



**StarChefs.com**  
**International Chefs Congress**

**A KITCHEN WITHOUT BOUNDARIES**

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# Letter from the Editors

It gives us great pleasure to welcome you to the inaugural International Chefs Congress – *A Kitchen Without Boundaries*.

2006 marks the eleventh year on the web for StarChefs.com, the magazine for culinary insiders. Over the past decade StarChefs has established a significant presence on the web as a resource primarily for chefs and restaurateurs – both through our editorial content and our JobFinder classifieds service. Since our founding, chefs in the US have gone from being a largely unrecognized and unappreciated workforce to being one of the fastest growing employment groups in America. The restaurant industry employs an estimated 12.5 million people, making it the nation's largest employer outside of government. There's more respect and opportunity within the profession than ever before. Still, it's a high-failure-rate industry, with never-ending hurdles – from low margins to high labor turnover, such that the opportunity for chefs to create and express themselves has to be viewed as a privilege – and something that's almost without exception hard earned.

As we've grown our online community over the years, StarChefs' mission has been (and will continue to be) to serve as a catalyst for culinary professionals to succeed at the highest possible standard, and to give them the tools that they need to meet and overcome the many challenges they face. This mission stands at the core of our International Chefs Congress. It's about more than just presenting the latest culinary techniques or concepts, it's about how they can inspire chefs and help them succeed on a practical level.

Industry conferences are nothing new in America, and certainly the national restaurant industry, which will post \$511 billion in sales this year, is no stranger to them. But over the years, as we regularly attended trade show after trade show, we came to realize that chefs of the most ambitious and talented stripes – from fine dining, casual fine dining and hotel operations – were being sorely underserved by these events, which lack appropriate programming and commercial products.

Meanwhile, across the oceans (both in Europe and Asia) world-class chefs have been assembling for several years now to celebrate and demonstrate their innovative techniques and culinary concepts, to share their time-honored cooking traditions, and to network with and enjoy the camaraderie of their chef counterparts from around the globe. It became clear to all of us at StarChefs that the time was ripe for a high-level assembly on this continent to bring together some of the foremost culinary minds from the US and abroad to share their knowledge, expertise and passion with their chef brethren. What was a glimmer of an idea more than three years ago began to take shape over the last eighteen months, and we look forward to bringing this event to the



chef community on an annual basis.

The theme of our first Congress is “Flavor and the American Spirit.” While innovation and cutting-edge techniques have been industry buzzwords for the last couple of years, to the StarChefs editors, who have traveled throughout the US and abroad conducting literally hundreds of tastings and as many chef interviews, it is apparent that the pendulum is swinging; there is a renewed focus on flavor, and culinary techniques are no longer an end in and of themselves, but rather a means to an end (as they probably always should have been). Throughout our travels, countless chefs spoke to us of flavor matrices and preferred product combinations to deliver often surprising, but ideally always pleasing flavor sensations. The overarching idea is not to provoke the palate but to stimulate it.

America’s leading chefs have a distinctive point of view to share. The American spirit of rugged individualism and of bold risk-taking are at the heart of their personalities and, in large measure, the reason for their success. Furthermore, the historical concept of America as a melting pot – the inescapable fact that our country is a living, breathing example of cultural fusion – weighs heavily on their cuisine, whether directly or indirectly. What distinguishes America’s top chefs and their approach to cooking is the natural lack of boundaries. They are not tied to strict cultural traditions in the kitchen and are free to interpret cuisines from every country in the world. Those international luminaries whom we’ve invited to demonstrate alongside the US-based chefs embody the American spirit in that they have dared to defy the boundaries of their own cultures. We are honored and humbled by their participation.

We’d like to thank everyone who has made this event a reality, especially the StarChefs staff for having the willingness to indulge our dreams, and the moxie to execute them. We also recognize our Chefs Congress Advisory Board for contributing their ideas and generating enthusiasm throughout this entire planning process, especially Chefs Norman Van Aken, Marcus Samuelsson, Daniel Boulud, Ken Oringer, and Josh DeChellis. Thank you to all our generous sponsors, without whom this event would not be possible. And to our lead Founding Sponsors at Jade Range, Nespresso Professional, Vineyard 7 & 8, Hobart and Traulsen – thank you for supporting our vision from the very beginning.



