

Flavoring Foods for your Health a video by David Getoff, CCN (One page insert)

The purpose of this handout is simply to save you some time. The enclosed DVD will explain my technique for helping you to learn how to season and spice. In order to actually accomplish the exercises I outline on this video, you will need a few hours of time as well as a set of measuring cups and measuring spoons. You will also need many ingredient I will list later on this handout.

Please set aside 2 to 3 hours or more to do one of the sessions I will be teaching. In many cases it is helpful to view the entire video while taking notes, before actually doing the exercise. Everyone learns differently so some will wish to just buy most of the supplies and then begin. For those few who can see a TV screen while in their kitchen, it may be even easier.

Purchase as many flavoring items listed below as you can find easily. More flavors equals more knowledge and more flavor knowledge equals a far better cook.

Grains

Choose a healthy grain that does not have too strong a taste of its own, so that you can better assess the changes in flavor that are being made by the added flavoring agent. In order to keep this a healthy exercise, and in line with my goal of always teaching something NEW, I suggest that you use Teff, Quinoa, Amaranth, Black rice, or Red rice as your grain. Just a suggestion.

The Teff may be ivory or brown, the quinoa may be ivory, black or red just as long as they are whole grain. You may of course use any grain you desire. From the fact that my home, my office, and everything I own burned to the ground in the October 2007 San Diego wildfires, it is obvious that I do not really have much control over what happens out there (or in your kitchen). If you have never eaten any of the colored rices (colored by nature, no coloring added) you should try them if you like a hearty grain. My favorite is Thai Red Cargo rice.

Fats & Oils to have on hand

Extra Virgin olive

oil Ghee and or

butter

Sesame oil both regular and Toasted sesame oil

Coconut oil (two good brands are Tropical Traditions and Omega Nutrition)

Palm kernel oil Tropical traditions or other health food store brand- naturally orange in color.

Seasonings and flavorings to have on hand (don't worry about the ones you can't find or are not in season)

Fresh garlic cloves (or granulated or powdered garlic but NOT garlic salt)

Black pepper

Sun dried sea salt (table salt will do if that is all you have) "Real Salt®" Is another healthy alternative A bunch of fresh dill

A bunch of fresh cilantro

A bunch of fresh basil (green or purple)

A bunch of fresh mint (any variety you can find, more mints are available if you grow your own) A

bunch of fresh parsley

Sun dried tomatoes

A red, orange, yellow, purple, or brown bell pepper

A hot pepper of your choice if you like spicy (Serrano, jalapeno, etc.)

Any other fresh spice you wish to experiment with

A ripe orange

A ripe

tangerine A

ripe lemon

A ripe lime

Some ripe seasonal berries

A tub or jar of Miso (if you have never used Miso, buy white, mild or Shiro miso)

Two of my favorite mixed spices are "Road Kill" from www.Stuartspices.com and "Butt Rub" from

www.ButtRub.com They are both designed for use with meats but only my taste buds determine where I will use a spice. Directions are for erecter sets and do not belong in the kitchen of a really good cook.

Watch the video, do the exercises, taste, learn, and enjoy. A good cook is loved by all !!!