

THIRD QUARTER 2015

**PUBLIC AFFAIRS REPORT**  
**for**  
**KWPX-TV**  
**BELLEVUE, WA**  
**for**  
**THIRD QUARTER ENDING: SEPTEMBER 30, 2015**

In accordance with Section 73.3526(e)(11)(i) of the Federal Communications Commission's rules, the following, in the opinion of KWPX-TV are the problems and needs of the community for the period noted above. They are not necessarily listed in order of importance. Each is identified by significant public affairs and/or public service programming in response to these needs.

Issues:

1. Tapas style dining/recipes
2. Learn about bison and cooking bison meat
3. How to update your "hand me down" furniture
4. Picking out and cooking sustainable seafood
5. Transforming small and inexpensive apartments into cozy and eclectic
6. Making mozerella cheese from scratch
7. Taste testing good granola bars
8. Rearrange furniture to maximize space
9. Which hobby greenhouse is best to grow vegetables
10. Décor ideas for people living in temporary spaces

A detailed summary of each program's content, including guests, affiliations and date of broadcast is included in this report.

"Living Well" is a one hour community affairs program that is dedicated to active lifestyles, wellness & helpful information that leads to a more empowered life. The featured shows in "Living Well" are "Home to Go" and "Anna & Kristina's Grocery Bag".

## THIRD QUARTER 2015

Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 318  
Air Date: Thursday, July 2, 2015 @ 6:00am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.  
Guests: Home To Go Host: Peter Fallico  
Guests: Doug Bryce, Aurelie Hatch, Sabrina Linn  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic  
Guests: Nico Schuermans

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### **Description:**

*"Home to Go" is an innovative do-it yourself design series that presents original, easy-to-execute, and inexpensive décor ideas and solutions for people living in temporary spaces. Each week, Peter works with roommates, singles, and young couples to help them make over their spaces into beautiful and functional homes that can be packed up and move on when it's time to pick up sticks.*

Renters Doug and Aurelie need help with creating a theme that turns mismatched into a look that is as unique as they are. Peter Fallico and Sabrina Linn show creative ways to bring existing pieces together that aren't hard or expensive. Also learn how to make a kitchen island out of book shelves as well as other simple storage solutions for the kitchen.

*In "Anna & Kristina's Grocery Bag" hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals.*

Anna and Kristina test out the book "The Flexitarian Table" by Peter Berley. A book that shows how to make dishes for meat eaters or vegetarians by creating so-called "convertible dishes", which start out with the same basic preparations and then can either contain meat or a meat alternative. They test out recipes such as "Crispy pressed chicken or tofu with garlic mint marinade" and "cauliflower polenta with crispy shallots" and need to impress Chef Nico Schuermans, a high profile chef who has worked in restaurants all over the world. They will also visit a culinary school to test out four different types of Dutch Ovens and a yoga studio to test four different brands of tofu.

## THIRD QUARTER 2015

Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 319  
Air Date: Tuesday July 07, 2015 @ 6:00am &  
Thursday July 09, 2015 @ 6:00am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition  
Guests: Home To Go Host: Peter Fallico  
Guests: Larissa Giroux, Mimi Pineau  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic  
Guests: Neil Ingram, Michaela Morris, Ingo Grady

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Larissa has lived in Paris, travelled in Thailand, and likes to keep a global sense of style in her home. Imagine a combination of contemporary sensibilities, touches of faded luxury, new Asian influences, and unexpected color combinations. The makeover includes a facelift for the kitchen, a new unifying look for the furniture, and a TV console built by Peter.

*In “Anna & Kristina’s Grocery Bag” hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals.*

Anna & Kristina have been known to enjoy a glass of wine from time to time, but cooking a meal where every recipe contains alcohol might be too much even for them especially when they have two wine experts over for dinner. The two hosts also test different preservation methods finds out the best way to store leftover wine.

Anna and Christina also show a taste test of four brands of granola bars and test out brands of kitchen scales.

## THIRD QUARTER 2015

Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 320  
Air Date: Tuesday July 14, 2015 @ 6:00am &  
Thursday July 16, 2015 @ 6:00am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition  
Guests: Home To Go Host: Peter Fallico  
Guests: David & Alexandra Altrow, Beth Halstead  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic  
Guests: Chef Jonathan Chovancek, John van der Lieck

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David and Alexandra have a one year-old son, a house on the horizon maybe in a couple of years. In the meantime they’re in their apartment with a LOT of hand-me-down furnishings. Peter designs a tray to convert an ottoman into a coffee table, a dining room is given a dramatic look and is reorganized for both entertaining and working, and the entire house gets baby-proofed for a child on the verge of toddling.

