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Men & Women of Kulture 365 Ribbons of Survivors 365

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HISTORY  
MAKER....  
MASTER  
CHEF



**DARYL SHULAR**  
OPENING THE SHULAR INSTITUTE 2021





**Tirrell Anthony**, the President of Le Cordon Blue College of Culinary Arts in Orlando, Florida introduced me to Chef Daryl Shular in 2016 at the college. I made some of my dairy-free chocolate truffles as a special treat for Chef Shular. He enjoyed the truffles, and we even talked about us getting together and throwing down in the kitchen one day. During our conversation Chef Shular shared with me his dream of opening his own culinary school. He enjoyed the truffles, and we even talked about us getting together and throwing down in the kitchen one day. During our conversation Chef Shular shared with me his dream of opening his own culinary school. Five years later his dream is no longer a dream.

The Shular Institute will open in 2021. Daryl Shular was always an individual driven to achieve excellence. This is shown throughout his culinary career. In 2008 he was a member of the internationally recognized ACF United States Culinary Olympic Team representing the United States in international culinary competitions. The team achievement was an Olympic Gold Medal, winning top honors against 63 teams at the IKA "Culinary Olympics" held every four years in Erfurt, Germany.

# TRAILBLAZER, HISTORY MAKER....

## Master Chef Daryl Shular

In 2014, Daryl Shular became the first African American to pass the 130-hour; eight-day test known as the Master Chef exam and secured his name in the culinary history books by earning the prestigious title of Master Chef. Daryl Shular earned the culinary industry's highest honor known as Certified Master Chef (CMA.) He became one of America's elite History Makers. Daryl Shular is a Trailblazer. He will make history again in 2021 with the opening of the Shular Institute in Atlanta, Georgia. It is truly an honor to interview Trailblazer, History Maker, Master Chef Daryl Shular for the cover story of KUOMagazine's December 2020/January/February 2021 issue.

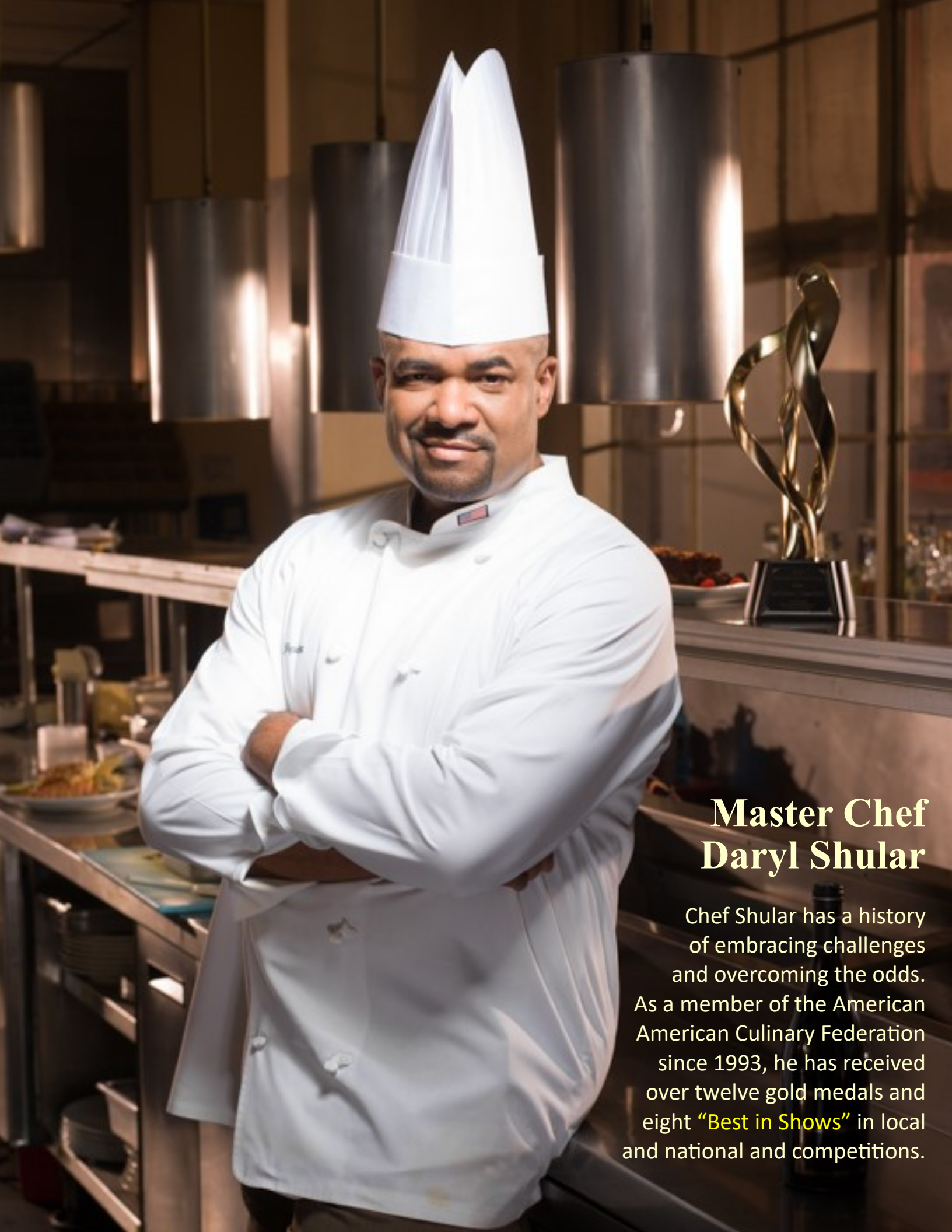
**VEGAN CHEF SANDI:** Thank you Chef Shular for taking the time out of your busy schedule to do this interview for KUOMagazine. Thank you Chef Sandi for giving me this opportunity.

