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FOOD & BEVERAGE

FEBRUARY 2019

MAGAZINE

2019
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This Months Cover



Scott Gerber,
CEO • Gerber Group

FEBRUARY 2019 SPOTLIGHT ON SEAFOOD

Seafood can be enjoyed year round for many different lunch or dinner seafood meals. You can find seafood information, seafood news, and even seafood recipes online at various websites.

You can learn all about seafood cooking, edible fish and how to prepare complete seafood meals just by surfing the internet. Information on how to prepare seafood in the way of fish, shrimp or even lobster tail recipes are plenty. You can also learn to tell which seafood is considered edible fish and which is not. Learning how to create seafood meals and how seafood cooking can be fun and exciting will brighten your day.

You can take a basic seafood meal and using your own favorite ingredients can transform your seafood cooking into a wonderful and delectable masterpiece. Edible fish such as salmon or tuna will have your family running to your dinner table when you serve these unique and awesome seafood meals with your secret seafood cooking tools. The secret will be your own favorite seasonings that you will learn how to use for all of your seafood cooking and be able to plan delightful seafood meals all year long.

Enjoying edible fish during any season will have your taste buds excited and wanting to try new and exciting recipes for seafood cooking. Seafood meals will become so easy that you will enjoy creating many seafood cooking delicacies that you never even tried before.



Not only will you enjoy preparing these wonderful seafood meals but your dinner guests will be asking for your secrets for seafood cooking. Edible fish, shrimp or any seafood cooking is not as hard as you think. You just have to learn the secrets on preparing seafood meals. Many of these recipes are quick and easy and you will be enjoying your seafood meals in no time.



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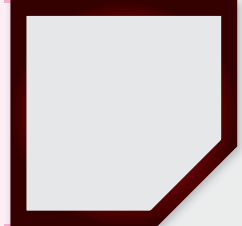
A shift towards healthy eating patterns, which include

Dream Job Alert:

THIS CHOCOLATE COMPANY IS HIRING A CHOCOTRUCK CAPTAIN TO TOUR THE COUNTRY

NEWS: February 2018

TONY'S CHOCOLONELY, A FAIRTRADE AND B-CORP CERTIFIED COMPANY ON A MISSION TO MAKE ALL CHOCOLATE WORLDWIDE 100 PERCENT SLAVE FREE, JUST ANNOUNCED THE SEARCH FOR THE PERFECT STAFF FOR ITS BRAND NEW CHOCOTRUCK. THAT'S RIGHT, WE SAID CHOC-O-TRUCK. TONY'S IS LOOKING FOR THREE PEOPLE WHO ARE CRAZY ABOUT CHOCOLATE AND SERIOUS ABOUT PEOPLE TO LEAD ITS MULTI-CITY CHOCOTRUCK TOUR THIS SPRING.



Tony's Chocolonely, a Fairtrade and B-Corp certified company on a mission to make all chocolate worldwide 100 percent slave free, just announced the search for the perfect staff for its brand new Chocotruck. That's right, we said choc-o-truck. Tony's is looking for three people who are crazy about chocolate and serious about people to lead its multi-city Chocotruck Tour this spring.

Starting today through February 12, chocolate lovers, fans, connoisseurs and self-proclaimed chocolate aficionados will have the chance to apply to go on an epic road trip in Tony's Chocolonely's first-ever Chocotruck Tour across ten cities, beginning at SXSW in Austin. The Chocotruck Captain and two Choco Co-Pilots will spread chocolatey goodness while helping Tony's educate consumers about inequalities in the cocoa industry.

don't be mistaken. We're very serious about our mission. Everything we do is to achieve a single goal: to make all chocolate worldwide 100% slave free. The Chocotruck is our way of taking our mission on the road and sharing our story with as many new friends as we can."



Think you have what it takes to be part of the chocotruck crew? You'll need a passion for chocolate and people, a fun-loving spirit and a sense for adventure, not to mention flexibility and a solid sense of humor. Perks of the job include, but are not limited to, endless amounts of chocolate on the tour, very competitive salary, monthly massages, weekly yoga, generous per diems and accommodations... not to mention endless bragging rights.

The (hazel)nuts and bolts of the gig:

Apply for the Chocotruck Captain and Chocotruck Co-Pilot positions now through February 12

You must be 21 and older and authorized to work in the US with a valid driver's license

In addition to the steering the ship truck, you'll be the face of the chocotour, snapping pictures, sharing tour updates, etc.

Tour stops include:

Austin, TX. Hellooo SXSW!
Phoenix, AZ
San Diego, CA
Los Angeles, CA
San Francisco, CA
Berkeley, CA
Eugene, OR
Portland, OR, home of the Tony's Chocolonely US headquarters!
Seattle, WA
Chicago, IL

For more information on the Chocotruck Captain and Co-Pilot positions please visit www.joinus.tonyschocolonely.com/chocotruck-captain/en

About Tony's Chocolonely

Tony's Chocolonely was founded to end modern slavery and exploitation in the cocoa industry. They're not a chocolate company. They're an impact company that makes chocolate. Since its founding by the makers of the Dutch television program 'Keuringsdienst van Waarde' in 2005, Tony's Chocolonely has been fighting for slave-free chocolate. They not only want to make their own chocolate 100% slave free, but all chocolate worldwide. They buy the cocoa beans directly from partner cooperatives in Ghana and Ivory Coast and work closely with them to ensure traceability and fair payments. This is how they set the example that chocolate can be made differently. And so, they inspire others to follow them. And you can participate too.

Contribute to the concept of sustainable fresh seafood

TRENDS IN SEAFOOD

First of all, seafood consumption has risen by an average of 2% per capita in the past 35 odd years. When you consider that the population has risen in all these years you can easily surmise that the amount of seafood consumption has risen massively over all these years.

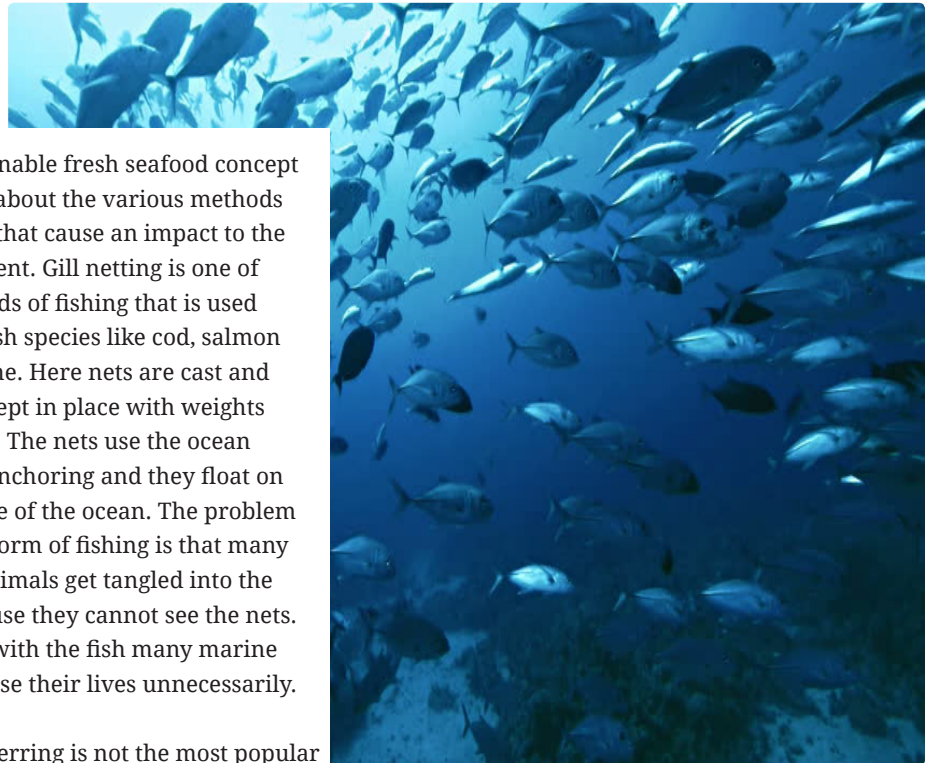
Seafood consumption has risen by an average of 2% per capita in the past 35 odd years. When you consider that the population has risen in all these years you can easily surmise that the amount of seafood consumption has risen massively over all these years. People can now get fresh seafood delivery done to their homes and this has contributed to more seafood consumption. And you will also be able to surmise that this rising demand for seafood has put tremendous pressure on the fish stocks worldwide. This has given rise to the concept of sustainable fresh seafood. When you buy seafood next only buy from those that subscribe to this concept.

What is sustainable fresh seafood? To put it in simple terms this concept is all about dividing seafood into three categories. The green category is of those seafood species that are abundant in population. The orange category is of those seafood species that may lead to unsustainable supply in the near future. These species may be overfished or could be rare. The red category is of those seafood species that are illegal to fish.

