

FLIPANY
The Ingredient to a Healthy Life

PRESENTS

THE
CHEFS
UP
FRONT
COOKBOOK

A CREATIVE COLLABORATION OF
SOUTH FLORIDA'S
MOST ACCLAIMED CHEFS



Lynne Kunins
FLIPANY
Founder, President & CEO



Loved your food-venture this evening?

Did you have a favorite dish?

LET US SEE IT!
BE SURE TO TAG YOUR CHEF!

All chef social media handles can be found within.

LET'S GET SOCIAL!

@FLIPANY



WE LOVE TO SEE PHOTOS & SELFIES!
BE SURE TO TAG **FLIPANY** ON ALL YOUR PICS!
Use **#CUFPALMBEACH** **#CUF** **#CUF2019** **#CHEFSUPFRONT**

And hop onto SNAPCHAT
for a FUN CHEFS UP FRONT FILTER!



FLIPANY[®]

The Ingredient to a Healthy Life

Dear Friends,

On behalf of our Board of Directors, our Chefs Up Front Committee, and the entire staff at FLIPANY, I would like to thank you for joining us at our 1st Annual Chefs Up Front Dinner and Silent Auction in Palm Beach. I also want to give A BIG THANK YOU to the participating chefs at tonight's event. Your commitment to be here tonight and to be a part of FLIPANY's mission has given us the opportunity to continue hosting this amazing event every year. I am so excited to have you here as our guest at the beautiful, The Colony Hotel. Get ready to enjoy the thrilling cuisine of our celebrity chefs who support FLIPANY's mission.

Chefs Up Front is a true celebration; it is an opportunity to honor those who participate in our programs and a chance to acknowledge those who support our programs and services. I started FLIPANY (Florida Introduces Physical Activity and Nutrition to Youth) in 2005 with the goal of bringing nutrition education and physical activity programs to as many low-income neighborhoods in South Florida as I could. **Almost 15 years later we're reaching 6,500 kids each day, serving over 450 South Florida after school sites and community partners, and delivering over 1.5 million meals to underserved communities annually.** The Florida Department of Agriculture has also recognized our valiant efforts to deliver high-quality meals. Our nutrition education classes are FUN, and they change lives by providing kids and families with the skills and the motivation they need to eat healthy and get moving.

After tonight's sensational experience of Chefs Up Front fine dining and celebration, and I know I speak for FLIPANY's staff and Board of Directors when I say,

"Will you still love us, tomorrow?"

You are warmly welcomed to stay involved with FLIPANY and our many programs, be a sponsor, or join our team of over 200 active volunteers. We thank you with all our hearts for attending tonight's event and supporting FLIPANY's mission and vision.

Sincerely,

**Lynne Kunins,
President & CEO
FLIPANY**



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The Ingredient to a Healthy Life

Dear Friends and Supporters,

Welcome to what will become a wonderful tradition at FLIPANY: the first annual Chefs Up Front Dinner and Silent Auction in Palm Beach. I am honored and excited to serve as this year's Chefs Up Front Chair and work with a team of all-stars to raise funds for FLIPANY. I remember last year being a guest and feeling full with the most delicious five course dinner; but I also left that evening full of energy knowing that I wanted to do more with this incredible organization. I wanted to advocate with them so that more young people are able to receive FLIPANY services. Let me tell you...it has been an incredible year of learning, seeing young people in action, advocating and being part of the FLIPANY family. I am truly honored to be part of a movement that brings physical activity, nutrition education and access to healthy meals to so many people and changes lives. People are so much happier when they have the resources to be healthier.



For 15 years, FLIPANY has made strides to empower communities and take health and wellness to the next level while making it FUN and giving access to underserved communities. Tonight, is an opportunity for you to ask yourself, "How can I help FLIPANY grow?" "What resources do I have that can support FLIPANY's programs?" We hope you will stay connected with FLIPANY; there are so many ways to be involved:

- You can volunteer in our classes/programs, events, and/or camps.
- You can host a fundraising event in honor of FLIPANY.
- You can DONATE and/or get a group of friends and build a campaign on behalf of FLIPANY and help us raise funds to continue health and wellness initiatives in South Florida.
- You can help us get your friends and local businesses to like our social media platforms and subscribe to get the latest FLIPANY updates.