**VEGAN CHEF SANDI:** Who inspired you to pursue a career in the culinary arts? My mother. I was fascinated by watching her cook. She was an outstanding cook. She always loved to cook for us. She would cook the family traditional meals that she learned from her mother, and that's what got me into cooking. What inspired me to become a chef was a chef that spoke at my graduation ceremony when I was in high school. He was the chef at the Marriott World Center in Orlando. After he spoke to us, I said, I would like to be a chef one day not knowing that it would really happen until I came to Atlanta and saw a commercial, then I realized at that moment that I wanted to become a chef. I went to culinary school, and the rest is history.

**VEGAN CHEF SANDI:** Wow! You spoke it into existence. I guess I did Chef Sandi.

**VEGAN CHEF SANDI:** What motivated you to take the Master Chef Exam? During my time coming up into the culinary world, I was doing my research trying to find my path as to what I want to do long-term. A chef by the name of Daryl Evans, who was on the US Culinary Olympic team in 1992. Actually, he was on the same team with Chef Johnny Rivers. When I was studying Chef Daryl Evans and other great chefs, I learned about the Master Chef exam. I did some further research and realized that these were the top chefs in the world, and at that time there was only 50 of them. That fascinated me and I said this is what I want to do, so I was encouraged to take the Master Chef exam. I was the second African American chef to be on the US Olympic team. I was very thrilled about that opportunity. That experience inspired and encouraged me to become a Certified Master Chef in 2014.

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## **Master Chef Daryl Shular**

Chef Shular has a history of embracing challenges and overcoming the odds. As a member of the American American Culinary Federation since 1993, he has received over twelve gold medals and eight **“Best in Shows”** in local and national and competitions.



**VEGAN CHEF SANDI:** Wow! Chef Johnny Rivers, I had the opportunity to study with him. He is really a master at his craft. Yes, he is. Chef Johnny Rivers is like family to you right?

**VEGAN CHEF SANDI:** Yes, Chef Johnny Rivers was my teacher and mentor for five years. Over the years he became a good friend, and yes like family. Chef Johnny Rivers is one of the pioneers in the culinary world.

**VEGAN CHEF SANDI:** He sure is a pioneer in the industry. Who are some of the other chefs that inspired you over the years? Chef Johnny Rivers was one. I love Leah Chase, Edna Lewis, and Chef Joe Randall. One of my mentors that really worked with me when I was on the Olympic team was Chef Edward Lenord, and also Jill Bosich, she was my coach on the Olympic team. Those were some of the chefs that impacted my career.

**VEGAN CHEF SANDI:** Which one of the chefs impacted your career the most? Two of them did. Chef Evans because he inspired me to take this journey. Chef Edward Leonard, he was the one that inspired me to take it all the way to becoming a Master Chef. After I became a Certified Master Chef, I was trying to figure who I am as a chef, so I would say Chef Joe Randall and Chef Patrick Clark that came before me, they were the ones that inspired me to embrace my heritage as a young African-American who was born in Winter Haven and grew up in Auburndale, Florida. (Polk County) Those two inspired me to focus on my Southern Heritage Cuisine.

