



## COOKING “MANTRAS” EVOO CHEFS USE OVER AND OVER

This list is more than a list of cooking tips and how-to-dos. We often call them “Bobisms,” because he uses them often. Here they are elevated to “mantra” status because they are useful in many cooking scenarios and bear repeating. Here goes.

- Think of wine as a food not a beverage when pairing. (i.e., make sure the wine you pair has some quality that contributes to the plate. For example, if you pair a fruity tart wine with a sweet scallop you can balance the sweet flavor with a fruity wine with flavors of tart lemon or apple to round out the taste)
- Good alone, better together. (i.e., when adding a food to the plate, it should taste good by itself, it shouldn't need the rest of the food on the plate to make it taste seasoned or finished; but when eaten side by side with other foods on the plate, each is enhanced.)
- Foods that grow together go together on the plate. (i.e., pairing foods that grow in the same season takes the guess work out of deciding what to cook)
- When cooking with wine, cook with what you would drink. If it is passed drinkable it won't get any better in the pan.
- Where there is salt, there is coriander. (i.e., in Chef Bob's world, foods that are seasoned with coriander do not need as much salt.)
- Provide a juxtaposition of tastes for every dish you create. (i.e., try to balance sweet, sour, salty, bitter for each recipe and each plate, and each menu for best balanced results)
- When searing, season well only one side and place seasoned side down in hot pan to sear. (i.e., do not season the other side so that the finish product has great flavor without losing the flavor of the product itself.
- For all delicate quick cooking proteins, use the two step cook method: start by searing protein seasoned side down in hot pan; when smells aromatic from seasoning and or has good color, off-load to a cookie sheet seasoned side up to finish the cooking in the oven. Most portions of fish or chicken take 3-5 minutes for the sear and 4-5 minutes to finish at 400°F in the oven.
- If a dish is out of balance be sure to ask if a wine might be the one thing missing.