I offer my deep appreciation and gratitude to the committee, our sponsors, our volunteers, our chefs and to all of YOU for being here to support the **BEST FLIPPING ORGANIZATION, FLIPANY.**

Sincerely,
Renee Haripal
CUF 2019 Chair

CHEFS UP FRONT COMMITTEE MEMBERS

Chef Jason Smith, <i>The W, Fort Lauderdale</i>	Chef David Hackett, <i>The Biltmore Hotel</i>			
Chef Aaron Dreiling, <i>Chef David Schwadron Cuisine and Event Design</i>	Ana Elvir, <i>Morton's the Steakhouse</i>			
Renee Haripal	Athena Garrett	Dr. Alice Levy	Neil & Gail Sarfati	Jaime Dreiling
Angie Rodriguez, FLIPANY	Vanessa Viera, FLIPANY	Jeanette Gonzalez, FLIPANY		



THE
Colony
HOTEL



THECOLONYPALMBEACH.COM

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CHEF TOM WHITAKER

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With a culinary career spanning 15 years, Chef Tom Whitaker originally hails from Hexham, England. In 2006, Chef Whitaker left England to pursue his culinary career at the Relais & Chateaux Fearington House Restaurant in Pittsboro, North Carolina where he spent a decade ultimately rising to Executive Sous Chef. During his tenure at Fearington House, the restaurant achieved 5 stars, 5 diamonds, and gained the Relais & Chateaux Grand Chef Award. Subsequently, Chef Whitaker was named Executive Chef at the Ashby Inn & Restaurant in Paris, Virginia.

As executive chef of The Colony Palm Beach, Chef Whitaker helmed the launch of CPB, The Colony's new restaurant, and also oversees all in-room dining, poolside dining, and the hotel's banquets and catering operation.

LOBSTER “THERMIDOR”

Fennel Confit, Burnt Orange, Sweet potato and Mustard

Lobsters

4 1.25 lb Lobsters

Butter

10% Salt to Water Brine

4 Sprigs of Thyme

4 Fresh Bay Leaf

Lemon Peel

Blanch the lobster in a deep pan of boiling water with a splash of white vinegar. Cook for 3 minutes, then pull and shock in ice water. Clean the shell from off of the lobster and crack the claws to release the meat, try to make sure the cartilage is removed from the claws. Submerge in brine for 8 minutes. Vacuum seal the lobsters with a tablespoon of butter, a peeling of zest from a lemon, bay leaf and thyme.

Sweet Potato Puree

2 Sweet Potatoes

1 tbsp Honey

1 tbsp Sherry Vinegar

1/4tsp Xanthan Gum

1 tbsp Cold Butter

1-2 qt Vegetable Stock

Bake 2 sweet potatoes with skin on at 325F for 30 mins or until soft. Allow to cool slightly before pulling the skins off. Place in the blender with a tablespoon of honey and tablespoon of sherry vinegar, 1/4tsp xanthan gum, 1 tbsp cold butter. Add 1 pint of vegetable stock and begin to blend slowly, add more stock as needed until a silk and smooth puree is achieved. Season with Salt to taste.

Thermidor Sauce

1.5 Shallots Sliced

½ Fennel Bulb Fenne Sliced

2 Button Mushrooms (washed/sliced)

100ml Brandy

500ml White Wine

1/2 tsp Fennel Seed

1000ml Heavy Cream

1 Tbsp Dijon Mustard

75g Gruyere Cheese Grated

½ Lemon Juiced

4 Parsley Stalks

Sweat Veg off in a little olive oil. Add brandy and reduce down. Add wine then reduce by 7/8 Add fennel seed & heavy cream and reduce by 1/3 – 1/2 .Finish with mustard and cheese. Season to taste add lemon juice and parsley stalks to infuse.



Confit Fennel

1 Fennel Bulb

Salt and Sugar

3 Tbsp Olive Oil

Cut 1 bulb of fennel in half then cut the sides off and portion the remaining into ½ inch thick cross sections. Vacuum seal with a light seasoning of sugar and salt, then add 3 tablespoons of Olive oil. Cook in a water bath immersion circulator at 85 degrees Celsius for 20 mins. When cooked remove from the water bath and place the bag into an ice bath.