**VEGAN CHEF SANDI:** And now you are getting ready to open the Shular Institute. This is quite an accomplishment. What inspired you to open the Shular Institute? During the years coming up in the industry, I spent some time as an instructor at the local colleges for several years, and then I became the director of education at another culinary program with one of the largest in the country. I saw the writing on the wall during that time. I saw the disconnect between faculty and students. I always loved team development. I was a coach for the junior competition teams, and I was a member of the Olympic team. I really loved that camaraderie and the energy of working together to achieve a goal. I always wanted to create a platform that would allow students to train as athletes. I want students to really train at a high level, and to be exposed to all avenues of the industry. I spent several years doing my research studying companies and the combination between corporations and the private sector to come up with the Shular Institute. The Shular Institute will be very unique because it will be a playground for chefs, novice as well as professionals to give them a place to work in the kitchen that will be open to the community in the form of a restaurant. The restaurant is called Farmed Kitchen located in Tucker Georgia. This environment will give students the opportunity to come in and test out their ideas and get feedback from a Certified Master Chef which will be me. I decided to open the Shular Institute to create a platform, and to create an environment for higher learning so that students will have education at the highest level.

**VEGAN CHEF SANDI:** This is a two-part question. How will the Shular Institute be different from other culinary schools? And what aspects of the institute will stand out to make it different from other culinary schools? The Shular Institute will be different from other culinary schools because the majority of time students will be working in a real environment. We will open the restaurant first. Students will be cooking for people, and they will see the end result. They will see the impact their creations have on the public. I will be selecting top chefs to come in and help to teach the curriculum. We will have international chefs from around the world to teach the different cuisines. To teach Latin American Cuisine we will have a Latin American chef to teach that cuisine so the students will learn the culture, the people, the tradition, the techniques, and the tools. Everything about Latin Cuisine that the students would never get in a traditional culinary school. On top of that, the real important aspect is that our students will be able to go out into the field and learn from different corporate environments. We have partnerships with corporations where our students can go and learn the details on how things are grown from the plant to the plate. They will be getting hands on learning. The icing on the cake is that they will be learning and earning at the same time. The students will be earning income and earning tuition reduction through grants and scholarships. They will be able to go out as graduates from our program with no tuition debt.



**VEGAN CHEF SANDI:** That is Excellent, I love that aspect about your institute because most of the time when students graduate from college they have a lot of student loans to pay back. What are some of the programs that the Shular Institute will offer? Several different programs. The first program is an apprentice program called Navigate, this program escorts students from the high school level into the Shular Institute to where we will work with them while they are in high school on the basic fundamentals. After they learn the fundamentals they will go on to the accelerated program, and then they will be able to transition into the Shular Institute to continue their education. We will also have our introduction program for traditional students who may be out of the school, or maybe at home trying to figure out their life and might be interested in the Culinary Arts, or Hospitality. The two most important programs are our Advanced 1 and Advanced 2 programs.

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The Advanced 1 program will focus on mid-level management students to help them learn how to operate and manage people, manage stations, and learn the business aspects of the industry. They will also learn how to speak and communicate in a business setting. Students will go into the industry and be more equipped for mid-level to high-level management programs. Advanced 2 program is entrepreneur based. This program will teach the students how to create their own business operation, such as a food truck operation, or if they want to open a catering business. The Shular Institute will focus on generating the next level of entrepreneurs. I am very proud about all the programs that we will offer at the Shular Institute. I believe our programs will set us aside from everyone else and give us a cutting edge.

**VEGAN CHEF SANDI: There are a lot of different dietary lifestyles today. How will you train your chefs to accommodate the different dietary lifestyles?** At the Shular Institute we will be cooking foods where it's back to its natural state. Nutrition and healthy focus foods will be priority. We will focus on working with local farmers and produce that are in season. Back in 2004, I was the national champion for nutritional cooking. That's my style of cooking Chef Sandi. We will not be cooking at the Shular Institute with heavy fats. This new generation is becoming more conscious of healthy eating. We will prepare foods in its natural state without too much manipulation.

