



Sara Moulton  
PBS chef and cookbook author

## SERVING UP MEMORIES & COOKING TIPS

Imagine roasted broccoli and angel hair pasta, with flavors of chicken broth, Parmesan cheese, olive oil, red pepper flakes and salt. Sara Moulton, host of SARA'S WEEKNIGHT

MEALS on NHPBS, prepares this simple dish for her own go-to weeknight meal.

Moulton is a chef and cookbook author who has spent decades sharing her knowledge across seemingly every type of media. She's managed the test kitchen at *Gourmet* magazine, edited and hosted on *The Food Network* and *Good Morning America* and appeared on the *Milk Street Radio* program and podcast.

Over a Zoom conversation from her home in New York City, she shared that she and her husband have a farmhouse in northern Massachusetts, and they visit New Hampshire to dine in Milford and at Pickity Place in Mason.

Growing up, Sara spent summers in Massachusetts with her paternal grandmother, her earliest culinary influence. "My grandmother had gone to a cooking school in Boston. She was a really fine cook, as was my grandfather," said Moulton. "I remember johnnycakes, Yorkshire pudding, lots of baking and pies."

Sara's mother also encouraged her passion for cooking. "Mom was a writer and lived in New York when the food scene was really blossoming," Moulton recalled. "*The New York Times Cookbook* was her bible. She'd travel and then come back and cook the meals she had eaten overseas. I became her partner in crime in the kitchen."

After graduating from the University of Michigan, Moulton was "slinging burgers in a bar, making \$68 a week" when her mother's influence — and advice from renowned food writer Craig Claiborne — prompted her to apply to the Culinary Institute of America (CIA).

"As a woman in the late 70s, there was no way I could work my way up. They mostly didn't let women into restaurant kitchens," she said. "The CIA accepted me, and I went and had two of the happiest years of my life. Finally, I had found my passion!"

In 1979, through a job in public television, Sara met the great Julia Child. The two developed a friendship that changed Moulton's life. "She opened a million doors for me. I wouldn't be who I am today without her. She was just very caring and giving. She did that for a lot of people," Moulton stated.

As Chef Moulton grew her culinary career, lessons from Julia stayed with her — wisdom Moulton continues to share. "Cooking is fun. Never stop learning. It's okay to make a mistake," Moulton said, rattling off tips. "And importantly, cooking isn't just about cooking; it's about dining, sitting down, having a meal and a conversation."

For time-pressed cooks, Moulton maintains that a few core ingredients — chicken broth, pasta, canned beans, frozen vegetables and Parmesan — can consistently form the basis for many meal options.

"Have a menu plan prior to shopping, or have the ingredients in-house," Moulton advises. "It's about the basics: protein, starch, vegetables. You must have at least five nights' worth of those three basics for smooth weeknight cooking."

Moulton will be the NHPBS guest of honor for a special fundraiser at LaBelle Winery in Amherst on April 18th. A curated selection of Sara's favorite recipes will be expertly prepared by LaBelle Winery's Executive Chef Justin Bernatchez and paired with special wines selected by Founder and Winemaker Amy Labelle. To learn more about the event, "An Evening in the Mediterranean with Sara Moulton," go to [nhpbs.org/events](https://nhpbs.org/events).

# NHPBS PRIMETIME PICKS



## Julius Caesar: The Making of a Dictator TUE Apr 2 | 9 PM NHPBS

Caesar enters into dangerous alliances and bends the rules of the Republic in his bid to become Consul, the highest political position in Rome. But one man — Cato — is hellbent on bringing him down.



## A Brief History of the Future WED Apr 3 | 9 PM NHPBS

This unique PBS documentary series is about our futures and how we can reimagine them. The show invites viewers on a journey around the world that is filled with discovery, hope and possibility about where we find ourselves today and what could come next.



## Secrets of the Royal Palace SUN Apr 7 | 7 PM NHPBS

Historian Kate Williams continues her in-depth exploration of shocking stories about the residences of the British monarchy. Filled with tales of scandals and intrigue, the series uncovers some of the many secrets held by these spectacular royal estates.



## Mr. Bates vs. the Post Office on Masterpiece SUN Apr 7 | 9 PM NHPBS

Follow one of the greatest miscarriages of justice in British legal history. Hundreds of innocent village subpostmasters were accused of theft and fraud caused by errors in the Post Office's computer system — something it denied for years.



