

MINDFULNESS OF TASTE: THE SACRED KITCHEN

WHAT SEPARATES YOUR STYLE OF COOKING FROM OTHER CHEFS?

Authenticity. I share my lived experiences through my food. New Orleans and Creole food is so nuanced, it's very hard to replicate. It's literally in my soul. I know exactly what flavors and ingredients to use from being indigenous. I was taught from 2 generations of Creole women. And grew up eating this food. This is my heritage. There is absolute truth in each bite.

WHAT DO YOU WANT PEOPLE TO FEEL WHEN THEY EXPERIENCE YOUR FOOD?

I want you to feel as if you're sitting at your Grandmothers table. It is the highest compliment when someone tells me it reminds them of their grandmothers. We all love our grandmothers food and use it as a gauge and standard. These are recipes from my grandmother and that is exactly what I want to convey.

WHAT ARE SOME KITCHEN RULES YOU IMPLEMENT WHEN YOU'RE PREPARING FOOD?

No animals!!! LOL No negativity, leave it outside of my kitchen. Music and hairnets are a must!