The sustainable fresh seafood concept also talks about the various methods of fishing that cause an impact to the environment. Gill netting is one of the methods of fishing that is used to catch fish species like cod, salmon and sardine. Here nets are cast and they are kept in place with weights and floats. The nets use the ocean floor for anchoring and they float on the surface of the ocean. The problem with this form of fishing is that many marine animals get tangled into the nets because they cannot see the nets. So, along with the fish many marine animals lose their lives unnecessarily.

Atlantic Herring is not the most popular seafood species, but it is the most abundant fish species in the world. But there are people that love herring. The next time you opt for fresh seafood delivery you may want to try out some herring. You will love the taste and will also contribute to sustainable fresh seafood.

On the other hand species of fish that are considered endangered include Eel, Haddock, Halibut, Atlantic Cod, Atlantic Salmon, Sea Bass, Sturgeon and Bluefin Tuna. You may buy these fish species and opt for fresh seafood delivery but remember that these fish species may not be at all there in not too distant future. Bluefin Tuna is hugely popular in Japan. It is almost revered as the source of sushi but overfishing is simply killing of this species of fish.



It is soon going to be something to be seen in photos if someone doesn't do something about it soon. This is a classic example of non-sustainable fresh seafood.

If you love fish opt for fresh seafood delivery online. But remember the concept of sustainable fresh seafood and you will do some fish species a lot of favour.



Visit: Food&BeverageMagazineOnline.com



SCOTT GERBER

CEO of Gerber Group, Reinvents Hotel Bars and Takes Hospitality to a New Level.

“When you have a successful bar, it probably means you’re doing something right. I also love hearing when our employees feel fulfilled by their jobs. We care about our employees lives and wellbeing.”

For the past three decades, Gerber Group has worked to reinvent the sleepy reputation of the typical hotel bar. With many hotels delivering exceptional amenities to their guests, a trendy bar can become the differentiating factor in why guests choose one hotel over another. Delivering innovative food and drink items and unique design concepts, each property Gerber Group opens is complementary to the hotel, yet original and timeless.

Scott Gerber began his career as a real estate broker, but unexpectedly fell into the bar business with his brother, Rande Gerber, when established entrepreneur and hotelier, Ian Shrager, offered to be their business mentor. Scott sat down with Food & Beverage to discuss how Gerber Group has established itself as a hospitality industry leader since opening its first property, The Whiskey at the Paramount Hotel, back in 1991 in New York City.

When Rande and Scott initially started their bar business, Rande was the full-time businessman, while Scott remained a real estate broker and was only involved peripherally. However, around 2008, things shifted when Rande bowed out of the business and Scott became principal and CEO of Gerber Group. When asked why Rande left and what difference this made to the company, Scott explained, “My brother decided that he wanted to go into the making of tequila, so he wasn’t allowed to own a liquor company and be in the bar business simultaneously.

SCOTT GERBER. CEO

I bought my brother out of the business so he could go into the tequila business. The biggest difference was that when we were partners, we had very different jobs. I would run the business, and I would help get the places built and manage the contractors. My brother would do the designing and marketing. Once I bought Rande out, I had to do it all. I'm not a public figure like my brother is, so the focus of our press shifted more to business."

Now that Scott is the principal and CEO, he handles everything from design, to marketing, to management. His favorite aspect of the job is finding the deals, getting the places built, and seeing how guests respond to the finished property. He says, "When you have a successful bar, it probably means you're doing something right. I also love hearing when our employees feel fulfilled by their jobs. We care about our employees lives and wellbeing."

Speaking of Gerber Group employees, Scott was on an episode of Undercover Boss and had a chance to see his employees in action.

While many bosses go on this show as a way to catch mistakes and make improvements within their company, Scott says he went on the show for a very specific reason:

"My dad passed away about 9 years ago, but he worked with us in the company. He didn't have a specific job, but he was a mentor and a friend to everyone.

He had a great way about him. He spent a lot of time in the bars with the people, and he established a great friendship with employees. He treated our company like family.

People didn't have that relationship with me, and I felt like it was missing. I did Undercover Boss, because I felt there was a divide, and I wanted to see how our employees were feeling. I felt like they were family, but I didn't know how they felt. Through the show, I found out that most of our employees love working for Gerber Group, so it was a great experience."

HOTEL INDIGO ROOFTOP POOL





When speaking to Scott, it's clear that he cares deeply about every facet of the business, including the people who run each property, the items on the menu, and the design and architecture within every bar.

He mentions that some of the most exciting properties Gerber Group has been involved in include The Campbell, located inside Grand Central Station in New York City, which is an historic space they preserved and restored from the 1920s, as well as Mr. Purple, which is a rooftop bar located inside the Indigo Hotel on Manhattan's Lower East Side, featuring stunning views of the Brooklyn Bridge, The Empire State Building, and the World Trade Center.

Both of these properties have stunning architecture and design features. When asked how Gerber Group chooses the design and architecture for each new property, Scott says,

"We try to understand the market we are going into and the hotel we are partnering up with. We are technically third-party operators, so the hotels want us to have an interesting design that complements them. We work with many architects and designers. We sit around and come up with a concept and execute those concepts. The hotels trust us."

The design and architecture of the bar is very important to the overall concept. Scott explains that working specifically in the hospitality industry as opposed to the bar industry alone is unique, because the hotel relies on them to create something special that will differentiate the hotel from others in the surrounding area. For example, Mr. Purple may be the reason one guest chooses to stay in the Indigo Hotel over another hotel with comparable amenities. Over the past three decades, Gerber Group has done an incredible job of promoting both their brand in the bar industry as well as the hotels in which their properties reside.

With Scott's strong work ethic, keen eye for detail, and caring heart for his employees, he shows exactly what a CEO should look like when working in the service world. We asked him what advice he would give to other entrepreneurs in the bar and restaurant industry, and his advice was sound; "The most important thing to understand is that owning a bar is much different than going to a bar."



VIEUX CARRE



MR. PURPLE BAR (INTERIOR)

A lot of work goes into making a bar a success including hiring honest and friendly people, working long hours, and having enough capital to withstand downturns. Just because you like going to bars doesn't mean you'll like owning one."

THE
CAMPBELL



MR. PURPLE
ROOFTOP
BAR



MEATBALL
SLIDERS



HUMMUS

The success rate is slim for making it in the bar industry, but Gerber Group has come out on top despite fluctuations in the economy and unpredictable recessions that every company can face when operating long-term. With a solid portfolio of properties, the future for Gerber Group is looking bright. They have many projects currently in the works, including two Washington DC properties and a new bar called Kingside in the La Guardia Airport in New York City. Scott says, "A lot of people appreciate the value we can bring to a hotel. We understand our position and work well going into someone else's sandbox. We expect to continue expanding for many, many years."

Thank you, Scott, for speaking with us, and we look forward to hearing about all of Gerber Group's exciting new endeavors!



GRAND CENTRAL
SPRITZ



MR. PURPLE



STRAWBERRY BASIL
LEMONADE

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BMI Signs DAOU

Vineyards to New Wine and Song Partnership



DAOU
VINEYARDS & WINERY

DAOU Vineyards in Paso Robles, California has inked a long-term deal with Broadcast Music, Inc. (BMI) as the organization's exclusive wine partner. Founded on the premise that great wine should be accessible and shared with the world, DAOU Mountain is home to some of the most sought-after and top-rated wines in the country. By partnering with BMI, DAOU Vineyards aims to provide a purpose greater than combining wine and music: DAOU wants to provide an inspired setting for the songwriters themselves. DAOU wines have already been shared and enjoyed at BMI events, including the BMI Country Awards, the Maui Songwriters Festival, the Troubadour Awards and the Roof-top Series.

"DAOU came to us with some really unique ideas to support our writers and artists, not just to get visibility for their wine," says Mason Hunter, AVP, Creative, Nashville. "They've invited BMI writers and artists to visit their mountaintop winery in the Adelaida District of Paso Robles, be inspired by the wine, the scenery and the DAOU brothers' own unique story - and use it as a writer's retreat."

"We believe in the power of music and wine to create community and lifelong relationships," says winery co-founder and Proprietor Georges Daou. "Just like the songs that BMI's songwriters and artists create, wine is a story - not a product. We want to support and celebrate that for both of us."

Later this spring, the winery has plans to host a series of songwriter retreats for a group of curated BMI musicians. A writer's retreat provides an opportunity for songwriters to meld their creative talents by writing with other songsmiths.



