

By Chef Kendra A. Wilcox of Kendra's Kitchen Natural Foods, Inc.

Kendra's Kitchen Creative Foods was established in Telluride, Colorado in 1987. After attending a lecture at Boston University on the Telecommunications Era and how it would change the way we lived and worked, my entrepreneurial spirit led me to the West, my birthplace. Spice in hand, I staked my claim in the historic mining town of Telluride, the heart of the majestic San Juan Mts. and had seasonal employment in Elk hunting camp as a horse wrangler and camp cook. In 1988, I was hired as personal Chef to Ralph & Ricky Lauren, received an annual retainer salary and chuffed at their ranch in Ridgway, Co for 4.5 years. During the ski resort off seasons, I trained at the Cordon Bleu in Paris and travelled with friends and colleagues to sample world cuisines. July of 1989, I worked for Boojum Expedition as an adventure travel guide with Tibetan nomadic yak herders. The Yak is the spiritual symbol of Tibet and is a vital source of their daily life; for food, clothing, shelter, fuel, transportation and entertainment/social gatherings, which now has evolved to an agro eco tourist industry.

Goals of a mountaineer lifestyle, I opted to decline the kind offer for a career relocation from Ralph & Ricky/Polo corp. to move to NYC and expanded to a large successful catering company. Kendra's Kitchen provided culinary delights for festival concessions, the private aviation industry, weddings, events for the Telluride ski resort, cooking classes and was lauded by the press as Celebrity chef, guest speaker and fundraiser.

Kendra's Kitchen healthy gourmet cuisine have been a repertoire of Chefs' original products & menus; Crispitas, oven baked chips packaged in biodegradable cellulose bags, a Honey Chimayo Chile and an Apricot BBQ Sauce bottled in a reusable drinking jar, a very low sodium, non MSG & GMO Multi-Purpose SW Spice/ Seasoning and recipes; nothing going to waste, the makings of stocks and food scraps to feed livestock and for composting. My Southwest French Fusion Cuisine, a healthier French based cuisine introduced red meat alternatives, such as the Yak and was invited to Taos & Sante Fe => 'Celebrity Chef visits Northern New Mexico.' Chef Kendra has promoted the Yak Industry serving Yak meatballs in the yurt at Savor The San Juans, Demo of Yak Tenderloin at Best of the West Food Festival, Yak at the Community Table, Farm to Fork Dinners in Telluride and was 1<sup>st</sup> place winner with Yak Chile at Partners Mentoring Fundraiser in Montrose, Colorado.

Summer 2020 at the Farmer's Market in Mt. Village, Market on the Plaza, Chef will be offering Yak burgers with garden grown tomato ketchup, healthy gourmet mayo made with Kendra's Kitchen multi purpose SW seasoning, pickled cucumbers, Maui sweet onions & organic lettuce and dessert of Apricot brownies or sustainable energy creative cookies; all sourced locally from the Kitchen's Garden and the Uncompaghe Valley ranchers and growers. The small, medium or large Yak burgers will be complimented with organically better beverages for you and sustainable packaging. ' "Once you have had Yak you will never go back! " The alternative red meat, nutritional, environmental and economic benefits for the 21st century!

For more and press page please visit [www.KendrasKitchen.com](http://www.KendrasKitchen.com)