Fennel Salad

450g Fennel

3 Lemon (zested)

50g Vinegar - Rice Brewed

10g Sugar

4g Salt - Kosher

On a mandolin thinly slice the fennel leaf by leaf.

Microplane lemon zest. Combine all ingredients and let sit for 1 hour.

Burnt Orange

1-2 naval oranges

Clean the peel and pith from off the orange, then using a sharp knife cut the segments out into perfect supremes. Using a blow torch, burn the segments till black around the edges.

Mustard Gel

380g Water

100g Dijon Mustard

285g Honey

4g Agar

Blend all together with hand blender then bring to a boil in a pan. Simmer for 3 mins then blend again before pouring into a hotel pan over and ice bath. The mix will firm up quickly. When set, blend in vitamix until smooth. Put in squeeze bottle.

To Finish

Heat Water bath immersion circulator to 59 degrees Celsius. Place bagged lobster in to the bath when ready and set a timer for 14 minutes. While the lobster is cooking heat the sauce and finish with chopped parsley. In a hot pan, sear the confit fennel off.

To plate put a few dollops of warm sweet potato puree on the plate and add dots of mustard fluid gel. Put about a heaped tablespoon of fennel salad in the center of the plate then and lay the burnt oranges down around it. When the lobster is ready remove from the bag and cut the tail in half and arrange neatly on top of the fennel salad. Rest the seared confit fennel up against the lobster and finish it all with the hot sauce and some sweet potato chips.





CHEF JIMMY EVERETT

DRIFTWOOD

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A native of South Florida, Jimmy Everett began his culinary career young and humble. At 15, Everett became a busboy at the Atlantis Country Club in Lake Worth and eventually pestered his way into a job on the line. Inspired by teachers and a fellow busboy who went on to attend culinary school, Everett matured, and set out for New York, enrolling at the Culinary Institute of America.

During his studies, he interned at American Seasons on Nantucket, where he was first introduced to the world of fine dining. Upon graduation, Everett joined the team at Eleven Madison Park with Chef Daniel Humm, and after a year and half cooking in that rarefied gauntlet, he entered Wylie Dufresne's world of whimsy and experimentation at wd-50. In 2009, he was on the opening team of Michael White's Marea, where he worked closely with friend and mentor Jared Gadbaw and eventually rose to executive sous chef. Staying within the Altamarea global empire, Everett opened Al Molo Ristorante Italiano in Hong Kong as executive chef in 2011.

Following that experience Everett, traveled throughout the Americas, including the Caribbean, and opened a restaurant in California before returning to South Florida as chef de cuisine of Valentino Cucina Italiana, Everett is pushing boundaries in Fort Lauderdale. In March 2018 Everett alongside his business partner and wife, Ilia Gonzalez, opened the doors to his own restaurant, Driftwood in Boynton Beach.

KEY WEST SHRIMP AND GRITS

1 1/2 lbs Key West Pink Shrimp
(peeled and deveined)
2 cups Geechie Boy Mills white corn grits
10 cups Dakin Dairy milk
3 cups Dakin Dairy Aged White Cheddar,
(grated)
1 cup Pecorino Romano (grated)
1/2 lb Butter
1 cup Shrimp or Chicken Stock
4 oz Tempestaw Nduja
1 Lemon
4 Scallions

Grits

Bring milk to a simmer, whisk in grits. Cook on very low heat for about three hours. Make sure to stir and scrape the bottom every five to ten minutes. May need to add water if it gets too thick. After cooked, add butter but reserve 2 tbsps for the shrimp. Add cheddar and pecorino. Whisk well until cheese and butter is fully melted. Season to taste with salt.

Scallions

While grits are cooking, cut green tops of scallion and cook in a 400 degree (F) oven until charred through. Thinly slice the white part.



Shrimp

Once grits and scallions are ready, heat a large saute pan to medium/high heat. Season the shrimp with salt and slightly sear in cooking oil of your choice. Once lightly seared, but not cooked through, remove shrimp from pan and discard cooking oil. Deglaze pan with shrimp stock, add n'duma and remaining butter. Reduce until sauce thickens enough to coat the shrimp. Add shrimp back to the pan to finish cooking in the sauce. Finish with a squeeze of lemon juice.

Plating

Spoon grits in bowls, place shrimp on top and cover with sauce. Garnish with sliced and charred scallions.

