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Keep Your Perspective



Mills Family Farms

I wish my career-self could go back in time and talk to my college-self. I would tell her to take a breath and not panic. I would tell her that not everything hinges on that first step out of school. Not every grade seals destiny, not every botched job interview confirms a doomed future.

I would tell her to pay more attention to the long view.

As a culinary student, the same advice serves you. Be present. Be focused. Be prepared. Education is about arming yourself with skills that you can use in the professional kitchen.

Our job at *Sizzle* is to support you during that time with sustaining food-trend information, career portraits and inspiring interviews. Our mission is to prepare you mentally for your first culinary outing.

Time and again, our interviewees, across a wide range of foodservice disciplines, stress that graduating students need to pay their dues, no matter what their education levels. Often, our chef interviews that close each issue stress how students need to concentrate on their journeys, and not expect to be the next Emerils right out of technical school, an apprenticeship or college.

So what should be a graduating student's next step? That is the topic of our cover feature, "Industry? Or More Education?" (page 14). We've tapped the minds of some of foodservice's most experienced chefs to get their takes. It seems the overriding sentiment is that your education will pay off in the long run, but don't expect to reap the rewards at the entry level. Pay attention to the long view.

And when you're planning out your career, look beyond restaurants. Each issue, we shed the spotlight on a lesser-known career in foodservice. In "Big Business" (page 22), we show you the culinary

opportunities in corporate dining. If the restaurant life doesn't butter your biscuit, consider this blossoming industry segment. High demand and stiff competition have elevated its cuisine from cafeteria to delicious.

What to cook? How about some good old-fashioned American food? It's not surprising that the term "American food" just doesn't resonate. In our trends piece, "Eclectic American" (page 20), we dig into American regional cuisines—from Floribbean to New England Dutch. It will serve you well to understand these microcosms of American cooking.

Our culinary classroom this issue swoops into Sullivan University in Louisville, Ky. There, Derek Spendlove, CEPC, CCE, AAC, chairman of the Baking & Pastry Arts program for the National Center for Hospitality Studies, shares his technique for a chocolate-mousse torte. He veers from the classic preparation, substituting butter with olive oil, and also stretches the imagination by encouraging you to experiment with savory overtones to this chocolate crowd-pleaser.

Martin Yan inspires us in The Interview (page 30). Famous for making Asian cookery user-friendly, this host of the PBS series, "Martin Yan Quick & Easy," has published 28 cookbooks. His advice to students? "Don't look at your culinary training as a fast track to fame and fortune."

...Take the long view.

A handwritten signature in black ink that reads 'K Ayoub'.

Katie Ayoub
Editor-in-Chief