Antoinette Bruno, CEO & Editor-in-Chief



Will Blunt, Vice President & Managing Editor



# Anthony Bourdain

Brasserie Les Halles | New York City

Anthony Bourdain was born in New York City in 1956. He studied at Vassar College and graduated from the Culinary Institute of America before running kitchens at New York City's *Supper Club*, *One Fifth Avenue* and *Sullivan's*. His work has appeared in *The New York Times*, *The Times of London*, *Gourmet*, *Black Book* and *The Independent*, and he is a contributing authority for *Food Arts* magazine.

Bourdain had written two crime novels, [Bone in the Throat](#) (1995) and [Gone Bamboo](#) (1997), when his exposé of New York restaurants, "Don't Eat Before Reading This," was published in *The New Yorker* in 1999. The article attracted huge attention in America and the UK and formed the basis of his memoir, [Kitchen Confidential: Adventures in the Culinary Underbelly](#). In 2002, the Food Network broadcast a 22-part series in which Bourdain traveled the world in search of 'extreme cuisine.' The resulting book, [A Cook's Tour: In Search of the Perfect Meal](#), became a bestseller in the US and the UK, and won the 2002 Guild of Food Writers Award for Food Book of the Year.

Bourdain's latest book is [The Nasty Bits: Collected Varietal Cuts, Useable Trim, Scraps, and Bones](#) (May 2006). In it he serves up stories from his worldwide misadventures, including the best of his previously uncollected nonfiction and new, never-before-published material.

As host of the popular travel and food series, "Anthony Bourdain: No Reservations," now in its second season on the Travel Channel, Bourdain travels the world seeking the authentic experiences and food that flavor the world's cultures. He is also the executive chef at *Brasserie Les Halles*. In 2004, he published [Les Halles Cookbook](#), a guide to the strategies and techniques of classic bistro cooking, all delivered in the ribald style of *Kitchen Confidential* and *A Cook's Tour*. His other books include the urban historical, [Typhoid Mary](#) (2001), and the 2003 crime novel, [The Bobby Gold Stories](#).

## Keynote Address: Leadership Lessons from the Kitchen Team-Building & Crisis Management

Anthony Bourdain outlines his strategy and tactics for creating "a true meritocracy," in the kitchen. He depicts a workplace where excellence and consistency is both demanded and rewarded – and mediocrity and incompetence (sometimes brutally) punished. After 28 years assembling "teams" from a work force of marginal, often dysfunctional misfits and refugees, Chef Bourdain has some thoughts on the subject of making one's employees "feel like an elite" and driving them towards ever higher goals. And after the same period in a business where "everything that can go wrong WILL go wrong – often at the same time," he suggests steps to effectively be prepared for, deal with – and hopefully avert – disaster.



## The Makings of a Four-Star Restaurant:

A Panel Discussion with Chefs Daniel Boulud and Eric Ripert

Moderated by Author & Journalist Jay McInerney

For most chefs in America, owning a successful restaurant is the dream of a lifetime, but one that is generally considered attainable. Achieving four-star status from the most astute and discriminating restaurant critics is about dreaming the impossible dream, except for a select few. According to *The New York Times*, a four-star rating reflects an “extraordinary” dining experience. The rating encompasses food, ambience and service, with price taken into consideration. While there are over 24,000 restaurants in New York City, we can just about count on one hand the number that have earned four stars. Most restaurants simply don’t aspire to four stars. In fact, many of the city’s finest chefs consider a three-star review as a mark of success. And for chefs working at more casual establishments, one- or two-star ratings, which correspond to “good” and “very good” grades, respectively, are highly valued badges of honor.

