

## Health through pleasure

Hisayuki Takeuchi is a Japanese chef and owner of the Parisian restaurant Kaiseki.com. He devotes his life to cooking and to well-being: "Scientists have declared that health comes from what we eat. I am entirely convinced of this. And as the human body is complex, variety in our diet is essential. Combine salmon, full of Omega 3 fatty acids, which are good for the heart and mind, with broccoli, which has remarkable vitamin content. Serve tofu, which is soya-based, to combat the symptoms of the menopause, seafood, which is full of trace elements and has anti-tiredness properties, yuzu, small Japanese citrus fruits with powerful antioxidant properties... My kitchen is my laboratory. Like scientists, I do experiments. With one requirement: taste! Because it's up to us chefs to combine pleasure with health, to make people like the taste of bitter if it's good for the body, to awaken memories in the tastebuds, to stimulate the appetite with mouth-watering presentations, etc."

### Chef advice

- **Use healthy products that haven't been treated.** What a paradox to offer your customers vegetables full of vitamins, while making them swallow pesticides.
- Simple cooking is good cooking. **Respect the product;** in return, it will offer up its best nutritional advantages.
- **There's a solution for every type of pleasure!** We all like chips. But if we use the traditional cooking method, it's a nutritional disaster! To savour the taste of chips, cook your potatoes in water before putting them in the oil: eating them will be less harmful to your health.
- **Cook traditional dishes.** They are passed down from generation to generation not only because of their taste, but also because of their benefits to health. Natural selection does not only apply to species.