

FOODSERVICE EAST PRESENTS

SECRETS OF **SUCCESS**

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An ongoing series of interviews with chefs, restaurateurs and foodservice operators, Secrets of Success looks at the paths taken to professional recognition and acclaim.



Jennifer Normant

Executive Chef, Kings Lynnfield, Lynnfield, MA
By Foodservice East

Jennifer Normant got her culinary education in MA, stood up to Chef Gordon Ramsey on “Hell’s Kitchen,” and has been called “a badass in the kitchen!” Commenting on the MarketStreet site in suburban Lynnfield, MA, she calls it a “perfect fit” and notes “our menu is fit for a King”- pun intended; we’re anything but ‘bowling-alley food’ with everything being made in house and from scratch daily and making sure that each and every plate has a ‘wow-factor’. I can’t wait to lead our team in Lynnfield and start turning heads in the North Shore.”

FOODSERVICE EAST SECRETS OF SUCCESS

FSE: What led you into the culinary world in the first place?

NORMANT: I was working as a cake decorator and I loved that I went to work every day doing something that was so fun and made people happy. I loved having people pick up their cakes and say “Love this! Looks so good!” Decided that’s what I want to do for the rest of my life.

FSE: What advice would you give to aspiring culinarians?

NORMANT: It’s a tough industry, you need to be strong, committed and have a thick skin. You will encounter people who will try to bring your spirit down, You must fight back and not give up if this is what you want to do!

FSE: What’s your favorite food?

NORMANT: I think my success was my parents’ upbringing, teaching me that hard work and commitment will bring you success. My parents had us working at about the age of eight. Nothing is just handed to you. You want to be the best, the best works hard, practices, and picks yourself up when you are down.

FSE: Why did you apply to be on “Hell’s Kitchen”?

NORMANT: I watched every season and every season I would say “I want to be on this!!!” The challenges are what I wanted to do. You can see it when you watch my season I took every challenge seriously and won most of them for my team. Limited ingredients, limited time, limited space loved the challenges.

FSE: What was the most important thing you learned from the show?

NORMANT: I actually learned two things.... Communication in the kitchen is so important and second, that you have to trust yourself and your instincts. Never second guess your decision.

FSE: If you weren’t a chef, what would you like to be doing?

NORMANT: Police officer or Probation officer. I have always been fascinated with the law.

FSE: Do you cook at home and if so, what’s in your refrigerator?

NORMANT: I try to cook on a day off....I love to cook meats...Short Ribs and Ribeyes,. Things that I always have in my fridge or cabinets: Delmonico steaks, Pork loin, Asian 5 spice (secret ingredient I put in a lot of dishes), Dijon mustard (I use it only as a marinade or in sauces).

FSE: How is the menu changing at King’s and what is your favorite menu item?

NORMANT: Kings is evolving to Healthier Living in 2014. The new Spicy Orange Chicken with brown rice broccoli and carrots is my favorite new item!!! It’s so good!! Also love that we are doing a few seared dishes which brings me back to my fine dining days. We have a Citrus Seared Salmon and also Maple Seared Scallops. But my favorite item at kings which is staying on the menu is the Ginger wings!! You cannot eat just one!!!

FSE: Is cooking for bowlers different from cooking in a hotel? How?

NORMANT: People come to kings to have a Fun Night out...Guests who come to Kings I find are more likely to try something that they never had before. They tend to be more daring. Where guests who stay at hotels will order something that’s safe and reminds them of home and comfort.

FSE: What do you like least about your job and what do you enjoy most?

NORMANT: What I love the most about my job is how we work as a team on a busy night. I am so proud of my staff and myself of what we can accomplish on a busy night. The least thing I like about my job is missing out on family events, My family knows I try to be there for as many as I can.

FSE: If you could train under one famous chef, who would it be?

NORMANT: Easy.... I would love to follow Anthony Bourdain around the world. He has zero fear. He has overcome a lot in his career, and I admire that! He is willing to try anything go anywhere. He has so much passion and know-how.