

## **Continental cuisine**

For this world traveler, family's recipes go far

By ROSEMARY BLACK

Growing up in an Italian household with a mom, three older sisters and a grandmother who all loved cooking, Richard Wiese never met a meal he didn't like. Lovingly prepared homestyle food was on the menu every day, and although he never cooked himself, he enjoyed long, leisurely dinners with relatives from when he was very small.

Now Wiese, who is president of the Explorers Club and who has traveled to every continent for work, has to fend for himself when it comes to meal prep.

"Once I grew up and started living on my own in the city, I decided that I didn't want to eat out all the time," he says. "I didn't cook at all when I was little but once I was on my own, I started asking my mother and sisters a lot of questions about cooking."

He also talks recipes with his grandmother, who's 98 and lives on Long Island. She has taught him how to make a couple of different versions of red sauce, for one thing. He loves to cook and has prepared dinner for others in many different parts of the globe.

In Kenya, he made red sauce for a group of Italians traveling with him. "I made the sauce over the fire," he recalls. "When it got dark, you could see the sky like a carpet of stars and there were lions in the background. It was heaven."

Another time when he happened to be in Antarctica on Christmas Day, "We had a couple of glasses of Pinot Noir and this great Italian meal we'd made on the ship," Wiese says. "The drama of eating with the glaciers in the background was amazing."

Still, no matter how Wiese travels, rustic Italian fare is his favorite. "When all is said and done, my comfort food is a good old-fashioned Southern Italian dinner," Wiese proclaims. Cooked with love and eaten with family, of course!

### **Red Sauce for Pasta**

#### **Serves 4**

*2 tablespoons olive oil*  
*2 garlic cloves, peeled and sliced thin*  
*2 teaspoons oregano*  
*1 small onion, peeled and chopped fine*  
*1 small carrot, peeled and chopped fine*  
*2 large cans chopped peeled tomatoes*  
*Salt and pepper*

In a saucepan, heat oil. Add garlic and fry till brown. Remove and add oregano. Heat briefly; add onion and carrot. Cook over low heat until soft. Add tomatoes and cook for about 45 minutes. Add salt and pepper to taste and serve over hot pasta.

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