

[health | fitness | diet | life]

AUSTIN FIT

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[the dining issue]

Austin's Top Restaurateurs

including
Tyson Cole
 of **Uchi**
 and more of
 our favorites

**Healthy
 Fast Food?**
 It's possible
 with our tips

**Blue Dahlia
 Bistro**
 east side's
 new lunch
 hot spot

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tyson cole uchi chef

Q: What made you want to become a chef? I got a part-time job at a Japanese restaurant in college and fell in love with the food, particularly the sushi. I demanded they let me try to make it... and the rest is history!

Q: What makes the food at Uchi unique? The original idea of Uchi was to make sushi and Japanese food more accessible to Americans. We accomplish this by creating new and innovative dishes that combine traditional Japanese techniques and ingredients with items that are more familiar to the average palate.

Q: What are your favorite dishes at Uchi? I'm partial to the sea bream carpaccio and the brown butter sorbet.

Q: Any words of advice for people who think they might like to cook professionally? Skip culinary school and just get a job at a restaurant doing whatever they need. It will give you a better idea if that's what you really want to do. It's not as glamorous as the media portrays it.

Q: Who is your favorite chef on the Food Network? Mario Batali, hands down. His food is so simple and delectable. No one on that network makes food as good as he does.

Q: What is your favorite ingredient to cook with? Vinegar. There are many different kinds, each add crispness and clean taste that cooks underestimate.

