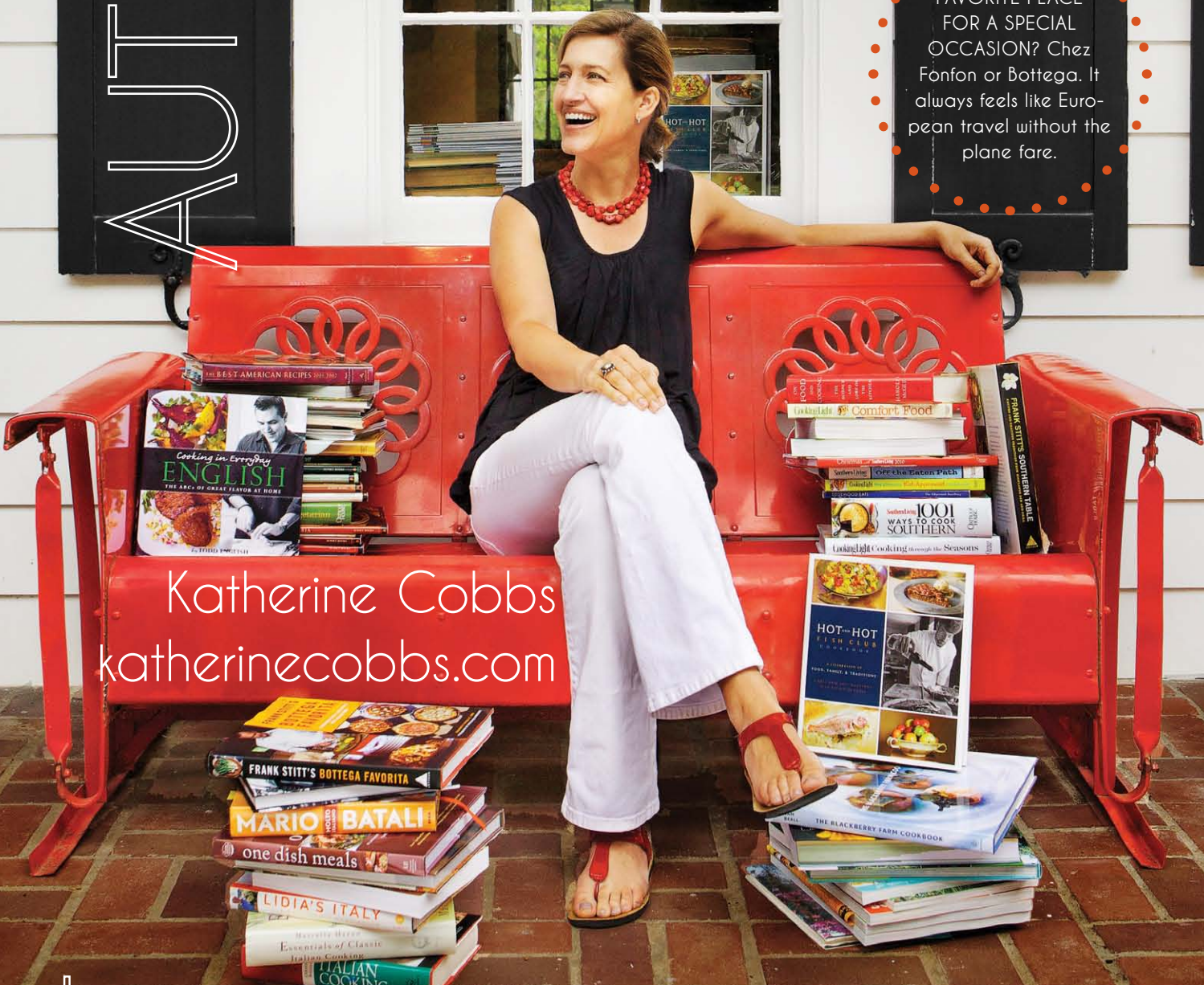


the AUTHOR



FAVORITE PLACE FOR A SPECIAL OCCASION? Chez Fonfon or Bottega. It always feels like European travel without the plane fare.

Katherine Cobbs
katherinecobbs.com

If you're the proud owner of a cookbook featuring a local chef, chances are you've read Katherine Cobbs' work. She's worked with local stars like Frank Stitt (*Southern Table* and *Bottega Favorita*) and Chris Hastings (*The Hot and Hot Fish Club Cookbook*) on their monographs, as well as with Oxmoor House on books put out by Southern Progress titles such as *Southern Living*, *Cooking Light*, and *Coastal Living*. But this food writer's skills are not limited to her keyboard; she also tests and develops recipes. Up next for Katherine: launching a web site and app called CookFit that focuses on everyday cooking with optimal ingredients for health and fitness.

Q. Pre- and post-workout meal? Before I head to **CrossFit** in the a.m., I eat a spoonful of almond butter slathered on a slice of apple. When I get home I scramble two eggs and fold in a fistful of boxed **Super Greens** (a salad blend) with lots of **Frank's Red Hot Sauce** on top.

Q. What's the most underrated dish in Birmingham? People will laugh or cringe, but **Gilchrist** aspic. Each bite has to have a swipe of mayo on it to be really exceptional.

Q. What single ingredient could you not live without? Who does the most creative dishes with it in town? Conecuh County Sausage. I dice it, brown it, and add it to eggs; slice it into a soup with kale and tomatoes; or just grill it to serve with a big salad. It adds uncommon FLAVOR! **Chris Hastings** turned me onto it. He uses it in a chicken gumbo that will knock your socks off.

Q. Most exciting food trend? The taqueria. I love all the new spins on the classic taco.

Q. What's your favorite new twist on a classic southern dish? I'm a pickle lover. Pickling harkens back to a time when Southerners preserved out of necessity, but it's become an art form. So many cooks are pickling uncommon things now. Chef Chris Newsome at **Ollie Irene** skins and pickles plump cherry tomatoes that are a burst of sweet acidity in your mouth. He also takes seedless red grapes and pickles them with warm spices such as cinnamon, clove, and ginger.

Q. You haven't been to the grocery store, and your family is starving. What's for dinner?

I make a "Cobbs" salad using everything we've got—from greens and herbs to crisper vegetables and jarred items like roasted bell peppers and olives. If there's leftover meat from a previous meal, I'll slice and add it. Or, I'll hard-boil some eggs for protein.

Q. What single kitchen tool could you not live without? Microplane grater (microplane.com), I mince garlic, zest citrus, grate ginger root, nutmeg, and Parmesan.

resources: **CHEZ FONFON, BOTTEGA, SOUTHERN TABLE & BOTTEGA FAVORITA** highlandsbarandgrill.com **HOT AND HOT FISH CLUB RESTAURANT & COOKBOOK** hotandhotfishclub.com **CROSSFIT** crossfitbirmingham.com • 205.991.1909 **GILCHRIST DRUG CO.** 205.871.2181 **CONECUH COUNTY SAUSAGE** conecuh sausage.com • 800.726.0507 **OLLIE IRENE** ollieirene.com • 205.769.6034 **FRANK'S RED HOT SAUCE:** franksredhot.com

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