



Chef Barry Moody proudly displays his new book.

Photo by Layla Farmer

BON APPÉTIT!

Local chef pens cookbook

BY LAYLA FARMER
THE CHRONICLE

Barry Moody is a man on a mission.

The 45-year-old chef from White Plains, N.Y. began by selling Spice Delight, his own unique seasoning blend, from the trunk of his car. Now, seven years later, Moody is the proud author of "Comfort Foods of the South," his first cookbook, which was published just last week. Moody sold 50 copies in the first two days of the book's release.

"Comfort Foods" is the latest development in a journey that has felt more like the path to destiny for Moody.

"I didn't choose the spice company or the book; they chose me," he said. "To me, it's like a dream. I'm just riding the wave."

Moody created Spice Delight after a customer at the Hawthorne Inn, where he was employed, offered to give him a "lump sum" for his fried chicken recipe.

"I figured if she's going to pay me money for it, she (was) going to put something on the market," he related. "I thought a bit and I said, 'You know what? I'm not going to sell it.'"

Instead, Moody bottled his seasoning, called it Fried Chicken Essence, and brought it to work for his colleagues to sample and critique.

When co-workers reported that they had used the spice to season 'everything but fried chicken,' Moody renamed the seasoning Spice Delight, and marketed its use not only for chicken, but for poultry, fish, beef, vegetables and other dishes. These days, several local merchants stock Spice Delight in their stores.

Moody has become a staple at the Fresh Market store on Robinhood Road, the first major retailer to stock Spice Delight.

"Barry is a godsend," said Manager Bill Burnette. "He comes in whenever he can and does samplings of various things, anything that we ask ... the customers just love him."

Spice Delight is now available in 10 Fresh Market stores in North Carolina, and Moody spends time in each, doing demonstrations and giving shoppers advice on using his product. Many local customers have come to trust Moody implicitly, Burnette says.

"Barry has a great interaction with the customers ... he talks with them and gives



These southwestern kabobs are among the dishes Moody shows readers how to prepare.

them suggestions," he reported. "We have customers come in and they say they'll go and purchase whatever he is cooking that night and take it home for dinner."

Moody has developed a loyal following in the Twin City over the years and says that the customers he encounters at the Fresh Market inspired him to write the book.

"I never thought about doing a book; I didn't know how to write a book," he confessed. "(But) people kept asking for more recipes ... they kept asking when I was going to do a book."

Finally, Moody relented and began writing down recipes last year. The result is a glossy paperback that showcases nearly 200 different ways to cook with Spice Delight. The book features Moody's take on a wide variety of Southerners' down-home favorites. The New Yorker said he learned many of the recipes from his Southern-born mother.

But don't expect to find any grease-laden grub in Moody's book. Like his salt-free Spice Delight, the recipes are healthy. Only two fried recipes are included, and olive oil is used in lieu of traditional, animal-based fats.

"The whole premise of my book is to create great flavored food that's healthy," he said. "I'm cooking traditional food, but I'm not using the saturated fat."

Creating the book was a leap of faith for Moody, who says he cleaned out his bank account to make it happen. Yet he feels confident his efforts will pay off.

"It's going to be one of the premiere and contemporary cookbooks on the market," he said.

"Comfort Foods" is available for sale during Moody's weekly demonstrations at the Fresh Market, 3285 Robinhood Rd., or via mail

order. For more information, contact Moody, at (336) 624-7432 or spicedelight2@aol.com.

News Clips

Goodwill earns top accreditation score

Goodwill Industries of Northwest North Carolina has received the highest level of accreditation during its recertification by CARF, the Commission for the Accreditation of Rehabilitation Facilities. Goodwill also received two exemplary remarks, a feat achieved by only a handful of organizations around the country. This recertification encompasses compliance with all Governance standards and accreditation in the program areas of Community Integration, Job Development, Job Supports, Job-Site Training, Comprehensive Vocational Evaluation Services and Employee Development Services.