A four-star restaurant is the pinnacle that only a handful of chefs will achieve in their careers. It takes unlimited passion, commitment, patience and talent. For Chefs Boulud and Ripert, their four-star restaurants are the sum of all the knowledge and experience they have accumulated in their careers. These chefs have created environments where they are able to express themselves in every aspect of the operation. *Restaurant DANIEL* and *Le Bernardin* are luxurious establishments with impeccable service, great atmosphere and undeniably great food. The architecture and the décor of these legendary places certainly play an important role, but the entire team, moving and working harmoniously in the space, is really what makes a four-star establishment.

Throughout this candid discussion moderated by Journalist and Author, Jay McInerney, Chefs Boulud and Ripert address the principles of four-star dining and offer practical ways in which all chefs can apply these principles to their own restaurants.



# José Andrés

Jaleo, Zaytinya, Café Atlántico, minibar by José Andrés, Oyamel | Washington, DC

Born in 1969 in Mieres, a town in the northern Spanish province of Asturias, José Andrés displayed a talent and passion for cooking at an early age. After getting his start tending paellas for his family, he decided to make cooking his life's work. He enrolled at the renowned Escuela de Restauración y Hostelería de Barcelona at age 16, despite the fact that the age for admission was actually 18. From 1985 to 1988, he acquired practical experience by working in several Michelin-starred restaurants including *el Bulli*. There, Andrés came under the tutelage of world-renowned Master Chef Ferran Adrià, who remains a major influence.

In 1993, Chef Andrés moved to Washington, DC, to head the kitchen at *Jaleo*. From there, he took on executive chef responsibilities at neighboring *Café Atlántico*, a second *Jaleo* in nearby Bethesda, Maryland, and later *Zaytinya*. In July of 2003, Chef Andrés embarked on his most adventurous project to date with the opening of the *minibar by José Andrés* at *Café Atlántico*. A six-seat restaurant within a restaurant, the minibar attracts international attention with its innovative tasting menu. In 2004, Andrés opened a third *Jaleo* as well as *Oyamel*, an authentic Mexican small plates restaurant. That same year he launched the THINKfoodTANK, an institution devoted to the research and development of ideas about food, all with a view toward their practical applications in the kitchen.

Termed the “boy wonder of culinary Washington” by *The New York Times*, Chef Andrés is an internationally recognized culinary innovator who is widely credited with bringing the small plates concept to the United States, leaving an indelible mark on the way Americans eat today. Throughout his career, his vision and imaginative creations have drawn the praise of the public, the press and his peers. Among his many accolades, the Restaurant Association of Metropolitan Washington recently named him Chef of the Year, and in 2005, *Food Arts* magazine awarded him their Silver Spoon award, calling him “the best thing to happen to Spain in North America since 1492.” Chef Andrés was featured as a Star Chef on StarChefs.com in 2004 and in 2003 he won the James Beard Foundation's Best Chef of the Mid-Atlantic Region.

Chef Andrés is the host and producer of “Vamos a cocinar,” a food program on Televisión Española (TVE), Spanish national television. The program also airs in the US and Latin America on TVE Internacional. Andrés released his first English cookbook, *Tapas: A Taste of Spain in America* (Clarkson Potter, 2005). Shortly after, he published his second cookbook, *Los fogones de José Andrés* (Planeta). Written in Spanish, the book is an homage to Spanish cooking and tapas, Spain's gift to the world of good cooking. Chef Andrés serves on the board of DC Central Kitchen, a non-profit organization that feeds the homeless and trains people for careers in the food service. He is also a contributing editor to *Food Arts*.

more modern gadgets, I am crazy about the microplane. To say it is a grater doesn't do it justice. When you grate a hard cheese like Parmigiano-Reggiano with a normal grater, it tastes good because the cheese is high quality. But when you grate it with the microplane, it is something else. The microplane has this amazing ability to make the cheese light, fluffy and almost ethereal. The textures you can achieve with the microplane are wonderful.

