

## **The First Steps to the Dance**

**Lead with your left. When asked what is your secret in the kitchen my pat answer, is a question. “What’s your dance?” That’s what you’re doing in the kitchen. This is one reason that folks like to watch people cook. Steps and maneuvers change with each kitchen environment. It’s the hands that do the fashioning but it’s the positioning and posture of the body where it begins or at least after the vision.**

**Let’s assume first that you’re right handed. Consequently you’re first instinct is to pick up a pan in your right. This debilitates stifles and stops the dance. You have to put down the tongs, spoon or spatula, manipulate the pan then pick up the tool again. For most the left is not for fine motor skills and all you have to do is shake, hold or sauté with it.**

**When cutting on a board, the left hand is used as the guard that the knife is against and with the thumb the food product is pushed and when in rhythm and unison the slices are consistent. It’s the same with the knife and fork when eating. The fork in the left just does one thing it goes from the plate to the mouth. It’s the knife that does the sorting, cutting and scraping. As with most physical endeavors, perfect practice makes perfect.**