

MODULE 1: GETTING STARTED | TRANSCRIPT

LESSON 1

Prep Your Mindset

Cooking is power

When you cook, you have complete control over what you eat—you know what’s in the dish, where the ingredients came from, and exactly what you’re sharing with your friends and family. Home-cooked meals made with whole food ingredients simply taste better than restaurant or packaged foods—and most times, they’re healthier. Cooking feeds the soul and brings people together. It’s an opportunity to share with others and pass on traditions and life-changing skills. Cooking should be creative, rewarding, and FUN. All ingredients for a happy life.

Perfection-free zone

No cook is perfect. When I made my very first smoothie, I tossed an un-pitted date into the blender because I had no idea that dates even had pits. *Um, do you know how hard date pits are?!* And even to this day, if I don’t set a timer when I’m cooking quinoa, I’ll inevitably busy myself with something else, forget about it, and burn it so badly the house reeks all day.

When we focus too hard on that “perfect” outcome, we miss out on the important details, flavors, aromas, and textures in a meal. In cooking, like in all aspects of life, believing that we have to be flawless is basically us saying to ourselves, “I’m not good enough, something’s wrong with me.”

But quirks and uniqueness are what make the meal! Snafus—and, on the flipside, unexpected victories—are the moments where we truly add to our skills and know-how. Look at “mistakes” as opportunities to be creative, to become more acquainted with the trickier aspects of a process or ingredient, or to learn a lesson.

So, let’s say a big “no thanks” to the idea of cooking perfect meals every time, and repeat after me: *There’s nothing wrong with me if things don’t go as planned.*

Like perfectionism, believing that you're inherently a "bad cook" is another mental block. I don't believe it when people say "I can't cook"—either they told themselves that or someone else did and unfortunately the idea stuck. With a simple understanding of basic cooking techniques, ingredients and seasonings, plus a pinch of patience, anyone can cook. And that's with or without recipes as your guide.

Throughout this course, you'll learn how to approach obstacles and surprises with confidence and an open mind, seeing the opportunities to make it work no matter what. Keep a cooking journal in the kitchen to document your adventures like recipe tweaks, and favorite flavor and ingredient combos. Some of my best dishes came from "mistakes" I've made in the kitchen. Life is always going to throw a curveball. Expect it, embrace it, work with it. It's just more flavor for the meal—you can do this!

Lesson Action

Get a cooking journal—something small you can keep with a pen in a kitchen drawer. Write down one belief you have about cooking in it that you would like to change.

Why would you like to change it?

How do you plan on changing it?

Keep this goal to yourself, or share it in the classmates group if you like.