

Chef advice

- **Avoid waste.** If vegetables are organic, every single part of them is good to eat. Don't throw away radish leaves or potato peelings. Cook them! Even the soil that covers vegetables can be used. Some people make up for their lack of minerals by eating clay! And what you don't use in your dishes, you can use in compost.
- **Go for large spaces, big tables, big plates....**, with the right quantities. To be really appreciated, grand cuisine - called Kaiseki in Japanese - requires presentation and comfort.
- **Give your customers a view of your kitchens and create dishes in front of their hungry eyes.** Direct contact is so much more enjoyable and instructive. I've always taken great pride in showing off my products. I love answering questions, I like seeing the reactions of the first mouthful.
- Don't spend all your time in the kitchen. **Take a look around. Take time to improve your culture to stimulate your creativity.** Music, painting, reading and cinema are all good for feeding the inspiration.
- **Travel, taste different flavours, discover the gastronomy of other countries** and create a borderless style of cuisine. Dare to try bold combinations of flavours! Sushi with flower petals and the raspberry-avocado combination, for example, are absolute delights.
- **Cross your skills.** In France, chefs are not familiar with other catering disciplines. If you are skilled in both cuisine and pastry, it's easier to create a harmonious meal. With notions of oenology, you can create a menu around a specific wine chosen by the customer. And if you serve your guests yourself, you can better identify their tastes and desires. It's thrilling!