



Reconnecting with food & flavour

The Recipe for delicious food, joy & health
with Bridgette Macilwaine



One-to-one
coaching

Easy & tasty
recipes

Our tongue
& our gut

Video
lessons

Support &
guidance

Easy cooking
tips



Sounds like you?

- Upgrade your cooking skills
- Learn easy tasty flavour combinations
- Cook great meals in less time
- Which foods are best eaten raw or cooked
- Improve your health and wellbeing
- Learn the best meal prepping ideas
- Connection between food & gut health

Learn to cook
easy, delicious
and healthy meals
from your own
kitchen.



*Cooking with love
provides food for
the soul*

Eating and cooking is a full sensory

EXPERIENCE



Remember: it may not be the same for everyone

We want to enjoy food, the taste, the smell and the fun of preparing these meals.

What can we do??

Our senses

mouth
nose
ears
eyes
touch

Experience:

texture aroma spicy
appearance hunger
environment sound
emotions temperature

The 5 tastes:

sweet
salty
sour
bitter
umami



The 5 tastes:

These categories cover the different areas of our tongue, if we understand the food relating to each section, it can help us understand how we could easily change or adapt a recipe depending on the ingredient and its final flavour effect.



SWEET

fruit, peas, dates, pumpkin, sweet potato, onions



SALTY

celery, dark greens, seaweed, swiss chard, olives



SOUR

lemon, lime, vinegar, lemon zest



