

Meet Michelin Star Chef Cristina Bowerman

By Jill Weinlein

Born in Rome, Cristina Bowerman is as much a scientist as an Executive Michelin-star chef. After studying Foreign Languages, being a graphic designer and graduating from Law School, she practiced law for two years before enrolling and graduating from the Culinary Arts at the University of Austin, Texas, from the program of the Parisian school, Cordon Bleu.



In 2006, she started cooking at the esteemed Glass Hostaria. Four years later she was the only woman to receive a Michelin star that year. Bowerman has changed the gastronomical landscape with her molecular approach to food preparation.

Recently Chef Bowerman partnered with Andre Marotti, President of Crateful, to prepare the healthy fine dining recipes for an innovative meal delivery service brought to your door step in Los Angeles.

I had the opportunity to meet Marotti, Bowerman and others on the Crateful team, at a preview tasting of Crateful's organic cuisine. Here's what I learned about Crateful and this esteemed chef:

1. Chef Bowerman lives part-time in Rome and Austin, Texas. When in the states, she only shops for organic ingredients. Her go-to store is Whole Foods.
2. "Healthy dishes don't mean you starve yourself or eat tasteless food," said Chef Bowerman. Her dishes are a balance of culinary tradition with farm-grown ingredients in a cross-cultural fusion. She works with celebrity nutritionist Alyse Levine MS, R.D., founder of

Eating Reset, on each recipe to ensure that each meal is healthy, well-balanced and delicious.

3. Bowerman introduced her Chef de Cuisine Salvatore Sodano from Naples, Italy, who helps prepare the dishes when she travels to Rome and Texas. Sodano is from Nikita in Malibu, California. Andre Marotti dined there often and became friends with the chef. When Marotti was ready to start Crateful, he wanted Bowerman and Sodano on his team. "He is great to work with," said Bowerman.

4. Salvatore Sodano's mother and father were chefs. He knew at the age of 11 that he would become a professional chef. After graduating from university, he moved to Rome and worked in a Michelin-star restaurant. Next he moved to London and had the "best experience of his life." Sodano enjoys working with the Crateful team.

5. One of Bowerman's favorite dishes is wild trout with fresh herbs. "My grandfather loved to fish for trout," said Bowerman. "Trout is a healthier fish than farmed salmon." Her dish had the same color as salmon. "It's the natural color of the fish, while salmon often has additives added to their pellets," said Bowerman.

6. Other samples dishes included zucchini spaghetti with lemon dressing; chicken scalloppini with white wine, capers and sage; and roasted red beets with orange slices, pistachio and olives.

7. Bowerman makes a healthier ancient grain risotto with farro. It offers the same comforting feeling as the fat-laden Mac-n-cheese, yet the sauce is made with broccoli, spinach and zucchini with Parmesan cheese. "Parmesan is a dry-aged cheese and lactose-free," said Bowerman. Sodano made the verde sauce.

8. The three-meals-per-day costs range from \$63-\$67 per day for a five-day subscription or \$47-\$53 for a 20-day subscription.

9. Crateful offers four meal programs: Chef (Crateful's core menu), Fitness (High-performance meals), Vegetarian (dishes paired with ancient grains, cheeses, eggs and vegetables) and Pescatarian (Omega-high seafood with grains and vegetables).

10. Delivery of Crateful is free and occurs overnight to Los Angeles, Beverly Hills, Santa Monica, Culver City, Manhattan Beach, Burbank and Pasadena. www.crateful.la.



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TUESDAY OCTOBER 27TH

- WILD TROUT WITH FRESH HERBS
- ZUCCHINI SPAGHETTI WITH LEMON DRESSING
- RISOTTO WITH KONJAC RICE, ROASTED TOMATOES AND BAKED RICOTTA CH
- ROASTED PEACH, SEED AND LETTUCE SALAD
- CHICKEN SCRLOPPINI STYLE WITH WINE, CAPERS, SAGE
- MIXED GRAIN RISOTTO
- FARRO SPAGHETTI WITH HERB PESTO, ALMONDS, SUN-DRIED TOMATOES AND CALAMARI
- SOBA NOODLES WITH VEGGIES
- ROASTED RED BEET, ORANGE, PISTACHIO AND OLIVE SALAD WITH WATERCRESS

BERRY GELATINE
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