**+ Key Interview Question:** Do you know how to cook everything? Sometimes they say yes but usually after 24 or 48 hours, they'll admit that they don't. If they admit that they don't, it means they are willing to learn from scratch. If you approach me with an attitude that you know everything, you will never open yourself up to learning all that you can.

**+ Favorite Restaurants in Washington, DC:** *Citronelle*, *Yanyu*, and *Equinox*.

## Organized Caesar Salad

Chef José Andrés of *Café Atlantico*, *minibar* by José Andrés, *Jaleo*, *Zaytinya*, and *Oyamel* – Washington, DC  
Adapted by StarChefs.com

Yield: 6 Servings

### Ingredients:

#### DRESSING:

1 clove garlic  
1 Tablespoon black pepper  
1 teaspoon Tabasco  
5 anchovy fillets  
1/3 cup lime juice  
2 Tablespoons Worcestershire sauce  
¼ cup grated Parmigiano Reggiano  
8 Tablespoons Dijon mustard  
1/3 cup red wine vinegar  
2 cups corn oil  
Salt

#### BRIOCHE CROUTONS:

Brioche slices

#### JICAMA SLICES:

1 medium-sized jicama

#### ADDITIONAL:

Spanish anchovy fillets  
Romaine lettuce hearts, ribs removed  
Sea salt and freshly ground pepper  
6 quail eggs  
Parmigiano-Reggiano

### Method:

#### FOR DRESSING:

Place everything but the oil in a blender or food processor. An immersion blender may also be used. At a low speed, begin to blend the ingredients together.

Once the mixture is smooth in consistency, slowly begin to add the oil in a slow steady stream. Increase the speed once mixture begins to emulsify. Turn off the blender once all the oil has emulsified and adjust dressing with salt and more pepper to taste.

#### FOR THE BRIOCHE CROUTONS:

Trim off the crusts from the brioche. Cut bread into ½-inch batons. Place batons on a baking tray and toast in the oven at 250° F for about 3 minutes or until golden brown on the outside. The high fat content in the bread makes it easy to burn, so watch closely as it browns.

#### FOR THE JICAMA SLICES:

Peel the jicama and slice paper thin on a meat slicer or mandolin. If using a mandolin, block off the jicama so that it will fit the width of the mandolin. Stack slices and always keep wrapped with plastic wrap.

#### TO ASSEMBLE AND SERVE:

Lay three jicama slices out, overlapping them slightly. Lay out another row above, overlapping with the first row. Place a strip of anchovy fillets across. Next to the anchovies, lay out a strip of brioche croutons. On top of that, place a row of small romaine leaves. If the leaves are large, cut them into strips. Season with salt and pepper. Roll the jicama as if making a maki roll. Trim off the ends and cut into 1-inch pieces. Put a small amount of the dressing on top of each piece. Place 2 pieces per plate, spooning a small amount of dressing in between. On top of one piece, place a quail egg yolk. On top of the other piece, place a small mound of finely grated Parmigiano Reggiano. Serve.





## Reinventing American Classics

Chef José Andrés, the Spaniard with an appetite for deconstruction, takes on the classics of the American kitchen. Working with traditional favorites like New England Clam Chowder and Caesar Salad, Chef Andrés takes them apart, disassembling them and reassembling them to create something new. During his presentation, he demonstrates three of his new classics: New New England Clam Chowder, Philly Cheesesteak, and Organized Caesar Salad.

Chef Andrés' approach to creating new cuisine often involves problem-solving. Consider for a moment the normal state of salad: it is chaos. Diners are served a plate of leafy greens, tossed with dressing. Sometimes the leaves are too big, sometimes they are overdressed. It's quite a messy situation and it can be difficult to appear elegant while eating. So the question arises: How do you serve a salad that is neater, cleaner, and easier to eat? How can you organize a salad so that it can be served as a passed hors d'oeuvre? In response to that question, Chef Andrés first conceived of the Jicama-Arugula Salad, in which baby arugula leaves are rolled up with paper thin slices of jicama. Five of these cigars are rolled up together and then sliced, creating pinwheel rolls of organized salad. The Organized Caesar Salad, first created in 2003 and presented below, is an extension of the Jicama-Arugula Salad.