DAOU VINEYARDS PROPRIETOR GEORGES DAOU AND BMI'S MASON HUNTER

Writers are paired in different combinations in hopes that they will write new and interesting music. The winery will provide a beautiful and inspirational backdrop for the creative process. BMI hit songwriters Tim Nichols and Danny Myrick both visited and performed at the winery. "Their wines and mountaintop vineyard are spectacular. You really have to experience DAOU Mountain to truly understand. But the DAOU Brothers' story is even more incredible," says Tim Nichols, esteemed Nashville songwriter, member of the Nashville Songwriters Hall of Fame, and co-writer of smash hits like Tim McGraw's 7-week chart-topping single, *Live Like You Were Dying*.

Brothers Georges and Daniel Daou fled their homeland as children during the Lebanese civil war, after an errant missile hit their home. They moved with their French/Lebanese parents from Lebanon to France, then to the United States. "Struggle, love, loss, divine intervention...and success against all odds. Our story is all the things songs are made of," DAOU Winemaker and Proprietor Daniel Daou said.

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"Our journey to making world-class wine is really similar to what songwriters go through to get a hit song or to create a beautiful emotional expression that moves people," Georges Daou added. "We want to support that struggle, that effort. So we're developing this Artist-In-Residence program to give BMI artists and writers greater visibility on the national stage. And share a few glasses of fabulous wine along the way..."

ABOUT BMI:

Celebrating over 78 years of service to songwriters, composers, music publishers and businesses, Broadcast Music, Inc.® (BMI®) is a global leader in music rights management, serving as an advocate for the value of music. BMI represents the public performance rights in 14 million musical works created and owned by more than 900,000 songwriters, composers, and music publishers. The Company negotiates music license agreements and distributes the fees it generates as royalties to its affiliated writers and publishers when their songs are performed in public. In 1939, BMI created a groundbreaking open-door policy becoming the only performing rights organization to welcome and represent the creators of blues, jazz, country, and American roots music. Today, the musical compositions in BMI's repertoire, from chart toppers to perennial favorites, span all genres of music and are consistently among the most-performed hits of the year. For additional information and the latest BMI news, visit bmi.com follow us on Twitter @BMI or stay connected through Broadcast Music, Inc.'s Facebook page. Sign up for BMI's The Weekly and receive our e-newsletter every week to stay up to date on all things music.

ABOUT DAOU VINEYARDS & WINERY:

DAOU Vineyards & Winery is a high-end, family-owned estate rising from the heart of the Adelaida District in the rugged coastal range west of Paso Robles, California. Established in 2007 by brothers Daniel and Georges Daou, DAOU Mountain spans 212 acres - 120 of which are under vine - and resides 14 miles from the Pacific Ocean at 2,200 feet above sea level. Planted with predominately Cabernet Sauvignon and Bordeaux varietals, the mountain is home to an extraordinary phenolic output - among the highest in the world - that yields rich, precision-based wines of prodigious color, texture and structure. DAOU wines showcase the limitless potential of the Mountain's unrivaled terroir while embodying Daniel and Georges' passionate dream to create a global community of wine enthusiasts. For more information on the brothers, the wines and the DAOU mountain, visit www.daouvineyards.com. For information on the DAOU Artist-In-Residence program, email music@daouvineyards.com.

Read online at fb101.com

BMI **MUSIC MATTERS** IN BARS & RESTAURANTS



93%



SAID THE RIGHT SONG
HAS THE POWER TO
CHANGE THEIR MOOD
OR MAKE THEIR DAY

CONSUMERS
EAT, DRINK AND
SPEND MORE
WHEN LIVE
MUSIC PLAYS

87%

SAY MUSIC IS AN
IMPORTANT PART OF
THEIR DAILY ROUTINE



82%

WOULD RECOMMEND A BAR/RESTAURANT
WITH LIVE MUSIC TO THEIR FRIENDS*

85%

HAVE A BETTER EXPERIENCE WHEN
MUSIC IS PERFORMED LIVE*

83%

OF CUSTOMERS
MORE LIKELY TO
RETURN IF THERE IS
LIVE MUSIC*



80%

OF CUSTOMERS
WILL STAY LONGER
IF THERE IS
LIVE MUSIC*

70%

SPEND
MORE MONEY ON
FOOD AND DRINKS
IF THERE IS
LIVE MUSIC*



Source: Leger - 2016

Results based on a survey of 2,244 Americans

*1,334 surveyed were between the ages of 18-49.

www.bmi.com



Barbecued Lobster

**EVERYONE
LOVES LOBSTER
ESPECIALLY WHEN
DONE ON THE
BARBECUE. USE
THESE TIPS AND
TECHNIQUES TO
GET GREAT TASTING
LOBSTER.**

Story *by* Adam Holiday

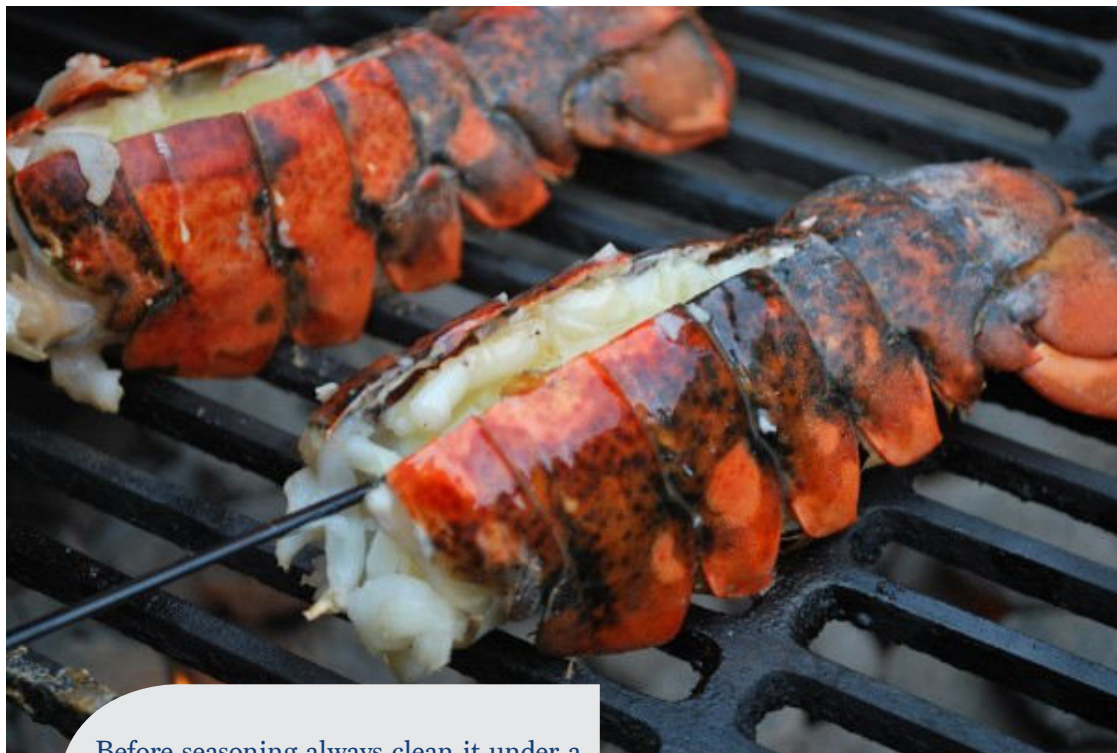
Nothing quite matches the sweet, intense, and slightly charred taste of shellfish when it's cooked on the grill. For added flavor, try these easy tips"

Lobster is a delicacy that you got try on the grill. Eating out and having lobster can become expensive. The cheaper option would be to prepare it yourself and grill it on the barbecue. Lobster is one of the quickest and easiest dishes to do on the barbecue, grilling time is normally 6 - 10 minutes.

Preparing - Grilling Lobster Tails

Try buying lobster the same do you are planning on preparing it. Leaving any type of seafood to freeze loses its taste. Never defrost lobster in the microwave, rather leave it in the refrigerator to thaw out over night.

BEST RECIPE



Before seasoning always clean it under a cold running tap and then pat dry with a paper towel.

If you are preparing lobster tail cut it in half, lengthwise. This makes it easier to grill. Season and grill the lobster on the open side of meat. Lobster just requires light flavours to bring out the natural flavour. Simple ingredients like garlic powder, salt, pepper and lemon juice.

Barbecuing

Lightly oil the grill grid to prevent the lobster from sticking and pre-heat the grill to a medium heat. The great thing about lobster is you can prepare whole lobster, lobster tail or split lobster.

Lobster cooks really quickly it is normally done between 6 - 10 minutes just depending on the heat of the grill and size of the lobster. Don't over cook it, when the inner meat is a nice white creamy colour it is done.

If the meat turns out tough, it means it was over cooked.

Keep turning the lobster every two minutes to prevent it from burning and keep basting it with melted butter to keep it nice and moist.

