

edible

SOUTH FLORIDA

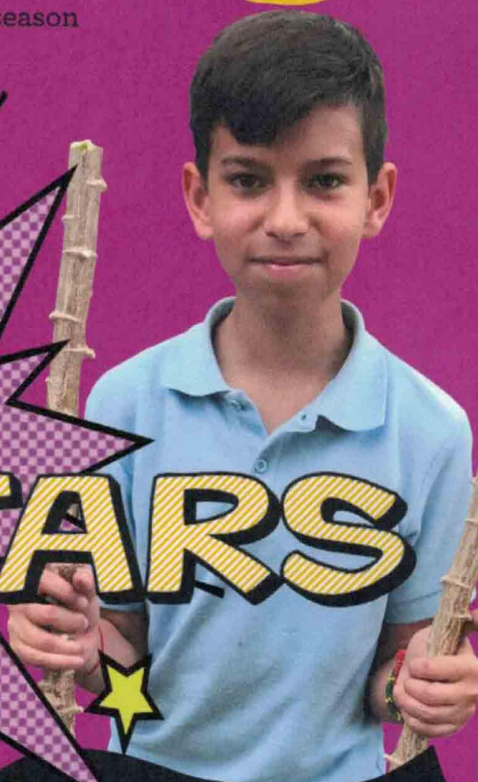
Exploring our foods, our stories, our community by season