**VEGAN CHEF SANDI: What about the Vegan lifestyle? This lifestyle is very popular now. Many people are moving more to a plant-based lifestyle. How will your chefs accommodate this lifestyle?** All of our programs have a healthy lifestyle component. Our students will learn all the different dietary styles of cooking. They will learn the Mediterranean, Keto, Vegan or Gluten-Free. We will expose our students to all the different lifestyles cuisines so that when they do go out into the industry they will not be intimidated when someone says I would like to have a gluten-free meal or a specific meal catered to my dietary needs. I think that is really essential for this next generation of hospitality professionals because so many people out there today are health conscious, and there is a tremendous growth in that segment of the industry. Today we see more plant-based items featured on menus. Companies are coming up with their own version of meatless products. I think it's critical for our students to be exposed to all aspects of nutritional cooking. My program will expose the students to the best minds in the industry. Teaching African Cuisine, I want someone from that region to teach about African Cuisine, someone who does it every day, and lives it every day.

**VEGAN CHEF SANDI: That is wonderful Chef Shular. I like that idea a lot. Your institute is opening during a pandemic. What are some of the safety methods you plan to include to keep your students safe, and do you have an opening date scheduled?** There are two opening dates. We are opening the restaurant now, then we will start bringing students into the Shular Institute sometime in the Spring of 2021. We are in a location that has the footprint in order to accommodate social distancing. We have a 7,000 square foot facility. We can hold 12 to 14 students, and each one will have a station that is at least 6 feet apart.

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The reason why we continue to move forward during Covid-19 is because we know what will be on the other side of this Covid-19. There will be a new formation of the hospitality industry that will meet the educational needs. I think that will give us a huge leverage for years to come. Also, at the same time I think great minds learn how to navigate through certain situations. I have surrounded myself with some of the best minds and the best talent in the industry. We have a great executive team, and with us all collaborating together we have been very successful until now. We are securing the facility and securing the additional capital we need to put in the best equipment. The Shular Institute will be a state-of-the art institute for our students. We are very proud to have an open kitchen and beautiful decor. We are very blessed to have this facility.

**VEGAN CHEF SANDI:** Do you have a program set up with other industries to help your students with jobs when they graduate from the Shular Institute? That is a great question Chef Sandi, yes, the Shular Institute will be connecting students with employers through the program. Industry professionals will be able to visit our facility and see our students like a recruitment setting. If our partners who are partnering with the Shular Institute needs a specific group of students to be trained in a specific type of way, we will be able to accommodate that situation. We feel confident that the majority of our students will have employment before they graduate from our program. Our partners are an essential part of our operation so we will always have that connection for our students. We believe that having that partnership is a good platform.

**VEGAN CHEF SANDI:** Do you have a charity organization that you are setting up for an aspiring young African American Chef who would like to do the Master Chef exam? We have a 501C program where any organization can donate money to help students achieve their long-term goal. If we have a student who desires to become a Master Chef, we will work with that student throughout his or her career. It takes many years of experience, many years in order to be ready to take the Master Chef exam, but we always will help our student to achieve their goals. We want to be a life-time family for all of our students.

**VEGAN CHEF SANDI:** That is so beautiful Chef Shular. It sounds like you are creating a wonderful family atmosphere for your students. Just to change the subject a little. What is your favorite Vegetarian meal that you like to prepare, and what is your favorite Cuisine? Southern Cuisine is my favorite, and I love making a nice vegetable soup. I love soup because I know that vitamins and minerals are water soluble. Most people cook their vegetables in water and extract their nutrients from it. I love to turn it into a nice soup with a vegetable broth by adding tomatoes, onions, celery, carrots cabbage peppers, fresh garlic, and herbs. I normally cook the soup down and add some beans making it very rich and robust. At the end I squeeze a little acid to compensate for flavor profile instead of salt. It's one of my favorite soups to make and store it in the freezer.

**VEGAN CHEF SANDI:** That sounds delicious. Every Saturday was a soup day for us growing up in Jamaica, so I love soup. I will have to try this one. Do you have any plans to put any products on the market? Yes, I plan to put out a line of spices by the end of 2020- 2022 with the Shular label. We are also planning some signature knives, pots and uniforms with the Shular brand. We are working on that now.