When grilling lobster tail, grill it with the shells facing down. The juices collect in the shells and the meat cooks in its own juices making it moist and succulent.

Once done let the juices settle for minutes and then serve. Once you have tried barbecue lobster you will be having it more and more.

DIRECTIONS

Special equipment: 4 metal skewers
Preheat your grill to direct medium-high heat.

In a small bowl blend butter, chives, tarragon, minced garlic, hot sauce, and black pepper with a rubber spatula. Blend thoroughly. Cover with plastic wrap and reserve.

Using kitchen shears, butterfly the lobster tails straight down the middle of the softer underside of the shell. Cut the meat down the center without cutting all the way through. Insert a metal skewer down the lobster tail so the tail stands straight. Brush the tails with olive oil and season with salt, to taste.

Grill lobsters cut side down over medium high heat about 5 minutes, until the shells are bright in color. Turn the tails over and spoon a generous tablespoon of herbed butter onto the butterflied meat. Grill for another 4 minutes, or until the lobster meat is an opaque white color.

Remove lobster tails from the grill and serve with more herb butter and lemon wedges. Garnish with chive sprigs.

Sauce And Other Spices

TO FLAVOR UP YOUR SEAFOOD

“There’s absolutely nothing like the fresh flavors of herbs and spices for cutting unhealthy calories without having sacrificing taste,”

The allure of exotic spices launched Columbus on his journey of discovery. Nowadays, property chefs can explore new taste sensations by utilizing spices as well as other flavorful ingredients to add a brand new world of flavor to fresh fish and seafood.

The allure of exotic spices launched Columbus on his journey of discovery. Right now, residence chefs can explore new taste sensations by making use of spices as well as other flavorful ingredients to add a new world of flavor to fresh fish and seafood.

“There’s absolutely nothing like the fresh flavors of herbs and spices for cutting unhealthy calories without having sacrificing taste,” said Red Lobster Executive Chef Michael LaDuke, who delivers the following easy tips for enhancing the natural flavor of fresh fish and seafood:

World of Flavors: An easy recipe that turns fresh fish into an exotic dish is topping tilapia having a mixture of soy sauce, lime juice, orange juice, fresh ginger, garlic

and cilantro. To create a richer flavor, make the soy sauce mixture at least 24 hours in advance and refrigerate the sauce overnight. Serve the sauce at room temperature or slightly warmed. With its sweet, mild taste and firm, flaky texture, tilapia will soak up the flavors and take on a deliciously Asian flair.


If you prefer a delicately flavorful fish including halibut, complement its medium-to-firm texture with bold spice blends including curry or chili.

Wholesome Oils: The key to making flavorful oils for a basically elegant and heart-healthy meal is to add herbs and spices, such as basil, garlic, salt and pepper, to olive oil over a low heat on the stove, similar to producing tea. This enables you to adjust the intensity of the flavor. Right after heating the olive oil, strain the mixture and remove the herbs and spices. For a special touch, location the olive oil on your table surrounded by sprigs of the fresh herbs and spices.

Be adventurous! Add a number of flavorful herbs and spices to your

oil mixture. For example, chives, or mint, or olive oil. you will the health of crucial acids for delicious

Cooking Wine juice for drinking excellence. Pour with Sauvignon firm white mahi mahi chili powder the flavor light end the crisp this week bear in



mixture, for
the exotic peppers,
dill, lemongrass
. If you serve
l over salmon,
l also appreciate
rt-health rewards
ial omega-3 fatty
ound in this
us fish.

ng With Wine:
ust isn't only great
nking, it is also
nt for cooking.
hite wine, like a
on Blanc, over a
hite fish like mahi-
nd season it with
wder to intensify
or. Mahi-mahi is
ough to bring out
p citrus taste of
ll-liked wine. But
mind, your sauce

will be only as very good
as the wine you choose,
so constantly cook
having a wine you enjoy
drinking.

Adding Some Zest: Add
the tangy flavor of citrus
by generously squeezing
lemon, lime, orange or
grapefruit juices over
your favorite fish or
seafood and garnishing
with freshly grated zest.
When using fruit zests as
a garnish, it really is very
best to slightly poach
them beforehand in
sugar water, as raw zests
can taste bitter.

For quick, tasty
meals, make a citrus
butter ahead of time by
combining melted butter
and citrus juices, cooling
the mixture and storing
it in the refrigerator until
ready to make use of.
Citrus juices mixed with
melted butter also make
fantastic dipping sauces
for succulent lobster and
shrimp.

Studies show eating
fish wealthy in omega-3
fatty acids, including
mackerel, lake trout,
herring, sardines,
albacore tuna and
salmon, a minimum of
twice a week is good for
the heart. Employing
an array of herbs and
spices offers endless
opportunities to bring
out the very best in all
varieties of fresh fish
and seafood.

Fish can be
described in
many ways
from sweet
and delicate to
strong or muddy
regardless, fish
and seafood is
anything but
boring when you
flavor it



There is nothing more satisfying, and delicious, than ending a meal with a good selection of cheese and a glass of wine. For generations, the two things have gone together as naturally as, well... wine and cheese.



But while this favourite pairing may seem effortless when presented to you in tasting sessions or on wine tours, there are actually a complex list of rules which need to be adhered to in order to create the optimum cheese and wine pairing.

Consider Flavor Intensity

It sounds obvious, but always think carefully about the Flavors you are putting together and how they will work with or against each other. If the Flavor of the cheese is rich and intense, then it will balance well with a wine which is equally robust. On the other hand, a light, crisp wine will complement a fresh, young cheese as the Flavors will enhance rather than overpower. Try to really imagine the Flavors as you consider them and you'll soon realise that you wouldn't want to taste a pungent Gorgonzola with a fresh Chenin Blanc or a creamy goat's cheese with a Cabernet Sauvignon.

The Clue is in the Age

Although there are no hard and fast rules to creating combinations, a good rule of thumb is to think about the age of the cheese and the age of the wine.

WOULD YOU LIKE MORE WINE AND CHEESE

Young, soft cheeses tend to be fresh and light and therefore work well with the young wines which tend to offer bright, fruity Flavors. On the other hand, older cheeses which have had time to mature often offer intense nutty or pungent Flavors which work well with wines which have been given time to generate more complex Flavors and fuller bodies.

Guaranteed Greats

Following the rules above, there are some classic pairings which will always go down well and are a good starting point for your exploration into cheese and wine pairing.

- Chèvre with Chablis
- Tomme d'Alsace with an off-dry Riesling
- Époisses with a Pinot Noir
- Roquefort with a Sauternes

If in Doubt, Break Out the Bubbly

If you return from your wine tours of Europe and forget everything you've learned instantaneously, don't despair. There is one last fool-proof rule that will save any situation: Champagne and other sparkling wines work wonderfully with most cheeses. The perfect excuse to crack open the bubbly!

Now that you know the basic rules for the kind of delicious pairings you will find on luxury wine tours, feel free to chuck them out and go with your instincts instead. Remember: wine tasting is about your personal preference, so don't be afraid to take risks and, above all else, have some fun.

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HEALTH WITH IN SEAFOOD DIET



Seafood For Healthy Life



A shift towards healthy eating patterns, which include a variety of protein foods including more seafood.

Americans spend nearly \$40 billion every year on fish and shellfish products with about \$26 billion being purchased in foodservice establishments and about \$14 billion at retail. United States people consume about Seven percent of the total world catch of fish.

When it comes to eating out, getting seafood can be a healthy, nutritious choice. Many seafood dishes can be high in protein and low in fat, providing your body with essential vitamins and minerals. Many seafood dishes can be high in protein and low in fat.

Providing your body with essential vitamins and minerals that are difficult to get from other foods, not to mention that fish can be a delicious treat. However, not all seafood may be the best choice for your waistline. Here are some tips to help you enjoy the seafood you love without the extra calories and fat that you don't.

First, search the restaurant menu for options that are described as grilled, broiled, or steamed. These cooking methods often add fewer calories to seafood some other cooking styles.

The Results Are WORTH IT!

Healthiest Fish to Eat

- Atlantic Mackerel (purse seine, from Canada and the U.S.)
- Freshwater Coho Salmon (farmed in the U.S.)
- Sardines, Pacific (wild-caught)
- Salmon (wild-caught, from Alaska)
- Salmon, Canned (wild-caught, from Alaska)

Avoid these Fish

Environmental organizations have also advocated taking many fish off the menu

- Bluefin Tuna
- Orange Roughy
- Salmon (Atlantic, farmed in pens)
- Mahi-Mahi (Costa Rica, Guatemala & Peru)
- Halibut (Atlantic, wild)

Tips Helpful Hints

You probably already know that you're supposed to be eating fish twice a week. Fish are a lean, healthy source of protein—and the oily kinds, such as salmon, tuna, sardines, etc., deliver those heart- and brain-healthy omega-3 fats. You've probably also heard you should be getting in your diet. Picking out fish should be a simple enough task, right? Unfortunately, it's not as easy as grabbing a fresh-looking cut or some frozen shrimp and never giving it a second thought. These days we wonder.

