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ELLE LIVING

Hey, good cookin': Salzman (left) and Kayne at class. They and all the pupils wear Kayne's resort line.

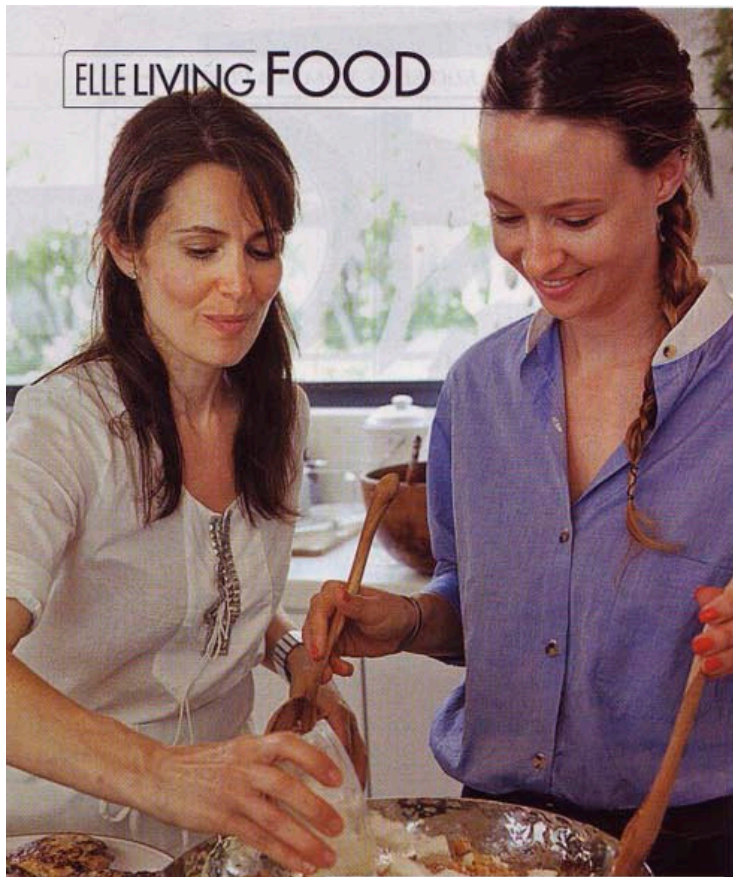
DESIGNER, MEET STOVE

Jenni Kayne and nutrition guru Pamela Salzman have made it their mission to bring cooking back home, and the fashion flock is eating it up

It all started," says Pamela Salzman, "because I was part of a cooking class, and I found it wasn't the kind of food I like to eat. It was white sugar-heavy, and white flour, and dairy.... Someone said, 'You're so good at substituting, why don't you teach the class?'" She did, and then started others. At one such class, the Los Angeles-based designer Jenni Kayne encountered Salzman and nabbed her to lead a monthly cooking tutorial for her and her friends.

Across the country right now, the culinarians are busy breaking down public-private barriers. The hottest tickets are invite-only chef suppers, dining salons, and in-home cooking classes. Health rarely factors into this high-level gourmandizing, aside from the locavore focus, but leave it to the Los Angeles fashionable to customize the trend into an act of holistic self-improvement. Once a month, in the gorgeous minimalist kitchen of Kayne's serene Beverly Hills house, a group of the with-it creative class devotes itself to something far less indulgent and, for these purveyors of contemporary taste, relatively old-fashioned.

PHOTOGRAPHED BY BRIGITTE SIRE



Well-dressed: Salzman and Kayne team up. (Below) Guests under the Tim Clarke hemp fixture

A core group that includes jewelry designer Irene Neuwirth, celeb stylists Jessica de Ruiter and Nicole Chavez, and actress (and love interest of rock star Brandon Boyd) Baelyn Neff learn simple, doable menus using primarily unrefined ingredients with a majority of the calories from plants. "It's taught me more about what's in season, how to peel and cut certain fruits and vegetables, how to store fresh herbs, and it's given me confidence to experiment," says actress and regular Kristen Bell. "I love how everyone is so eager. It feels like kindergarten: Little is required, but fun is demanded."

