

A LITTLE OF EVERYTHING

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My friend, dr. Daniel, a doctor (physician), gave us a good advice that eventually serves as one of our best guidance of food habit: a little of everything.

One day, when my hubby asked him about what kind of food he should avoid when he turned 50. His answer was: eat whatever you want to. But (.. yes, this is very, very important...) eat less of the amount you usually consume. Goat meat sate? Sure, only 1 piece please. Cow's brain? Go ahead, but only a teeny beety piece. Quail's egg? Half is enough. Durian? One piece seed is OK (not one whole fruit for sure).

The "a little of everything" advice obviously also has to be applied for 3 S of our daily food: salt, sugar, sambal. So, basically all possibility of your tongue senses - sweet, sour, salty, spicy - need to be reduced dramatically. BTW, frying by using oil is also reduced, do not forget.

A friend of mine (he is 53) has already reached the highest level of food nutrition and taste. He does not care about the taste anymore, as long as a certain food is nutritious and good for his health. That's right. Nutrition comes first. Taste ranks number something. If the food tastes good, he sees it as a bonus.

Another friend of mine is a big consumer of sambal. She ate almost every food with chili or sambal (Believe it or not - even chocolate and tea nowadays has a chili flavor!). Unfortunately her body has a certain limit of tolerance. Now, even a single chili seed immediately gives her a tummy ache.

All Chef has the same philosophy of cooking: human eats with most of their senses - eyes, nose, and finally tongue. Therefore, our food or a dish should looks pretty, smells good, and taste yummy.

We are just human. If we have a good food or dishes, we simply cannot stop our desire to consume it.

The biggest fight - according to a Greek philosopher - is fighting with ourselves. This is it. This is a good example. We have to fight ourselves so we consume only as necessary.