

sizzle

FALL
2011

THE AMERICAN CULINARY FEDERATION QUARTERLY FOR STUDENTS OF COOKING

ethnic
appetizers

steak
au poivre,
two ways

the business of
sustainability

singapore's
hawker-style cuisine

sizzle

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Quarterly for Students of Cooking

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cover: Lamb Chorizo Albondigas
with Mint Chimichurri from Seviche.

slice of life

Alexandra Saurer



age

24

education

June 2011 graduate, The International Culinary School at The Art Institute of Atlanta

internship

Flavors Magazine: Atlanta's Dining Scene, Atlanta

why there?

Flavors Magazine allows me to combine two of my passions—cooking and writing.

things I learned that I didn't know in culinary school

Producing a food/dining magazine takes collaboration. Working with a team of writers, photographers, stylists and editors makes my job interesting.

career plans

I hope to one day be an inspiration to the next generation of female chefs. I would enjoy a career that intertwines cooking and food journalism. I'd also like to own a fine-dining restaurant one day.

5:00 a.m.

I hop out of bed, grab a cup of coffee, shower, throw my hair into a ponytail and race to my job at White Columns Country Club, Alpharetta, Ga.



5 am

12 pm

12:00 p.m.

Today is a day like most others—hectic, with countless breakfast and lunch tickets, and a large golf tournament. The hot line is frenzied, but exactly where I want to be. I wouldn't change the pace or any aspects of my job. This is the world of a culinarian.



4:00 p.m.

I arrive home to several emails from *Flavors Magazine*, Atlanta's premier and award-winning fine-dining publication, with a following of faithful readers who want cutting-edge information on the latest local food and wine trends, recipes, chef and restaurant news, travel, entertainment, and kitchen and home design tips for upscale lifestyles. I again tweak my beverage article on fall flavors; thankfully, it is received well. I make sure my edits include my editor's suggestions and changes.

This is the best internship in the world.



6:00 p.m.

I check my email. The text of my article is finalized, although I still have to submit my recipes. A light bulb goes off, as it occurs to me that cranberry, apple, sage and thyme can be mixed nicely with bourbon or whiskey, and that cranberry and mint make for an intriguing and pleasant flavor combination. These flavors are highlighted in the article, but I haven't incorporated them successfully into the recipes yet. I head to my kitchen to experiment before my recipe deadline at midnight.



10:00 p.m.

I finalize my recipes and revise my article one last time, incorporating the new text that highlights the drinks I've created.

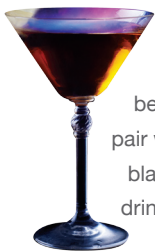
11:05 p.m.

I write an email to the editor, thanking her for her encouragement and support. I attach the recipes and finalized article and hit "send." With fingers crossed, I hope the final submission is accepted and that the article is complete.

4 pm 5 pm 6 pm 7 pm 8 pm 9 pm 10 pm 11 pm

4:45 p.m.

I email revisions to the editor and finish my research on spices—cinnamon, nutmeg, cardamom, mace, etc.—that we are incorporating into drinks being created for the article. Pears, pumpkins and pomegranates are figuring prominently at this point. Sage and thyme are flavors I associate with fall. I consider how they can be incorporated into adult beverages and what flavors they will pair well with. I pretty much have carte blanche in the creation of this issue's drinks, assuming, of course, that they are appealing and taste great.



7:30 p.m.

I may have discovered a couple of successful flavor combinations, so I invite several enthusiastic friends over to test my pomegranate, pumpkin and apple/basil creations. In anticipation of their arrival, I make a salad and cheese platter, an easy showstopper.

9:15 p.m.

My taste testers are giddy, and the recipes are a go. However, the jury is still out on a vodka and ginger beer libation.

11:55 p.m.

With brilliant changes going through my mind and more creative ways I could have expressed my thoughts, I dash to the computer to make a few last-minute changes. I will email the editor first thing in the morning. I love the way my days combine the best of both my worlds. I couldn't ask for more. This is a great life.