Driftwood





CHEF DANIEL ROY

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Daniel Roy, former Sous Chef of Habitat by Jose Mendin at 1 Hotel, was appointed Executive Chef of Generator Hostel Miami Beach in June 2018.

Daniel began his career in fine dining at 3030 Ocean by Dean Max under Top Chef winner Jeremy Ford in 2012 as a line cook. After winning many awards as top seafood restaurant in South Florida. Daniel then went with Jeremy Ford to launch 15 steps at the Eden Roc Hotel Miami beach.

In 2014 the Edition Hotels brand opened its first property in the U.S. in Miami Beach. Here Daniel took on the role of Sous Chef at Matador Room by Chef Jean-Georges under the helm of Jeremy Ford. After many accolades at Matador Room Daniel took over The Market at Edition by Jean-Georges.

Feeling like he was ready to branch out on his own in 2016 Daniel accepted the role of Executive chef at Commonwealth Miami Beach where he received rave reviews about the food, but after a year there, felt the need to continue growing as a chef.

He then helped Jeremy Ford open his first restaurant, Stubborn Seed which garnered many awards including a 4-star review from the Miami Herald, as well as the Sun Sentinel while honing Daniel's skills in the kitchen at the same time.

CHARRED ROMANESCO

celery leaf pesto, harissa

Celery Leaf Pesto

1 cup packed celery leaves
½ cup flat-leaf parsley
¼ cup grated parmesan cheese
¼ cup toasted pepitas
2 tablespoon fresh lemon juice
1 teaspoon grated lemon zest
¼ cup olive oil
Kosher salt and cracked black pepper

In a food processor, combine celery leaves, parsley, Parmesan, pepitas, lemon juice and zest. Process until combined. With processor running, slowly pour oil through feed tube and process well combined, scraping down sides of bowl if necessary. Season to taste with salt and pepper and reserve.

Romanesco needs to be blanched. Use a pot big enough to fit the Romanesco. Bring water to a roaring boil. Put Romanesco in let cook 3-5 minutes or until a knife can pierce with little resistant. Then remove from pot dry and let it cool in the refrigerator.

Coat Romanesco in olive oil salt and cracked black pepper. Roast on a tray in oven at 350 for 10-12 minutes depending on size. While Romanesco is roasting, in a small sauce pot add ½ cup harissa warm up and add feta to taste warm through and reserve sauce. When Romanesco is done pull out and spoon over the top the celery leaf pesto for me the pesto makes the dish so apply as much as you need. Then zest a lemon over the top



Harissa

1 cup piquillo pepper (roasted red bell pepper works as well)
2 tablespoon chili sambal
2 Jalapeño peppers (skin only no seeds)
2 cloves garlic
1 tablespoon cumin ground
1 tablespoon coriander ground
2 tablespoon fresh lemon juice
1 tablespoon salt
½ cup grape seed oil

Puree everything in blender except the oil. When mixed well, slowly drizzle the oil in and season with salt.





CHEF CHRIS GARVIN
MEAT MARKET

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Florida local, Johnson and Wales culinary school graduate. Chef Chris Garvin has been motivated by experiencing and preparing cuisines from around the world. Keeping it creative with restaurant specials on a day to day basis at Meat Market Palm beach using the freshest local ingredients. Beginning his culinary career in 2006 while in his high school culinary program competing in state ProStart competitions. In 2009 he traveled to south Florida to attend the prestigious Johnson and Wales University in Miami, FL where he has spent years training under various chefs including Miami star Chef Sean Brasel of Meat Market, and Chef Pushkar Marathe of Stage in Palm beach gardens.

MEAT MARKET OCTOPUS

Octopus

1 each Spanish octopus whole
2 each large carrot
1 large white onion
4 pieces of celery
1 bunch parsley
1 bunch thyme
4 garlic cloves
1 dried chorizo(optional)
Salt to season

Rough chop carrot,celery,onion. Bring all ingredients into a large pot add water until four inches above the height of the vegetable and bring to a boil. Season water well with to taste. Once water is boiling add the octopus, reduce to low simmer and place colander or plate upside on top of the octopus to keep submerged. Octopus should cook at a very low simmer for 1.5-2hours depending on desired texture.

