

back burner

what's cooking

Cooking 101 by DVD

As Allison Rufsvold approached her college graduation a few years ago, it dawned on her that she knew nothing about cooking. The business graduate was an entrepreneur, however, and teamed with two others to produce First Kitchen, a one-hour interactive DVD that provides kitchen and cooking fundamentals to anyone who needs help setting up a kitchen, planning menus, shopping for food and cooking, with printable recipes and lists.

Rufsvold, of Minneapolis, collaborated with another new graduate, Mollie Shields, who has a degree in food and nutrition, and Alta Engstrom, a registered dietician and former longtime director of nutrition for General Mills. The First Kitchen DVD is available at www.firstkitchencooks.com for \$15.95, plus shipping and handling; or can be ordered by calling 1-866-236-4495. Visit the website for more information and a short demo of the DVD.

ON THE SHELF LEE SVITAK DEAN

POUR IT ON

Whether it's water, iced tea or sangria, this pitcher serves the purpose with style.

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