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Sophia J. Thomas, Meet a Master Chef of the Future

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Sophia J. Thomas

Teen Chef

EXCLUSIVE INTERVIEW

Q: Sophia, you started cooking at the young age of 3. Can you tell us how you first got interested in cooking and what motivated you to start at such a young age?

A: Ever since I can remember, I have been fascinated by the sights and smells coming from the kitchen. My mom, who is an amazing cook, would often let me watch and help her prepare meals. It was during those moments of observing her culinary magic that I developed a deep curiosity and eagerness to be a part of the cooking process myself.

Q: What were some of the earliest dishes you remember making as a 3-year-old? Were there any favorite recipes or ingredients that you particularly enjoyed using?

A: As a 3-year-old, my early cooking adventures were quite simple, but no less exciting for me. I vividly remember helping my mom make a 5-cheese macaroni recipe, which became one of my favorite dishes. I loved the process of combining different types of cheese and stirring them into the creamy sauce. It was such a joy to see the ingredients come together and create something delicious.

Q: How did your parents support your interest in cooking at such a young age? Did they provide any guidance or special opportunities for you to explore your passion further?

A: My parents have been incredibly supportive of my passion for cooking right from the beginning. They encouraged me to experiment in the kitchen, supervised me closely, and taught me basic cooking techniques and safety measures. I've had the privilege of learning from my father, mother, and grandfather. My father shared his expertise in preparing meats, my mom taught me the art of delicious crafting sides, and my grandfather imparted his knowledge on the art of chopping vegetables. Each of them played a unique role in my culinary education, instilling in me a love for cooking and passing down cherished family recipes and techniques.

Q: Did you face any challenges or obstacles as a young child learning to cook? How did you overcome them?

A: As a young child, there were times when I found certain cooking techniques or tasks challenging. Handling sharp knives and working with heat required extra caution and supervision. Over time, with guidance from my parents and constant practice, I gradually gained the necessary skills and confidence

to overcome these challenges.

Q: Looking back, how has your journey as a young cook evolved since you started at age 3? Are there any significant lessons or skills you have learned along the way?

A: My journey as a young cook has been filled with growth and discovery. I have expanded my culinary knowledge, tried new recipes, and honed my techniques. Along the way, I have learned the importance of patience, attention to detail, and the value of experimentation. Cooking has also taught me about teamwork and the joy of sharing delicious meals with loved ones.

Q: How did you feel when you were invited to appear on morning television to share your cooking tips and make kid-friendly drinks?

A: It was an incredible experience to be on morning television! I felt both excited and nervous at the same time. It was a great opportunity to highlight my skills and share my love for cooking with a wider audience.

Q: Being featured on the cover of several magazines must be a remarkable achievement at such a young age. How does it feel to see yourself gracing the covers and being recognized for your talent?

A: Seeing myself on the covers of magazines is truly surreal. It's a validation of all the hard work and passion I've put into my culinary journey. It's an honor to be recognized for my talent and it motivates me to keep pushing forward.

Q: How do you balance your time between school, cooking, and media appearances? Any tips for other young aspiring chefs on managing their time effectively?

A: Balancing school, cooking, and media appearances can be challenging, but I've learned to prioritize and manage my time effectively. Setting clear goals, creating a schedule, and maintaining open communication with my parents and teachers have been key. My advice to other young aspiring chefs is to stay organized, be proactive, and remember to take breaks and enjoy the journey.

Q: With your growing popularity, what are your future aspirations as a teen chef? Are there any specific goals or dreams you have in mind?

A: As a teen chef, my ultimate goal is to continue developing my culinary skills and knowledge. I aspire to attend culinary school in the future and further refine my craft. I want to inspire other young chefs and make a positive impact in the culinary world with my own restaurant.

Q: What advice would you give to kids who aspire to become chefs when they grow up?

A: My advice to aspiring young chefs would be to embrace your passion for cooking and never stop learning. Start by exploring different flavors, experimenting in the kitchen, and trying out new recipes. Seek opportunities to gain hands-on experience, whether it's through cooking classes, apprenticeships, or even helping out in the family kitchen. Don't be afraid to make mistakes, as they can be valuable learning experiences. Stay curious, be open to trying diverse cuisines, and never stop honing your skills.









