

BY MICHELLE GLICKSMAN !  
PHOTOS BY JAMES PATRICK !

# *Fit in the Kitchen*

On any given day, you'll find these three chefs in the kitchen, preparing meals at some of Scottsdale's top restaurants. We know, you're wondering how they stay in such top shape when they spend so many hours around food. Don't worry—we asked! And ladies... yes, they are all single and looking (hot men who can cook!)—and so we got them to share what type of woman they're looking for. Read on for the low-down on their careers, staying fit, what they'd do if they weren't a chef, and more.





## **Stephen Stromberg, 38**

Executive chef, Sapporo  
Scottsdale

### **PREVIOUS NOTABLE JOBS OR AWARDS:**

Named to an executive chef position at just 23 while living Boulder, Colo.

### **I BECAME A CHEF BECAUSE: I**

love the creative/experimentation side of cooking and creating dishes. Asian cuisine is a perfect avenue for this artistic platform, and is so diverse and endless in possibilities.

### **MY COOKING SPECIALTY**

**IS:** Anything flavor-inspired! Sauces and seasonings are a focus for me, so anything full of flavor is what I aspire to create!

### **MY FAVORITE GO-TO MEAL WHEN**

**I'M EATING IS:** I'm always happy with a meal containing pasta or risotto (with vegetables!). I love cooking and enjoy dishes made with either, and as with the great variety of rices, pastas can take on any combination of flavors, sauces, vegetables and proteins. You can add so many things, or very little at all, and still have a complete, well-balanced meal.

### **THE ONE FOOD I'D NEVER EAT IS:**

I'll eat/try anything, as long as it's in moderation.

### **I WATCH MY WEIGHT BY:**

Daily triathlon training (swim/bike/run) and a diet primarily made up of fruit and vegetables.

### **I STAY FIT BY:**

Training/racing triathlons... and running around the kitchen!

### **TO CATCH MY EYE A GIRL HAS TO:**

Enjoy the outdoors, and staying active.

### **IF I WASN'T A CHEF I'D BE:**

A professional triathlete, or a racecar driver!