The way fish is raised and caught can also have health implications. You would think that wild-caught would always be the way to go, but that's not the case. While there is concern about the use of chemicals, overcrowding, and disease with farmed fish, farming in closed tanks can be healthy and eco-friendly. "Farmed doesn't inherently mean bad or unsafe or dirty," says Fitzgerald. "Some farms are green and sustainable," while others are bad news.



Crispy Haddock & Sweet Potato Chips



Kali Flower Herb Spicy Tuna Fish on Peta



Healthy Baked Fish Sticks with Lemon Caper Sauce

Should You Bake Your Own Bread?



Did you ever wonder what the big deal was about baking your own bread? Are you curious to know how your life is threatened every time you reach for a slice of store bought bread.

Maybe you've never heard it before, but you really should be baking your own bread. Why?

I think the number one reason everyone should bake their own bread is that it redeems you from years of bad health and medical bills. How so?

HOMEMADE BREAD IS HEALTHIER

It is much healthier to bake your own bread instead of buying bread that contains chemical additives, hydrogenated oils, unhealthy preservatives, and fattening sweeteners.

If you buy white bread you're also getting bread that is nutritionless, but don't be fooled, store bought whole wheat bread is just as bad for you.

A lot of times the whole wheat bread sold in stores isn't really made out of "whole meal" but is just white bread that is colored (using caramel) to make it appear like it's whole grain and healthy.

Quinoa Bread

PREP 20-50 MINS COOK 15 MINS MAKES 8

ingredients

- 3.5 oz. sorghum flour
- 5.5 oz. potato starch
- 2 tsp. xanthan gum
- 1 tsp. fine sea salt
- 3 large eggs, room temperature
- 3 Tbsp. almond oil (or other oil with light flavor)
- 2 Tbsp. raw white quinoa
- 2 Tbsp. raw sunflower seeds

method

1. Add the yeast to warm water, and stir. Whisk in the honey, and let stand for 5–8 minutes.
2. In a bowl for a stand mixer, whisk together the chickpea flour, quinoa flour, sorghum flour, potato starch, xanthan gum, and salt. Set aside.
3. In a small bowl, combine the eggs and oil. Then turn the mixer on a low speed, and mix in the yeast first, then the beaten eggs and oil. Mix for a couple minutes, then for a minute on medium, adding the quinoa and seeds
4. Line a loaf pan with parchment paper, and transfer the dough to the pan. Leave in a warm space in your house, and let rise for 30–45 minutes. When ready to bake, the loaf should have doubled in size.
5. Preheat the oven to 375°F, and ensure there's space on the center rack. Bake the bread for 40–50 minutes until the loaf is browned. If you tap on the side, it should sound hollow.
6. Flip the bread out of the pan onto a clean, flat surface, and let sit on a wire rack. Once cooled completely, slice and serve. Store extra slices wrapped in foil and in a zippered plastic bag in another batch.

Bread Machines And Bread Makers For Every Kitchen!

Loafing Around

Bread machines or bread makers are fast becoming a small ... used almost as much as the ... oven. And why not? The smell and taste of freshly baked bread is hard to resist, let alone very



Bread machines or bread makers are fast becoming a small appliance used almost as much as the microwave oven. And why not? The smell and taste of freshly baked bread is hard to resist, let alone very nutritious for you. These machines can be considered another of the few miracle kitchen appliances to make our cooking and baking lives more enjoyable. Finding bread machines online has never been more easier, except maybe which one to choose for your families needs. Here are some basic tips in finding the right one for you.

Most store bought bread these days comes in one and a half to two pound loafs, so the first tip is look for a bread machine with a two pound capacity. There really isn't a good reason to make bread size less than a two pound loaf. Also it is nice to have a bread maker with at least 8 different settings. Some of your best choices for settings are: Basic, Whole Wheat, French, Sweet and Express bake.



cooking tip

when bread is ready it should be golden and sound hollow when tapped

Bread machines with a view window allows one to monitor the bread baking without raising the lid, saving energy and time. Make sure the loaf pan is non-stick coated for easy cleaning. Most bread makers today come with non-stick loaf pans but there are a few that still don't. Another great feature to have is the additional ingredients beeperHealth Fitness Articles, which comes in handy for adding fruit and more thru out the bread cycle.

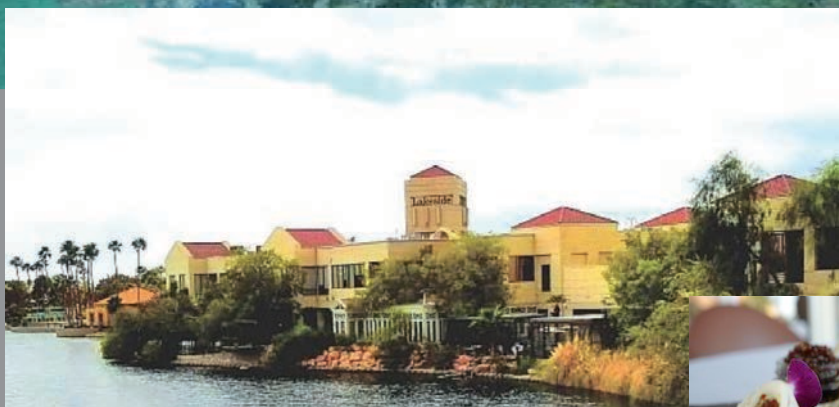
Whether for once a week bread making to everyday use the bread machine has become a part of the modern kitchen. Make sure you compare different models online to find the perfect one for your family.



Lakeside Event Center

Debuts Dining Venues & Award Winning Chefs

*Restaurant Row: Rooster Boy Cafe, Buena Vista Kitchen, Americana,
Marche Bacchus, & Vino Las Vegas Wine Bar & Bistro*





Lakeside Event Center, located in the Desert Shores Community surrounded by the serene and picturesque Lake Jacqueline, features its new culinary additions to Restaurant Row with Rooster Boy Cafe and Buena Vista Kitchen.

The lakefront property known for its oasis-like lakefront weddings and dining options on the water, offers a variety of delectable cuisines to satisfy all palates including, French, Spanish and American cuisine. Restaurant row is filled with award winning venues such as Marche Bacchus, winner of Best French Restaurant and Best Wine Shop, Americana Las Vegas, awarded as one of the Top 10 Restaurants in Las Vegas, the Heart and Soul of Chef Manny's Buena Vista Kitchen, the new Rooster Boy Cafe, and Vino Las Vegas Wine Bar & Bistro.

Recently opened, the all new Rooster Boy Café is an intimate restaurant with interior views of an open kitchen. Former pastry chef and baker, Chef Sonia El-Nawal's encompasses 35 years of expertise working renowned restaurants such as: Nobu, Bond St, Lafayette, Masa's and Jojo's. Chef Sonia's food philosophy blends global styles with a warm inviting atmosphere, creating a neighborhood stop for all. The nutritional selections, featuring dairy and gluten free and vegan menu items, cater to many palettes and feature healthy and local farm fresh organic ingredients. Rooster Boy Café serves breakfast all day long, including granola favorites such as: Original, Grain Free, Extra Rich and Low Guilt.

Americana offers fine dining with a blended cultural theme of modern American cuisine with a lakeside setting. It's authentic dishes draw inspiration from early American cuisine with mixed European interpretations. Chef Stephen Blandino, a Staten Island native and protege of celebrity Chef Charlie Palmer, serves up savory dishes, such as the favorite Australian Wagyu – served table side with truffle pomme purée. Surrounded by water, the restaurant also features a grand piano and a private room designed to resemble a cook's library, adorned with Vladimir Kush paintings. In addition to its social hour, Americana offers special weekly harvest and five course menus, dinner, lunch and Sunday brunch options.

Marche Bacchus French Bistro & Wine Shop known for its traditional and contemporary French dishes including a variety of meat and seafood dishes, seasonal dishes, vegetarian/vegan and children's menus. The ambience includes breathtaking waterfront views and wine cork art as well as 40 wine glasses by the glass and 950 wine labels for guests to choose from in their adjoining wine shop. The restaurant also offers live entertainment, lunch, dinner and Sunday brunch, and caters to private parties.

Vino Las Vegas Wine Bar & Bistro, featuring a glass enclosed patio overlooking the water is located in the Club House at Lakeside Event Center and is ideal for wine pairings, winemaker events, entertainment and unique culinary experiences.

