

Chef Laura Slama Biography

In 2001 Laura Slama took a leap of faith, determined to follow a burning passion. She left the comfort of her lucrative job in high-tech sales and set her sights on a dream she had been harboring for nearly 20 years. She enrolled at the Le Cordon Bleu College of Culinary Arts, Scottsdale Campus – formerly the Scottsdale Culinary Institute – with an open mind and driving ambition, and the rest is history.

Following her graduation with high honors, Chef Laura launched Celebrated Cuisine in 2002, which began modestly, providing private chef services for small gatherings and culinary education to home cooks of all levels and ages. Today, with an intense focus on technique, flavor combinations, palate balance and presentation, Celebrated Cuisine has grown to provide high end culinary services for corporations, private parties and higher education. In addition to superlative cuisine, Celebrated Cuisine provides unparalleled hospitality to each client, with the intention of anticipating needs and exceeding expectations. The unofficial motto for Celebrated Cuisine is “to strive for perfection, settle only for excellence.”

In 2004, Chef Laura introduced Laura’s Gourmet Granola to retailers upon requests from family and friends. Today, the four granola flavors - Vanilla Almond, Pumpkin Pecan, Honey Roasted Peanut and AppleLicious Crunch - are sold in upscale purveyors throughout Arizona, California and Texas, as well as shipped nationwide. Distribution continues to grow each year in conjunction with overall revenues.

The energetic chef also leads several culinary courses at her kitchen, Celebrated Cuisine, as well as other commercial locations, including SubZero Wolf Southwest, where Chef Laura is the affiliated chef. When she’s not cooking, teaching or coordinating granola distribution, Chef Laura can be found on ABC 15’s Sonoran Living and NBC’s the Valley Dish, demonstrating techniques and recipes, and demystifying gourmet cuisine.

Prior to her culinary beginnings she graduated from the University of Pennsylvania with a Bachelor’s in Political Science and French. Chef Laura resides in Arizona with her two daughters.

ARIZONA LIVING FOOD & DRINK

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THE ARIZONA REPUBLIC FOOD.AZCENTRAL.COM

SECTION 8D

Mustard cuts it as a sassy pick-me-up in global variety of dishes

By **Kevin Forman**
THE ARIZONA REPUBLIC

Mustard is as much more than a condiment as a hot dog. This ancient condiment adds a pungent bite to steaks, chicken, roasted vegetables, fish, pork and beef. Added to marinades and salad dressings, mustard doubles as an emulsifier, preventing oil and vinegar from separating.

"Mustard's both a wonderful condiment and ingredient. It's convenient and, with very little work, picks up to many different foods," said Louis Stama, chef-owner of Colorado Cuisine, a Denver catering company.

"If you love the flavor, why

MUSTARD 3 WAYS

Mustard 3 Ways

Today's abundant inventory of mustards — including Asian, horseradish, chipotle garlic, spicy, honey and non-dried mustard — means the condiment goes versatile than ever.

American-style mustard, made from the less pungent white seeds and flavored with sugar, vinegar and turmeric, is one of the mildest. European and Chinese mustards typically are made from brown seeds and have more punch. The French are famous for Dijon-style mustard, a tangy variety made with brown or black seeds. German-style mustards range from spicy and

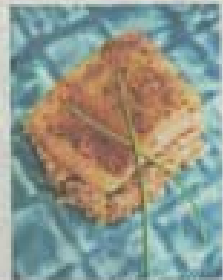
hot to sweet and mild.

"Mustard flavors travel the globe," Stama said. "You can make a dish Italian or Chinese depending on the type of mustard you use."

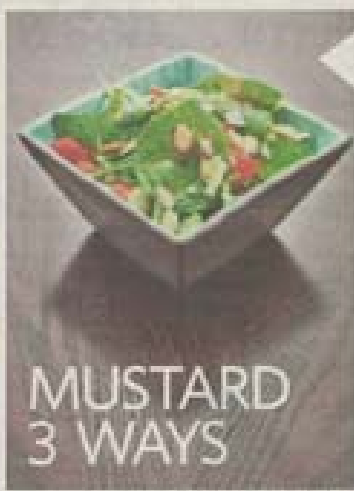
On page 100, find three recipes that explore different sides of this condiment.

Stronger, grained mustards work best with hearty meats, while delicate, champagne-flavored mustards are well-suited for poultry and seafood.

Store-bought prepared mustard will not spoil but does lose flavor and fix so it ages. A rule of thumb is to use unopened mustard within a year. Opened mustard keeps about a month at room temperature and a year in the refrigerator.



GRILLED SALMON
The mustard recipe is on page 100. The salmon recipe is on page 100.