THE ENTREPRENEUR



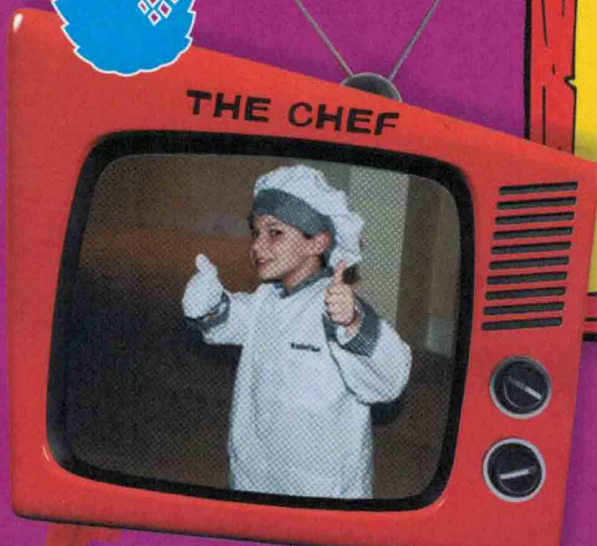
YOUNG SUPERSTARS



THE YUCA KING



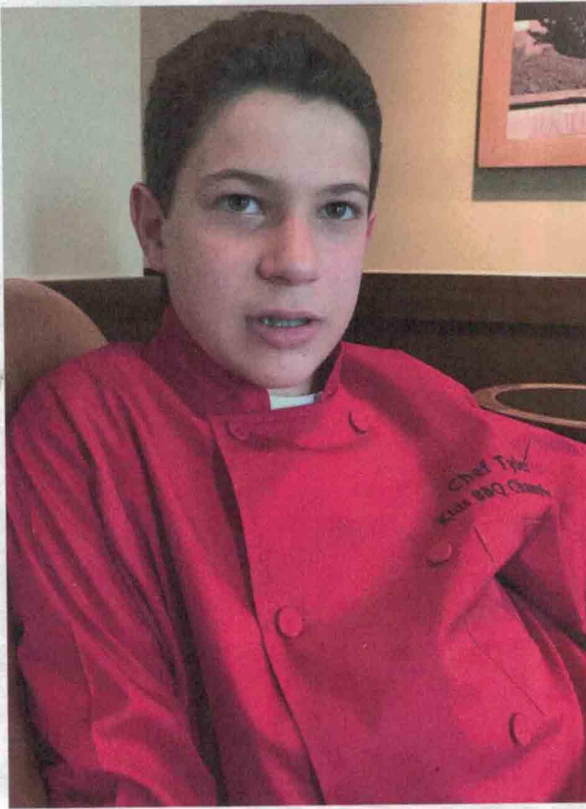
THE CHEF



THE ARTISTS

THE BEEKEEPER





THE KID'S CHEF TYLER ZAGER

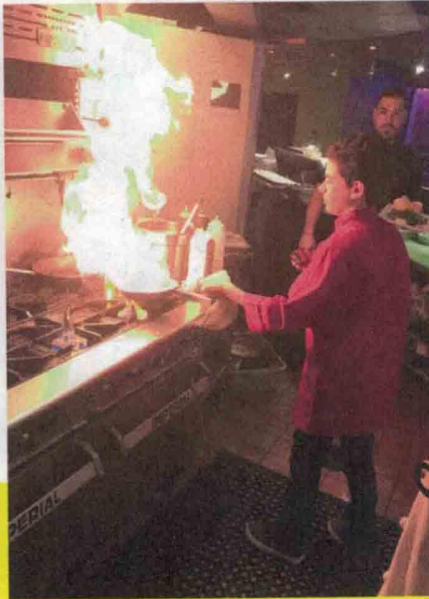
When Kitchen 305 at the Newport Beachside Hotel & Resort wanted to upgrade its kids' menu, they turned to 13-year-old Tyler Zager of Weston. The winner of Food Network's "Kids BBQ Championship" came up with playful twists on kids' greatest hits - bacon-wrapped hot dogs on pretzel buns, Cap'n Crunch-coated fried chicken and waffles, boneless wings with Tyler's Secret BBQ Sauce, sweet potato fries with marshmallow dipping sauce. The menu, which debuted in May, is a hit. "We catch parents stealing bites from their child's plate," says resort owner Steven Hurowitz.

Tyler is a focused young man who nods thoughtfully while remembering the meetings with the restaurant team. "We tested recipes and did a lot of planning" to come up with the menu, he recalls. Even at his young age, he's already logged plenty of time in the kitchen, cooking with his grandmother and following his mother around the kitchen when he was young. "In our house, it has always been important to me to have my entire family sit down and eat dinner together," says his mother, Lainie Zager. "Tyler soon began to help me cook the nightly meals." He eventually took over in the kitchen and began to prepare all the family meals by himself.

The youngest of three boys, Tyler took lessons at a local kids' culinary school and Publix Aprons and did bake sales for No Kid Hungry at farmers markets in Plantation and Tamarac. "He's the real deal, very inquisitive," says Gary Kareff of Farmers Market Honey, who convinced him to use avocado honey in his barbecue sauce recipe because it was thicker and tasted like molasses. "He's very professional, talks to customers," adds market co-founder Jerry Kugel. "I love to listen to him."

Tyler says he planted a backyard garden this past season, growing cucumbers, tomatoes, basil, parsley, carrots, peppers, rosemary, green beans and kale. "Next year, Brussels sprouts," he says. And he offered up a word to kids who don't know how to cook: "There's nothing to be scared about. Start helping your mom. It's a fun thing to do. Start with mac and cheese." With that parting advice, Tyler joined his mother and brother to get back home and pack for summer camp.

TRY IT: Catch Tyler's kids' menu at the Kitchen 305 at the Newport Beachside Hotel & Resort in Sunny Isles Beach (newportbeachsideresort.com/kitchen-305.shtml). He also sells baked goods to raise money for No Kid Hungry twice a year at the Plantation Farmers Market and the Tamarac Farmers Market (see page 40).



TYLER ZAGER'S BBQ CHICKEN SAUCE

- 1¼ cups dark brown sugar
- 1¼ cups ketchup
- ½ cup red wine vinegar
- ½ cup avocado honey
- 2 tablespoons Worcestershire sauce
- 2½ teaspoons ground mustard
- 2 teaspoons paprika
- ½ teaspoons coriander
- ¼ cup water
- Dash hot sauce
- 1½ teaspoons kosher salt
- 1 teaspoon fresh black pepper

Combine all ingredients in a large bowl. Mix until well blended. Baste onto chicken every time flipped. Serve with spoonful of sauce on top.