The fact that the class takes place on a Monday at lunch hour and manages to draw about 15 people a month (from its 20 members) is a testament to how much traction home cooking has gained, as pressed upon us by the Michael Pollan and Alice Waters crew, and also to the

Salad days: Healthy food escapes the broccoli forest.

immense charisma of the demure, lucid, nonjudgmental Salzman.

Although she's soon to be certified as a holistic health counselor, this MBA turned stay-at-home mom's only credentials, prior to starting what has become a successful business teaching in people's kitchens, was as a volunteer educating public school children on nutrition and feeding her own family of five. But she has that knack for making big changes feel like perfectly rational no-brainers. "White sugar? It's nonnutritive, breaks down the skin's collagen, feeds cancer, makes your glucose levels ricochet, and is addictive. No, I don't eat it." Like, no duh. "In the first class, I always ask, 'What do you want to be? Beautiful, productive, energetic, positive? Well, eat to support that.'"

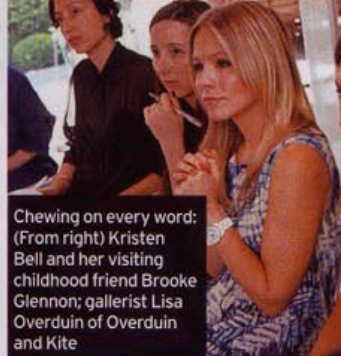
"Isn't she amazing?" says 28-year-old Kayne. "I couldn't boil water, and now I regularly make dinner." She and Salzman are perfect complements. In the fashion business, the phrase *lifestyle brand* often gets tossed around. Kayne's clothing line, which she started in 2003 at the age of 19, gives that vague business phrase solid meaning. By adding new relevance to beloved, wearable wardrobe elements such as twinsets (keyhole cutouts) and shifts (leather), her pieces distill the overwrought art of dressing into a logical, wear-it-to-live ethos. Salzman's recipe file works similarly. Potentially health-food-frumpy classics such as rice pasta (next to sugar, gluten, the protein in wheat, is her devil) are made fresh with green-market basil and parsley pesto. The message they both want to send: We ought to eat and dress to feel good. Alas, the cooking class has inadvertently become exclusive.

"There's so much word of mouth, people want to join, and I have to say it's full," laments Kayne. The clothes, though, are available to all at her N. Almont boutique and require no follow-through.

—MIRANDA PURVES



Family affair: Kayne's son, Tanner, and husband, real estate agent Richard Ehrlich



Chewing on every word: (From right) Kristen Bell and her visiting childhood friend Brooke Glennon; gallerist Lisa Overduin of Overduin and Kite

SALZMAN'S SIX PANTRY SWAPS

OUT: Harsh table salt
IN: Moderate amounts of mineral-rich unrefined salts—Celtic, Himalayan, or Maldon—can be healing.

OUT: Overprocessed oils such as corn, canola, and soybean
IN: Cold-pressed olive, coconut, and sesame oils; they boost immunity.

OUT: Acid-forming, nonnutritive, addictive white sugar
IN: Limited doses of pure maple or brown-rice syrups, stevia, and raw honey

OUT: Too much gluten-laden wheat, spelt, rye, and barley
IN: Brown rice, quinoa, millet, amaranth, legumes, sweet potatoes, and corn

OUT: Nutrient-stripped white flour
IN: Whole wheat and rice flours. Whole wheat pastry flour subs well for white.

OUT: Mass-produced, hormone-riddled animal meat
IN: Happier animals raised in their natural environments; find sources at localharvest.org.

THE REFINED UNREFINED MENU

Starter

Gazpacho with avocado (no canned tomato juice)

Main

*Brown rice pasta with basil-parsley pesto
Turkey burgers with or without gluten-free buns
Farro with local beets, cucumbers, feta, and mint*

Dessert

Grilled vanilla peaches

Recipes at ELLE.com

