Early to Rise Customer Support

What are your recommendations for someone who follows a Kosher diet and is thinking of taking the cooking class. This requires substitutions for pork or seafood (salmon and tilapia are exceptions) and not mixing meat with dairy.

Honey - 2020-02-06 - Chef Gui Eat More Burn More

To some extent, we all need customized substitutions, whether it is for religious reasons, medical reasons, or just personal taste.

The best advice I can give you is (and I’m not trying to sell you anything!) is to sign up for my cooking classes. There we would be able to work hand in hand together, and my help can be focused on your requirements.

The other reason is that I base my teaching on TECHNIQUES, not recipes. That’s very important because if you learn the techniques, then you understand HOW to cook, so that you can apply the technique to any ingredients you wish, thus of course avoid the ingredients you don’t want. Nobody has ever learned how to cook by following a recipe. Rather, you must understand the techniques so that you can easily cook whatever you want.