

someone's in the kitchen

with Heinen's, someone's in the kitchen you should know!

Glenn Lyman didn't follow any playbook, let alone a recipe. Cooking just came naturally to him. Lyman's gift has pivoted him to preparing feasts for Cleveland's royalty—he's the personal chef to the Cavaliers' LeBron James. And from the very first meal, it's been nothing but net.

Nice. Very nice. How'd you get the job?

GL: I was in industrial sales, knocking on doors all day. Everyday I looked forward to getting home and cooking dinner. I always cooked for my wife and myself and for many of our friends, too. Finally, one day my wife asked, "When are you going to start doing this for a living?"

And?

GL: So I began doing some personal chef work. My samples made their way to people who worked with LeBron James. They called. The first meal I cooked for LeBron was a pre-season, pre-game meal before his first official NBA game with the Cavs. We hit it off from the beginning, and I have been his chef ever since.

You've said you're self-trained.

GL: I am self-taught. Actually, I like to say self-learning. When people want to know how I learned to cook, I always tell them that I ask everyone's mom and grandma. How can you go wrong? I really like to grill out year-round. And—I bet I go to the grocery store maybe 362 days a year.

Name five ingredients you always have on hand in your kitchen.

GL: Olive oil, Creole seasoning, fresh thyme, Parmigiano-Reggiano and fresh garlic.

Okay. Five more, since you look like we just asked you to pick your favorite child.

GL: Parsley, green onions, canned tomatoes, dried oregano and olives. Those olives are for the martinis.

What's your favorite culinary tool?

GL: A cast iron pan and a wooden spoon. Cast iron cookware is unbeatable. I make a pot roast that begins on the stovetop in a cast-iron pan and then I finish it in the oven. It's unbelievably good.

How about your favorite style of cooking?

GL: I love Creole cooking. The flavors are so great. I make my own rubs. Also, I like things that take a while to cook. Low and slow. I'm not really into baking. Too much math involved.

Secret ingredient?

GL: Jazz by Art Pepper. Blues Inn, 1956.

If you could wear the Heinen's blue shirt for a day, what would you want to do?

GL: (Unequivocally) Bagging the groceries. I'd get to see all of the people. I love talking with all of the people.



Personal Chef **Glenn Lyman** is a regular customer at our Rocky River Heinen's. He estimates he shops for groceries 362 days a year! One day this past summer, Lyman spotted store manager Bonnie Stadnik outdoors grilling lunch for the store associates. He couldn't resist; Glenn stepped in and took over the tools. "It was such a great surprise!" Bonnie said, "We all just loved it!"