

GET TO KNOW

Tween Chef, Entrepreneur & Humanitarian: Sophia J. Thomas

Images by Raquel Riley Thomas



Sophia has been cooking since she was 3 years old. When COVID-19 hit the world, she saw a challenge. She realized that kids who were at home during school hours, needed to know how to make meals for themselves. She started SJ Savory Kitchen, a company that focuses on providing food recipes and tips to families. Since the start of the company, she has received praise from celebrity chefs such as: Rachel Ray, Carla Hall, and Sugar Chef! She has also received praise from Oscar winner, Octavia Spencer!

Sophia also wanted families to be safe in the kitchen, so she started SJ Cookware. Her first line of kitchen safety products include aprons, chef hats, mittens and pot holders.

And there's more! "SJ" as she's also known, gives back to the community. Her parents are military Veterans so she makes it a point to work with Veteran non-profits to send care-packages to military overseas. She also gives to charities such as Victoria's Voice and No Kid Hungry. Recently, Sophia worked alongside her sister to help raise over \$150,000 in a fundraiser for Stand Up for Kids, a non-profit that focuses on helping homeless youth. Sophia has been awarded in the community for her leadership achievements. She was awarded the National "Girl of Merit" award in both 2018 and 2019.

She also had guest cooking segments on Fox5 "Good Day DC," Fox5 "Good Day Atlanta," ABC7 "Let's Talk DC" and ABC7 "Good Morning Washington." She recently made history in Teen HiLife, as their first person of color on the cover.

In her personal life, "SJ" enjoys spending time with her family and watching scary movies. She lives with her father, mother, older sister and a British Shorthair she personally named Logan. Follow her on Instagram and Facebook @sophiajthomas

SJ's Signature Pork Bulgogi Recipe



Pork Bulgogi is a very popular Korean BBQ dish. Typically, pork bulgogi as opposed to beef Bulgogi is normally spicy. This recipe is the non-spicy version. Enjoy!

INGRIDIENTS

Thinly Sliced Pork - 300 grams pork shoulder works well

Onion - ½ onion

Sesame seeds - few shakes

Marinade

Soy sauce - 3 teaspoon

Sesame oil - 2 teaspoon

Sugar - 1.5 teaspoon

Minced garlic - 1 teaspoon

Black pepper - few shakes

Spring onion - 2 teaspoon

INSTRUCTIONS

Make Marinade

Add soy sauce, sesame oil, sugar, cooking wine, minced garlic, black pepper and spring onion together in a mixing bowl. Add pork slices and onions into marinade. Thoroughly coat them. Then set aside in refrigerator for 30 minutes.

Cooking pork

Place large frying pan on medium heat. Pour some cooking oil in. Once frying pan is hot, place meat in.

Cook on medium heat until almost all of the liquid has evaporated. Then raise stove to a high heat. Get a slight char on meat and turn off heat. Garnish with sesame seeds. Add fluffy rice to complete meal.