Grilled Potatoes

Wash 3-4 potatoes, drizzle with oil and sprinkle with salt and place in oven at 350 degrees for 50-60 minutes. Remove potatoes and let cool. Once cool slice 1/2 inch thick and season with salt pepper, olive oil. Potatoes can be browned in a pan or grilled for smoky flavor.




MEAT MARKET
PALM BEACH

Blistered Cherry Tomato Stew

2 pints of cherry tomatoes
2 Tbsp olive oil
1 Tbsp minced garlic
1Tbsp minced shallot(or white onion)
3 cups tomato juice
1/2 cup white wine
2 Tbsp sherry vinegar(or fresh lemon juice)
Salt and pepper to taste

Heat ,medium-large skillet to medium high heat. Add tomatoes and let blister for 2-3 minutes shaking every 45 seconds to move tomatoes. Turn off heat, add garlic shallots and thyme, shake, add olive oil, shake until the oil is dispersed and turn heat back on. Add white wine and reduced by half, add tomato juice and reduce by half again. Finish with vinegar, and season with salt and pepper to liking.

Cilantro Herb Aioli

4 each egg yolk
3 cloves garlic
2 bunches of cilantro washed top leafy part only rough chopped
1 bunch of scallions washed rough chopped
1 bunch of parsley washed top leafy part only rough chopped
20oz of vegetable oil
1/2 cup lemon juice
Salt and pepper
3-4 ice cubes

In a blender start with garlic and egg yolks and blend on low speed. Begin adding oil about 5-6 oz on low speed, then add all of the herbs and ice cube to retain color. Blend on medium to high until the herbs are ground and the mixture turns green. Turn blender to medium speed and begin adding rest of the oil if the sauce gets too thick add lemon juice or a little water until it begins to mix evenly again. Add remaining oil, lemon juice and season to liking.





CHEF CHRIS VALDES

COOKING WITH CHRIS

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A finalist on Season 14's Food Network Star, native Miamian Chef Chris Valdes has created a delectable and fun approach to the kitchen by fusing Caribbean flavors with modern influences to create thought provoking dishes that are easy to make. The Chef has a gifted palate and a unique ability to create amazing dishes.

His relentless drive to share his innovative recipes led Chef Chris to create his own platform on YouTube and star in his very own series, Cooking With Chris. The series will unveil the trailer for its 4th season the first week in June of this year.

Life wasn't always easy for the Miami self-made celebrity Chef. Growing up without his parents, who lost their home and family restaurant when he was only 6 years old, Valdes had a rocky start. However, his passion for the culinary arts, coupled with his enthusiasm and hard work over the years earned him a scholarship to attend the prestigious Le Cordon Bleu College of Culinary Arts. After graduation, Valdes decided to rule out law school and create his very own catering company Best Chefs Catering. And the rest is history. The young chef has accomplished feats that any successful seasoned chef would call impressive at his age. In addition to his successful YouTube Channel Cooking with Chris, he has been featured on the covers of several magazines, and in local newspapers in Miami and recently was a finalist on Food Network Star and Star Salvation. Chef Chris has also been chosen to participate as a featured chef in many of the local food festivals in the community including Carnival Miami's Cork and Fork, the Doral Food and Wine Festival, the First Annual Mango Festival and in several of the South Beach Food & Wine Festival VIP events. Most recently he was invited to participate in the upcoming New York Food & Wine Festival in October.

SUMMER CORN SALSA WITH PAN SEARED SALMON

One of my favorite recipes to share with my watchers. Not only is it perfect for summer time, but it is also quick and easy to make. The salsa had the perfect balance of acidity, sweetness, and crunch. Served with the Salmon, its the perfect combination.

Corn Salsa:

3 fresh Corn on the Cobb, corn Kernels removed from husk
1 small red onion, diced
1 jalapeño pepper, seeded and diced
1 small red pepper, seeded and diced
1/4 fresh chopped cilantro
2 limes, juiced
2 tbsps of fresh honey
Salt and Pepper to taste

In a bowl Combine all the ingredients. Should the corn salsa need more acidity add more lime juice. Should the salsa need more sweetness add more honey. The key is to have a balance between the acidity and sweetness. Using the corn raw will give you a delicious light sweetness and added crunch.

Pan Seared Salmon:

2 Fresh Salmon filets
Salt, Pepper, and Dill to taste
Olive Oil for drizzle

Season Salmon to taste.

