

# Bringing Art Into the Kitchen with Ariela Trepman

**Julia Chebotar** 00:04

Spice up your life with me Health Chef Julia, as I set out on the journey of What is Healthy. In each episode, we'll explore the different meanings of healthy for some healthy means indulging in something decadent and delicious. For others. It's a mental health day and a good workout. There's more to health than just food. It's about living well, enjoying your life and having fun having you heard redheads do it best. Come with me, and we'll find out just what healthy is. Welcome to a new episode of what is healthy. A podcast where we share every hack to get a healthier and more sustainable lifestyle. I'm Chef Julia and today we'll be talking to Ariela Trepman. Thank you so much for being on today. I love you and I'm so happy that we got to finally do this.

**Ariela Trepman** 00:48

I've been so excited that I'm finally here. Thank you for having me.

**Julia Chebotar** 00:53

Um, are you still in Mexico?

**Ariela Trepman** 00:55

No, I am actually in Florida right now.

**Julia Chebotar** 00:57

Oh, nice.

**Ariela Trepman** 01:00

I escaped the New Year winter and it's been it's been great.

**Julia Chebotar** 01:04

Will you please introduce yourself to the audience tell them all about one hungry Baker because it's ASMR on crack.

**Ariela Trepman** 01:13

So my name is Sarah Yella. I was born in Mexico City. And I've always wanted to be a chef. Ever since I was little I said I want to be a chef. I want to be a chef. I don't know if it was because all my friends said that they wanted to be fashion models and designers. And I was like, No, that's boring. I want to be a chef. But I ended up doing it. I was a disaster in the kitchen. So I don't even know how I was accepted into the Culinary Institute of America because I burned box brownies multiple times. No the book.

**Julia Chebotar** 01:44

And for people that don't know this going to see is like badass. That's like, Harvard of culinary.

**Ariela Trepman** 01:51

Yeah. And my family kept saying like Ariela, but you know, fake you. We've never seen you in the kitchen. And I said, Well, yeah, that's the point isn't going to college to learn something that I don't know how to do. Like, why would I go to learn something I do know how to do so. And anyway. So I ended up going. It was nothing like I expected. I felt like I was in a reality TV show all the time there. Because I because the classes were there was huge windows, people will walk by with tours all the time. And oh, yeah,

**Julia Chebotar** 02:23

that's how was it? I see too. Yeah, yeah,

**Ariela Trepman** 02:25

yeah. And then I don't know, if you I'm sure you have the same thing. But your tests were like, make us three layer cake and decorate it, you'll have four hours, and you'll be like, okay, like, and you were like pep talk yourself in your head.

**Julia Chebotar** 02:40

Mine wasn't like that, because I did not go to like a baking program. Mine was like, make a vegan, you know, lentil whatever.

**Ariela Trepman** 02:48

Oh, my God, that's even harder. I don't even know how you did that. Like I had instructions, because I was able to like write them down than I had before. And I still would mess up. I remember this perfectly. One time, we had to make like a mousse cake. Which is funny, because it's pretty much what I do now with one hungry Baker. And I'll go into that in a second. But we had to make a mousse cake. And they require for you to put gelatin in them. So they can be stable. And once they brought back all the trays, there was one cake that was melted. He was just like, on the tray. And I was like What an idiot. And that was my cake.

**Julia Chebotar** 03:26

It was yours.

**Ariela Trepman** 03:29

I cannot believe it. I was like wait, that wasn't me. I did.

**Julia Chebotar** 03:34

This is why I don't think it's too stressful.

**Ariela Trepman** 03:37

It's very, it's like science. It really is like science, but

**Julia Chebotar** 03:42

it is yet to be very particular.

**Ariela Trepman** 03:45

But lesson learned, I will never forget gelatin in a mousse cake ever again, ever. So yeah. After that, I just decided that I wanted the experience of working in a Michelin star kitchen, which a lot of people want after being in like culinary school and all these things. So I moved to New York City, where I worked in Groundsheets Tavern for two years. And it was great. But it was such hard work. It was very much like boom, boom, boom, boom, boom, which I'm sure you know, because you've worked in, in restaurants as well. So it's like being in a kitchen like that is

**Julia Chebotar** 04:25

but as in the bakery department. Don't you have to go in very early or stay like do you like late shifts?