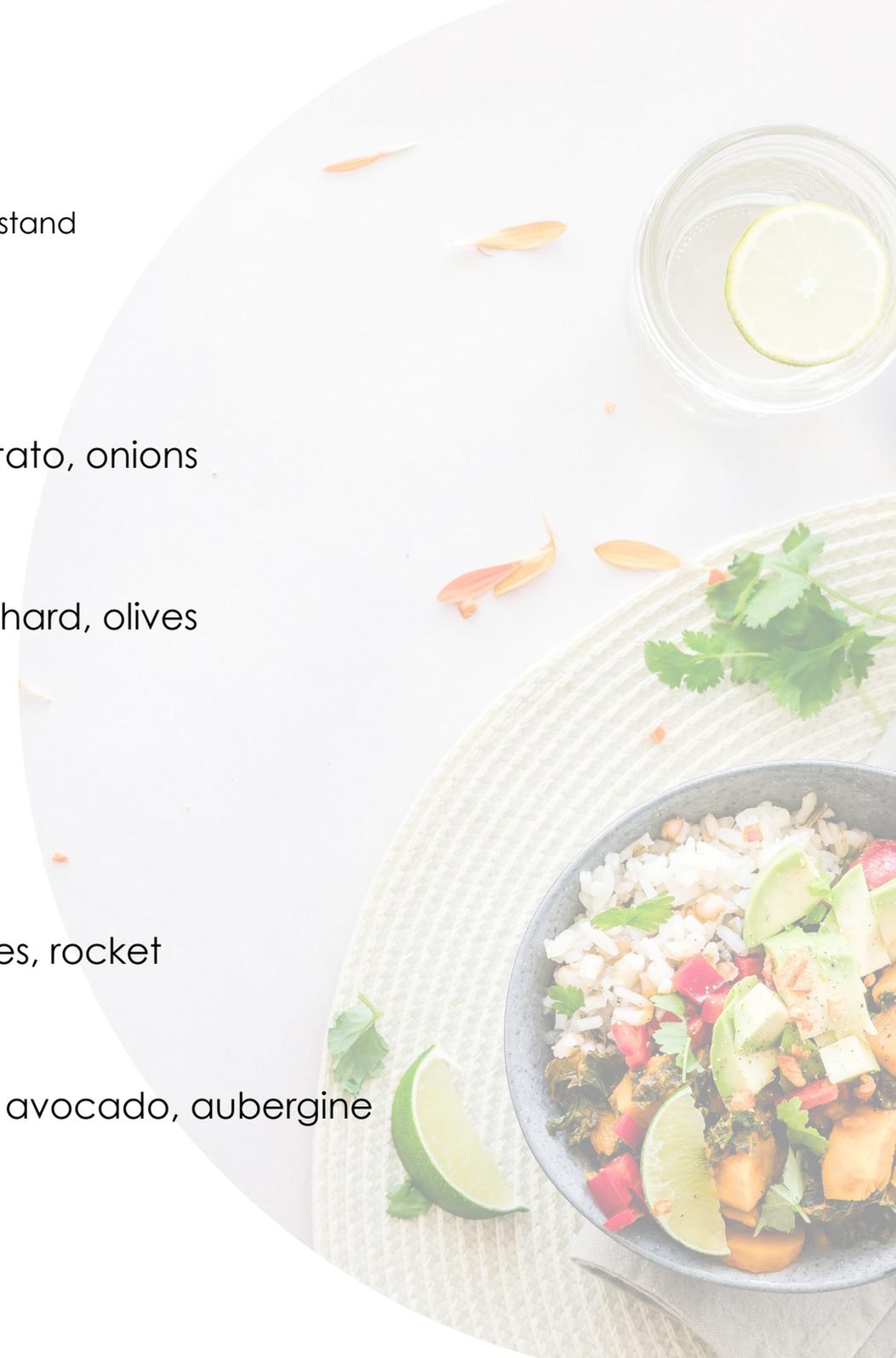
BITTER

cacao, tamarind, wild greens, radishes, rocket



UMAMI

tomato, mushrooms, wheat, walnuts, avocado, aubergine



Building the layers

Flavour building techniques:

Heat

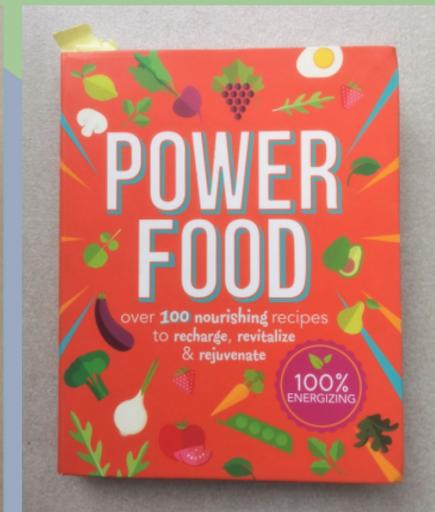
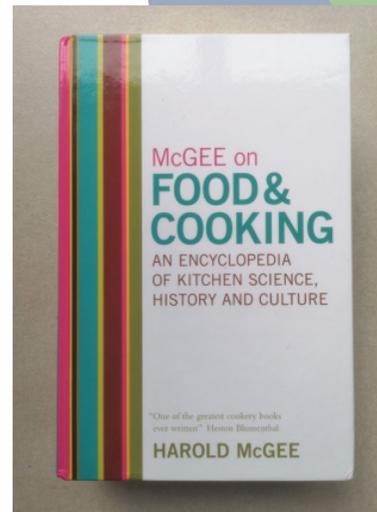
Marinades
& sauces

Toasted or
roasted?

Textures for
freshness,
crunch,
sweetness

Cooking breaks
food down into
tiny molecules so
our taste buds can
sense these

*Layering:
A few simple basic flavour
building techniques which
can be layered for depth
and richness*



6 Awesome cooking tips:

CELERY

The saltiness in the stalks compliment seafood - well in a sauce or soup or curry

SESAME OIL

Add it to the end of the dish when ready to serve - heat destroys the taste and nutrients

AUBERGINE

Raw they can be quite bland - but cooked they work well with salty ingredients for an amazing savoury dish.

GARLIC

Garlic is amazing at heightening the flavour of what could be a bland savoury dish - such as pasta or risotto

CUCUMBER

Cucumbers are a great choice to knock back bitterness in other ingredients

BASIL

Add basil to the end of a dish or as a garnish on top as cooking it too long removes its fresh fragrance

**EXPERIMENT
AND HAVE FUN!**



A dash of flavour chemistry can help us make fuller use of our senses of taste and smell, and experience more - and find more pleasure - in what we cook and eat.

Harold McGee - Food and Cooking