Once every three years Goodwill Industries invites CARF auditors to review its operational procedures to assess the quality, value, and optimal outcomes of services through a consultative accreditation process that centers on enhancing the lives of the people Goodwill serves.

Goodwill's CARF accreditation will extend through May 2011.

Merschel will conduct concert

"Music Under the Stars." Historic Bethabara Park's summer Bethabara Concert Band and Family Evening series continues this evening (Aug. 14) from 6 - 8:30 p.m. The guest conductor will be Council Member Wanda Merschel, who will introduce each musical selection and conduct the final piece.

Following the regular concert, the Bethabara Concert Band Dance Combo will perform. In addition to the music, there are wagon rides and colonial games.



Merschel

Historic Bethabara Park is located at 2147 Bethabara Rd.

School of Arts' Olympic ties

The University of North Carolina School of the Arts, former N.C. School of the Arts, has ties to the 2008 Beijing Olympics.

Felix "Tex" Ventouras, who received a Bachelor of Music in Composition from the School of the Arts in 2007, has written and arranged music for the U.S. Olympic Synchronized Swimming Team.

During his senior year, Ventouras, a Dallas native, assisted School of the Arts Chancellor John Mauerci when Mauerci conducted at the Detroit Symphony. After graduation, Ventouras again assisted Maestro Mauerci as he conducted at the Motion Picture and Television Fund gala and at the Grammy Awards.

You can catch Ventouras' music when the U.S. team performs to it during its technical routine on Aug. 22 (Day 14) between 12:35-2 a.m., and on Aug. 23 (Day 15) between 10 a.m. and 6 p.m.

Also, U.S. swimmer Benjamin Wildman-Tobriner, is the nephew of Robert Wildman, director of the Performing Arts Management Program in the School of Design and Production at UNCSA.

Downtown information session will be held

The Downtown Winston-Salem Partnership will hold one of its "Downtown 101" seminars on Tuesday, Aug. 19 in its offices at 305 West Fourth Street, Suite 2E in the Chatham Building. It will begin at 8 a.m. and end at 11 a.m.

Downtown 101, sponsored by Baldwin Properties, is for anyone interested in opening a business in downtown Winston-Salem or knowing more about the downtown market.

Presenters include representatives of the Inspections Division and Development Office of the City of Winston-Salem; the Forsyth County Health Department; Fire Marshall's Office; real estate and architecture professionals, Small Business Center of Forsyth Technical Community College and a general contractor.

There is no charge to attend the seminar, which is held bi-monthly. To register or receive more information, call 336.354-1500 or e-mail admin@dwsp.org.

The Downtown Winston-Salem Partnership is a membership organization dedicated to the economic development and promotion of the center city.

Teen Theatre auditions

The North Carolina Black Repertory Company will hold auditions for the Fall 2008 Teen Theatre Ensemble on Saturday, Sep. 6 from 12:00 noon - 5 p.m. in the Forsyth County Central Library Auditorium, 660 W. Fifth St.

The auditions are open to youth between the ages of 13-18. Everyone must perform a monologue (no more than two minutes); a choreographed dance piece; and a song. Those auditioning must provide his or her own music accompaniment.

The total presentation should not exceed five minutes and all auditions are by appointment only. Call 336-723-2266 to schedule an audition.

Steadfast. Secure. Enduring.

The qualities you need in a bank.

Money doesn't grow on trees, which is exactly why you need a bank whose roots run deep.

Over the 105 years we've been in business, we've earned our customers' confidence with our prudent financial decisions and management. Like having over five times the capital required by the federal government, choosing not to offer sub-prime "risky" loans and only investing in high-quality, low-risk investments. All of which have made us one of the **top-rated financial institutions in the nation** based on our financial security and strength.* And all reasons why you can feel secure doing your banking with us.

Piedmont
FEDERAL
SAVINGS BANK

MORTGAGES | SAVINGS | SOLUTIONS



PIEDMONTFEDERAL.COM • 336.770.1000 • MEMBER FDIC • Equal Housing Lender

*Measured by capital and debt to net worth ratio