

# COOKING TIPS From the Pros\*



## USE BIG PLATES

*Let the natural beauty of your serving pieces show through and accentuate your food. Think of it as a canvas to be painted.*

## COMBINE HOT AND COLD

*Changing temperatures add to the creative process and open up new flavor combinations.*

## SHOW SEASONINGS

*Fresh herbs, chopped spinach, parsley, peppers, dry herbs and spices - anything - just let it show.*

## USE SOMETHING CRUNCHY

*Think about texture. Homemade crisps, nuts and pastries make an interesting contrast.*

## SUBSTITUTE FREELY

*Forgot something and don't want to go to the store? A recipe is a guideline - give it your own touch!*

## PROPER METHODS

*Steam, bake, broil, boil, grill, braise, fry, saute, microwave. Choose the appropriate methods.*

## PREPARE AHEAD

*Finish last minute. One day ahead is usually no problem. Make yourself a "road map" to follow.*

## SHARE EVERYTHING

*There are no secrets - pass it on!*

## ALWAYS CONSIDER COLOR

*Sometimes a little bit is enough but be careful not to repeat ingredients among courses.*

## BEVERAGES AS FOOD

*Limit them and make them part of the menu.*

## FLAVORS SHOULD "JUMP"

*Shake it up! Give it a twist! Vinegars, citrus, hot sauces, spices, herbs, glazes, robust cheeses - don't be afraid - put a party in your mouth!*

## TIME VS. TEMPERATURE

*Like a good marriage, mastering this "give and take" relationship can make a cook a great chef.*

## FIVE COMPONENTS

*This is a guideline, but count the components for each dish and you'll see the creative difference.*

## MINIATURE MEALS

*Proteins, vegetables and starches packaged as a single bite make hors d'oeuvres spectacular.*

## INVOLVE EVERYONE

*People want to be near the "hearth" so plan ahead and let your guests be a part of the fun. After all food is a celebration of life.*

## CLEAN AS YOU GO

*Meticulous attention to sanitation and avoiding any cross contamination is the way to success.*

## QUALITY INGREDIENTS

*When in doubt - throw it out! Frozen is not the opposite of fresh - rotten is. Continually develop your own high standards.*

## BE THANKFUL

*A word of gratitude is always appropriate and can be a nice transition into a main meal.*

## PUT THE LOVE IN FIRST

*Make love the first ingredient and cook with passion - it tastes better!*

\* Sharon, President and Owner, and David Nina, Vice President, are both Certified Executive Chefs and graduates of the prestigious Culinary Institute of America. Fewer than 200 women and 3,500 men have obtained this level of certification through the American Culinary Federation. Additionally, Sharon is a Certified Professional Catering Executive and David is a Certified Culinary Educator, six time gold medal winner and a member of the elite American Academy of Chefs. No other caterer in Central Florida can top those credentials! Not to mention Edibles Etc.' over twenty-seven years serving Central Florida!