

Sig 04.07.24

This past week was highlighted with the interview of Iron Chef Champion Chef Vitaly Paley and his wife Kimberly. This is a legendary couple of polymaths (individuals whose knowledge spans a substantial number of subjects, known to draw on complex bodies of knowledge to solve specific problems) Enjoy hearing this conversation to learn how you, too can PAUSE in life at significant moments whether it is swimming with dolphins or cooking a great meal.

That leads us to the topic of how do you spot significant moments in your own kitchen. Here's our top ten:

1. Teaching your children and Grands how to cook, fry, and bake. Pictured is my Mom teaching Heather how to roll out the dough back in the 1980's. Now that's a significant memory. Still missing Mom ...everyday.
2. Cooking from scratch. Try it and you will like it. Yes, it takes a bit more time, but the taste is worth it, especially on pie crust.
3. For Chef Paley, winning the James Beard award was a significant achievement. Hey, I will accept, loved the smoky taste of your hamburgers.
4. Mistakes made in the kitchen can be significant. My Mom burning her scallop potatoes started a life time love affair for overcooked potatoes.
5. Preparing food for others is a spiritual experience. Fixing chicken noodle soup of a friend with the flu makes everybody feel better.
6. Experimenting with ingredients can be a seminal moment. I guess we have watched too many episodes of Chopped, but adding new spices adds an element of surprise.
7. Passing down recipes has become a big deal in our family, especially that secret ingredient for meatloaf.
8. Learning new techniques can create special moments, especially when you wow your guests. Recently, I learned how to cook a special cut of steak with a new method and it made all the difference.
9. Cooking a signature meal or dish can also be significant. Ask anyone who serves brisket in Texas.
10. Kitchen conversations have turned out to be the most significant to our family. The kitchen has always been the location to laugh, live and be happy.

Favorite Podcast of the Week: We enjoyed a fun conversation with Stew Redwine about audio and sonic branding. When asked what his mnemonic was, he sang "Red, Red Wine."
<https://www.spreaker.com/episode/success-to-significance-legends-with-stew-redwine-of-oxford-road-and-host-of-ad-infinitum-podcast--59321619>

Book I'm Reading: He Saw That Was Good: Reimagining Your Creative Life by Sho Baraka. This is a deep exploration of the intersection of faith, creativity and justice.

Quote that Inspires: "My name doesn't grace buildings, though that would be good. But I'm indebted to the many people who have built in me the value of community." Sho Baraka

Hoping you spend some time of significance in your kitchen. Rick