**Ariela Trepman** 04:31

No, no, you have to stay very late since like the third is the last thing that goes up. Yeah, some nights I would be there until two in the morning and to the last table order dessert. We were there. Which was actually really fun because we like ended up having our own little family and you know what it's like to be working in a kitchen with all these people. You spend so much time and you end up having like, a lot a lot of fun. So, yeah, so I have some great toy and memories. So waiting for one table to order dessert, and then they don't end up ordering dessert. And you're so mad. Like, I could have been home two hours ago.

**Julia Chebotar** 05:08

You could have gone home. Yeah,

**Ariela Trepman** 05:10

yeah, yeah. But yeah, kind of working in that environment. And seeing all of that is what led me to create one hungry Baker, because I saw that a lot of people desired and really liked making fancy things or eating fancy things at home. So, yeah, I wanted to be creative. And I love I love I've always loved art. So I'm like, let's combine the two things that I really like art and food and make it into something that people can enjoy to make, but also enjoy to eat. And that's where and that's where this was kind of like born out of that.

**Julia Chebotar** 05:49

I love it. I think it's such a good idea. I mean, even when, so like, how long ago was it that right before pandemic I guess, and I ordered all of those cakes for that birthday party. So I ordered Minnie galaxy cakes, you guys have to go to Instagram, I the parents push the kids out of the way so that they could glaze their own cakes, like it was vicious. Everybody had so much fun. I had to like Calm down, they started glazing like cookies, they started glazing anything they could find.

**Ariela Trepman** 06:18

That's so funny. So funny. People love we forget that we just really like to do things with our hands and be active and be creative. So when someone gives you the opportunity to do that people usually go right ahead and do it. Even if you have to kick your son out a little would you shouldn't by the way.

**Julia Chebotar** 06:38

Exactly. So I started this podcast because I realized that people don't have different relationship to the word healthy, different ideas of what healthy is. And I thought it'd be interesting to like talk to people in all different realms of food and lifestyle and how they say healthy or what even the word healthy means to them and how they balance it. So I kind of want to know what what does healthy mean to you as like a pastry chef is surrounded by sweets constantly.

**Ariela Trepman** 07:09

I think especially for a pastry chef who's surrounded by sweets all the time, it's important to keep yourself in check and keep a balance in that because if not, you could just be consuming all these things that are not necessarily good for your diet is consumed every day. So everything what I do, for example is I'll always try it, I will always try it but I will only have half of it or one bite to see what it tastes like the consistency and also because you know who can resist one bite of something that looks so delicious, but I will never finish the whole thing. Because I do this all the time. So and advice that I always give people is everything in moderation. Think Yes, you're allowed to have you're allowed to have the cake. Just don't finish it. You know, share or split it into three days you have this large or this one slice split it into two days. In some today. It's some tomorrow. And and that way you can enjoy it. And also if you don't feel guilty afterwards, because a lot of people will like, why did I just do that? And that's the worst feeling because you're supposed to this is supposed to be like, something you like? Exactly. I

**Julia Chebotar** 08:21

think food should be enjoyed as a treat not as something as a for to make you feel guilty later.

**Ariela Trepman** 08:27

Exactly, exactly. So if you if you are okay with eating half of it, and then you will be fine. Then you just got both you don't feel guilty, you got your dessert, and then the rest will be in tomorrow. Or someone in your household will eat the other half.

08:43

I like that.