*In “Anna & Kristina’s Grocery Bag” hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals.*

Tapa style dining is all the rage, but will recipes from a cookbook full of *Small Bites* be able to substitute a full course meal? Better yet, will it impress Chef Jonathan who happens to be a master of hors d’oeuvres? In this episode Anna and Kristina tackle this challenge and also follow the old adage: “when life gives you lemons, test lemon juicers.”

## THIRD QUARTER 2015

Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 321  
Air Date: Tuesday, July 21, 2015 @ 6:00am &  
Thursday, July 23, 2015 @ 6:00am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.  
Guests: Home To Go Host: Peter Fallico  
Guests: Renters Julie & T.J., Designer Teresa MacDonell, Mark Wedman  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic  
Guests: Chef Martin Yan

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Roommates Julie and T.J. entertain out of town guests on a regular basis in their small two bedroom apartment. They are looking for a change in color and furniture arrangement. Peter Fallico and Designer Teresa MacDonnel along with Julie’s brother Mark work together as team to rearrange and update Julie’s and T.J.’s apartment so they and their guests can enjoy the space much more.

*In “Anna & Kristina’s Grocery Bag” hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals.*

In this episode Anna and Kristina learn about traditional Chinese cooking and test the cookbook “The Chinese Kitchen” by Eileen Yin-Fei Lo. They prepare recipes from the book such as Hot and Sour Soup, Beggar’s Chicken and Shrimp with Green Tea Leaves. Can their creations impress Chef Martin Yan? They also visit a Chinese tea shop and learn about the best way to brew and serve Chinese tea. They also test out four different types of chopsticks and four different types of bagged green teas.

## THIRD QUARTER 2015

Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 322  
Air Date: Tuesday, July 28, 2015 @ 6:00am &  
Thursday, July 30, 2015 @ 6:00am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.  
Guests: Home To Go Host: Peter Fallico  
Guests: Renter Heather Libby, Designer Virginie Martocq.  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic  
Guests: Chef Warren Geraghty, Executive Chef Grant Achatz, Physicist Dr. Robbin Coop, Bison Farmer Dalton Henrich, Ralph Sposito.

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Heather is a busy professional who loves cottage life. She would like to turn her two bedroom "plain-Jane" apartment into an elegant and relaxing city college. Peter Fallico and Designer Virginie Martocq will show how simple projects, a change of colors and rearrangement of furniture can give Heather's apartment the desired Cape Cod cottage feel.

*In "Anna & Kristina's Grocery Bag" hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals.*

In this episode Anna and Kristina take on the cookbook ALINEA by Grant Achatz, which is based on the recipes of the ALINEA Restaurant in Chicago. The ALINEA restaurant is famous for food that is a total sensory experience. They fly to Chicago and visit the ALINEA Restaurant to learn more about the preparation involved in recreating such complex food. Back home they will recreate dishes for Chef Warren Geraghty to taste. The girls will visit bison farmer Dalton Henrich to learn more about bison meat and will learn more about bison cooking methods from Ralph Sposito of IslandBison.com. They also meet with Physicist Robbin Coop to test out four different types of vacuum sealers. Will they be able to master the techniques to recreate such complex dishes such as Black Truffle Explosion with Romaine and Parmesan or Bison with Braised Pistachios, Potato and Sweet Spices?

## THIRD QUARTER 2015

Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 323  
Air Date: Tuesday, August 4, 2015 @ 6:00am &  
Thursday, August 6, 2015 @ 6:00am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.  
Guests: Home To Go Host: Peter Fallico  
Guests: Glenn McCoy and Chantel deRaucourt,  
Christina Song  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic  
Guests: Chef Pino Posteraro, Ingo Grady

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For these out-doorsy types, living indoors in a one-bedroom can be a tight squeeze, but great ideas for storage and function have to be portable and inexpensive. Solutions include making room for a home office, building secret nooks for storage and even re-inventing a kitchen.

*In "Anna & Kristina's Grocery Bag" hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals.*

Anna and Kristina put Gourmet Magazine to the test in this episode. While the magazine features intricate dishes the hosts will also see if the quickie meals hold up. Not only are they making mozzarella from scratch, but they are looking to impress high maintenance Chef Pino Posteraro.

