skills and gastronomic knowledge, setting him apart from other television cooks. Now in his seventies, Jacques establishes his expertise once again with straightforward, delicious, and quick recipes for everything from a simple snack to an elegant dinner. Using readily available fresh foods, supermarket staples, and solid, uncomplicated techniques, Jacques proves that healthy, tasty meals can be on the table faster than a trip a to the local fast food counter!

Produced by KQED Public Television, **More Fast Food My Way** will begin airing in October 2008 on public television stations nationwide via American Public Television (check local listings). The series welcomes viewers back to Jacques' kitchen, where he demonstrates more than 100 easy-to-prepare dishes. This is the eleventh KQED Public Television cooking series with the man Julia Child called "the best chef in America."

Each episode of **More Fast Food My Way** begins with a super-fast, super-easy, minute recipe, such as Croque Monsieur Tidbits, an instant Red Pepper Dip or Butter Bean Canapes. Jacques shares 4 or more dishes per show, along with valuable quick tips and techniques, while tossing in various stories from his life as the ground-breaking director of research and development at Howard Johnson Company, chef to three French heads of state, and close friend of Julia Child.

For several episodes, Jacques is joined once again by his daughter Claudine, a favorite kitchen apprentice. Together, they recreate many of their favorite home dishes, influenced by his wife Gloria's Puerto Rican heritage and by his granddaughter Shorey. With his skill as a master chef, Jacques spends "one on one" time with his viewers and



daughter, offering such useful tips as how to peel and enjoy broccoli stems (often discarded), or how to cook a whole chicken in 40 minutes by flattening the bird.

Jacques' recipes emphasize the wide abundance and selection of ingredients offered by supermarkets these days, such as wild mushrooms, gourmet cheeses, and specialty spices, as well as basic ingredients like skirt steak and tomatoes. Taking inspiration from around the world, Jacques paints a culinary landscape that includes Asian, Latin American, and diverse European influences, as well as his classic French background. He offers easy techniques for making international dishes like Quick Lamb Stew, Paella of Shellfish and Chicken, Tibetan Bread, and Tapioca Banana Coconut Pudding.

These days, everyone is looking for healthy food that can be made on the fly and appreciated every day. These 26 episodes of **More Fast Food My Way** will inspire and enable viewers to develop fast food styles of their own for delicious meals at their own tables.

Already a household name and culinary icon, Jacques Pépin has dedicated over 50 years of his life to the culinary arts. He is the author of 23 cookbooks, serves as Dean of Special Programs at the French Culinary Institute, and was awarded France's highest award—the title of Chevalier de l'Ordre National de la Legion d'Honneur.

Jacques Pépin: More Fast Food My Way has a companion website (www.kqed.org/morefastfoodmyway) that features recipes from the television series downloadable in a printer-friendly format. The site also features photos and further information about Jacques and his latest book, also entitled *Jacques Pépin: More Fast Food My Way*, published by Houghton Mifflin.

Jacques Pépin is the host of **Jacques Pépin: More Fast Food My Way**. Tina Salter is the series producer, Martha Hanglick is the director, and Michael Isip is the executive producer.

Jacques Pépin: More Fast Food My Way is made possible by generous support from Cuisinart, Scharffen Berger Chocolate Maker, Spectrum Organics, and OXO.

Jacques Pépin: More Fast Food My Way is produced by KQED Public Television in San Francisco, which has produced or presented shows from such culinary talents as Joanne Weir, Martin Yan, and José Andres, and is distributed to public television stations nationwide via American Public Television (APT).



Jacques Pépin

more fast food my way

KQED (www.kqed.org) is a service of Northern California Public Broadcasting, Inc. (NCPB). KQED Public Television 9, one of the nation's most-watched public television stations during primetime, is the producer of local and national series such as *QUEST*; *Check, Please! Bay Area*; *Jacques Pépin: More Fast Food My Way*; and *Jean-Michel Cousteau: Ocean Adventures*. KQED's digital television channels include KQED HD, KQED Life-Encore, KQED World, KQED Kids and KQED V-me, and are available 24/7 on Comcast. KQED Public Radio, home of *Forum with Michael Krasny* and *The California Report*, is the most-listened-to public radio station in the nation with an award-winning news and public affairs program service (88.5 FM in San Francisco and 89.3 FM in Sacramento). KQED Education Network brings the impact of KQED to thousands of teachers, students, parents and the general public through workshops, community screenings and multimedia resources. KQED Interactive offers video and audio podcasts and live radio stream at www.kqed.org, featuring unique content on one of the most-visited station sites in public broadcasting.

With more than 10,000 hours of programming in its library, **American Public Television** (APT) has been a prime source of programming for the nation's public television stations for 47 years, distributing more than 300 new program titles per year. APT milestones include distribution of the first HD series on public television and the 2006 launch of Create – the TV channel featuring the best of public television's lifestyle programming. Known for its leadership in identifying innovative, worthwhile and viewer-friendly programming, APT has established a tradition of providing public television stations with program choices that strengthen and customize their schedules, such as *Carreras Domingo Pavarotti in Concert*, *Battlefield Britain*, *Globe Trekker*, *Rick Steves' Europe*, *Great Museums*, *Jacques Pépin: Fast Food My Way*, *America's Test Kitchen From Cook's Illustrated*, *Broadway: The Golden Age*, *Lidia's Family Table*, *California Dreamin' – The Songs of The Mamas & the Papas*, *Rosemary and Thyme*, *P. Allen Smith's Garden Home*, *The Big Comfy Couch*, *Monarchy With David Starkey*, and other prominent documentaries, dramatic series, how-to programs, children's series and classic movies. For more information about APT's programs and services, visit APTonline.org.