

WE CHAT WITH VETERAN FOOD STYLIST BETH HAWKINS. PG. 34

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Colorado's leading lifestyle magazine

the
FOOD
issue
'21

tacos! tacos! tacos!



↙
**Carnitas from
Tacos Tequila
Whiskey**

So simple, yet so good! Slow braised pork crisped on the plancha offers two textures alongside creamy avocado crema and sweet and briny pickled red onions.

Check out Denver's hottest Mexican spots with delish taco recipes, protein picks, and home-made margaritas. Plus, learn the origins of the taco just in time for Cinco de Mayo. pg. 45

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ON THE JOB

Why executive chef Manuel Barella Lopez of Bellota is a culinary genius.

ATÖST WINERY

Introducing the community to CO-made American aperitivos.

FEEDING THE FRONTLINE

Fuel Hope Kitchen delivers 200,000 meals to frontline workers.

THE LAST WORD

Mercantile's new executive chef Alex Astranti shares tricks of the trade.

Heart of the home

THE ORGANIZING COMPANY SHARES THE DO'S AND DON'TS OF KEEPING YOUR KITCHEN IN TIP-TOP SHAPE. *by Kerrie Lee Brown*

In most homes, the kitchen wears many hats—it's the most logical spot for eating and entertaining, the ideal location to have a glass of wine with friends, and the perfect place to gather with family. It's the heart of the home. But, according to Christina Morton DesAuguste, founder of The Organizing Company, the state of your kitchen and pantry can have a huge effect on your health goals, too.

ON BEING ORGANIZED

DesAuguste believes that “life is better when it's put together.” She started her business in 2015 based on the premise that an organized kitchen means your everyday life goes smoother, you can entertain better, and you can eat healthier, home-cooked meals. “If your kitchen is difficult to cook in, you're more likely to order in—and unless you're the only person in the world ordering in salad every time, you'll end up eating more fried and fatty foods than if you cooked your own meals,” she says. “If your pantry is disorganized, or poorly organized with junk food right at eye level, that's what you'll grab first instead of seeing the quinoa and feeling inspired to make a healthy dish.”

TRANSFORMATION TRADE-OFF

DesAuguste's hope is to transform lives as she transforms homes. “The kitchen isn't the only space that can really affect your stress levels, health, and overall happiness

AFTER



SPICK AND SHAN WHILE A CLEAN AND TIDY KITCHEN IS NICE TO LOOK AT, IT'S ALSO GOOD FOR YOUR STRESS LEVELS AND OVERALL HAPPINESS.

in your home. So, we address the physical clutter and then focus on new habits and rhythms to make life simpler and keep your spaces beautiful and functional.” The Organizing Company also offers in-home organization services for any room in the house, as well as moving management and unpacking services; and it recently partnered with local SurroundUs Services to offer digital photo organizing.

BEFORE



THE ORGANIZING COMPANY | 303.872.8505 | theorganizingco.com

TIPS TO REORGANIZE YOUR KITCHEN

SORT: Start with sorting everything into categories. Put all your cooking utensils, small appliances, coffee, and all related items like filters and mugs together. Once you have everything sorted, you can decide if there is anything you want to toss. Choose the things you love and use, and let go of the things that are nice but not nice enough to waste space on.

ZONE: Create zones in your kitchen. Have a prep zone where you store cutting boards, knives, and gadgets like peelers and meat mallets, so that you can stay in one area as you are prepping your food. Think about what you use most often and what you use in conjunction, and let that inform where everything should live in your kitchen. The things you use most should be most accessible, and storing things with their related categories makes it easier to find what you're looking for.

LABEL: Unless you live alone, label your kitchen, such as the inside ledges or lips of drawers. This will help you find things, but more than that, it will help when you're putting things back in their rightful place (this will certainly help with the kiddos). Of course, you want to make sure things are easy to put back too—not too crowded or too many steps. Make it easy.