



FOR IMMEDIATE RELEASE
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Beloved chef and author Samin Nosrat launches Chan Centre's new *Insights* series highlighting renowned writers, authors, and speakers

The Salt, Fat, Acid, Heat author will discuss her upcoming
cookbook, **GOOD THINGS**

Vancouver, BC – The **Chan Centre for the Performing Arts** at the University of British Columbia presents **GOOD THINGS: An Evening with Samin Nosrat** on **Thursday, October 16 at 7:30 PM** as part of its new series, ***Chan Centre Insights***.

This brand-new series brings the literary world to life, showcasing a diverse lineup of inspiring authors, writers, and speakers. *Insights* offers intimate conversations, lively discussions, and a chance to connect with writers and thinkers who are shaping today's literary and cultural landscape. Each event will offer fresh perspectives, whether through the lens of fiction, food, ideas, or storytelling.

"We are thrilled to welcome Samin Nosrat to the Chan Centre for her very first event in Vancouver," says Jarrett Martineau, Head Curator of the Chan Centre. "Her passion for food, stories, and the rituals behind them, brings her recipes to life and offers a perfect introduction to our *Insights* series. I can't wait to learn more about the good things she's been perfecting."

Acclaimed chef and author Samin Nosrat will discuss her highly anticipated new book, ***GOOD THINGS: RECIPES AND RITUALS TO SHARE WITH THE PEOPLE YOU LOVE***. Featuring over 120 new recipes, *GOOD THINGS* has been eight years in the making and will be released on September 16. For her talk, Nosrat will share the inspirations behind her cookbook, her creative process, and the culinary rituals that enrich her life. In her philosophy, cooking is not just about food, but the way it creates opportunity for kinship and community.

Nosrat began her culinary career at Chez Panisse while still an undergraduate student studying English at UC Berkley. Skipping her own graduation ceremony to work a bussing shift, Nosrat has devoted her life to her two passions: food and words. An equal student of both William Shakespeare and Alice Waters, she channeled her talents into her bestselling 2017 book, *Salt, Fat, Acid, Heat*. The James Beard Award-winning cookbook was then turned into a popular limited series for Netflix, propelling Nosrat into a new level of fame.

In 2020, alongside her friend Hrishikesh Hirway, Nosrat launched *Home Cooking*, named one of the best podcasts of the year by *Time*, *Rolling Stone*, *The Economist*, and *The Atlantic*. The show affirmed her position as a joyful and approachable expert on cooking and the opportunities for connection that it fosters. She was also a food columnist for the *New York Times Magazine* from 2017 to 2021, and has contributed to *Munchies*, *Bon Appetit*, *Food52*, and more.

General public tickets go on sale April 15 at 10 AM. Tickets for Chan Centre season subscribers go on sale April 14 at 10 AM.

Event Listing

Chan Centre Insights

GOOD THINGS: An Evening with Samin Nosrat

THURSDAY OCTOBER 16 at 7:30 PM

Chan Centre for the Performing Arts

Spend an uplifting evening with **Samin Nosrat** as she discusses her new book, **GOOD THINGS**, on stage. Samin will share stories around the inspiration for the cookbook, her development and selection of the recipes, and the culinary rituals she shares with close friends. In an evening about creativity and connection, Samin will remind us how cooking can not only nourish our bodies but also satiate our desire for kinship and community.

In 2017, chef and writer **Samin Nosrat** shared her simple but revolutionary cooking philosophy with us in *Salt, Fat, Acid, Heat*. She then adapted the lessons of the #1 *New York Times* Bestseller into a beloved limited series of the same name for Netflix. And during the pandemic, she launched the *Home Cooking* podcast with Hrishikesh Hirway, sharing both her depth of knowledge and her joy for cooking with fans across the world. Over the years, Samin has become a trusted kitchen companion to millions of fans through her warm and endearing and deeply human approach to cooking, its processes, and its pleasures.

Ticketing

General public tickets go on sale April 15 at 10 AM. Tickets for Chan Centre season subscribers go on sale April 14 at 10 AM.

Ticket Office:

chan.tickets@ubc.ca or 604.822.2697

Website:

chancentre.com

Link to assets

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For further media information:

LAINA TANAHARA | 604-827-4961 | laina.tanahara@ubc.ca