ABOUT LAKESIDE EVENT CENTER

Lakeside Event Center, located at 2620 Regatta Drive, is a social events venue & corporate events facility located on the shores of a beautiful private lake in the tranquil Desert Shores/Summerlin area of Las Vegas. Within 20 minutes of the famous Las Vegas "strip", Lakeside Event Center offers an array of venues and businesses including: the award winning Lakeside Weddings & Events, the Spa at Lakeside, Flowers at Lakeside and "Restaurant Row," featuring four separate 5 Star Restaurants, Marche Bacchus, Americana Las Vegas, Rooster Boy Cafe, Vino Las Vegas Wine Bar & Bistro, Buena Vista Kitchen and On the Go and Lakeside catering. The Business Suites Lakefront offers 2 large office locations, 3100-4540 square feet, 12 to 18 offices and 4 exceptional meeting rooms for all business occasions. Lakeside Weddings features six separate premiere lake front venues to choose from for weddings of all sizes.

For more information on events, weddings and hours, visit <http://lakesideeventcenter.com> and follow Lakeside Weddings & Events on Facebook and Instagram. Contact us at eventinfo@lakesideeventcenter.com.



ORDER FRESH SEAFOOD ONLINE

Reducing Your Dependency On Supermarkets

Consumers, on an average, consume about 20 Kg of fish per year. Add other species of seafood to this and the average consumption amount would go up a tad. Since 1975 the average consumption of seafood has been on a constant rise and there has been a 2% per capital increase in seafood consumption. Seafood is part of the palate of almost every American citizen and everyone loves to have fresh seafood. Supermarkets have 87% share in retailing seafood but now there is an increasing trend in buying fresh seafood online.

One of the main reasons cited for the popularity of seafood is attributed to celebrity chefs. So much is their importance on the small screen that almost 50% adults said that they are influenced by the cookery programs on the telly. 35% adult have also said that they have been influenced to consume fish thanks to the various documentaries about fishing. And while supermarkets dominate in selling fish they only

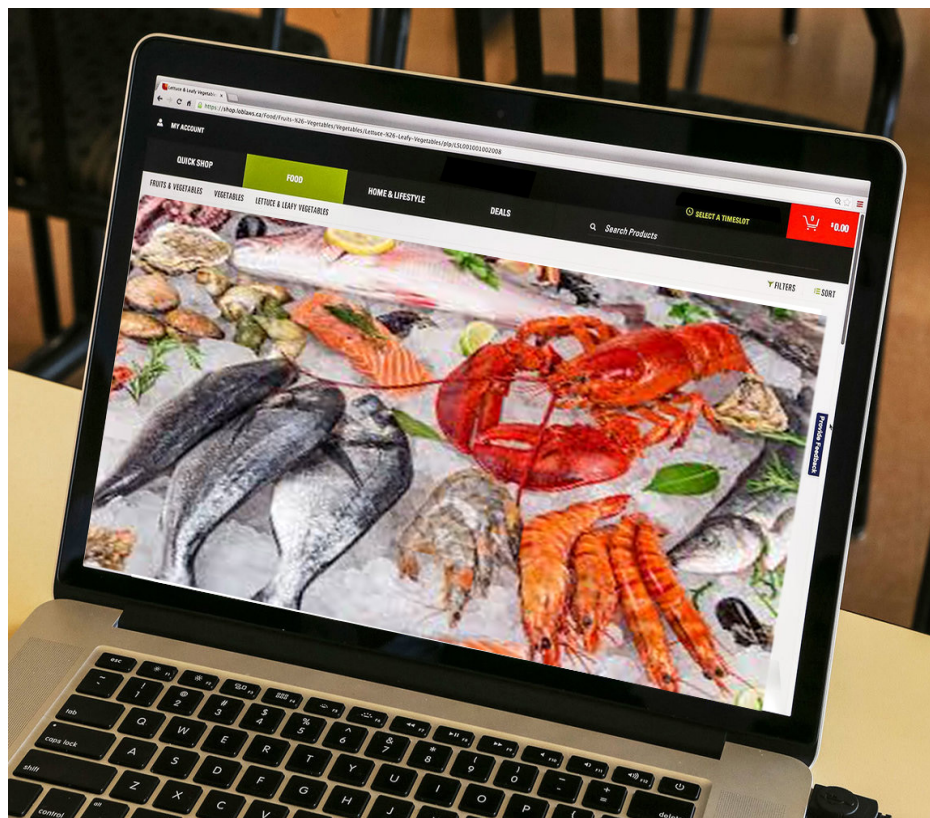
manage to influence 24% of adult American citizens to buy fish. This is one trend that has made online purchase of fresh seafood such a rising trend in the country. However, this increasing craze of fresh seafood has also caused some concerns lately. Even though the we are bordered on all sides by water that is abundant in fish the stock fish species are in grave danger because they are being over-exploited through fishing. Thanks to a lot of awareness being spread by fisheries and retailers people are now trying out different species of fish like dab, gurnard or coley. There is the danger that fish consumption will rise all the more but at least there will be some respite for the popular fish species like cod, trout and salmon.

When you look to buy fresh seafood online look out for these species because they are not only great to taste but also let you contribute to a more sustainable seafood farming.



websites that sell fresh seafood online offer some great benefits and they proudly display these benefits for all to see. Some of the top online sellers of seafood ensure that the catch is frozen and packed within hours of being hauled in. This means that the seafood is still fresh when it is offered to the consumers. When you visit a website to buy fresh seafood you actually get what you see – great varieties of fish and other seafood that are displayed for you, as in a supermarket. The only difference here is that you can shop from anywhere without setting a foot outside of your home. You order the fish online and it gets delivered to you.

The many benefits of fresh seafood online are swaying consumer behaviors and it is expected that online sales figures of fresh seafood will be on a gradual rise in the years to come. You should also try buying seafood online and have a great experience shopping.



WINERIES

Jim Bean and Christine O'Sullivan are purchasing the BRAND winery and vineyards from owners Ed and Deb Fitts. The Brand estate is located atop Pritchard Hill, one of the most sought after locales in Napa Valley.

Having owned and farmed vineyards in Napa Valley for years, this next step is a natural progression for the Bean/O'Sullivan family. Bean states, "Christine and I have been immersed in the Napa Valley community since we were married at the CIA nineteen years ago. We are thrilled to take our experience as growers to the next level with one of the most distinctive and expressive wine estates in Napa Valley". Adds O'Sullivan, "we care passionately about the acquisition of this rare property and feel honored to be part of its future."