## Fast Facts

**+ Chef Most Admired:** Freddy Girardet has been one of my heroes since I was young. His cooking is very disciplined, very pure, with just one or two flavors, which was revolutionary in its day. Once during culinary school I was in Lucerne, Switzerland, and I managed to get to his legendary restaurant. I had very little money, but with some care I was able to eat in the restaurant – it was heaven! Afterwards, I was hanging around and some of the cooks saw me and invited me into the kitchen. I spent the afternoon working and observing and learning – in my hero's kitchen!

**+ Favorite Ingredient:** Olive oil from Spain. Without olive oil in my kitchen I would be lost. I use it for everything from frying to finishing.

**+ Indispensable Kitchen Tool:** The mortar and pestle is indispensable in the traditional Spanish kitchen. A "mortero" is critically important for making aioli, the magical olive oil and garlic sauce. I say magical because I do not cheat by adding an egg to hold it together! I do it the old fashioned way in the mortero, where the garlic and the oil come together to form an amazing sauce. Of the



# Masaharu Morimoto

Morimoto | Philadelphia & New York City

Chef Masaharu Morimoto – known to millions as star of *Iron Chef* and *Iron Chef America* – is as comfortable cooking against the clock for a live television audience as he is preparing his signature omakase menu at his namesake restaurants in Philadelphia and New York. Through the seamless integration of Western and Japanese ingredients, Masaharu Morimoto has effectively created his own distinctive cuisine, defined by innovation and inspiration.

Growing up in Japan, Morimoto was about to be drafted as a catcher in the country's major leagues when a shoulder injury abruptly ended his career. Fortunately, he had often dreamt of a dual career as a sushi chef. Quickly immersing himself in food, he studied his craft for seven years at a traditional sushi and Kaiseki restaurant in Hiroshima.

At age 24, Chef Morimoto opened his own restaurant nearby, an ambitious melding of Eastern and Western culinary sensibilities. After a successful five-year tenure, the young chef sold his restaurant in order to travel the US and further expand his repertoire. Lured by the excitement of New York City's thriving restaurant scene, in 1985 Morimoto abandoned plans to continue his travels around the country, deciding instead to settle in Manhattan.

In 1993, Barry Wine of New York City's famed *Quilted Giraffe*, tapped the chef to head the sushi bar and Japanese kitchen at the Sony Club, an exclusive restaurant high atop Sony Corporation's Midtown headquarters. Chef Nobu Matsuhisu then recruited Morimoto to open *Nobu* restaurant in 1994, where he eventually became Executive Chef. In 2001, he opened his first *Morimoto* restaurant in Philadelphia's Old City neighborhood.

Since 1998, Morimoto has combined his passion for cuisine, competition, and performance on the wildly popular Japanese television show, *Iron Chef*. He also appears on the Food Network's *Iron Chef America*. In January 2006, Morimoto brought his eponymous restaurant to New York City, near Manhattan's Meatpacking District.

## Fast Facts

**+ Chef Most Admired:** I can't come up with any specific chef because I respect all chefs. I like to challenge myself, not anyone else.

**+ Indispensable Kitchen Tool:** The cutting board. It's a sacred tool and should be kept clean because we cut raw fish on the cutting board and serve the sliced raw fish directly over the counter to customers, who bring the fish to their mouths to eat it. There is nothing in between. No heating process is involved. Therefore, the cutting board must be kept clean and used with care.

**+ Favorite Ingredient:** Fish – because I am a sushi chef!

**+ Key Interview Question:** It would be easier if there were such a question. Just as people have different tastes, people are all different in terms of personality, experience, etc. I change questions depending on the person I am interviewing.

**+ Favorite Restaurant Off the Beaten Path in Philadelphia:** I don't know many restaurants in Philadelphia because I go to my restaurant to work, then go to a bar after work, and just go home. I don't have the time to go to a restaurant.

