

ASK & ANSWER

If you were given a 10 million dollar check tomorrow what would you do?

“I would still continue to do what I’m doing. Nothing would change. I would still focus on growing my business. That 10 million dollars would get invested though through my Financial Planner.”

What is something that most people don’t know about you? what would you do?

“Most people don’t know that I played competitive tennis when I was younger. I was sort of a child prodigy and was ranked #1 in New York State at the age of 12 years old.”

What is your favorite style of food to eat, and what draws you to it? Is this also your favorite style to cook or is that different?

“My favorite style of food to eat is plant-based with vibrant colors. I like to cook modern-style plant-based food as well as comfort food depending on what I’m craving that day.”

Self-care is very important especially in our field with such long hours, what do you do to make sure you are taking care of yourself and keep stress down?

“I eat a 100% plant-based diet, so that helps give me energy and builds up my immune system when I have to work long hours. I also get massages often to help with aches and pains.”

Being that cooking is a form of the arts it really is about creativity as well, what inspires you to come up with new dishes or new plating styles?

“I try and pull inspiration for new dishes and new plating styles through my travels and tasting the foods of different cultures. This allows me to play around with different flavor profile combinations. As a cake artist, I also draw on my past experience creating cakes and use that knowledge for my plating style.”

What is your idea of a perfect date?

“A perfect date would be with my partner at a nice restaurant with plant-based options and good wine. We have a date night a couple times a week at least. It gives us an excuse to dress up and unwind – while still enjoying each other’s company.

With no specific time frame on either, what is a short term and long-term culinary goal of yours at the moment?

“My short-term culinary goal is to open the PLANTATUDE retail location here in Miami where I’ll be creating plant-based cuisine and desserts and also holding cooking classes. My long-term culinary goal is to expand the brand in multiple locations.”