

"What makes our food appetizing and appealing?"
As Humans

We first Smell then we See then we Taste.

Aging diminishes our senses.

Answer: Increase the Flavor without sodium and salt.

Herbs:

Oregano, Basil, Bay Leaves, Parsley, Dill, Rosemary, Cilantro, Garlic, Marjoram, Mint, and many others.

Herbs often add to the smell taste and appearance of many ethnic dishes we take for granted.

Spice:

Anise, Caraway, Cayenne Peppers, Cloves, Cumin, Ginger, Horseradish, Mustard, Nutmeg, Paprika, Pepper, Poppy, Sesame, Turmeric, vanilla, and many others. Sea Salt has lower sodium content than mined salt.

Spices for thousands of years have made a fundamental change to our diet and used in proper quantity will heighten the taste of any dish.

Citric Acid:

Lemons, Limes, Oranges, Tangerines, Tomato, Grapes, Grapefruit, Citric acid will add a flare to many dishes we prepare they also make the diners mouth water much in the way the smell of a pickle will pucker the mouth.

Roots:

Celery, Carrots, Onions, Potatoes, and others.

Roots are the foundation to cooking many of the proteins that we consider to be comfort food. For example the Cajuns consider the Celery, Carrot, and onion, in equal parts, to be the "Holy Trinity" in their kitchens.

All good food served is balanced and that does not necessarily mean in the dietetic sense of the word but rather in the common sense approach to palatability, sight, and smell. Remember if we listen to our bodies they will tell us what they need.

Open Discussion:

How should I utilize seasonings in the preparation of our meals?

Roasting and Stews

Generally speaking herbs will be used in roasting beef, pork, and poultry, but please remember that these are only guide post in well seasoned protein. Also, roots such as onion, celery, carrots, and potatoes are the foundation of roasting and stewing regardless of which protein you are using.

Finishing Flavors and Ethnic Favorites

Most often spices are used finish the flavor of a particular dish, salad, or baked goods. Also, your ethnic dishes such as Hispanic will tend to use more peppers and stronger flavors.

The Dining Room

1. Visually appealing and warm to the eye.
2. The sound of familiar music that appeals to the guest.
3. The aroma of bread and good food being cooked.
4. Warm smiling servers attentive to the needs of our guest.
5. Beverages that are refilled when needed and not when asked.
6. Genuine interaction with the guest, "letting them know you care about them", and what their opinion is on the specific dish they consumed at your restaurant.
7. Creating an atmosphere should be the number one goal as administrators, for without our guest there will be no reports to fill out or time tables to meet.

Role Playing

"Inspecting what you Expect"

TAKE NOTES:

Smell

Sight

Sound

Taste

