



Chef Stefan Smith

Keystone Conference Center

12 Years at Keystone

Hometown: Cheyenne, WY

WHAT IS YOUR FAVORITE THING ABOUT WORKING AT KEYSTONE?

I love working for a company that is at the forefront of the Skiing and Hospitality Industry. I love the opportunities to Ice Carve for the resort, and also the partnership that we have with Colorado Mountain College. This partnership gives us a great opportunity to support the next generation of chefs and it's also a local community college so it's affordable for locals to get a great culinary education.

WHY DID YOU WANT TO BE A CHEF?

Growing up with my grandparents while my mother went back to college, I had lots of time to help out in the kitchen. My grandfather taught me to use a knife, the cooking methods and how cooking can be exciting. I remember cooking many meals with him when I was a youngster. After high school, while pondering a career choice I just decided to follow my passion of working with food.

WHAT WAS YOUR FAVORITE AFTER SCHOOL SNACK?

Dehydrated apples and bananas

WHAT IS YOUR FAVORITE MEAL OF THE DAY, AND WHY?

I love dinner. It's usually when everyone is winding down and has time to help with the meal.

WHAT IS ONE THING THAT YOU THINK WOULD SURPRISE GUESTS ABOUT BEING A CHEF?

After work and cooking all day, chefs usually don't look forward to going home to cook. There are many times that I do, but I also love to check out new restaurants in the area or travel down to the Front Range to check out a new spot.

WHAT ARE YOUR RECOMMENDED TRICKS TO HELP KIDS MAKE HEALTHY FOOD CHOICES?

Don't always pick up a sugary drink or snack – some of the healthier choices aren't as convenient but if you plan them and make them ahead of time – you'll have them ready to go.

WHAT APPLIANCE COULD YOU NOT LIVE WITHOUT?

Coffee maker

UTENSIL OF CHOICE?

Whisk

WHAT IS YOUR FAVORITE...?

- Vegetable: Artichoke
- Fruit: Honey Crisp Apples
- Ice cream flavor: Ben and Jerry's – Truffle Kerfuffle – Vanilla Ice Cream with Roasted Pecans, Fudge Flakes & a Salted Chocolate Canache Swirl
- Candy: Albanese Cummi Bears. They are the most flavorful gummies in the world!
- Condiment: Mayonnaise.
- Stadium snack: Bratwurst