**Julia Chebotar** 08:46

I love the videos. I love the videos that you post on your story of your grandpa and you're like everyone taste testing your brother dming you being like to save some for me. Yeah,

**Ariela Trepman** 08:55

they, they it's like their greatest gift that I'm here. Although I do live with my boyfriend, and he gained nine pounds in three months. So he's like, Rila no more. I cannot do this. My doctor told me this is bad for my heart. But yeah, he will he would happen is that I would just have like I said one bite of it and try it and then the rest will be like, Oh, it's here. Uh huh. And that's what's bad people. That's what you should not do. You should just always check yourself and do it in moderation.

**Julia Chebotar** 09:35

I love it. Okay, so I can't stand baking. We've talked about this, like, I literally can bake one thing and it's four ingredients and you put it all together and then you bake it. And that's like who I baked. And I like it always sounds fancy because it's like gluten free and you know, almond flour, but that's literally the only thing that I can bake. So I was like I don't even understand why you have to make wet, separate and dry separate, like I just wanted to all go into one thing.

10:04

But like,

**Julia Chebotar** 10:05

Is there a product? Do you have a process that you put like in the baking process that process? Is there one step that you're like, this is the best part of baking. So yeah, I

**Ariela Trepman** 10:14

agree with you baking is a pain in the ass. Even for bakers. There's so many room for error that you just half of the time I like was in cake come up, we're the same team to do this, like, let's do it. And then every time I put it in the oven, I'm like, please, please just bake bake beautifully, because it's completely out of your control. And the amount of times that I have done things that are disaster. It's endless, but I think that's part of it. It's part of like the trial and error learning. And a lot of the time if it comes out bad, you just, it's like a creativity thing that comes out of that you need to figure it out and like make it look good. Or make it taste good. Or turn it into something different. So I can tell you the same thing about cooking. I know the basics. Listen, I'm from Mexico. 99% of my dinners are given to us which is 30 years cheese tortilla and avocado on top. So I'm good with that. And or freaks me out the most is your like I said like salt to taste to taste. What that one ounce? Is it seven ounces? Tell me tell me to taste what it's like carrots. How many? until it looks good? No, no. See, that's

**Julia Chebotar** 11:34

how I cook. I can understand like one in one quarter ounce, and 17 grams and like how much is grams are there again and like like googling Alexei. And I'm like, I can't do this. And then with baking, there's like 70,000 bowls to wash. Whereas cooking like one pot.

**Ariela Trepman** 11:50

So this is why we make a great team you cook, bring dessert. So I think it's also a personality thing. But when you think maybe,

**Julia Chebotar** 11:59

absolutely, absolutely. Like I You are a baker and I am not like I see it in like our vibe.

**Ariela Trepman** 12:07

And you're a chef and you can just be like, yeah, give me a pot. I'll make you you know, chili adolescents, like, how would you do that? I need I need a four page instruction. Right now. You need to know how to do that. Brian, what is Brian required? Like,

**Julia Chebotar** 12:21

I would totally just like pull it out of my ass and like I think this works.

**Ariela Trepman** 12:24

Yeah, exactly. And I would be panicking on the entire time, like googling know, how much is to base? How many hours to pay. Are there?

**Julia Chebotar** 12:35

Is there a pastry chef that you like admire the most?

**Ariela Trepman** 12:39

I think what funny gets on has done. She's a Mexican paid Mexican pastry chef. She's the owner of La New York. kina. In New York, maybe you've heard of them? Well, they had a few locations. I think they unfortunately just had to close to the pandemic, but she still sells she makes she has like an ice cream and a popsicle stir the frozen ones. They're very traditional Mexican ice cream flavors in popsicles. And she brought them to the US. So you know living in New York, if I wanted a piece of home, I would always go there in order like the mango popsicle with that him and the hen is like a chili powder. Yeah, and they would put it on top of your popsicle. And then you could just she's she's thinking inspiration because she's kind of like walk the steps that I'm trying to follow in a way you know, having moved from Mexico to the US and started her own thing. And if you don't know her, you should look her up. Funny gets on.

**Julia Chebotar** 13:36

Okay, we we will tag her I love this. So I'm up. So I was obviously I always talk you we saw each other on Instagram, but I love what you how you changed the concept of what how you wanted to originally make your cakes. And I want you to explain the package and they're like the DIY kits you've created because I think it's so amazing. And I want one and I will order one.