Jim Bean and Christine O'Sullivan

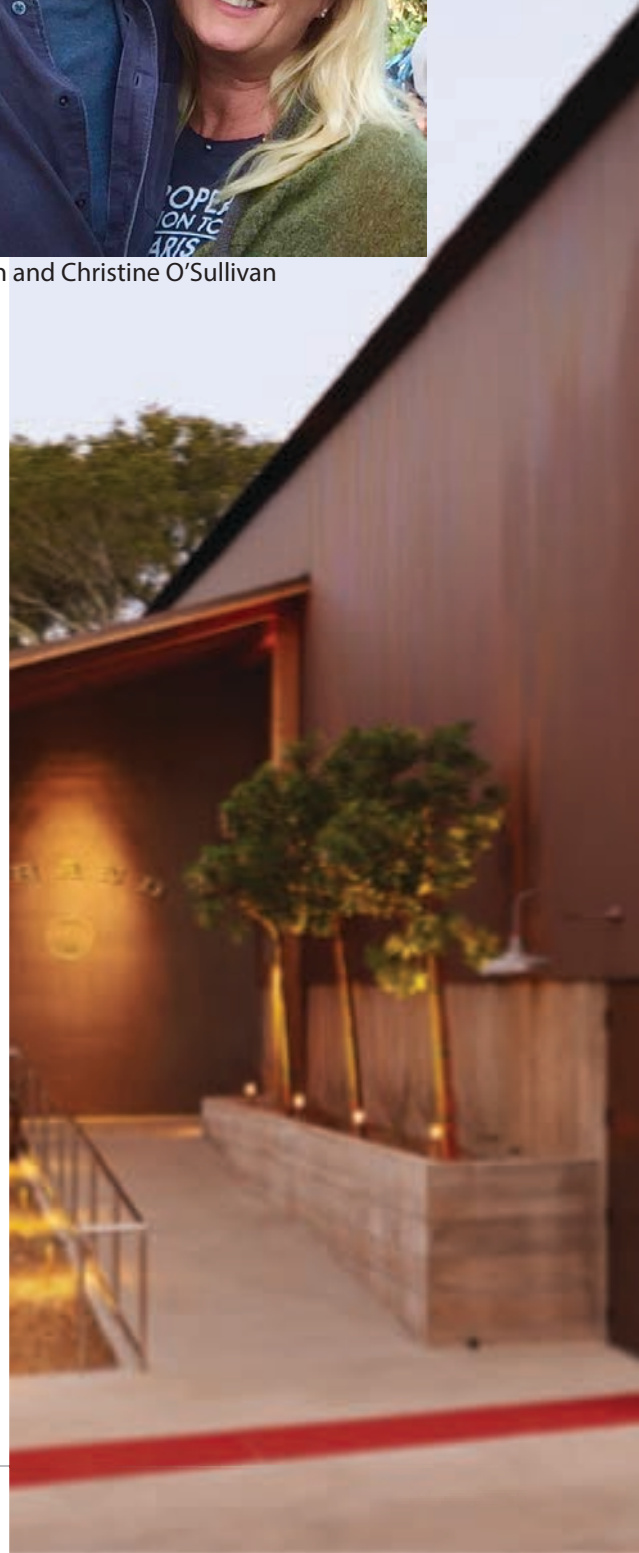
Jim & Christine

A hands-on family, Bean, and O'Sullivan anticipate a seamless transition. They emphasize their excitement about working with the team at Brand saying "we have long admired Philippe Melka's winemaking philosophy and look forward to collaborating with him on future vintages of BRAND. "I am honored to continue the legacy of BRAND by making wines that are the highest expression of this amazing Pritchard Hill property," said Melka.

Founded in 2005, the BRAND estate vineyard reaches an elevation of nearly 1600 feet at its peak. The vineyard blocks of Cabernet Sauvignon, Cabernet Franc, and Petit Verdot are planted on the red, rocky volcanic soils characteristic of Pritchard Hill. BRAND makes three wines: Cabernet Sauvignon, a Proprietary Blend, and Brio. In a statement, BRAND founder Ed Fitts said: "When we met Jim and Christine, Deb and I knew BRAND would continue to flourish under their thoughtful stewardship." BRAND is surrounded by renowned neighbors on Pritchard Hill that include Colgin, Ovid, Chappellet and Bryant Family Vineyards.

In addition to their work as Napa Valley grape growers, Bean and O'Sullivan each held senior leadership positions at Apple, Inc. for 20 years. BRAND is a reflection of the same values, qualities, and aspirations that have always guided them. O'Sullivan adds, "owning BRAND is to us, a natural expression of our family's passions."

Reidy Law Group and CMPR served as legal counsel and advisors to Bean and O'Sullivan.





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Steamed Shrimp

GARLIC SHRIMP TASTE BEST WHEN SERVED WITH WHITE RICE. IF NOT RICE, THEN YOU CAN EVEN USE BAKED POTATOES AS AN ACCOMPANIMENT.

Sesame Wild American Shrimp



Recipe Polaroid: For many Americans, some of their fondest memories consist of outdoor gatherings with family and buddies and al fresco meals featuring the rich flavors and aromas of fresh nearby create and seasonal components.

A Sesame Wild American Shrimp
with Avocado Purée
and Citrus Sauce

Serves six

18 jumbo Crazy American Shrimp
(below 10 size)

one cup flour

1 pot soda water

pinch sesame seeds

pinch baking soda

6 cups peanut oil

3 avocados

2 Tbs. sesame oil

two limes

one shallot

one cup Florida citrus sauce

Spicy Beer Shrimp



Recipe Polaroid: Easy, tasty shrimp boil dinners baked or grilled in foil with homemade seasoning, fresh lemon, and brown butter sauce.

1 pound shrimp, peeled and de-veined

2 ears of corn on the cob, husked

1/2 pound andouille sausage

1 pound baby red potatoes OR baby yellow potatoes

3 tablespoons old bay seasoning OR
homemade seasoning (see note)

salt and pepper, to taste

1 tablespoon minced garlic

juice of 1/2 lemon, plus lemon wedges
for serving

3 tablespoons butter melted + 1/2 cup,
divided

chopped fresh parsley, for topping



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BEER AND SEAFOOD PAIRING IS ON THE RISE

While you may think of wine as the companion to food, the depth and versatility of beer cannot be oversold. In fact, a good beer can bring out the best in any dish—if you know which kind to choose. From amber ales to hearty stouts, a short guide to arranging the perfect match. Take your cue from recipes for fish cooked in beer/ale. “Ale” and “amber beer” seem to be the most common, and we can say from experience that these work well both for poaching fish and drinking alongside baked, broiled, or grilled whitefish.



Of course, how your fish is flavored may affect your beer choice, but that might be a question if the dominant flavor isn't the fish but, say, curry or habanero, that's a different matter.

In the context of a themed event look to cooked from a 15th-century recipe for whitefish poached in ale. We suggest you consulted with a local brewing expert. The key difference in that time period was that ale didn't use hops. Based on that reach for a low-hops medium-strength beer to go with whitefish.

Lighter beers typically pair well with fish. Darker beers are much better with steak then seafood.

Shell fish such as Lobsters, a blond Ale: This combination is blissful: The rich, meaty texture of lobster couples remarkably with the highly carbonated, light Belgian blond ale. The beer's acidity takes on lobster's sweetness, and the beer's dry finish is the perfect foil for all that clarified butter.

Here are the six best beers to dump in your frying recipes.

For Stout Lovers: Guinness. ...

For IPA Lovers: Harpoon IPA. ...

For Adjunct Macro Lager Lovers: Pabst Blue Ribbon. ...

For Brown Ale Lovers: Newcastle. ...

For Belgian Lovers: Golden Monkey from Victory Brewing Company. ...

For Sour Lovers: Oarsman Ale from Bell's Brewery.

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GOURMET CUISINE



Sea Scallops Large Delightful



**Sea scallops
are up to
three times
larger in
size than
bay scallops.**

Scallops are meatier than clams and require very little preparation. Sea scallops are delightfully large, though must be shucked almost immediately after capture to ensure they don't lose moisture and die.

Sweet, meaty sea scallops are best in winter, and like many other luxury foods, they tend to appear in abundance during the holiday season. Though it doesn't come cheap, the splendid sea scallop is exceedingly easy to prepare.

Get yourself to a good fishmonger. Ask for fresh large or medium day-boat scallops, also called dry-packed — frozen scallops do not qualify here. (Frozen scallops, instead of browning, just weep in the pan, flooding it with their juices.

Or use raw diced scallops to make a ceviche, doused very briefly in lime juice and sparked with hot green chile, onion and cilantro.

When cooking your scallops, pan-seared or grilled is the tried-and-true method. Getting the surface of the scallop crisp and brown helps emphasize its natural sweetness and provides a textural contrast to the luscious tender interior.

When cooking, keep it simple

Some cooks sear scallops nearly entirely on one side, turning them over for only a minute or so to finish. Many like their scallops rare in the center. Some prefer to cook them all the way through, keeping them juicy, but not overcooked. The less you fuss with scallops, the better. Searing them quickly in a hot pan gives them a lovely crisp, brown crust while the inside remains tender and creamy. Be restrained on seasoning; the rich flavor of the scallop should be the main attraction.

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Chef David Culi

Hyde Park Price Steakhouse
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Michigan and Indiana

3 lbs Idaho® Russet Potatoes	¾ C Cheddar Cheese
8 oz Spanish Chorizo Links	½ C Onion
¾ C Asiago Cheese	2 Medium Jalapeño Peppers
¾ C Romano Cheese	2 C Heavy Cream

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who are passionate about Idaho®
Potatoes, visit us on the web.*



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**CHEF &
CUISINE**

SEAFOOD Soup Comforting To The Palate

Soups with seafood combined other ingredients make for a warm comforting palate pleasing experience. Chowders and seafood bisque are dishes that can be enjoyed by all.

Cooks around the world know that making soup is one of the most economical ways to enjoy the fruits of the sea, as a relatively small amount of traditional or shell fish is needed for each portion. The seafood mixture is a personal choice. Seafood soup is a simple soup it's perfect for a quick lunch or a family supper with crackers or garlic Toast. Similar soups are enjoyed on both coasts. You can vary the seafood depending on what you can find fresh in your region.

But some hearty soup always contains tomatoes, saffron, olive oil and garlic. A seafood chowder recipe using white fish. There are seafood chowder recipe that can be the base for many different combinations of fish.

Flavors range from boldly-seasoned soups with lots of spice to delicate ones that highlight the fish's natural taste. To give the soup a wonderful flavor, it is best to use homemade fish stock, but vegetable broth works as a substitute. This seafood soup is simply a mixture of the best seasonal seafood prepared in one dish. You will need two varieties of firm fish such as halibut, monkfish, hake and swordfish. A Good selection of seafood including squid rings, prawns, clams, and or mussels or a mixture of seafood that is at its best when you prepare the dish. A very simple and quick dish. This is a sour broth soup with tilapia fish fillets. The flavor is sour but it actually enhances your appetite. This is considered comfort food in my house.



