

Kate Walling's Story

From an early age, Kate Walling, President and Founder of Sous Chef, Inc. and TheSecretIngredients.com, embraced the idea of honoring important relationships by presenting loved ones with handmade books filled with photographs and written memories. She can remember sneaking pictures out of the family photo album, hoping to copy and replace them before her projects were discovered. When she presented family members with such a personal and memorable treasure, she realized that her books created a unique and special bond.

Five years ago, a family friend expressed her desire to pass on her family's Secret Ingredients in the form of a personalized cookbook. Kate decided to accept the challenge. The gift was an instant success, and word quickly spread throughout the neighborhoods of her hometown. Throughout the creation of these cookbooks, Kate began to appreciate the unique opportunity she was given to explore the importance of cooking and food as an integral part of each family. She began to see how the preparation and presentation of meals appeals to all five senses and the presence of familiar foods evokes memories and even offers comfort.

Kate's purpose in creating the family cookbooks that you see on TheSecretIngredients.com website today is to provide clients with unsurpassed quality and customer care, while offering customized selections to benefit every family. It is her mission to offer families the opportunity to share memories, strengthen relationships and bring together past, present and future generations through the art and power of food.