Heat a medium non stick pan, drizzle with olive oil, and place the salmon skin side down. Cook for 3 minute or until skin is crisp and golden brown. This will give you a nice crisp to your salmon.

Flip the salmon filet and cook on the other side until fully cooked, about 4 minutes.

Serve with the Summer Corn Salsa and a Lemon Wedge





CHEF AARON DREILINGER

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Chef Aaron Dreilinger is partner and co-owner of Chef David Cuisine and Event Design, one of Miami's premier gastronomic event planning groups. Originally a student of sustainable agriculture, Chef Aaron became drawn to nutrition and the culinary arts at a young age. Aaron began his studies at Australia's Permaculture Research Institute, and later at the University of Maryland. His cuisine combines elements of American grass-roots ingredients, international influences, and old-world classical culinary tradition. Classically trained and a student of Johnson and Wales University, Chef Aaron draws from extensive travel in Southeast Asia, India, and Australia, while keeping strong ties with American Slow Food.

Highlights of Chef Aaron's career include Corporate Executive Chef of Celebrity Cruises, Sous Chef for Quattro Gastronomia, several Michelle Bernstein projects, and director of nonprofit Earth Learning Foundation's Community Food Works. Accolades include Slow Food's very own "Snail of Approval," a handful of Presidential dinners, and work with Food Network productions. Strong ties to South Florida's farm-to-table movement as well as Miami's fine dining scene, make for a uniquely delicious background. This year Chef Aaron sits on the board of Chefs Up Front as well as Miami Slow Foods.

POACHED QUAIL EGG WITH PHYLLO & SMOKY HOLLANDAISE

Perfectly poached quail eggs are a bit of an art. It's a simple dish that celebrates classic simple techniques with a twist. The eggs are served soft poached and room temperature with a warm, buttery, smoked sauce. A sweet nest of phyllo dough holds the eggs, and the rich sauce compliments fresh green poached vegetables. For Chefs Up Front this was prepared with poached asparagus, Hammock Greens' sorrel, spring peas, palm hearts, and sunflower dukkah. For a simpler version, try it with poached asparagus tips.

For the Eggs:

12 quail eggs

2 quarts water, simmering

Immerse quail eggs in simmering water for 2 minutes and 40 seconds. Remove from simmering water and place in an ice bath for one minute, then remove reserve at room temperature. This allows the outer whites to set. With a paring knife, gently remove the shell, using the ice bath to rinse any additional shell pieces. The egg should remain warm in the center.

For the Nest:

½ pound shredded "kataifi" phyllo dough

2 oz ginger

1 tsp cardamom

1 tsp fennel pollen

1 tbs cognac

2 tbs dark honey

In a small saucepan simmer ginger, honey, cognac, cardamom, and fennel pollen. Reduce to a thick syrup. In a muffin pan or non-stick surface, form kataifi dough into small nest shaped bundles. Drizzle syrup on the raw dough. Toast at 375 degrees for 6 minutes until golden brown.

For the Hollandaise:

12 Tbsp (1½ sticks) cultured butter

3 duck egg yolks

¼ tsp smoked Spanish paprika

½ tsp coarse mustard

½ tsp sherry vinegar

3 Tbsp fresh lemon juice, divided

sea salt and freshly ground black pepper

cherry wood chips and smoker

In a small saucepan over medium heat, heat butter until completely melted. Keep butter hot but not bubbling. In a blender, add egg yolks, paprika, ground mustard, vinegar and 1 tablespoon lemon juice; pulse 4 to 5 times to incorporate. Turn motor to medium-high power, remove fill cap from lid, and slowly drizzle in hot butter; this should take 50 to 60 seconds total. Continue blending until just emulsified; if mixture needs loosening, slowly whisk in remaining 2 tablespoons lemon juice until desired consistency is achieved. Season to taste with salt and pepper. Now add the smoke. Using a mini-smoker and hose, feed smoke into the blender. Carefully pulse, adding lemon juice if the mixture gets too tight or "broken".




