

ALUMNI SUCCESS STORY

Bridget Hart

Chef Owner, Sweet Enough

BRIDGET HART ALWAYS KNEW THAT SHE WAS SUPPOSED TO HELP people. After thirteen years of working in the technology industry, she decided to finally do something about it.

Cook Street was the perfect choice for Bridget. “I wanted an accelerated program that would teach me all of the conventional rules of cooking, so that when I started my own company, I could break them all,” says Bridget.

Bridget took advantage of Cook Street’s relationships with culinary schools in Europe and studied with French Master Chef Rene Berard at the Bastide des Saveurs in La Cadriere d’Azur, France, as well as completing the Corso di Enogastronomia Italiana at the Italian Culinary Institute for Foreigners in Asti, Italy.

Before attending Cook Street, Bridget had decided that she wanted to help solve health issues through food. Since food had always been her passion, and since she had practiced a low-glycemic diet herself for many years and knew the health benefits she experienced, Bridget focused on clients who also loved food but had problems with high cholesterol, heart disease, obesity, diabetes and more. She wanted for these people to enjoy the same great tastes that healthy people do without suffering the physical consequences.

“My passion is sharing my belief that the enjoyment of good food, well-presented, does not have to be reserved for special occasions. Delicious healthy food does not have to be complex in preparation, and deprivation or denial should not be a part of anyone’s eating habits. I like to help clients eat well, without sacrificing a healthful way of living or, most importantly, flavor and enjoyment!

Bridget says, “I just wanted to give these people a good relationship with food.” Bridget believes that if you have a focus on a dream then you should follow it through. She now works as a personal chef in her own business, Sweet Enough (www.sweet-enough.biz), which caters to low-carbohydrate and low-glycemic diets.

Bridget was also featured on The Food Network in an episode of *Extreme BBQ with Bobby Flay*, preparing her famous Aspen Buffalo Burgers at a picnic on top of Aspen Mountain in the middle of a June snowstorm.

“Cook Street gave me an important foundation in an accelerated format that enabled me to do exactly what I wanted to do in my life. I couldn’t have asked for more.”