**VEGAN CHEF SANDI:** Congratulations, I look forward to seeing them on the market. Thank you, Chef Sandi.

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SHULAR  
INSTITUTE



**VEGAN CHEF SANDI:** Do you have a program to help feed the homeless? Actually, I do believe in feeding the homeless. I did a program that fed 10,000 people with Hosea Feeds. (*Hosea Feed The Hungry and Homeless was founded in 1971 by civil rights icons Rev. Hosea and Juanita T. Williams. Their vision was instrumental in guiding Hosea Feed The Hungry and Homeless as it became one of the most significant human services organization in the Southeast United States providing services for some 50,000 people per year*). When, I was teaching Chef Sandi, I remember seeing students practice their knife cuts with carrots, onions and different vegetables just doing it for the sake of practicing. The facility that I was teaching did not have the space to store the produce so the produce would normally end up in the trash. Culinary schools are notorious for wasting produce. At the Shular Institute all our produce that we don't use will be given to feed people in shelters or the homeless. We want our produce that we do not use to feed people in need. I remember my Mom was always feeding people in our community, so I want to continue my Mom's tradition.

**VEGAN CHEF SANDI:** That is a wonderful family tradition to carry on. I know your mother will be happy that you continued with the tradition. What is your future vision for the Shular Institute? The Shular Institute in Atlanta is the main school. We plan to open several other locations. We have a facility in Milwaukie that we are looking to expand. We also have another place in Arkansa that we are going to put a Shular Institute, also in Charlotte North Carolina and Nashville. These are cities that have shown interest in the Shular Institute. The goal is to put a version where it is needed. Our program can spread throughout the country and benefit a lot of communities of colors and communities in general that want to get a high-level of real-world experience with a cutting-edge program.

**VEGAN CHEF SANDI:** Chef Shular, you are such a positive role model for young African American men and women. You were the first Certified African American Master Chef in America. All your students that graduate from the Shular Institute will shine your light throughout the world and your legacy will live on through your students from generation to generation. You are truly an inspiration. Thank you for taking the time to do this interview for KUOMagazine. Thank you Chef Sandi for the opportunity.

You can stay connected with Master Chef Daryl Shular on the links below:

Websites: [www.shularinstitute.com](http://www.shularinstitute.com)

Websites: [www.chefdarylshular.com](http://www.chefdarylshular.com).

Instagram: <https://www.instagram.com/darylshularcmc>

Instagram: <https://www.instagram.com/shularinstitute>



Celebrity Vegan Chef Sandi Morais

KUOMagazine's Wellness Chefs / Snack It Up Journalist

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Website: <https://www.vegantuneupcafe.com>

Website: <https://www.sandimorais.com>







## RECIPE

by Chef Shular

### Acorn Squash-Ginger Soup

#### Ingredients:

1 ea. Acorn Squash, Halved and Seeds Removed  
 2oz Coconut Oil  
 1 ea. Carrot, Large Diced  
 1 ea. Parsnips, Large Diced  
 2 oz Ginger, Fresh Grated  
 1 ea. Shallot, Sliced  
 4 ea. Orange, Fresh Juiced and Zest  
 2 ea. Lime, Juice, and Zest  
 ½ tsp Cinnamon  
 ¼ tsp Nutmeg  
 1 ea. Clove  
 4oz. Honey  
 1 cup Coconut Cream  
 1oz Mint, Fresh and Chopped  
 Pinch Kosher Salt  
 Pinch White Pepper

#### Method:

- Pre-Heat oven to 375 degrees
- Next place the halved acorn squash, carrots, parsnips, ginger, and shallots onto a clean small sheet pan line with butchers' or parchment paper.
- Once placed onto the pan, drizzle the 2oz of coconut oil onto the squash/vegetable mixture and evenly coat on all side.
- Place squash mixture in the oven and roast unto lightly brown and tender.
- Once mixture has cooked remove from oven and allow to cool for 5-10 mins.
- Next place mixture into a blender with orange juice, lime juice, cinnamon, clove, honey and coconut cream and process until smooth.
- Once soup is processed and smooth finish with the fresh chopped mint, salt, and white pepper.

**NOTE:** Reheat prior to serving and garnish with root vegetables and additional coconut cream.

#### Master Chef Note:

I like to showcase the vegetables as an added textural and visual enhancer, in this photo the vegetables are shredded fine with a grater to form a noodle like presentation. The addition of the coconut cream and roasted acorn squash wedge make this suitable for any occasion.

#### Root Vegetables Garnish:

- Acorn Squash
- Carrots
- Parsnip
- Orange Zest
- Lime Zest

#### Coconut-Lime Cream

4oz Coconut Cream, Sweetened  
 1ea Lime Juice and Zest



# KARIBBEAN



## UNDER ONE MAGAZINE



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