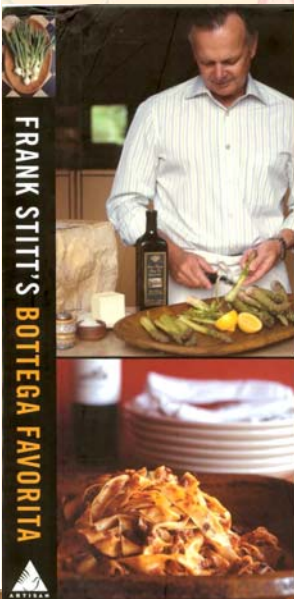


Kiwanian

Frank Stitt, Chef & Owner Highlands Bar & Grill

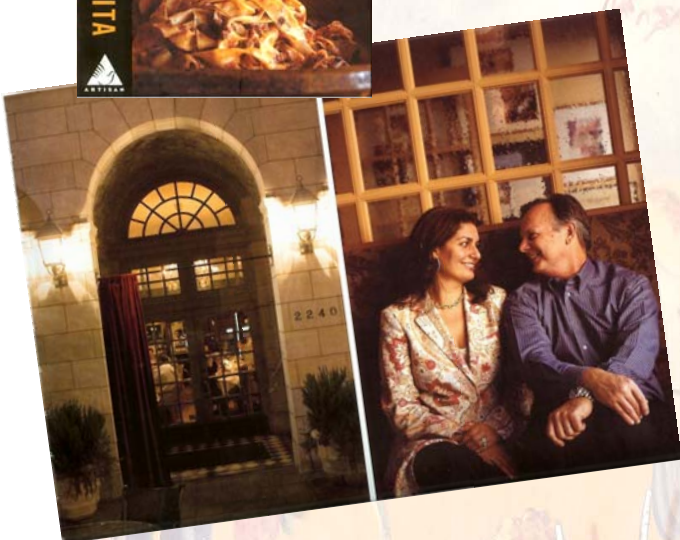
Frank Stitt's fondness for humble southern ingredients comes from his own roots in rural Alabama. "I feel a real spiritual connection to the food and to the land because of my southern agrarian upbringing." As a child, Stitt was equally at home experiencing some of the great restaurants of New York and New Orleans while traveling with his family, as he was picking the first tender shoots of asparagus with his Grandmother White in early spring.



Stitt's culinary journey took him from Cullman, Alabama to San Francisco where, as a philosophy student, he began to find himself piling high the cookbooks and leaving Plato and Kierkegaard behind. After learning and honing his kitchen skills in various Bay Area restaurants, he was finally allowed into the kitchen of the now legendary Chez Panisse. Humble though the work was, it was his time there that resulted in an introduction (by Alice Waters) to Richard Olney, who at the time was working on the *Good Cook* series for Time-Life Books and needed an assistant. Stitt was able to work with Jeremiah Tower, Elizabeth David, Stephen Spurrier and Simca Beck, eventually traveling throughout the French countryside. Frank worked in vineyards in Provence and Burgundy, then returned home to the foods and traditions that continue to be so much a part of his present day vision. He remains highly committed to the ideals of sustainable agriculture and humane animal husbandry.

Highlands Bar & Grill opened in Birmingham in 1982, and was Stitt's first restaurant. Here, humble southern ingredients such as stone ground grits and country ham meet French sauces and braises, creating superb flavors and elegant balance. Highlands was an immediate success, and soon after, he opened Bottega and Café Bottega, and in 2000, Chez Fonfon - all in Birmingham.

If you are unable to attend you may request a copy of Frank's latest book by calling the Kiwanis office at 251-0032. If you would like a personalized message please email us at kiwanis99@aol.com.



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Next Tuesday's Program
June 23, 2009 12:00 Noon

Frank Stitt
Chef & Owner
Highlands Bar & Grill

HIGHLANDS BAR AND GRILL NOMINATED
FOR NATION'S TOP FOOD HONOR

*Bring a friend to hear about Frank's trip to NY for The
James Beard Foundation Awards*

Upcoming Programs

- | | |
|---------|--|
| June 30 | No Meeting - Staff will be attending International Convention in Nashville |
| July 7 | Dr. Gary Warner
UAB Professor of Computer Science
Computer Fraud Expert |
| July 14 | William P. Utt, President and CEO KBR, Inc.
BE&K Building Group A KBR Company |
| July 21 | John Norris, Economist
Oakworth Capital Bank |
| July 28 | Warren St. John , Author
"Outcasts United: A Refugee Team, An American Town" |

KIWANIAN on the web www.kcob.org

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