

Clout & About

lifestyle * travel * entertainment * food & wine * technology

Chef Phoebe Schilla's Studio of Good Living Teaches Epicurean Cooking with a Healthy Twist



Phoebe Schilla

Chef Phoebe Schilla loved cooking from an early age growing up outside of Portland, Maine. Her mother and aunt were accomplished self-taught cooks who welcomed curious Phoebe into their kitchens. From tapping her own maple syrup from trees in the yard to baking homemade bread, Phoebe learned at an early age about the delicious benefits of whole, natural, seasonal foods.

After high school, Phoebe traveled to France where she studied at the prestigious Le Cordon Bleu in Paris. Upon returning to the States, Phoebe worked in the New York restaurant scene and attended the Culinary Institute of America. After graduating from CIA in January of 1999, she moved to the Bay Area and worked in the catering industry and the wine industry. In 2004 she fulfilled her long term dream of becoming a private chef and having a direct impact on how people eat.

In 2005, Phoebe lost a good friend to a long-term illness, and the experience prompted her to look at her culinary gift through a new lens. While she had always understood intuitively how wellness and nutrition were linked, she realized that she could use her passion and skills to convey this value to the larger community.

“Cooking is a great way to teach yourself patience and forgiveness,” says Phoebe. “We should all learn how to cook healthy food for ourselves and not feel overwhelmed by the process. I want to help people learn the basics and not be afraid to experiment because that’s how we’ll learn to become more confident in the kitchen.”

Since the Studio of Good Living launched in 2005, Phoebe has developed a roster of clients including Silicon Valley top executives, a UN ambassador and families looking to relieve their hectic schedules. Phoebe is also an accomplished wine buyer and educator who helps clients and restaurants enhance their cellars.



Mango Quinoa

The Studio of Good Living announced its upcoming winter series of lifestyle cooking classes designed to help everyday people live a balanced, healthy life through good nutrition, innovative recipes and a willingness to experiment. Created and taught by leading chef and lifestyle architect Phoebe Schilla, the new lineup of winter cooking classes are available now through March.

The Studio of Good Living

“At the Studio of Good Living, we help people learn how to cook nutritious food with confidence,” said Schilla. “Everyone should be able to learn how to cook wholesome food for themselves without it feeling overwhelming. We take away the mystery of good cooking, and make it accessible for everyone – and help them live a more balanced life in the process.”

The Studio of Good Living was founded in San Francisco in 2005 by Schilla as a way to blend her passion for cooking and wellness with her natural affinity for teaching. An accomplished professional chef who trained at Le Cordon Bleu in Paris, France and received her degree from the Culinary Institute of America in New York, Schilla designed the Studio of Good Living for today’s lifestyle savvy people who are seeking ways to bring balance back into their hectic daily lives.



The Studio of Good Living is a culinary wellness center that seeks to improve the health of the community through whole foods cooking classes, nutrition consultation, yoga and mindfulness techniques. It offers a range of practical and hands-on services that help people develop a culinary lifestyle that transforms their lives. The Studio provides cooking classes, one-on-one instruction, signature experiences and culinary consulting that takes the stress out of day-to-day meal preparation. In addition, the Studio offers grocery and errand concierge service, wine and sommelier consulting, chef services, cooking parties and dietary and nutrition counseling.



Typical class size

Winter Classes

From light and healthy cuisine to classic French meals, the Studio of Good Living provides professional step-by-step instructions to help its participants design menus and meals that will appeal to even the finickiest of eaters. All classes are offered at the Studio of Good Living's kitchen, located at 311 San Benito Way in San Francisco's beautiful Balboa Terrace neighborhood. The weekly classes are \$90 per person. Attendees receive an insulated grocery tote made of durable, eco-friendly 80 GSM polypropylene exterior with thermal food safe foil interior, and a measure equivalency magnet for the fridge. The winter lineup of weekly cooking classes includes:

Classic Homemade Desserts

Who doesn't love to be the person at the party who brought the best dessert? Participants in this three-hour hands-on course will learn how to make *classic chocolate cupcakes* (from scratch!), *crème brulee*, *lemon curd*, a classic *jellyroll* and *apple pie*.

Saturdays, January 14, 28; February 4, 18; March 10, 24 from 1 – 4 p.m.

Light and Healthy Cuisine & Vegetarian Light and Healthy Cuisine

Learn how to cook healthy meals for yourself and others. Participants will learn basic knife skills as well as instruction on healthy dishes including: *Grilled Chicken with Persimmon Salsa*, *Quinoa Pilaf with Roasted Kale and Sweet Potatoes* and a low fat version of *Panna Cotta*. The vegetarian class will highlight whole grain cooking including *Curried Vegetable Stew*, *Roasted Eggplant and Farro Pilaf*, *Edamame Hummus* and *Homemade Baked Falafel*.

Light and Healthy: Tuesdays, January 17, 24, 31; February 14, 28; March 13, 27 from 6 – 9 p.m.

Vegetarian Light and Healthy: Fridays, February 3, 17; March 16 from 6 – 9 p.m.

Classic French Cuisine & Vegetarian French Cuisine

Come and explore the world of Classic French Cuisine. Learn how to cook *French Onion Soup*, *Coq au Vin* and *Moules Mariniere*. The vegetarian class will feature a *Dairy Free Fresh Mushroom Soup with Rosemary*, *Wild Mushroom Cassoulet* and *Parisian Gnocchi* and *Tarte Tatin*.

Classic French: Tuesdays, February 7, 21; March 6, 20 from 6 – 9 p.m.

Vegetarian French: Fridays, January 13, 20; March 2, 30 from 6 – 9 p.m.