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.
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 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.
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 NH PBS 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?

NOVA: GREAT AMERICAN ECLIPSE
WED Apr 3 | 8 PM NHPBS

POETRY IN AMERICA
SUN Apr 7 | 6:30 PM NHPBS EXPLORE

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
<table>
<thead>
<tr>
<th>Time</th>
<th>Mon. 4/1</th>
<th>Tue. 4/2</th>
<th>Wed. 4/3</th>
<th>Thu. 4/4</th>
<th>Fri. 4/5</th>
<th>Sat. 4/6</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30 PM</td>
<td>PBS NewsHour*</td>
<td>PBS NewsHour*</td>
<td>PBS NewsHour*</td>
<td>PBS NewsHour*</td>
<td>PBS NewsHour*</td>
<td>Yorkshire Vet, The</td>
</tr>
<tr>
<td>7:00 PM</td>
<td>Joseph Rosendo's Travelsc</td>
<td>Joseph Rosendo's Travelsc</td>
<td>Joseph Rosendo's Travelsc</td>
<td>Joseph Rosendo's Travelsc</td>
<td>Joseph Rosendo's Travelsc</td>
<td>Agatha Christie's Marple</td>
</tr>
<tr>
<td>7:30 PM</td>
<td>Rick Steves' Europe</td>
<td>Samantha Brown's Places to</td>
<td>Windows to the Wild</td>
<td>Granite State Challenge</td>
<td>Rick Steves' Europe</td>
<td>Doc Martin</td>
</tr>
<tr>
<td>8:00 PM</td>
<td>Antiques Roadshow</td>
<td>Love</td>
<td>April Hike On Moose Mountain</td>
<td>Washington Week with</td>
<td>Antiques Roadshow</td>
<td>Death In Paradise**</td>
</tr>
<tr>
<td>8:30 PM</td>
<td>Antiques Roadshow</td>
<td></td>
<td>Novo</td>
<td>the Atlantic</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00 PM</td>
<td></td>
<td></td>
<td>Great American Eclipse</td>
<td>Firing Line with</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:30 PM</td>
<td></td>
<td></td>
<td>A Brief History of the</td>
<td>Margaret Hoover</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00 PM</td>
<td></td>
<td></td>
<td>Future</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Please Note: Programs on NHPBS begin before 6:30 PM when marked * . Programs end at 10:30 PM unless marked **

This program schedule is subject to change. Go to nhpbs.org/schedule for the most up-to-date listing of programs.

Watch online anytime at nhpbs.org | video.nhpbs.org
<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Program Title</th>
<th>Channel</th>
<th>Artist/Creator</th>
<th>Program Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed.</td>
<td>6:30 PM</td>
<td>Finding Your Roots</td>
<td>PBS NewsHour</td>
<td>Father Brown</td>
<td>Midsomer Murders</td>
</tr>
<tr>
<td>Mon.</td>
<td>7:00 PM</td>
<td>The Lawrence Welk Show*</td>
<td>PBS NewsHour</td>
<td>Rick Steves</td>
<td>Real Rail Adventures</td>
</tr>
<tr>
<td>Sat.</td>
<td>7:30 PM</td>
<td>The Lawrence Welk Show*</td>
<td>PBS NewsHour</td>
<td>Julius Caesar</td>
<td>The Making of a Dictator</td>
</tr>
<tr>
<td>Sun.</td>
<td>8:00 PM</td>
<td>The Lawrence Welk Show*</td>
<td>PBS NewsHour</td>
<td>Secrets of the Forbidden City</td>
<td>The Incomparable Mr. Buckley</td>
</tr>
<tr>
<td>Wed.</td>
<td>9:00 PM</td>
<td>The Lawrence Welk Show*</td>
<td>PBS NewsHour</td>
<td>Doc Martin</td>
<td>The Paris Murders</td>
</tr>
<tr>
<td>Sun.</td>
<td>10:00 PM</td>
<td>The Lawrence Welk Show*</td>
<td>PBS NewsHour</td>
<td>Doc Martin</td>
<td>The Paris Murders</td>
</tr>
</tbody>
</table>

**Please Note: Programs on NHPBS Explore begin before 6:30 PM when marked *. Programs end at 10:30 PM unless marked **

This program schedule is subject to change. Go to nhpbs.org/schedule for the most up-to-date listing of programs.
An Evening in the Mediterranean

with Sara Moulton

Dine with PBS Chef Sara Moulton at LaBelle Winery

Thursday, April 18th

nhpbs.org/events