

On being a Gourmand



By Chef Lance
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As a chef, I love good food. However, as is often the case in the use of the English language, there is a whole range of meaning that can be ascribed to the term 'good food'. So often, I encounter the comment, "you make such fancy food". To which I humbly reply, "Thank-you", but as I see it, it is only the preparation of good ingredients, properly handled and prepared.

In my journey to become a personal chef, I have been a dishwasher, a waiter, a line cook, and now a chef. The food has been the constant all along the way. I have learned to see the beauty and joy a wonderful meal can bring to a person. It is this kind of magic that keeps me going back into the kitchen, tying on my apron and getting a meal together, be it for a client or my family. To be a gourmand means to be discriminating in what and how one eats.

We all have learned how to make proper life and business decisions in our own particular circumstances. As a chef, it is my interest to help people develop their own instincts and appreciation for 'good food' that lets them be their own gourmand.

I have not eaten in all the expensive restaurants I would like to, but I DO know what a good meal should be. It is always a social event with people you care about. It is always beautiful, & delicious, be it familiar or a new choice. It incorporates nutrition and some indulgence; it is prepared by skilled hands that love good food. It is art. It is theatre. It is a form of entertainment. It provides a down-to-your-soul kind of satisfaction that we all can appreciate and enjoy. That is what being a gourmand means to me.

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