

PROFESSION

Gordon
Bleu-trained
chef

AGE

37

ROOTS

Los Angeles

**WHY WE
LOVE HER**

Her new
book,
Best-Loved
Mexican
Cooking, is
out this
month

● MY FAVORITE THINGS

Kitchen Confidential

CHEF LALA DISHES OUT SOME OF HER BEST-KEPT DOMESTIC SECRETS. BY SHERA DALIN


**Numi Dancing Leaves
Flowering Teapot**

LaLa can't live without these flowering teas that blossom in a glass Numi teapot. Low-cal and *delicioso*.
\$27, worldpantry.com

**Villa Manodori
Balsamic Vinegar**

"This is my new thing," she says. "It isn't all runny, so it's good when I want to decorate a plate for presentation. With bread, it's like a meal."
\$44, williams-sonoma.com


**AeroGarden
Garden System
and Herb Kit**

Homegrown basil, oregano, cilantro, rosemary and thyme inspire LaLa's culinary creativity—plus, they're amazingly easy to grow.
\$150, target.com


**Farberware
Millennium
12-inch Nonstick
Skillet**

"It doesn't require oil, so you'll save calories," she says of this pan, which is also sturdy and has a heat-proof handle.
\$40, target.com


**Metromint Multi
Sampler Pack**

LaLa lines up eight water bottles on her desk daily and aims to drink them all. Sometimes she adds cucumbers for a spa feel. "I try to treat myself special."
\$10, metromint.com


**Whole Foods Organic
Unsweetened Dried Mango**

"I have a bad sweet tooth, but sugarless sweets actually turn on your desire for more. I do fruit instead." She shares dried mango with her 2-year-old son, Maddox.
About \$9, wholefoodsmarket.com


**J.A. Henckels Twin
Pro "S" 8-inch
Carving Knife**

"You can cut yourself more with a dull knife than with a very sharp one," LaLa says. She prefers 8- and 10-inch blades.
\$70, cutleryandmore.com

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