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Q&A with Chef Julia Doyne

F&B • WHY CHOOSE FOH DISHWARE?

Chef Julia • FOH provides its customers with the most functional, stylish, durable, and affordable plate options out there.

F&B • HOW IMPORTANT IS PRESENTATION?

Chef Julia • Presentation is everything. People eat with their eyes first! If it doesn't look good, chances are it's not going to taste as good.

F&B • WHAT IS YOUR FAVORITE LINE FROM FOH?

Chef Julia • For home, I really like the artefact line. For a restaurant, it's impossible to pick just one line! I would make selections from Soho, Harmony, and Spiral.

F&B • WHAT IS YOUR FAVORITE WAY TO PLATE?

Chef Julia • I always try to make sure there are vibrant, contrasting colors on the plates I create.

F&B • DO YOU HAVE ANY PLATING TRICKS YOU CAN SHARE?

Chef Julia • You can always take a look at your ingredients and the plate and draw a few sketches before you get to actually putting the food on the plate. It helps you stay organized with a game plan.

F&B • WHAT MADE YOU DECIDE THIS WAS YOUR CAREER PATH?

Chef Julia • I really fell in love with the energy and teamwork that exists in kitchens. It's high pressure, stressful, and intense but when you're successful as a team; nothing feels better!

F&B • WHO WAS YOUR GREATEST COOKING INFLUENCE?

Chef Julia • Chef Christopher Lee. He's an amazing chef that has it all - creativity, leadership, motivation, curiosity, and a great media presence. He hired me as a line cook and mentored me all the way into being an executive chef. We keep in close contact now and collaborate when we can.

F&B • WHAT IS YOUR FAVORITE INGREDIENT TO COOK WITH?

Chef Julia • Onions. Red, white, yellow. Caramelized, charred, pickled, raw. Your opportunities are endless with them! They can enhance flavors, be a side on their own, or be the star of a dish.



F&B • WHAT IS YOUR FAVORITE WHITE WINE? FAVORITE RED?

Chef Julia • I'm a sucker for California wines. I really like Caymus Cabs and Cakebread Chardonnay but I'm not too picky. I appreciate reds, whites, and roses from all regions and varietals.

F&B • WHAT CELEBRITY YOU WOULD LOVE TO COOK DINNER FOR?

Chef Julia • I would love to cook for AND eat with Julia Child. Just to spend some time with such an iconic person in the food industry would be an absolute honor.

F&B • WHAT IS YOUR FAVORITE DESSERT?

Chef Julia • Tiramisu. Every time I see it on a menu, I order it. And 99% of the time, I'm completely satisfied. There's something special about cocoa powder, mascarpone, coffee, and lady fingers.

F&B • CHEF WHOSE STYLE OF COOKING YOU REALLY DIG?

Chef Julia • Daniel Humm - he's been killing the game for years with simple and delicious yet extraordinarily elegant food.

F&B • BEST THING ABOUT BEING A CHEF IS?

Chef Julia • The best thing about being a chef is the satisfaction that comes from building a team, working hard, and creating great food.

F&B • HOW DO THE TERM GLUTEN-FREE, MAKE YOU FEEL?

Chef Julia • I feel a little bit of compassion for gluten-free people. Whether is a choice or a dietary restriction, it's unfortunate to not be able to eat some oven fresh bread or fresh pasta.

F&B • WHAT ADVICE WOULD YOU GIVE TO SOMEONE WITH ASPIRATIONS OF BECOMING A PROFESSIONAL CHEF?

Chef Julia • Be prepared to work hard, keep your head up, and don't quit! It gets more difficult before it gets easier.

F&B • LASTLY, WHAT DO YOU DO WHEN RELAXING'S

Chef Julia • Kayaking in Miami is the ultimate way to relax on a day off! donnay but I'm not too picky. I appreciate reds, whites, and roses from all regions and varietals.

THE CUISINE OF Chef Doyle



About Chef Julia Doyle

After her Aureole stint, Julia continued to work for Chef Lee as Chef de Cuisine, opening a series of small, boutiques restaurants in the Northeastern corridor. All earned rave reviews of the food. When Chef Lee took the position of The Forge's Executive Chef, Julia jumped on board at the opportunity to be the Chef de Cuisine at one of the most legendary restaurants in Miami Beach. The prospect of filling the shoes of a great chef was very exciting and she successfully dominated her role as executive chef.

Julia's most recent adventures include starting up a recreational cooking school called iCanCook. She actively teaches home cooks to make the best of their kitchens, gardens, and grilles. She educates on a large range of subjects from baking to butchery and is available to teach ages from children to adults. Julia is excited to expand her client base and is looking to open a location in the near future.

Thank You, Chef Doyle

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Q&A with Chef Pamela Wasabi

F&B • WHY CHOOSE FOH DISHWARE?

Chef Pamela • Business, whichever that'd be needs to be based on community. Therefore, we have to collaborate, support each other, and recognize the amazing things all the different local business are doing. I chose FOH because our values align.

F&B • HOW IMPORTANT IS PRESENTATION?

Chef Pamela • Presentation to me matters as much as the process of making the food. Every little detail is as important as the next one. With my food, I offer and experience. That experience is never over because you will always have a place for that bite, that flavor, that smell, or that plate in your memory.

F&B • WHAT IS YOUR FAVORITE LINE FROM FOH?

Chef Pamela • I like the rustic, wood boards.

F&B • WHAT IS YOUR FAVORITE WAY TO PLATE? I

Chef Pamela • t's definitely very colorful. Color guides me when plating a dish.

F&B • DO YOU HAVE ANY PLATING TRICKS YOU CAN SHARE?

Chef Pamela • Leave it where it lands!

F&B • WHAT MADE YOU DECIDE THIS WAS YOUR CAREER PATH?

Chef Pamela • This career path chose me. I was not aware I could work with food till the recent years. I surrendered to the process and have let it take me for a ride. I do, however, hold my values and standards high. Integrity, quality and to respect nature are my crucial values. Reason why I can cook and work with the most pure and beautiful forms of plant-based foods.

F&B • WHO WAS YOUR GREATEST COOKING INFLUENCE?

Chef Pamela • Matthew Kenney

F&B • WHAT IS YOUR FAVORITE INGREDIENT TO COOK WITH?

Chef Pamela • Gluten-free and vegan bake galore.

F&B • WHAT IS YOUR FAVORITE WHITE WINE? FAVORITE RED?

Chef Pamela • I like anything that's bold, holds a strong body, dark, and in its pure form.



F&B • WHAT CELEBRITY YOU WOULD LOVE TO COOK DINNER FOR?
Chef Pamela • Anthony Kiedis (RHCP) and date him too.

F&B • WHAT IS YOUR FAVORITE DESSERT?
Chef Pamela • Chocolate

F&B • CHEF WHOSE STYLE OF COOKING YOU REALLY DIG?
Chef Pamela • Buddhist Nun Jeong Kwan

F&B • BEST THING ABOUT BEING A CHEF IS?
Chef Pamela • It's can also be called being a witch. I can transmit and arouse feelings and emotions through my food.

F&B • HOW DO THE TERM GLUTEN-FREE, MAKE YOU FEEL?
Chef Pamela • Skeptic. There's very low quality gluten-free food out there. People get mislead to think any label that stands for "gluten-free" is healthy. It isn't. Relax, though, you won't find any more pure, wholesome and delicious bake goods in any other place but my bakery.

F&B • WHAT ADVICE WOULD YOU GIVE TO SOMEONE WITH ASPIRATIONS OF BECOMING A PROFESSIONAL CHEF?
Chef Pamela • Being a chef comes with a huge responsibility, that of education. This career is not about you. It's about bringing humanity back to the table. We area bridge between nature and the plate and most honor it.

F&B • LASTLY, WHAT DO YOU DO WHEN RELAXING'S
Chef Pamela • I cook or I write.

About Chef Pamela Wasabi

is a thought innovator on women's social issues, conscious relationships, food education and an advocate for living in harmony with nature. Her background stretches from the whereabouts of the psychology of eating, integrative nutrition, mindbody coaching, to plant-based food artistry. She's the founder of AMLA MIAMI a wholesale bakery of plant-based and gluten free desserts which is distributed amongst three counties in South Florida. She's also the author of "Nourished, The Plant-based path to Health and Happiness." Pamela is currently working on her second title "Returning to the Wild Woman" which explores women's food challenges and body image issues through the connection, revival and balance of one's sacred masculine/feminine energies.

It's her goal to wake the collective consciousness and invite us to live in harmony with nature.

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Thank You, Chef Wasabi





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