MEET CHEF ERIK, FRESH FOOD COMPANY’S DESSERT CONNOISSEUR

Houston, October 15, 2010 – It is well accepted that one of the perks of the all-you-care-to-eat style of the Fresh Food Company at Moody Towers is the unlimited access to fresh-baked cookies, cakes and other sweet treats. But who is responsible for making sure that each batch of cookies tastes so good that you’ll consider checking out a to-go container just for dessert?

UH Dining Services sat down with Chef Erik Bures, the man behind all of the delicious treats, to let you get to know a bit more about him and the inspiration for his menus.

Name: 
Erik Bures

Position: 
Dessert Chef – Fresh Food Company

Education: 
John Folse Culinary Institute

Previous Work Experience: 
Café Adelaide in New Orleans
Bistro Alex in Houston

Where did you gain your dessert expertise? 
“I wanted to take classes in the things I knew the least about, so by the time I graduated I had taken way more baking classes than I needed,” said Bures.

How do you create new menu items? 
“Usually I'll just get an idea out of nowhere for one part of a dish, a sauce or something, and then I'll build the entire dish around that one item. Sometimes I try something and it tastes terrible, but at least then I know not to do that again.”
Working at Fresh Food Company is very different than your previous experience in fine dining restaurants. What is your favorite thing about the change?
“I like interacting with the students. A lot of the time they seem like they’re not sure whether or not they should talk to us, but my staff and I like to goof around and have fun to show them that we’re human and we don’t bite. If you see us behind the counter, come say hi!”

If you could only eat one thing for the rest of your life, what would it be?
“Well, I’d love to say steak, but that’s not really a balanced diet, so I’d probably have to say pizza – just plain cheese and pepperoni. You have your carbs, dairy, protein and vegetables all in one.”

What do you do when you’re not at work?
“I actually really love all of the sciences. I like to go home and build things.”

For more information about UH Dining Services, visit www.uh.edu/dining.

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