MUSTARD 3 WAYS

Chicken with Brandy Dijonnaise

Chef Louis Stama

4 chicken breasts (12 oz each)
1/2 cup brandy
1/2 cup Dijon mustard
1/2 cup white wine
1/2 cup butter
1/2 cup heavy cream
2 to 4 tablespoons Dijon mustard
Butter salt and white pepper
Parsley for garnish

Drizzle chicken in a mixture of flour, salt and white pepper. Heat some oil over medium to medium-high heat. Add butter and heat until almost smoking. Place chicken in pan, presentation side down, and sear 1 to 4 minutes or until chicken turns golden brown. Turn and sear another 1 to 4 minutes. Reduce heat to

medium-low, cover and cook 5 more minutes or until chicken is no longer pink inside. Remove from heat and drain on towel.

Remove pan from heat and drain fat, then add brandy. Return pan to burner and flambé to smoky. Reduce heat to medium and deglaze with a spoon. Add heavy cream and reduce by half. Add mustard and white to combine. Season sauce to taste with butter salt and white pepper. Remove chicken to plate to rest, or place on plate and drizzle with sauce. Garnish with parsley and serve.

Makes 4 servings.

Combine vinegar and white mustard, and stir in

enough dressing to lightly coat. Drizzle evenly on four salad plates, and garnish with almonds.

Makes 4 servings.



Grilled Salmon with Stone-Ground-Mustard and Honey Glaze

Chef Louis Stama

1 clove garlic, minced
Olive oil as needed
2 tablespoons stone-ground mustard
2 tablespoons honey
1/2 tablespoon brown sugar
White 1/2 mustard
1/2 pounds salmon filets, skin on
Sea salt
1/2 cup scallions, chopped

Preheat oven to 450 degrees. In a small saucepan, sauté garlic in a little olive oil until fragrant, about 1 minute. Add mustard,

honey and brown sugar. Whisk to combine. If too thick, add a little water to thin slightly. Adjust seasonings to taste.

Place salmon on parchment-lined sheet tray, brush lightly with a little olive oil and dust with sea salt. Roast in oven about 20 minutes or until medium rare. Remove. Pour glaze over salmon, garnish with scallions and serve immediately.

Makes 4 servings.



e-News

Chef-made granola company launches website, opens for e-commerce

09.03.2010

PHOENIX-Laura's Gourmet Granola, a chef-created, artisan granola company based in Arizona, launched its new website, www.laurasgourmet.com. The website's e-commerce capability marks a significant step in the company's growth, by streamlining orders and making the four widely popular hand-crafted granola varieties available nationwide.

The site, which blends granola recipes, nutrition information, a newsroom and an online store supports the company's goal for national distribution. Created by Chef Laura Slama in 2004, Laura's Gourmet Granola-with a flavor line-up of Vanilla Almond Crunch, Pumpkin Pecan Crunch, Honey Roasted Peanut Crunch and AppleLicious Crunch-was quick to gain West Coast recognition and is now prepared to take the brand worldwide.

laura's gourmet granola
which flavor are you?™

"A primary goal of www.laurasgourmet.com is to bolster our work in building brand recognition and consumer demand throughout the nation, which is particularly significant to our wholesale and foodservice buyers," Slama said. "This site is also a hub for sharing company news, and a place for Laura's Gourmet Granola disciples to learn, give and share recipe ideas, and watch for new releases." Since Slama began selling the granola in 2004, distribution has expanded to specialty retail stores throughout the southwestern U.S. and shipment has increased to various markets across the nation.

GLAMOUR

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Breakfast at Your Desk: Pumpkin Pecan Granola

Good morning! Doesn't a bowl of crunchy pumpkin pecan granola sound nice on an almost-fall September morning? I recently tried a bag of some really delicious granola, and I wanted to tell you about it ...



I recently tried a sample of *Laura's Gourmet Granola*. I'm a huge pumpkin fan, and I loved the Pumpkin Pecan flavor, which had a great spicy fall flavor. Laura's granola is made by a chef (her name is Laura Slama) with all-natural ingredients--nothing weird or artificial. Definitely worth trying if you can find a store near you that sells the granola--available at some Whole Foods stores, and beyond. You can also buy it online, [here](#).

Only gripes: Wished the ingredients made use of more organics and oddly, there's nothing "pumpkin" on the ingredient label. But, the spicy flavor was so good--it fooled me into thinking that my favorite squash made an appearance! I definitely detected cinnamon, allspice and ginger--yum!

Enjoy!

P.S. Looking for more healthy breakfast ideas? [Check here](#) for some great options.

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Chef Laura Slama believes a good granola should be healthy without compromising taste, crunchy without tearing up the mouth, sweet without being cloying, and chewy without hurting the teeth. Each 16-ounce bag of Laura's Gourmet Granola is all-natural, trans-fat free, and handmade and hand-packaged in Tempe, Arizona. Flavors include Vanilla Almond Crunch, Pumpkin Pecan Crunch, Honey Roasted Peanut Crunch, and AppleLicious Crunch.

www.laurasgourmet.com