

## Featured Chef: Michael O'Dowd

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**Featured Chef Michael O'Dowd of Kai Restaurant and Bar at Sheraton Wild Horse Pass Resort & Spa.**



*Photography by Jackie Mercandetti*

**How did you get your start in the restaurant business?**

I was introduced to the tiles when I was 15 and have had an affair with her ever since. It was the energy, fire and knives that hooked me.

**What is your favorite Valley restaurant, besides your own?**

Lee's Sandwiches, No. 18.

**What is your favorite dish at your restaurant?**

Lobster Degustation.

**What is the most memorable meal you've ever had?**

My first meal with my wife at Bistro 110.

**If you could have anyone visit your restaurant, who would it be?**

My grandparents who aren't here with us to share their smiles.

**Name three ingredients that you have at home at all times.**

Ginger, sea salt and chipotle pepper.

**What is your favorite bottle of wine or cocktail?**

Mouton-Rothschild 1945 Red Bordeaux.

**What do you like to do in your free time?**

Fly fish, race cars, farm at Wellington Farms, care for my Cichlids and spend time with my family.