

'Cooking with Dawn' owner to judge, talk at health fair

Her motto is 'fresh is best'

By Pam Fleming • STAFF WRITER • August 5, 2010

Dawn Bause fell in love with food years ago as an exchange student living with a family in Sweden.

Now she is the owner of "Cooking with Dawn at Home" and "Cooking with Dawn Tours, LLC."

The Commerce Township resident will appear at the Buy Michigan Now Festival this weekend at the health fair Friday at noon and as a judge at the Hiller's Markets recipe contest Saturday at 2 p.m.

As one of 12 recipients selected this year by the State of Michigan Public Health Department as a "2010 Hometown Health Hero" she knows and teaches the importance of eating healthy food and preparing these foods at home.

Lisa Diggs and Buy Michigan Now Festival coordinators contacted Bause after they saw a newspaper article about her receiving this honor.

"They thought I would be a perfect fit for this event," Bause said.

HER CULINARY MISSION

Her mission is to offer "Culinary adventures to the home cook, through the pursuit, preparation and enjoyment of good food."

This mission takes her to farmers markets, local grocers who pride themselves in selling the best quality produce, fish, meat, poultry, breads, eggs and cheeses.

"When I have my students enjoying meal preparation in their own kitchens, I'll take them to Italy for the ultimate culinary adventure, where the enjoyment of life centers around the table and its food," she said.

Bause is also a board member of Slow Food Detroit, www.SlowFoodDetroit.org, an international organization started in Italy more than 20 years ago

whose mission is to promote the Slow Food Movement by providing alternatives to the fast food lifestyle that robs people of their agricultural, family and culinary heritages, not to mention their health.

Tomorrow, at the festival's health fair, she will do a 45-minute presentation and cooking demo on "A Fresh Approach to Cooking with Fresh Ingredients" from noon-12:45 p.m. at Northville Square, 133 W. Main Street.

During the presentation, she will talk about why fresh ingredients are so important to our health, well-being and economy. She will offer fun, quick and creative ways to turn "Veggies into Happy Meals," putting a new spin on veggies children refuse to eat.

The Hiller's Markets recipe contest will be at 2 p.m. Saturday at Epiphany Kitchens, 107 N. Center Street.

LIVED IN EUROPE

The oldest of seven children, Bause said, "My mom, bless her heart, cooked out of necessity." But she traveled to Europe as an exchange student right out of high school."

She lived with a Swedish family, whose daughter was training at the famous hotel and restaurant school in Lausanna, Switzerland.

"She would come home once a month while I was

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there and prepare these incredible gourmet meals," Bause said. "We were her kitchen helpers. I was exposed to a whole new way of enjoying food."

Bause lived in Europe for five years and did open a couple of restaurants over the years.

"But, what is really rewarding to me is teaching people how to cook in their own kitchens," she said.

For more information, go to www.CookingwithDawn.com or call her at (248) 363-8080.

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Commerce Township resident Dawn Bause, who teaches people

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