HAMMOCK GREENS



CHEF PAUL NIEDERMANN
SALT7

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From Cooper City Florida

Graduated from Johnson & Whales, N. Miami

Winner of "Hell's Kitchen" - Season 9

Decided to sign up for "Hell's Kitchen" in honor of late mother

Got interested in culinary from father, Albert

Paul's Dad was Executive Chef for Hofstra University, Eden Rock in South Beach and other private restaurants. Runs in the family

Chef's that inspire Paul are- His Dad / Gordon Ramsey / Mario Batali
Inspiration comes from local ingredients and travels from across the country

JUMBO LUMP CRAB CAKE

Grain Mustard, Grapefruit, Basil & Fresno Chili

Crab Cake

½ lb Jumbo Lump Crab
½ lb Lump Crab
1 ea Red Bell Pepper Diced & Slightly sautéed
½ bu Parsley Chopped
1 sprig Tarragon Chopped
½ bu Chives chopped
1 oz Minced Shallot
½ oz Minced Garlic
¾ cup Mayo
½ cup Panko Bread Crumb
1 Tsp Old Bay
1/8 tsp Cayenne Pepper
to taste Salt & Black Pepper

Preheat oven to 350 degrees. In a large mixing bowl add all the ingredients, except the crab and panko. Gently fold in the crab, lump first then the jumbo lump. Add panko as needed to make a firm, yet moist cake. Mold into 4 cakes and place in refrigerator to firm up, about 15 mins. In a non stick pan add a little cooking oil and sear cakes until golden brown, flip cake and place in oven until warm through out, about 8 mins. Serve with aioli and top with salad.

Grain Mustard Aioli

½ cup Mayo
¼ cup Grain Mustard
1 ea lemon, juiced

Combine all ingredients in a small mixing bowl. Set aside for serving.



Salad

1 head Frisee Cleaned
1 ea Fresno Chili Sliced, No Seeds
1 ea Grapefruit Segmented
1 bu Basil Chopped
1 oz EVOO
to taste Salt & Pepper

Combine all ingredients in a small mixing bowl. Set aside for serving.





CHEF ANGELO ARBOLEDA

CALAVERAS CANTINA

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Chef Angelo from a young age always gravitated towards the kitchen where he grew an early passion for cooking. He has been perfecting his craft since the age of 17 when he enrolled in school and began his hands-on culinary career on Palm Beach Island as a line cook in 2009. He immersed himself in the field and became obsessed with mastering his skills.

Chef Angelo learned from some of the best local chefs at the hottest spots on Palm Beach Island: Cucina Dell'Arte under Chef Clayton Carnes; Café Boulud under Chef Jim Leiken; and Chez Jean-Pierre Bistro under Chef/Owner Jean Pierre Leverrier. During the same period, he earned his associate degree from Florida Culinary Institute in 2013. Additionally, about a year into his time at Cucina Dell'Arte, he picked up a second job when recruiters approached him about opening The Atlantic Ocean Club/Buddha Skybar under Executive Chef Jaime DeRosa. Later, as the sous-chef at Nick and Johnnie's in West Palm Beach, Angelo was responsible for creating daily specials, ordering all fish and produce, training kitchen staff, expediting food orders as well as handling large social events. Arboleda used these skills at his first management position opening The Woods Jupiter in the summer of 2015 as the sous-chef under Chef Carmine DiCandia before joining the team at Calaveras Cantina in 2018 as Executive Chef.

While Chef Angelo's expertise for creating delicious Mexican fare is evident, he also has a personal passion for making handmade Pasta Pomodoro and for baking artisanal breads. He also loves cooking fresh fish, and slow-roasting large primal cuts such as leg of lamb, whole poultry and pigs, and prime rib. Among the many projects the Calaveras Cantina team currently has in the works, Chef Angelo is working towards getting recognition from the James Beard Foundation, hopefully, a nomination and ultimately an award.

VEGETARIAN MUSHROOM BOLOGNESE

1 ½ LB cremini mushrooms (finely diced)
½ LB Spanish onion (finely minced)
½ LB Roma tomato (diced small)
¼ Cup Fresh garlic smashed (Pestle & Mortar preferably)
1 Cup quality Pinot Noir
1 Tbsp minced Thyme
1 Tbsp minced Rosemary
1 Tbsp minced Italian parsley
½ stick quality Butter (preferably “Presidente”)
1 LB favorite “quality dry pasta” (works well with “Vesuvio” or Pappardelle)
Salt, olive oil, freshly ground black pepper, red chili flakes, and a nice piece of Parmigiano, Pecorino, or Grana Padano will be necessary & should always be a part of your cooking “arsenal.”