## By Degrees<sup>o</sup> CLIMATE SUMMIT 2024

Presented by **nhpr** in collaboration with **NH PBS**

## By Degrees Climate Summit MON Apr 22 | 7 PM NHPBS

As our climate changes, this summit focuses on solutions people can work toward with their neighbors and communities and explores how we make the necessary changes. This is a chance to hear about climate resiliency responses that address more than just our environment.



## Changing Planet WED Apr 24 | 8 PM NHPBS

Visit six of our planet's most vulnerable ecosystems and meet with truly inspiring people — scientists and local experts fighting to safeguard their communities and wildlife and charting the progress of their game-changing environmental projects.

# 5 CHANNEL SPOTLIGHT

OUR PRIMARY CHANNEL, NHPBS, IS NOW STREAMED LIVE AT [NHPBS.ORG/LIVESTREAM](http://NHPBS.ORG/LIVESTREAM)



## THE EXPRESS WAY WITH DULÉ HILL

TUE Apr 23 | 9 PM NHPBS

THE EXPRESS WAY WITH DULÉ HILL explores the power of the arts. Led by renowned actor, dancer and singer Dulé Hill, the series captures diverse artists' stories from across America, celebrating community, humanity and the transformative potential of creative expression.



## ART HAPPENS HERE WITH JOHN LITHGOW

SAT Apr 27 | 10 PM NHPBS EXPLORE

Actor John Lithgow goes back to school to demonstrate the transformative power of arts education. He immerses himself with teachers and students to explore four arts disciplines: dance, ceramics, silk-screen printing and vocal jazz ensemble. The program celebrates how arts education nurtures and inspires the hearts and minds of students of all ages.



## SARA'S WEEKNIGHT MEALS

FRIDAYS | 7 PM NH CREATE

SARA'S WEEKNIGHT MEALS has been about the things that matter most the world over — tasty home-cooked meals, eaten with family and cooked with love. Sara Moulton hosts this fast-paced, informative program that's all about getting quick, delicious meals on the table every night of the week.



## WILD HOPE

MON Apr 15 | 7 PM NH WORLD

Ecuador is one of the most biodiverse places on the planet, yet its wild spaces are among the most threatened. In 2008, the country became the first nation in the world to enshrine the "rights of nature" in its constitution, granting wild species their own legal rights to exist. Today, conservationists are putting that powerful tool to the test as they battle to save biodiversity hotspots.



## WILD KRATTS: OUR BLUE AND GREEN WORLD

MON Apr 1 | 8:30 AM NHPBS KIDS

While doing their annual Laundry Day, the Kratt brothers disagree on what's better: blue oceans or green forests. Can the gang get Martin and Chris back in sync in time to save planet Earth from Zach and Paisley Paver's villainous plans?

# EXPLORE NHPBS



NOVA: GREAT AMERICAN ECLIPSE

WED Apr 3 | 8 PM NHPBS

POETRY  
IN AMERICA

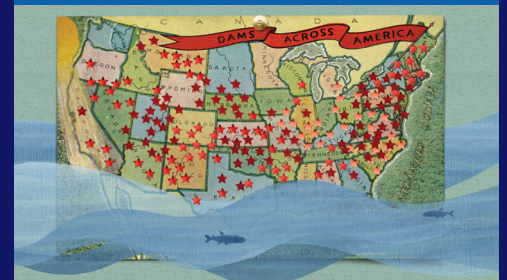
POETRY IN AMERICA

SUN Apr 7 | 6:30 PM NHPBS



ELTON JOHN & BERNIE TAUPIN: THE LIBRARY OF CONGRESS GERSHWIN PRIZE FOR POPULAR SONG

MON Apr 8 | 9 PM NHPBS



THE POWER OF WATER

THU Apr 11 | 10 PM NHPBS



JOE BONAMASSA: TALES OF TIME

THU Apr 25 | 9 PM NHPBS

TICKETS: [nhpbs.org/events](http://nhpbs.org/events)

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# NH PBS APRIL 2024 PROGRAM SCHEDULE

