



Be Well Bistro

Come Here to Feed Your Inner Soul!



Be Well Bistro Cooking (Essentials)

The Right Tools

Mis en Place

Ingredients

Recipes

Creativity

Nancy's Plan:

Creating a menu plan is easy when you follow the basics.

Mastering Recipes means repeating enough to get it down, and learning how to adapt it.

Variety is essential to good eats.

Eating a Rainbow of Color and Texture is what keeps your meals fun and interesting.

Stay out of the inner aisles.

Watch Cooking Shows

Read Recipes completely before beginning

The Four Basics

1. Mains

2. Sides

3. Flavor Profiles

4. Fresh, Colors, & Textures

The Right Tools Make Cooking Fun

The right pot, the best knife, the right mixer, blender, or juicer is what makes for good cooking. When it's used as meant to be used, it works.

Mis en Place - a french term meaning put in place, this is typically used to mean organizing and measuring all ingredients before you begin. It also means knowing exactly where everything you need is in your kitchen.

Ingredients:

Fresh is always best. Buy the best you can afford. Buy the organic, go to a farmer's market, find a local co-op, but get the best you can. And use it quickly. The nutrient density is best when freshest.

Recipes

Learn the basics! Great lessons can be found in age old cookbooks, standards of excellence. Learn from the best. The new chefs all started with basics. Learn and adapt the older recipes to healthier fare.

Creativity

It's ok to play! Some of my favorite foods came because I had a full pantry. Foods, spices, herbs, fresh ingredients, and a little willingness to adapt a recipe to what I had on hand.