



WOMEN Who Changed the Game

LYSIELLE CARIOT



BLEU PROVENCE

1234 Eighth St. S.
Naples, FL 34102
239.261.8239
bleuprovincenaples.com

TIME, PASSION AND CREATION are Lysielle Cariot's main ingredients. After 17 years as executive chef at Bleu Provence, she is still on top of the Naples food scene by constantly innovating and evolving.

For Lysielle, cooking is much more than peeling vegetables and cutting meat. It is about creating recipes, sourcing the best produce, choosing the colors of the dining room, selecting the silverware and furniture, and listening to her guests. In one world, it is creation.

Growing up in the Mediterranean, she brought Provence to Naples with a cuisine full of sunny savors and flavors, with elegance, finesse and simplicity. She is a self-taught Provençal chef who caught the attention of *The New York Times*, Robert Parker, Marvin Shanken and a plethora of celebrities.

She has always been fascinated by flavors. Flavors were the major reason for her to become a chef. She still chooses almost all of her travels and vacations around the discovery of new foods, savors and flavors. She believes that ingredients are an expression of the *terroir* they come from and she likes to play with them to please her guests. "Cooking is a creative process of reinventing and adjusting old and new recipes with the best local sourcing possible, then making them available to my guests. The challenge to have to focus on multiple tasks at the same time is also very exciting to me in the kitchen."

As an award-winning chef, her newest endeavor is making artisanal organic homemade charcuterie from whole, locally raised pigs. But be patient, because some items—like her cured ham—will take more than two years before being served. In addition to taking care of her business and team, her sons, her grandkids and her husband, she still finds the time to volunteer every week at the Neighborhood Clinic. She also loves to auction every year for the Naples Winter Wine Festival, a very special dinner to help the Naples Children and Education Foundation raise money for the underprivileged and at-risk children in Collier County. She is also very proud that her restaurant contributes to a multitude of other local charities.