	6:30 PM	7:00 PM	7:30 PM	8:00 PM	8:30 PM	9:00 PM	9:30 PM	10:00 PM
Mon. 4/1	PBS NewsHour*	Joseph Rosendo's Travelscope	Rick Steves' Europe	Antiques Roadshow		Antiques Roadshow		Independent Lens** A Thousand Pines
Tue. 4/2	PBS NewsHour*	Joseph Rosendo's Travelscope	Samantha Brown's Places to Love	Finding Your Roots In The Blood		Julius Caesar: The Making of a Dictator		Frontline**
Wed. 4/3	PBS NewsHour*	Joseph Rosendo's Travelscope	Windows to the Wild April Hike On Moose Mountain	Nova Great American Eclipse		A Brief History of the Future		Nova** Secrets of the Forbidden City
Thu. 4/4	PBS NewsHour*	Joseph Rosendo's Travelscope	Granite State Challenge	Windows to the Wild April Hike On Moose Mountain	Stories from the Stage	Epic Train Journeys from Above		Real Rail Adventures: Swiss International Hubs**
Fri. 4/5	PBS NewsHour*	Joseph Rosendo's Travelscope	Rick Steves' Europe	Washington Week with the Atlantic	Firing Line with Margaret Hoover	American Masters** The Incomparable Mr. Buckley		
Sat. 4/6	Yorkshire Vet, The		Agatha Christie's Marple			Doc Martin		Death In Paradise**
Sun. 4/7	Poetry In America	Secrets of the Royal Palaces		Call The Midwife		Mr Bates vs The Post Office On Masterpiece		Alice & Jack On Masterpiece**
Mon. 4/8	PBS NewsHour*	Joseph Rosendo's Steppin' Out	Rick Steves' Europe	Antiques Roadshow		Elton John & Bernie Taupin: The Library of Congress Gershwin Prize for Popular Song		
Tue. 4/9	PBS NewsHour*	Joseph Rosendo's Travelscope	Samantha Brown's Places to Love	Finding Your Roots Viewers Like You		Julius Caesar: The Making of a Dictator		The Invisible Shield**
Wed. 4/10	PBS NewsHour*	Joseph Rosendo's Travelscope	Windows to the Wild Trekking Norway	Nature Raptors: A Fistful of Daggers: Meet The Raptors		A Brief History of the Future		Nova** Ancient Maya Metropolis
Thu. 4/11	PBS NewsHour*	Joseph Rosendo's Travelscope	Granite State Challenge	Windows to the Wild Trekking Norway	Stories from the Stage	Epic Train Journeys from Above		The Power of Water
Fri. 4/12	PBS NewsHour*	Joseph Rosendo's Travelscope	Rick Steves' Europe	Washington Week with the Atlantic	Firing Line with Margaret Hoover	Great Performances Now Hear This: Rising Stars		Next at the Kennedy Center** Ben Folds
Sat. 4/13	Yorkshire Vet, The		Agatha Christie's Marple			Doc Martin		Death In Paradise**
Sun. 4/14	Poetry In America	Secrets of the Royal Palaces		Call The Midwife		Mr Bates vs The Post Office On Masterpiece		Alice & Jack On Masterpiece**
Mon. 4/15	PBS NewsHour*	Joseph Rosendo's Steppin' Out	Rick Steves' Europe	Antiques Roadshow		Antiques Roadshow		Saving Songbirds**
Tue. 4/16	PBS NewsHour*	Joseph Rosendo's Travelscope	Samantha Brown's Places to Love	Finding Your Roots Born to Sing		Julius Caesar: The Making of a Dictator		Secrets of the Dead**
Wed. 4/17	PBS NewsHour*	Joseph Rosendo's Travelscope	Windows to the Wild Exploring Wild Iceland	Nature Raptors: A Fistful of Daggers: Extreme Lives		A Brief History of the Future		Nova** Making North America: Origins
Thu. 4/18	PBS NewsHour*	Joseph Rosendo's Travelscope	Granite State Challenge	Windows to the Wild Exploring Wild Iceland	Stories from the Stage	Epic Train Journeys from Above		The Merrimack: River at Risk**
Fri. 4/19	PBS NewsHour*	Joseph Rosendo's Travelscope	Rick Steves' Europe	Washington Week with the Atlantic	Firing Line with Margaret Hoover	Great Performances Now Hear This: Virtuosos		Next at the Kennedy Center** Joshua Redman
Sat. 4/20	Yorkshire Vet, The		Agatha Christie's Marple			Doc Martin		Death In Paradise**
Sun. 4/21	Poetry In America	Secrets of the Royal Palaces		Call The Midwife		Mr Bates vs The Post Office On Masterpiece		Alice & Jack On Masterpiece**
Mon. 4/22	PBS NewsHour*	By Degrees Climate Summit		Antiques Roadshow		American Experience** Poisoned Ground: The Tragedy at Love Canal		
Tue. 4/23	PBS NewsHour*	Joseph Rosendo's Travelscope	Samantha Brown's Places to Love	Finding Your Roots Forever Young		The Express Way with Dule Hill		Independent Lens** One with the Whale
Wed. 4/24	PBS NewsHour*	Joseph Rosendo's Travelscope	Windows to the Wild A Trek Through Scotland	Changing Planet Coral Special		A Brief History of the Future		Nova** Making North America: Life
Thu. 4/25	PBS NewsHour*	Joseph Rosendo's Travelscope	Granite State Challenge	Windows to the Wild A Trek Through Scotland	Stories from the Stage	Joe Bonamassa: Tales of Time		
Fri. 4/26	PBS NewsHour*	Joseph Rosendo's Travelscope	Rick Steves' Europe	Washington Week with the Atlantic	Firing Line with Margaret Hoover	Great Performances Now Hear This: Old Friends		Art Happens Here with John Lithgow**
Sat. 4/27	Yorkshire Vet, The		Agatha Christie's Marple			Doc Martin		Death In Paradise**
Sun. 4/28	Poetry In America	Secrets of the Royal Palaces		Call The Midwife		Mr Bates vs The Post Office On Masterpiece		Guilt On Masterpiece** The Clothes On Our Backs
Mon. 4/29	PBS NewsHour*	Joseph Rosendo's Steppin' Out	Rick Steves' Europe	Antiques Roadshow		Antiques Roadshow		By Degrees Climate Summit**
Tue. 4/30	PBS NewsHour*	Joseph Rosendo's Travelscope	Samantha Brown's Places to Love	Finding Your Roots Fathers and Sons		The Express Way with Dule Hill		Frontline**

