

Trailblazers of good taste

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Asking James Oseland, editor-in-chief of *Saveur* magazine, to whittle down his mag's annual list of 100 products, people and ideas that dramatically altered the food landscape (aka the *Saveur* 100) is like coaxing

an adoring mother to pick her most beloved child. "Parents never say they have their favorite children — but they do," admits Oseland with an amiable laugh. The unabashed epicurean zones in on a handful of items that he deems essential and pivotal in the gastronomosphere this year.



Oseland

1. Lidia Bastianich

Oseland sings sweet praises for this Italian mother hen, a PBS regular best known for her cooking show, "Lidia's Italy." The gentle sixty-something brings a sage-like presence to kitchens across the country, peppering accessible, homemade goodness with vivid travel segments that span the Mediterranean. "She inspires me to walk over to the kitchen," he gushes. "She's calm and intimate and a really great force in American cooking."



2. Fagor Duo pressure cooker

Crucial for cooks on the go, the European version of this kitchen gadget transforms a languid two-hour affair into a manageable 25 minutes — minus that signature, alarming rattle.

"When I was growing up, my mom would cook everything from artichokes to brisket in the pressure cooker," shares Oseland. "With the Fagor Duo, it's like they've furthered the technology and bettered the product."



\$110
Fagor Duo

www.fagorpressurecookers.com

3. Homemade ketchup

Though it's an unlikely candidate for a DIY project, Oseland embraces the idea of churning out your own ketchup. "It's satisfying at a primordial level," he stresses. According to *Saveur*, Heinz's 57 varieties can be traced back to 17th century China, where "ke-tsiap," as it was born, began as a spicy melange of pickled fish and spices. The magazine's homemade version is a unique combo of tomato puree, jalapenos and cloves, though Oseland admits that the real fun comes in experimenting. "It can be a mirror of your mood," he adds.



4. The Brighton Bazaar

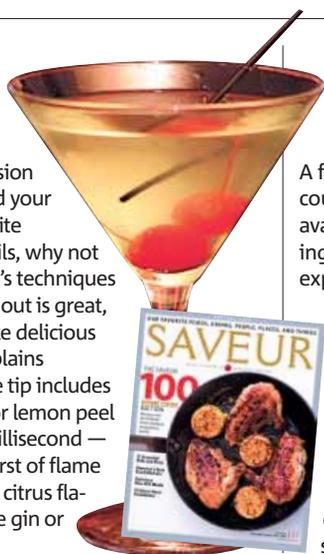
"It's 4 or 5 years old, and a knockout," confesses Oseland, as he describes this Russian supermarket tucked in the



vibrant folds of Coney Island. In addition to a wide array of authentic charcuterie and fresh bread, the best thing about this market is its breathtaking array of prepared foods — house-made pickles, traditional salads and borscht, just to name a few mouthwatering delights. "Like a quick trip to Moscow," Oseland says (1007 Brighton Beach Ave., Brooklyn, 718-769-1700).

5. The flame

If the looming recession is depriving you (and your wallet) of your favorite razzle-dazzle cocktails, why not attempt a bartender's techniques in house? "Drinking out is great, but we can also make delicious drinks at home," explains Oseland. His favorite tip includes igniting an orange or lemon peel for an oh-so-brief millisecond — just enough for a burst of flame to impart a luscious, citrus flavor into your favorite gin or whiskey drink.



6. Lion and Globe peanut oil

A far cry from its processed American counterpart (Planters) the Hong Kong version — available at most Chinese grocery stores, according to Oseland — is less expensive and boasts a majestic, golden hue. Its signature smokey scent gives the average stir-fry dish a much-needed je ne sais quoi and even works as a base for a vinegarette dressing. "It's a pantry staple," says Oseland.