**Ariela Trepman** 14:02

So there's a collaboration coming or a live video or something. We're gonna do some. We probably maybe we can do a I mean they're healthy. Honestly, they really are. They're super healthy. They're dark chocolate, which I consider it a healthy dessert always and I the gelatin I use I cuz I found out that it's a great source of collagen. It's like the fanciest one I could have ever possibly bought. So you're getting a good source of collagen from packed with antioxidants and nutrients. Yeah, but originally what I was doing is I was making large sites once they were between six and eight inches. And I was making them.

**Julia Chebotar** 14:43

That's how I first met you at a party.

**Ariela Trepman** 14:46

Yeah, that's how we met actually yet.

**Julia Chebotar** 14:50

Yes, at a party. What was it? What is his name? It's Neela friend, Scott. Yes, it was Scott's apartment. And she made this ridiculous cake and I Started fangirling. So continue.

**Ariela Trepman 15:02**

And then we like started talking like, oh, you're a chef. Oh, I'm just have to and then we just became It was like instant friendship at a dinner party. I missed those days, hopefully we can start having those tuning in. But yeah, so I was making those cakes in New York City selling them to people, they could come pick them up. And then they would take them to dinner parties, to birthdays to friends, to whoever they wanted. And then the pandemic started. So obviously, we couldn't do that, you know, I was like, there's no way I'm going to be making cakes and having people come over to pick them up, because it's not safe for anyone. And I started thinking, well, I could make them smaller, and ship people all the ingredients so that they can do it at home, which actually makes it a lot more exciting. Because you're doing it, there's something about the fact that you're the one making it, you feel really proud of the end. And people from seeing the videos always said, you know, like, I want to do that I want to do that. Well, now's your chance to you're doing it. And you can get as creative as they want as possible. So, so that's where the idea came out of. So I like tested so many different recipes, until I found really like nailed it all down and got all the ingredients ready. And I like started packaging in this little box. And I sent them all over the US to friends that lived like in California and one you know, like everywhere. Oh, how you'd like to see the kit would arrive. Nice. How I wanted it to arrive. Before you know I could tell them because I was I was so scared that things would break or something would spill. So I like did this to a different friends. And they were like I love this is amazing. Like you're ready to go do it. So I launched in the summer. I think it was June. And I'm so happy to say that I've sold over 200 kits, which is awesome for someone.

**Julia Chebotar 16:53**

That's amazing. I'm so happy. That is amazing.

**Ariela Trepman 16:57**

Thank you. Yeah, it's like it's my small business.

**Julia Chebotar 17:01**

Everybody needs to go and watch these. It's the best videos ever. I can it's like I stare at them for hours. It's so good.

**Ariela Trepman 17:08**

Someone told me that they watch them before they go to sleep. Like Susan. It's really soothing. They are they got what I love though, it's like, oh, maybe I should, you know, like meditate.

**Julia Chebotar 17:20**

You really should like that, like Reiki the cakes and send them over. But

**Ariela Trepman 17:24**

yeah, so that's where that started. And now I always like to test out new flavors and new colors, and you know, like paint on top of them. And these are all things that people can do when they get the cake

kit. They each one comes with three different colors. So you choose your color, if you choose, let's say purple is a really popular one. I'll always send you like dark purple, light purple, like a lavender, and white. So with all those three, you have so many possibilities and like endless combinations that you can do, you can pour it like from side to side from the middle and make like a swirl. Or you can cover it in white and then with a purple creative flower using a toothpick which is kind of what I've been doing lately because it's it's fun and you have four cakes to do this with. So it's it's great if you want to do them all by yourself or if you want to share but sharing these options.

**Julia Chebotar** 18:16

I thought this idea was genius. Like you need to make this like a COVID birthday activity. It's amazing. So that we have to do this together on live and I will QVC sell the shit out of these for you. I think it's so smart. So I asked everyone this question because I love food and I think food brings people happiness and all sorts of things. But this question gets a little dark. It's if this was your last day on earth, what would your last meal be? appetizer entree dessert?

