

AVENTURA™

HOW FATHERHOOD
HAS CHANGED

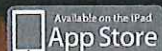
Mark Wahlberg

Dynamic Miami Dads
5 GUYS WHO ARE ON THEIR GAME

Your Financial House
CHECK IT OUT & CLEAN IT UP



- The luxurious Lincoln Navigator
- Sexy, sophisticated swimwear
- 6 fabulous Father's Day gifts



Spring
IN
YOUR STEP
GET IT!

Q:1

What's your go-to meal after a late night at the restaurant?

"A bowl of popcorn—fresh, not microwaved. I'm obsessed with the Crown Jewel brand; it's the only one I'll eat. The last thing I want to do when it comes to just me is cook, but if I get home and my husband is hungry, it's on. The other night I made chicken pot pies from scratch."

Q:2

Favorite guilty pleasure?

"Foie gras. I try to stay away from it, but it keeps pulling me back."

Q:3

Favorite South Florida dish?

"Growing up, I always loved just-picked strawberries that were warm from the sun. People rave about the sticky buns at Knaus Berry Farm, but for me it's always been about the strawberries."

Q:4

Favorite way to spend your day off?

"We make sure to have family time together. A perfect day off is riding scooters or bikes with my son, a swim at the beach and a nice meal together."

Q:5

Favorite ingredient to work with?

"Right now I'm having a lot of fun with beets—I'm making a ton of borscht—and sorghum, which is an ancient grain that you can use in risotto, salads, or popped like popcorn."

JUST CALL HER QUEEN

MICHELLE BERNSTEIN IS EVERYONE'S FAVORITE HOMETOWN HERO, AND WE CAN'T GET ENOUGH OF WHAT SHE'S COOKING UP NEXT.

By Jennifer Leslie Kramer

If you've been in Miami for any length of time, a simple reference to "Michelle" conjures images of crispy fried chicken, ham and blue cheese *croquetas* and blistered squash blossoms—favorites from the empire of eateries she has created. Her restaurants, from Michy's and Sra. Martinez to Crumb on Parchment and Seagrape, have been lauded by locals in the know and industry bibles like *Food & Wine* and *Gourmet*. But Bernstein wasn't always convinced she would be a chef. "There was no big 'aha' moment," she says. "It wasn't until years later, in the thick of it at Azul, did I realize this was my career. I still sometimes scratch my head and wonder how it all worked out."

Since opening Michy's nine years ago, Bernstein is the first to admit how drastically the South Florida dining scene has changed. "What we used to consider casual can now be fine dining; there's literally been a 180-degree shift," she says. Because of that, along with the need for something new and a constant urge to never stop

creating, Bernstein and her husband-cum-business partner, David Martinez, shuttered Michy's at the end of last summer to prepare for a complete overhaul. "The time was right; we had been thinking about it for years," she admits. "Once it closed, we took a step back. We weren't sure what we would do or what exactly we wanted from the space. But it gave us some breathing room to pursue other projects." Such projects include her new Saturday morning program, *SoFlo TASTE*, a menu at MIA's new Centurion Lounge set to open this summer and a partnership with Memorial Cancer Institute to create a collection of healthy meals for oncology patients receiving chemotherapy treatments at the hospital.

Michy's, 6927 Biscayne Blvd., Miami, 305.759.2001; michysmiami.com; Seagrape, in the Thompson Miami Beach, 4041 Collins Ave., Miami Beach, 786.605.4043; seagrapemiamibeach.com.