

# COOKING WITH Parind Vora

By Tenniel Tatsch Photography by Russell Barnert

You know you've had a successful cooking class when twenty minutes after the class is over, every participant is still eagerly taking notes and asking questions. With special guest Chef Parind Vora (of Restaurant Jezebel in Ruidoso, NM) on hand for Sabroso's second cooking class of the year, the night was anything but dull. His food demonstration, and knowledge was – to say the least – amazing.

Chef Vora started out with a story that would make anyone question why you do some things in the kitchen. Chef Vora said he once met a woman who, when preparing a roast, would cut off the ends before she cooked it. He asked her why she did such a thing and she said because her mother did it. He met the mother at another event, and couldn't wait to ask her why she cut the ends off of her roast. When posed the same query, the mother replied, "Because my mom did it." When he finally got to meet her mother, he of course asked the famous question: "Why do you cut the ends off of your roast?" Her response was, "Because I have a small pan and the full size roast won't fit."

Born in Mumbai (Bombay), India, Chef Vora and his family emigrated to the U.S. in 1976, and he has been working in the restaurant industry since the age of sixteen. Food has been one of his passions from the beginning, but he took a little detour and attended St. Matthews University School of Medicine. Chef Vora was in the top 15% of his class, but couldn't get his mind off cooking. Realizing that the kitchen was where he belonged, he left medical school, but not without some great knowledge that has helped him in the culinary industry, and made him a superb cooking instructor. He has cooked in many countries including Italy, Switzerland, Austria, and Germany as well as the Caribbean. Chef Vora feels that his cooking is based upon classic European training, freshened up with influential flavor from his travels. The result is "Modern American" cooking, featuring steaks, fresh seafood and luxury items like truffles, Maine lobster and foie gras. At the class, I asked Parind what three things he would like his students to take away from the class. He said:

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Dark French Chocolate and Dried Spice Crusted Atlantic Salmon

Cooking doesn't have to be difficult; it just takes a little bit of basic knowledge.

When you cook yourself, you are in control of what goes in your food, and what doesn't.

Always use the freshest products, and buy organic products whenever possible. When you start with the best ingredients, only then is it possible to produce the best results.

"My mother has had the most influence on my cooking," Parind said of his love for food. "She taught me that you must have balance in your food. Whether you like food that is spicy, or food with less of a kick, the same rules apply. All the components that go into a dish should be in harmony; they should be balanced."

Chef Vora uses these rules on a daily basis at Restaurant Jezebel. Only the best quality ingredients are used to produce fabulous dishes. Everything on the menu is made from scratch, and is made specifically for the guest, meaning if you order wine, when your food order goes into Chef Vora, he looks at what you are drinking. He will then match the food to your wine, so they compliment each other. From his finely trained staff overseen by his fiancé and business partner/General Manager Debora Santos, to the quality of the food, an evening at this restaurant is a true epicurean delight. We were honored Chef Vora passed on some of that in this class.

*Subroso! Cooking Classes are held four times a year. The next cooking class is scheduled for the beginning of June. For more information on upcoming classes please contact: Tenniel Tatsch, Assistant Editor, at 505-525-7034*



Warm Salad of Andouille Sausage in Curry Sauce

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