

The Dish: Friedman curates, plates flavorful voyage



Chef and caterer Lynne Friedman is pictured. Photos by Barbara Burke/22nd Century Media

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She's dynamic and intriguing, both as a person and as a private chef.

Lynne Friedman cooks from the heart and exudes joy as she creates innovative and exciting cuisine. Friedman delights in entertaining and enjoys curating intimate dinner parties, and creating upscale, one-of-a-kind cakes that sometimes have moving parts to them. She even dabbles in wine-making. Sometimes, she shares her cultural dishes at local synagogues and organizations. Malibu Surfside News paid a call to Friedman's kitchen as she cooked up a sampling of her wide repertoire of dishes.

A foodie at heart, Friedman's eclectic creations are infused with influences from her worldwide travels as well as her upbringing in Los Angeles during the city's culinary explosion in the late 1970s.

"My mother was born in Burma, which is now Myanmar," Friedman explained as she displayed a hearty, flavorful and colorful dish. "This is Mohinga, the national dish of Myanmar."

The aromatic hot and somewhat sour fish soup — made with vermicelli, shredded banana blossom, lemongrass, egg, cilantro, fried shallots and lime — delights every corner of one's taste buds with its flavorful start, variant herbs and filling substance.

Friedman graduated from culinary school after enjoying a successful international business career during which, among many other things, she helped form a food and

beer distributorship in Russia. She knows and loves food and the culinary arts. Today, she blends her practical, business side with her creative side to set her catering services apart.

Making even seemingly elementary dishes innovative, Friedman also shared a bowl of cheesy grits made with white cheddar, beef stock, garlic and collard greens. Creamy and substantive, the down-home cooking satiates and delights.

“I love the soulfulness of Southern cooking,” Friedman said. “It’s right here in our own country for us to enjoy.”

It’s with that energy and excitement that Friedman approaches cooking, dining, entertaining and curating private parties. Her innate zest for life and the delight she gets from seeing how her guests react to her cooking embellishes every dish.

Her cuisine is not only delicious, but also visually appealing.

Soon, dinner conversation leads to discussions regarding the etymology of the food Friedman cooks.

“This is Matambre,” Friedman says as she stands in front of a grill, breathing in the aroma of the meat. “It literally means ‘hunger kills.’ It’s an Argentine rolled steak. This one is stuffed with scallions, arugula and chimichurri sauce.”

Cooked over oak logs, the dish has a complicated flavor. It is herb-infused and meaty, and yet it is also crunchy and moist.

“I like people to be able to travel the world from their dining room table,” Friedman says. “Sharing international recipes and knowledge with different communities is food for my soul.”

Friedman is also delving into personal wine-making and has her own brand, Rattle Creek Ranch, made with Syrah and Cabernet Sauvignon grapes. Although the wine is not yet available for sale, those lucky enough can observe the stomping of the grapes, her fermenting and personal on-property bottling.

Attention to detail, good company and careful preparation — those are the secrets behind Friedman’s innovative cuisine.

She fully adheres to and exemplifies a cultural parable from her mother’s native Burma which translates to, “If the beginning is good, the end must be perfect.”

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