## THIRD QUARTER 2015

Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 324  
Air Date: Tuesday, August 11, 2015 @ 6:00am &  
Thursday, August 13, 2015 @ 6:00am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.  
Guests: Home To Go Host: Peter Fallico  
Guests: Marcus & Michelle Tateishi, Sabrina Linn  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic  
Guests: Chef Terry Chandler

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Michelle and Marcus, are our HGTV winners of a makeover for their charming house that's only got one problem: the charmless kitchen. Since they plan to move to a bigger home soon, affordable and portable solutions are the order of the day. This episode provides fantastic tips on how to add charm through architectural details and a select few personality pieces.

*In "Anna & Kristina's Grocery Bag" hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals.*

Anna and Kristina mosey on down to the ranch to cook up some cowboy cuisine for a real Texas chuck wagon chef. With the help from some cowboys they figure out which grade of beef is best. They also take on a pecan pie recipe, but can it hold up to Chef Terry's beloved grandma's recipe?



## THIRD QUARTER 2015

Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 325  
Air Date: Tuesday, August 18, 2015 @ 6:00am &  
Thursday, August 20, 2015 @ 6:00am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.  
Guests: Home To Go Host: Peter Fallico  
Guests: Michelle Leduc, Designer Beth Halstead  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic  
Guests: Executive Chef Robert Clark, Brian Yip

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One space that must act as living area, dining area and home office can be challenging but not impossible. In this episode we meet Michelle, a young aspiring actor who has a great sense of style but the house she is about to rent is quite the opposite. Can low and modest be turned into upscale and eclectic?

*In "Anna & Kristina's Grocery Bag" hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals.*

In this episode Anna and Kristina take on the challenge of cooking with sustainable seafood by testing out recipes in the book "A Good Catch" by Jill Lambert. Executive Chef Robert Clark will taste their recreations such as "Shaved Geoduck Salad with Sesame Soy Vinaigrette", "Ginger Cantaloupe Soup with Spiced Crab and Spot Prawns" and "Fanny Bay Oyster Pie". They also visit an oyster farm where they learn about picking out oysters. They also show us how to pick out salmon and go out on a boat to try to catch their own.

## THIRD QUARTER 2015

Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 326  
Air Date: Tuesday, August 25, 2015 @ 6:00am &  
Thursday, August 27, 2015 @ 6:00am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.  
Guests: Home To Go Host: Peter Fallico  
Guests: Clare Preuss, Stuart Swing  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic  
Guests: Chef Daniel Boulud, Chef Stephane Istel, Chef Dale McKay

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In this episode Peter takes on the ultimate "Home To Go" challenge of a small attic apartment in a very old house. Renter Clare is looking to be more organized as well as have a sense of more spaciousness and light. We will learn simple tricks that will add charm and character to this small apartment.

*In "Anna & Kristina's Grocery Bag" hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals.*

In this episode Anna and Kristina test out the cookbook "Chef Daniel Boulud Cooking In New York City" by Triple Michelin Chef Daniel Boulud, who will also be their guest chef tasting their re-creations from the book along with two other chefs. They will also learn about which hobby greenhouse is the best to grow vegetables in and they test four brands of Dijon mustard. Will Anna and Kristina be able to impress these chefs and successfully make "Warm White Asparagus with Poached Egg Dressing", "Open Lobster Ravioli and Pea Puree" and "Coconut Rocher"?

## THIRD QUARTER 2015

Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 301  
Air Date: Tuesday, September 1, 2015 @ 6:00am &  
Thursday, September 3, 2015 @ 6:00am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.  
Guests: Home To Go Host: Peter Fallico  
Guests: Scott Magee, Mimi Pineau  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic  
Guests: Chef Julian Bond, Faith Dempster

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In this episode dancer, Lisa Otto’s apartment is transformed into a personalized, cozy, yet functional space which she can retreat to after a long day of work. Guests, Scott Magee and Mimi Pineau help maximize storage space and bring the room together by using a color scheme throughout.

*In “Anna & Kristina’s Grocery Bag” hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals.*

In this episode Anna and Kristina are taking recipes from *The Best Light Recipe* to showcase to Chef Julian Bond. They have him taste their light versions of roasted artichoke dip, chicken caesar salad, fettuccini alfredo, oven fried chicken and New York style cheesecake and see how they hold up to their high fat counterparts.

