

## Chefs Reveal the 20 Items They Always Have in Their Kitchens

From tinned anchovies to canned chickpeas, some of the country's best chefs share their favorite household kitchen items.

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Brad Kilgore, the 2016 F&W Best New Chef who recently opened the cocktail lounge **Kaido** in Miami, has a thing for **cream cheese**. He almost always has a fresh, unopened tub inside his South Florida home. James Beard Award-winning chef and restaurateur **Daniel Boulud** prefers a healthy supply of sardines inside his NYC refrigerator instead. On a slice of bread with avocado and butter, they're his favorite midnight snack.

From smoked pork belly to electric fly swatters, read on for the 21 items this crop of chefs can't go without.



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### Oats

"I eat a huge bowl of oatmeal with fruit, yogurt, and nuts every day before work. I never know what I'll end up eating the rest of the day, so I make sure to always have a healthy, filling breakfast. I often eat canned beans on my days off. Overall, I eat mostly vegetarian at home." – *Adrienne Grenier, executive chef of 3030 Ocean*