



GREENWICH

LIFESTYLE™

HEALTH + WELLNESS

*THE NUTRITIONIST
WHO KNOWS GOOD EATS*

FOOD + BEVERAGE

MIKU + MALTA HOUSE

*WORLD RENOWNED PASTRY
CHEF SHARES TIPS FOR A
SUCCESSFUL FOODIE CAREER*



The Art of Food



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CITYLIFESTYLE.COM

Robin Selden

Executive Chef &
Managing Partner
Marcia Selden Catering & Events
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THIS OR THAT WITH CHEF ROBIN:

Curly fries or waffle fries? Waffle
Fried egg or scrambled? Scrambled
Bloody Mary or mimosa? Mimosa
Ketchup or mayonnaise? Ketchup
Pizza or pasta? Pizza



WHEN DID YOU KNOW YOU WERE INTERESTED IN A CULINARY CAREER?

Hospitality is in our blood. My brother Jeffrey and I grew up in this business and were working for our mother, Marcia, when we were teenagers. While we both went off to do our own things there was no doubt that one day, we would be back working with her. Catering is infectious, especially if you are passionate about food and partying. Our mom was a trailblazer and a massive inspiration to us. How many people can say that they party for a living?

HOW WOULD YOU DESCRIBE YOUR COOKING STYLE?

Personally, my food has a Mediterranean feel. Lots of lemon, herbs, garlic, and great olive oil. And I love to grill everything!! As a company though we custom design our menus to reflect our clients. This is what makes our job so exciting as we get to do something different and creative with each event that we do, and every menu and every week is unique. Our clients dream it and we execute it. Everything from Retro American classics and BBQ to French, Asian and Indian. Our culinary team is a melting pot and are from all over the world.

WHAT'S YOUR IDEAL FALL MENU?

I love warm flavors of brown butter, sage and butternut squash. I make a butternut squash crumble that makes you weak at the knees. Pureed squash with brown butter and topped with a savory cheddar crumb topping!

WHAT'S A GREAT TRICK OR TECHNIQUE YOU USE IN THE KITCHEN?

At the end of summer when I've got a surplus of herbs in my garden, I make big batches of pesto and chimichurri and freeze them in ice cube trays. Once frozen I pop them out and throw them in freezer Ziplocs. It's a great way to always have them on hand and they freeze beautifully.

Photography by: Dennis Kwan Photography