## THIRD QUARTER 2015

Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 302  
Air Date: Tuesday, September 8, 2015 @ 6:00am &  
Thursday, September 10, 2015 @ 6:00am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.  
Guests: Home To Go Host: Peter Fallico  
Guests: Katherine & Andres, Christina Song, Judy Stevens  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic  
Guests: Chef Umberto Menghi, Naomi Laura Salmond, Pasquina Pellici

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In this episode renters Katherine and Andres are looking to update their apartment with style they can take with them when they move in the future. We also learn how to separate living space by creating the illusion of walls.

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In this episode Anna and Kristina are travel to the Italian region of Tuscany where they take some cooking classes at a school and spend time with local pasta expert Pasquina Pellici to learn proper techniques. They then recreate seven dishes from the cookbook Essentials Of Italian Cooking by Marcella Hazan for Chef Umberto Menghi to taste test.

## THIRD QUARTER 2015

Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 303  
Air Date: Tuesday, September 15, 2015 @ 6:00am &  
Thursday, September 17, 2015 @ 6:00am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.  
Guests: Home To Go Host: Peter Fallico  
Guests: Simonee Chichester, Virginie Martocq, Paul Ferro  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic  
Guests: Chef Michael Allemeier, Nicole Bullock

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In this episode an actress needs help transforming her rundown 1930's apartment into uptown classic with vintage styles. A home office is hidden in a customized armoire and coordinating fabrics for cushions, kitchen, and window treatments creates French country style in the dining room. Peter uses Chimney liners to create bedroom shelving to create "rustic elegance".

*In "Anna & Kristina's Grocery Bag" hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals.*

This week, can *The French Laundry Cookbook* really teach Anna and Kristina how to become four-star chefs? Author Thomas Keller's cooking style is never rushed and recipes may even take days to cook. This is why Anna and Kristina take on just 2 recipes to impress Chef Michael Allemeier.

## THIRD QUARTER 2015

Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 304  
Air Date: Tuesday, September 22, 2015 @ 6:00am &  
Thursday, September 24, 2015 @ 6:00am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.  
Guests: Home To Go Host: Peter Fallico  
Guests: Jason, Kristin Palin, Christina Song, David Dunsmore  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic  
Guests: Chef Chili Thom, John Simms

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In this episode a young couple who cherish their flea market finds, learn how changing the hardware can dramatically change an apartment. A kitchen makeover without renovations is made possible with upgrades that are not only inexpensive, but portable. A Kitchen island work area is given a new top by Peter, one that can be later reincarnated as a dining room table top.

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This week Anna and Kristina head off to the great outdoors to test out a camping cookbook, *Campground Cooking*. They'll have to cook seven dishes over a wood fire. We'll find out if they succeed at impressing wildlife chef, Chili Thom.

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Program: **Living Well**  
Title/Topic: Home to Go  
Anna & Kristina's Grocery Bag  
Show #: 305  
Air Date: Tuesday, September 29, 2015 @ 6:00am  
Duration: 58:30 minutes  
Style/Type: Human Interest  
Source: ION Life  
Issue(s) Addressed: Home Improvement, Nutrition and Fitness.  
Guests: Home To Go Host: Peter Fallico  
Guests: Robert Batulis, Mimi Pineau, Amanda Schuler  
Anna & Kristina's Grocery Bag Hosts: Anna Wallner & Kristina Maticic  
Guests: Chef Claudia Ibarondo

“Living Well” is a one hour community affairs program that is dedicated to active lifestyles, wellness & helpful information that leads to a more empowered life. The featured shows in “Living Well” are “Home To Go” and “Anna & Kristina’s Grocery Bag”.

### **Description:**

*“Home to Go” is an innovative do-it yourself design series that presents original, easy-to-execute, and inexpensive décor ideas and solutions for people living in temporary spaces. Each week, Peter works with roommates, singles, and young couples to help them make over their spaces into beautiful and functional homes that can be packed up and move on when it’s time to pick up sticks.*

In this episode Robert, a renter with a lot of home theater equipment, wants his living space to be more of a home but needs portable design solutions that will be suitable for when he moves into a loft.

*In “Anna & Kristina’s Grocery Bag” hosts Anna Wallner & Kristina Maticic put popular cookbooks to the test. In each episode, they try out and review recipes, ingredients, appliances and food preparation techniques to see if the average cook can re-create the beautifully photographed meals.*

In this episode Anna and Kristina want to make authentic Mexican cuisine and make Guacomole, Warm Carjeta Pudding with fresh berries, Pork Tacos With Pickled Onions and Oaxacana Black Mole with Braised chicken from the cookbook Mexican Kitchen by Rick Bayless. Chef Claudia Ibarondo samples their dishes. They also test out different electric griddles and learn about different types of chili peppers.