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<b>Mon. 4/1</b>	Samantha Brown's Places to Love	PBS NewsHour		Midsomer Murders		Father Brown		Yorkshire Vet, The**
<b>Tue. 4/2</b>	Samantha Brown's Places to Love	PBS NewsHour		Call The Midwife		Nolly On Masterpiece		Alice & Jack On Masterpiece**
<b>Wed. 4/3</b>	Ancient Roads from Christ to Constantine*	PBS NewsHour		Death In Paradise		Hope Street		The Paris Murders**
<b>Thu. 4/4</b>	Samantha Brown's Places to Love	PBS NewsHour		Father Brown		Agatha Christie's: Poirot		Doc Martin**
<b>Fri. 4/5</b>	Samantha Brown's Places to Love	PBS NewsHour		Finding Your Roots In The Blood		Julius Caesar: The Making of a Dictator		Rise of the Nazis: Dictators at War**
<b>Sat. 4/6</b>	The Lawrence Welk Show*	Finding Your Roots In The Blood		8 Days: to the Moon and Back			Rick Steves' Europe	Real Rail Adventures: Swiss International Hubs**
<b>Sun. 4/7</b>	The Legacy List	Nova Great American Eclipse		A Brief History of the Future		Nova Secrets of the Forbidden City		Epic Train Journeys from Above**
<b>Mon. 4/8</b>	Samantha Brown's Places to Love	PBS NewsHour		Midsomer Murders		Father Brown		Yorkshire Vet, The**
<b>Tue. 4/9</b>	Samantha Brown's Places to Love	PBS NewsHour		Call The Midwife		Mr Bates vs The Post Office On Masterpiece		Alice & Jack On Masterpiece**
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<b>Sat. 4/13</b>	The Lawrence Welk Show*	Finding Your Roots Viewers Like You		American Experience Flood in the Desert		Surviving The Dust Bowl: American Experience		The Power of Water
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<b>Sat. 4/20</b>	The Lawrence Welk Show*	Finding Your Roots Born to Sing		Rachel Carson: American Experience				The Merrimack: River at Risk**
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## An Evening in the Mediterranean

with Sara Moulton

Dine with PBS Chef Sara Moulton at LaBelle Winery

Thursday, April 18<sup>th</sup>

[nhpbs.org/events](http://nhpbs.org/events)



APR 2024

# MR BATES

# VS

# THE POST OFFICE

SOS: SUPPORT OUR SUBPOSTMASTERS



NH  PBS

TOGETHER WE ENGAGE | CONNECT | CELEBRATE