**Ariela Trepman** 18:46

Oh, I get all three. Oh, this is great. I was like just one. Okay. No,

**Julia Chebotar** 18:52

not just you get you get at least three. I get three. Okay. There could be a beverage involved. Awesome.

**Ariela Trepman** 18:57

I'm good with water. I think I'll go with water head I would or or Yeah, you know like I don't I don't know. I don't know if you're gonna make me run a lot when I'm there. Like, where am I going to quit? I'm going to hell. I'm going to need that water.

**Julia Chebotar** 19:13

Need money the alcoholic beverage more though?

**Ariela Trepman** 19:17

Yeah, it was like maybe a nice glass of wine would be too or or choose tequila shots are all three options like appetizer entree, dessert main core, just bring them and then and then you're then you're you're happy like you're good.

**Julia Chebotar** 19:33

Yeah, either way you'll be

**Ariela Trepman** 19:37

so that's option one if the killer thing let's do it just all the way. But food wise. Yeah. Who do I think being as an appetizer? oysters? Yeah, like, like half a dozen oysters would be nice, you know with some lime and, and and that'd be good. And then this is gonna be really weird combination. Because they're usually things I would probably not be served together. That's a it's



**Julia Chebotar** 20:03

your last day if you do whatever you want.

**Ariela Trepman** 20:06

Yeah, exactly. Man, I would have I would have like a corn 30 yakisugi. Yeah,

**Julia Chebotar** 20:13

you really do like it?

**Ariela Trepman** 20:14

Yes, I would like smashed avocado on top and to portly sauce, like the actual Chipotle and like not too bold move from here. And then what was my last choice dessert? For dessert? Okay, and for dessert? I'm good chocolate chip cookie. Like that's, it's crunchy on the outside, but in the middle.

**Julia Chebotar** 20:39

But soft in the middle. Those remind me of like, middle school cafeteria cookies.

**Ariela Trepman** 20:44

Yes, those those the most basic one you can find like no need to be fancy to find good chocolate chip cookie. I would be very satisfied to pass on to a new life.

**Julia Chebotar** 20:59

I like the way you go. It's a it's a great way to go. Okay, so you

**Ariela Trepman** 21:05

want to join me? You want you want. You want some? Baby?

**Julia Chebotar** 21:08

Let's see Mary. Mine was um, was my appetizer. It was some sort of seafood. My entrees chicken parm. And then my dessert is an avocado.

**Ariela Trepman** 21:19

Yeah, those are good. Those are good. Maybe we combine them we can have from each other's like six different things right and have no and all the tequila. Exactly. So we just need a third person to come die with us in order the tequila and they were

**Julia Chebotar** 21:33

exactly I liked the way you think. Okay, thank you so much for being on today. This is all for today's podcast. Thank you for listening. Aereo please tell everyone where they can follow you where they can buy the kits. All of the things.

**Ariela Trepman** 21:50

Thank you know, honestly, thank you so much for having me. I missed your face. I missed you. And we've been trying to plan this for a while so I'm happy we finally did it. And please, everyone go follow

me. One hungry rager on Instagram, spelled like, oh, any hungry Baker. And same thing with my website one hungry Baker calm and everything you need to know about me is there.

**Julia Chebotar** 22:14

Oh, and your new website is beautiful, by the way.

**Ariela Trepman** 22:17

Thank you. Yeah, that was a very really, really, really fun photoshoot. Especially because we have like 40 pancakes by the end and we just had to eat them. Because I was like, it was me the photographer and her two kids and the kids were so happy. That wasn't my problem I left.

**Julia Chebotar** 22:34

Exactly. That's the best part of like being an aunt or like playing with someone else's kids. You can give them back. Yeah, exactly. Okay, so everyone thank you follow one hungry Baker. Subscribe to this podcast and follow me at health chef Julia.