In a Large pot bring 2 gallons of water to a boil, with enough salt to make it taste like the sea (about ¼ cup per gallon). Once at a rolling boil add your pasta, and cook for the recommended time, or until desired tenderness.

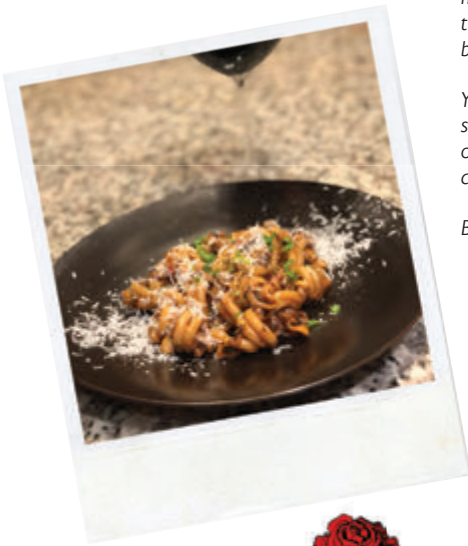
For the sauce, start a large sauté pan on medium high heat generously coated with olive oil. Add your mushrooms, once brown, stir and add your onions, garlic, tomatoes and herbs. When the vegetables start to lose moisture add your red wine and reduce by half.

Season the vegetable mixture using salt, pepper and red chili flakes to desired taste.

Your sauce is now ready! Add your pasta. On high heat stir until the sauce “tightens” around the pasta, turn the heat off, and finish with butter and finely zested cheese of choice.

Your dish is finally ready to be plated, grab four shallow bowls and equally place ¼ of the pasta onto each plate, garnish with more finely grated cheese and finely chopped parsley.

Bon Appetit!



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John is our resident cocktail nerd, and natural-born story teller. His respected position in the craft spirits industry is built upon years of managing high-end bars, mentoring young bar professionals, training bar staffs, and crafting some of the finest cocktail menus in Florida. He can rattle off 10 little-known facts about any spirit, make you the tastiest cocktail you've had this month and then show you how to do it yourself at home.





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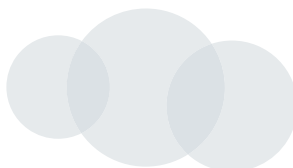
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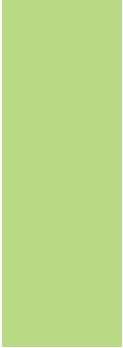
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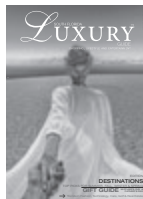
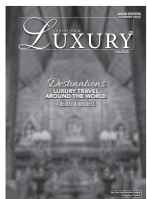
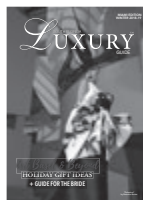
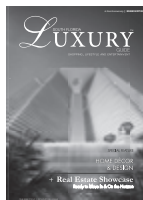
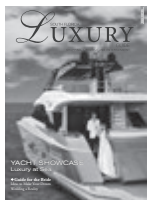
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Bon Appétit!

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Lynne Kunins established FLIPANY as a 501c (3) non-profit organization in 2005. She saw first-hand, the ill effects a lack of access to nutrition and physical education had on children living in low-income communities. Almost 15 years later, FLIPANY is now reaching 6,500 children each day, and serving over 400 South Florida after-school sites and community partners.

"FLIPANY's work is not done until everyone has the opportunity to live a healthy life." -Lynne Kunins, President/CEO, Founder



"Chefs Up Front is the BEST event in South Florida! This is my 5th year participating and look forward to it every year; I love that it benefits FLIPANY and their mission and that every year they bring A++ chefs to entertain and give us the most amazing dining experience."

-Steve Holman, Holman Automotive

"I LOVE FLIPANY and hope that they can continue to raise funds through this incredible event so that we see more young people live happy and healthier lives. Chefs Up Front brings a collective group of people together; between the chefs, staff, guests, volunteers... it's magic that evening! The experience and dinner are exceptional for an extraordinary cause."

-Dr. Alice Levy

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