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JAN 14 | VOLUME 1, ISSUE 01

ISSN 2355-0198



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SEZAI'S NEW PASSION

by JED DOBLE

Chef Sezai Zorlu's effervescent personality can not only be felt at his charming restaurant *Turkuaz*, but now, most probably at a golf course near you! We caught up with him at the Senayan National Golf Club for a chat about his new passion.

"I play golf five times a week!" Exclaims the ever-smiling Chef Sezai. He took on the sport five months ago upon the behest of some friends and has since then been hooked. Sezai's typical golf week sees him splitting time between the driving range and the golf course. He has hired a PRO to coach him and to improve his handicap. "Golf is a fantastic sport and hobby to have, especially that I am a chef and I have to interact with so many people on a daily basis. It is an opportunity for me to go out, have some quiet time, see the mountains and be with nature."

"Sometimes I am on the course with my Pro, then the following day at the driving range, then the course again with friends and so on. Every chance I get, I am playing!" Sezai says that when he is at the golf course, he walks the entire 18 holes. He never takes the golf cart. He walks from hole to hole.

When I ask him what the most



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important part of his fitness regimen is, Sezai immediately says: "No stress!" Having lived in Jakarta for the past 15 years, Sezai knows the city and its idiosyncrasies very well. The key to surviving in the city is to accept and adapt. Having a positive disposition also adds to this. Quite evident from the every-smiling chef. "For me, my work is my best exercise. The restaurant has two floors, so one minute I am in the kitchen, next I am sitting with a guest, then I have to run up to the second floor to see another guest. I go up and down the stairs at least 30 times a day."

Sezai says that he eats right. He doesn't eat too much meat, he makes sure he takes the right amount of fiber. He loves dried fruits and nuts. For fresh fruits, he loves plums, cantaloupe, melon, cherries and mangosteen. When he comes home after a busy day, he will still have some fruit before he goes to bed, without fail. Breakfast for Sezai is packed: 10-15 cherry tomatoes, three types of cheeses, a slice of toasted bread, no butter and a few sips of tea. Daily a vendor comes to his house to deliver 5 coconuts. He drinks it throughout the day, more so when he is on the golf course.

As we end our conversation, Sezai has some pearls of wisdom: "My body will take care of me, only if I take care of it." Well said, by this gregarious and friendly chef. ■

ZEYTINYAGLI ENGINAR ARTICHOKEKES IN OLIVE OIL

Serves 2

INGREDIENTS:

300 grams	Artichokes
100 grams	Potatoes (cut into small cubes)
100 grams	Carrots (cut into small cubes)
100 grams	Shallots (cut into small cubes)
50 grams	Green paprika
50 ml	Olive oil
	Salt
	Fresh lemon juice
1 cup	Warm water

STEPS

- Heat the olive oil.
- Sauté the shallots, carrots and potatoes until softens.
- Add sugar, salt and lemon juice.
- Add artichokes.
- Chill in the refrigerator for at least 12 hours before serving.



photograph by DENNIE BENEDICT