



KIDS IN THE KITCHEN

AN ARMY OF CHEFS IS RISING THROUGH THE RANKS, STORMING KITCHENS ACROSS THE GLOBE. THIS LEGION OF FOODIES IS STEPPING INTO THE BATTLE-ZONE TO TACKLE THE SEASONED MASTERS. AND THEY'RE STARTING YOUNG

WORDS | GISELLE WHITEAKER

Dylan Carter is in the kitchen, cooking up a storm. He confidently plucks ingredients from the bench-top, mixing, kneading, drizzling and adding a dash of this and a pinch of that. Dylan is an expert chef, presenting dishes that are gourmet works of art. But while the beef may be aged, the chef isn't. Dylan is only 15 years old, yet he's already dazzling diners across Australia with his culinary skills. And he's not alone. A host of young chefs is bringing fresh twists on food and health-aware perspectives into the world's kitchens.

Canadian Luke Hayes-Alexander is 23, but he's been around food his whole life. "I grew up in the industry, pretty much since the age of one. At 11, I decided I wanted to become a chef," he says. "I don't think many 11-year-olds think that deeply about food, but my friends kind of understood it because every kid has their own thing that interests them. For most it's sports or arts or something. For me it was food," Luke continues. "They didn't mind – I brought snacks."

This passion directed Luke through four years of self-study, where he read every food-related book he could lay his hands on. At 15 he became executive chef at the family restaurant – a huge responsibility for a young lad. "Back then, I was really shy – I could barely interact with people," says the now-gregarious Luke. "For my first interview I was barely able to talk. I was just thinking 'let me get back in the kitchen!'"

From the moment he walked into the kitchen something clicked. "People would come to the restaurant after a crazy day at work, they'd be stressed out, then they'd get their food and 'Ahhh', they'd kick back and relax. It really got me thinking that I wanted to be part of what happened in the kitchen. If food could be that powerful, it must be pretty special," Luke explains.

Luke's fondness for food hasn't diminished in the slightest. He's recently moved to Toronto, where he's been hosting supper clubs, pop-ups and guest events. He'll soon be

offering cooking lessons, too. "There's definitely enough to keep it fresh. There's always something to discover and to learn. I'm sure it'll branch out in multiple directions and I'll be doing things in five years that I wasn't expecting to be doing," he says.

Britain's youngest head chef, 20-year-old Luke Thomas, feels the same way. "It's such a fun business to be in, the world of food. The way it's developing there are masses of opportunities. Food is a big part of everybody's life so it's a really exciting industry," he says. He also cites his "tweens" as the defining age. "I'd cooked at home from the age of three and the world of TV chefs became really big while I was growing up, so that was quite a big inspiration. Especially Jamie [Oliver] – he inspired a generation of people," he adds.

The rise of food TV has undoubtedly played a role in inspiring this new batch of chefs. From *My Kitchen Rules* to *Saturday Kitchen*, programmes are making food accessible and exciting. "Things like *MasterChef* inspired me," confirms Dylan, whose stint on *Junior MasterChef* when he was 12 was his launching pad into the culinary world. Fast-forward three years and he's cooked with celebrity chefs and done pop-ups, including one recently with the *Australian Good Food Guide*.

Despite being the master of his kitchen, Dylan comes across as a typical teen. "I want to finish school and possibly go to university. I'd probably do business studies, which would be helpful in running a restaurant. Or chemistry. Or something like that," he says, although he's also interested in international work experience. "There's a couple of restaurants I'd love to go to. There's one in Spain in San Sebastian called Mugaritz and there's a couple in America – Manresa in California and the other one is called Coi," he says, rattling off establishments of Michelin-starred chefs.