



## THE TEN COMMANDMENTS OF COOKERY

Euro -Toques Guidelines for trainers

These were approved by certified Euro -Toques star restaurants prepared. This is linked to the call for training all Euro-Toques culinary educators, to read these carefully and their apprentices to teach:

1. Find, identify and use the freshest ingredients of the best quality (this is not synonymous with the biggest or most beautiful).
2. Keep to the products of the seasons, so that you and your guests to smell, color and taste of spring and summer, autumn and winter enjoy.
3. Go with the ingredients carefully and masterfully order and combine them into a harmonie good blend of flavor and structure.
4. Enter your trainees with both:  
a knowledge of the traditional dishes and products of your own region and the sense of these features.  
Enter the awareness further, that there is a wealth of regional cultures, our characterize typical cuisine. The Culinary has a mosaic of tastes, smells and colors, to its peculiar aura to preserve.
5. Have you not participating in the systematic destruction, distortion, trivialization and standardization of taste. One certified Euro-Toques star-restaurant should under no circumstances, a food's original taste take. This must be it guarantee. Thus, the culinary arts within society to gain in importance and also absorb the zeitgeist and evolve.
6. Make sure that new technologies, taste and tradition does not overwhelm. Struggles you against the uniformity of taste.
7. Avoid chemical additives, use natural compounds in order to properties of the ingredients in color, flavor and aroma to keep.
8. Enter your knowledge, a balanced menu to create.
9. They convey an understanding of what the different drinks and foods drinks harmoniously complement.
10. Pay attention to hygiene and cleanliness in the personal sector, in dealing with food and work with the devices.

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