

Flour child

Pastry chef, entrepreneur and mother of triplets: Katie Brown, unsifted

By **CHRISTOPHER WYNN**
Staff Writer

Katie Brown is used to being busy. She was the pastry chef for hubby George Brown's George Restaurant on Inwood, not to mention co-owner of the couple's longtime business, George Catering. Then came those triplets last fall. Suddenly, this chef found herself with a few more mouths to feed. Mrs. Brown opted to stay home full time and work on creating the sweet life for her and her family.

Favorite dessert: "Bread pudding. It's so easy and always gets rave reviews."

Favorite dessert to buy: Frozen pops from Whole Foods. "No added sugar, lots of fruit — they're somewhat guiltless."

What two busy chefs cook for dinner at home: "If George is home, grilled or seared meat with a vegetable. If George is working, I eat leftovers — or anything that requires the least effort and creates the least mess."

How a pastry chef keeps slim: "Slim? Right now I don't do anything. Before I got pregnant, I worked out faithfully. Now I refuse to find the time. Running up and down the stairs 30 times a day with three babies is my workout."

The best thing about living with a chef: "He cooks for me a lot. He's a good host and great to have around when we entertain."

The worst thing about living with a chef: "The hours. Being a chef is a lifestyle more than a job. George has food and work on the brain all the time."

Best tip for busy parents to keep romance alive: "You're asking

me? Just kidding. I think you have to spend time together."

Your favorite thing about hubby George: "He is very sweet to me and makes me feel safe and secure. He also does lots of things around the house that I don't like to do."

Recent cheap find: A wall-mounted magazine rack from IKEA for \$8. "I was shocked at how inexpensive their furniture is and how good it looks."

Recent splurge: Three pairs of baby shoes from Stride Rite

Best deal in Dallas: DSW (Designer Shoe Warehouse)

Favorite labels or designers: "I buy clothes I like and that look good on my body. I get a lot of stuff from Gap and Banana Republic, and

mix it with funkier stuff from places like Movida Boutique in Mockingbird Station or from Emeralds to Coconuts. If I could allow myself to spend hundreds of dollars on a single article of clothing, I would buy everything at Anthropologie."

On your iPod or playing in the car: "If I had an iPod, it would be



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audiobooks. In the car I listen to NPR."

Favorite place to take the kids:

"You think I take them places? Actually, taking them anywhere is entertaining. So many people come and talk to me about the babies, saying 'you have your hands full' and 'wow, I thought having one was hard' and 'does it run in your family'? People's reaction to us is fascinating. Right now, anywhere that they can stay in the stroller is good."

Favorite online purchase: "Photos; it's easy, and they come straight to the house."

Favorite online shopping or food Web sites: "For a specific recipe, I search on Foodnetwork.com, Epicurious.com and Cooks.com."

Favorite thing to do when the kids are napping: "Catch up on

my TiVo; it's a guilty pleasure."

What are you reading now: "Texas Monthly or the Gospel of Luke when I can get to it. The last book I finished was the most recent *Harry Potter*."

Family vacation spot or trip:

"Family vacation sounds awful at this stage in the babies' lives. I would love to go to Costa Rica and explore the rain forest, but I don't think the babies would get into it."

Makeup routine: "I use cleansers and moisturizers from Origins and Bobbi Brown Cosmetics."

Favorite beauty products: Origins mascara

Best beauty finds for the kids: "Plain old Johnson's Baby Shampoo."

Who does your hair and where: Angie Watkins at Bolivar Salon

In your bag at all times: "Credit cards so I can pay for things and a driver's license — just in the off chance I get carded or arrested!"

