

# T O R O N T O

## Surgeon at home in his kitchen

**It's** 9:30 p.m. and cosmetic surgeon Dr. Trevor Born has not eaten dinner. And chances are good that when he does, it won't be at home. He has spent hours on his feet ministering to a who's who of Toronto society, which leaves him little time at the end of the day to shop for food or cook a meal.

Yet Born loves his kitchen. When he moved into the midtown Toronto apartment last July from another unit in the Brian Gluckstein-designed building, he was sold on the high-end appliances – a stainless Sub-Zero refrigerator, silent KitchenAid dishwasher, Thermador double oven and gas range – not to mention the white marble floor cut entirely from a single slab.

The double-entry galley layout also appealed to him. "It helps to have a kitchen that's functional," he says, "and it's only eight paces from the dining table, so the food doesn't have a chance to get cold."

That's why he's planning to level the raised granite countertop that faces the sink and juts into the spacious living room. "People either nibble in the kitchen or sit at a table," he says. "I don't want them to sit up there and eat." Since the finishes are not to his liking, either, the maple cabinetry will be stained black and the gold hardware replaced come September.

So Born will be giving his beloved kitchen a facelift. But why go to all the effort if he spends so little time there?

His lifestyle, for starters. Every morning at 5:45, the yoga-practicing Born downs a liquid breakfast of blended orange, mango, Greens powder, protein powder, full-fat yogurt and pomegranate juice. "It's the champion of



**Trevor Born loves the kitchen of his Yorkville condo, even if he doesn't get to spend much time there.**

juices," he jokes, showing off the Champion one-third-horsepower appliance. Any other food he buys – mostly from the "robber's row" stores on Yonge, south of Summerhill – is on an as needed basis.

But food aside, the kitchen is where he spends time with his girlfriend of three years, Dr. Lisa Airans, a New York City dermatologist. On her visits, the two devote at least one evening to staying home and cooking together. On the menu recently: polpettini, or little

Italian meatballs. "She has her own recipe for the tomato sauce and it was just incredible," Born says. "There's this restaurant in New York that we go to a lot – Bar Pitti. Their polpettini is amazing, but I must say that Lisa's is better."

Born's role in the kitchen is that of "executive director," which allows him a say in the recipes. "A lot of my cooking comes from watching my mom when I was growing up. I know what I like in terms of flavours and contrasts, but I would say more of it now comes from Lisa, who has given me all these amazing cookbooks, which she uses, I don't." Next to the gas range is a well-used copy of Marcella Hazan's *Essentials of Classic Italian Cooking*, with tomes by Alice Waters, Dean & DeLuca and Delia Smith stored on a shelf overhead.

But it's the Reidel wineglasses that take up the most space in Born's kitchen – two entire cupboards' worth. And his wine collection, which he stores in a 180-bottle wine fridge, was gathered from vineyard vacations he has taken with Airans.

He pulls out a package of saffron he got at a Barcelona shop founded in 1823. There is little else in his pantry – "Lisa threw out two boxes of spices I never used" – though he has held on to an exotic selection of oils and vinegars. "If you think it will taste like olive oil, it will mess you up," he says of an avocado oil from New Zealand.

It would not be presumptuous to expect a premium knife set in Born's kitchen. In fact, though, the Wusthof block is filled with a mishmash of utensils.

But so what if Born's kitchen is not fully stocked? So long as there is a bottle of Champagne on ice in anticipation of Airans's visits, everyone is happy.

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