



Globetrotter. Chef Deborah Lindsay, pictured with a student, has worked in Africa, Asia and Latin America. Maria Sonnenberg, for FLORIDA TODAY

Capital Culinary Institute of Keiser University

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Of note: You don't have to aspire to go professional to enjoy the culinary offerings at Keiser, for the university has plenty of continuing education classes for home cooks who just want to hone their skills in the kitchen.

January 3, 2008

Taste of the Coast: Chef brings world of experience to Keiser classroom

*BY MARIA SONNENBERG
FLORIDA TODAY*

Globetrotting Chef Deborah Lindsay brings a world of knowledge to her job as instructor at Keiser University's Capital Culinary Institute in Melbourne. Here's her story:

Tell me about yourself and your culinary background.

I enjoyed almost 25 years of domestic and overseas work in international development management -- I have a business degree -- which took me to Africa, Asia and Latin America for short- and long-term assignments.

Everywhere I went, I collected cookbooks and food memories.

During that time, I also worked in several restaurants in Washington, D.C.

When my husband retired, I wanted a more flexible work life and decided to turn my lifelong culinary hobby into a profession. I graduated from the Culinary Institute of America in 2002 and came back to Brevard County.

Before landing at Keiser, I worked at Little Palm Island in the Florida Keys, the Green Turtle Market in Indian Harbour Beach, as well as at Matt's Tropical Grill. My expertise and main interest is in Asian cuisines, but I also love to bake.

What classes have you taught?

So far, 12 of the 15 offered at Keiser: Sanitation, Intro to Baking, Advanced Pastry and Desserts, Food Service Supervision, Storeroom Operations, Stocks and Sauces, Essentials of Dining, Nutrition, American Regional, International Cuisine, Classical French and Garde Manger.

In your opinion, what challenges do new culinary school graduates face?

While there are lots of good restaurants in Brevard County, many local students may have to pursue opportunities in larger cities offering more diverse opportunities.

Additionally, we often have to ensure that students are aware of the realities of a culinary arts career versus what they may have seen on some of the popular cooking channels.

What's your signature dish?

My Indian dinners are popular. Most people don't realize that authentic curries don't taste of curry powder.

Where does the chef like to go out to eat?

I liked Matt's Tropical Grill. Full disclosure: Matt's my stepson, and I worked for him before culinary school and again before he closed. But more recently, we go to Haru Beachside.

What's your typical at-home meal?

We like lighter fare, and my husband loves to grill, so we often collaborate. He does the protein and I fit the sides around it. We have a pantry full of rubs and Asian seasonings, and the fridge is stocked with veggies, so there is lots of inspiration.

What couldn't you do without in your kitchen?

Sharp knives and heavy pots.

Favorite beverage?

Dry wine -- red, white or rose, sparkling or still.

Favorite dessert?

Chocolate mousse.

Famous guests you would invite to dinner?

Julia Child and MFK Fisher.

Best restaurant in the world?

The French Laundry in Yountville, Calif. Some day I'd like to eat there.