



FOR IMMEDIATE RELEASE

**CAP UCLA presents
Samin Nosrat in Conversation with Lindy West**

Oct 13 at Royce Hall



"[*Salt Fat Acid Heat*] is a celebration of Nosrat's food ethos, while also being the kindest, gentlest, most warm and welcoming rebuff to food-porn exclusivity."
—*New York Magazine*

"[Lindy West is] one of the most distinctive voices advancing feminist politics through humor." —*The New York Times Book Review*

UCLA's Center for the Art of Performance (CAP UCLA) presents Samin Nosrat in Conversation with Lindy West on Sunday, October 13 at 7 p.m. at Royce Hall. Tickets for \$28–\$79 are available now at cap.ucla.edu, 310-825-2101, and the Royce Hall box office.

A California native, Samin Nosrat was raised by Iranian parents who immigrated to the states in the 1970s. Cooking was not Nosrat's first aspiration. While an English major at Berkeley, Nosrat started bussing tables at Chez Panisse and the rest was history.

Nosrat is most commonly known for her *New York Times* bestselling, James Beard Award-winning cookbook *Salt, Fat, Acid, Heat: Mastering the Elements of Good Cooking* that was turned into a limited documentary series on Netflix by the same name. Besides eating and cooking around the world, Nosrat is a food columnist for the *New York Times Magazine*.

Born in Washington, Lindy West started her career at Seattle's alternative weekly newspaper *The Stranger*, where she famously penned a piece titled "Hello, I Am Fat" as a debate with former editor Dan Savage. Five years later she wrote a *New York Times* bestselling memoir; *Shrill*. Similarly to Nosrat, West's book was turned into a Hulu series of the same name.

Whether writing articles, books or scripts, West is mighty with a pen in her hand; she is currently an opinion writer for *The New York Times*. West's second book, *The Witches Are Coming*, arrives in bookstores on November 5. This essay compilation is centered around the idea of pop culture being created for and by the white man; as told with West's wit.

Nosrat and West come to Royce Hall's stage for the first time. Each of these women has experienced the 21st century differently but not without similar challenges. They will discuss these challenges, their success stories and food.

Funds for this conversation were provided in part by the Arthur E. Guedel Memorial Lectureship Fund.

CAP UCLA's Words & Ideas series continues with Andrew Sean Greer in Conversation with Sloane Crosley (Nov 3, Royce Hall), Frank Bruni in Conversation with Sarah Smarsh (Dec 8, Royce Hall), and Marlon James (Feb 27, Royce Hall).

CALENDAR EDITORS, PLEASE NOTE:

CAP UCLA presents

[Samin Nosrat in Conversation with Lindy West](#)

Sunday, October 13 at 7 p.m.

Royce Hall, UCLA

10745 Dickson Court, Los Angeles, CA 90095

Program: Samin Nosrat is a food columnist for *The New York Times Magazine*, author of the bestseller *Salt, Fat, Acid, Heat: Mastering the Elements of Good Cooking* and the star of the Netflix series of the same name. Lindy West is a contributing opinion writer for *The New York Times* and the author of the bestselling memoir *Shrill: Notes from a Loud Woman*,

which she recently adapted into a comedy series for Hulu. They will discuss the challenges and experiences of women in the 21st century and, of course, food.

Tickets:

Single tickets: \$28–\$79

Online: cap.ucla.edu

Phone: 310-825-2101

UCLA Central Ticket Office: 310-825-2101, Monday through Friday from 10 a.m. to 4 p.m.

Royce Hall box office: open 90 minutes prior to the event start time.

Related Art in Action:

Words & Ideas series kicks off in the Royce West Lobby with a special Pop-Up Recipe Bazaar, Food Writers Library and a “Women Who Draw” event, inspired by artist Wendy MacNaughton, the illustrator of *Salt, Fat, Acid, Heat*.

Artists website: [Samin Nosrat](#) | [Lindy West](#)

About Samin Nosrat

As an undergraduate studying English at UC Berkeley, Samin Nosrat took a detour into the kitchen at Chez Panisse restaurant that happily determined the course of her life and career. Since 2000, she pursued her twin passions of food and words with equal vigor, aiming to create work that inspires, creates community, and raises cultural, social and environmental awareness.

Nosrat learned to cook at Chez Panisse, in Italy alongside Benedetta Vitali and Dario Cecchini, and at (the no longer existing) Eccolo in Berkeley. She studied poetry with Robert Hass, Shakespeare with Stephen Booth, and journalism with Michael Pollan. She has said that Alice Waters and farmer Bob Cannard taught her more about land stewardship than anyone else.

Her book, *Salt, Fat, Acid, Heat: Mastering the Elements of Good Cooking* was illustrated by Wendy MacNaughton. It is a *New York Times* bestseller, and also 2018 James Beard General Cookbook of the Year, 2018 Fortnum & Mason Debut Cookbook, 2018 IACP Cookbook of the Year, [2018 IACP Julia Child First Book Award](#), and *Sunday Times* Food Book of the Year 2017. A documentary series based on the book is now streaming on [Netflix](#). In 2018 she was named the [Eater Chef of the Year](#). She is also one of five food columnists for the [New York Times Magazine](#).

About Lindy West

Lindy West is a contributing opinion writer for the *New York Times* and the author of the *New York Times* bestselling memoir *Shrill: Notes from a Loud Woman* (2016, Hachette Books) as well as the upcoming essay collection *The Witches Are Coming* (2019, Hachette Books). In 2018 she adapted *Shrill* as a half-hour comedy for Hulu, set to air in 2019. Lindy's work has appeared in *This American Life*, *The Guardian*, *Cosmopolitan*, *GQ*, *Self*, *Vulture*, *Jezebel*, *The Stranger*, and others. She is the founder of I Believe You, It's Not Your Fault, an advice blog for teens, as well as the co-founder of the reproductive rights destigmatization campaign #ShoutYourAbortion.

About CAP UCLA

[UCLA's Center for the Art of Performance](#) (CAP UCLA) is dedicated to the advancement of the contemporary performing arts in all disciplines — dance, music, spoken word and theater, as well as emerging digital, collaborative and cross-platforms — by leading artists from around the globe. Part of UCLA's School of the Arts and Architecture, CAP UCLA curates and facilitates direct exposure to artists who are creating extraordinary works of art and fosters a vibrant learning community both on and off the UCLA campus. The organization invests in the creative process by

providing artists with financial backing and time to experiment and expand their practices through strategic partnerships and collaborations. As an influential voice within the local, national and global arts communities, CAP UCLA connects this generation to the next in order to preserve a living archive of our culture. CAP UCLA is also a safe harbor where cultural expression and artistic exploration can thrive, giving audiences the opportunity to experience real-life through characters and stories on stage, and giving artists an avenue to challenge assumptions and advance new ways of seeing and understanding the world we live in now.

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PRESS REVIEW TICKETS/PHOTO PASSES/INTERVIEW REQUESTS: Contact Geena Russo, Communications Manager, geena@arts.ucla.edu or 310-206-8744.

IMAGES: Available by request or register for download at cap.ucla.edu/pressimages. Photo credit Grant Delin (Samin Nosrat) and Jenny Jimenez (Lindy West).