

## **Lesson 1 - Be Prepared**

*"It's essential to make sure you have proper kitchen tools for food storage - like cling wrap, bags, and containers - because they help keep food fresher longer."*

## **Lesson 2 - Have Patience**

*"Give yourself enough time to really learn how to cook."*

## **Lesson 3 - Choose Good Ingredients**

*"The better the ingredients, the more farmers I can buy from, the closer I feel to the food I want to make that represents what I care about as a chef."*

## **Lesson 4 - Fresh Is Best**

*"Fresh herbs really belong anywhere you can put them."*

## **Lesson 5 - Practice Self Control**

*"You have to be disciplined about being in the kitchen."*

## **Lesson 6 - Time Is Of The Essence**

*"Repeatedly opening the oven - or worse, taking out the turkey to baste it - slows down the momentum of cooking."*

## **Lesson 7 - Keep Hot Foods Hot, Cold Foods Cold**

*"Scrambled eggs are so simple, but they don't wait or taste better cold."*

## **Lesson 8 - Be Fearless**

*"A splash of red wine vinegar can pull things together like a pinch of salt."*

## **Lesson 9 - It's All About Flavor**

*"For me no good food is illuminated without acidity."*

## **Lesson 10 - You Are What You Eat**

*"Food is so heavily connected to memory."*