



THE CULINARY ARTIST'S PALETTE



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This summer's column is dedicated to attorneys and judicial officers in the arts. Perhaps you're in the business of providing legal services to those in the entertainment industry. Or, you may be a judge who performs in community theater.

From copyright law to cartooning, the artistic talents of those in the Delaware Bench and Bar run the gamut. Yet, I would suggest that our commonality lies in the kitchen. All of us, to some degree, prepare meals as home cooks. The term culinary arts is defined as "the art of preparing, cooking, presenting and serving food," so we are all culinary artists at various levels of proficiency.¹

Like all artists, home chefs strive for excellence. In planning and preparing a meal, we consider "the way the food itself looks, how it is presented, how it smells, how it performs or behaves while we taste it, how it feels on the tongue and of course how it makes us feel."¹

Of these factors, I agree with the Michelin Guide's UK Editorial Team in that taste is at the forefront. "Dishes are rarely improved by being made more elaborate — good food isn't about a chef showing how clever they are or how many techniques they've mastered, it's about creating something truly

Tomato and Blue Cheese Salad

Instructions

In a small bowl, create a dressing by whisking together four tablespoons of extra virgin olive oil (BITTER), two tablespoons of red wine or champagne vinegar (SOUR), and a squeeze of lemon juice (more SOUR).

Slice an heirloom tomato (SWEET and UMAMI) and arrange on a plate. Top the tomato with slices of your favorite blue cheese, like Gorgonzola (UMAMI).

Top each slice of blue cheese with an anchovy filet or two (SALTY and UMAMI). Drizzle with your simple dressing and add sea salt and pepper to taste.

Garnish with Genovese Basil (SWEET). On the side, arrange several thin ribbons of Prosciutto di Parma (SWEET and SALTY).

This is perfect for a summer lunch or a dinner appetizer. For depth of texture, don't forget a crunchy baguette and a crisp Rosé wine. Your family and friends will be calling for an encore.

joyful to eat ... food is all about just one thing — taste.”²

Just as a composer ponders the elements of a song, including melody, tempo, and lyrics, a culinary artist must analyze the elements of taste: sweet, salty, bitter, sour, and umami. According to Le Cordon Bleu, “when each element is perfectly balanced...the dining experience is lifted above and beyond.”³

A note on umami. Discovered over a century ago in Japan, umami corresponds to the presence of glutamate and is enhanced through ripening and fermentation. Think of a favorite fermented condiment, like soy sauce, or an aged cheese.⁴

That was quite a mouthful, but I don’t need much space for an ideal summer dish — one that is simple, a joy to eat, and captures all five flavor elements. 

Notes:

1. What is Culinary Arts?. Accessed July 14, 2021. <https://hospitalityinsights.ehl.edu/culinary-arts>. See *In re Seven Stars on the Hudson Corp.*, 618 B.R. 333 (Bankr. S.D. Fla. 2020) and *In re Wetter*, 620 B.R. 243 (Bankr. W.D. Va. 2020).
2. “What Makes a Great Dish?” MICHELIN Guide. Accessed July 14, 2021. <https://guide.michelin.com/us/en/california/article/features/what-makes-a-great-dish>.
3. Le Cordon Bleu Culinary Arts Institute. “How to Balance the Five Flavour Elements.” Home. Le Cordon Bleu Culinary Arts Institute, February 4, 2019. <https://www.cordonbleu.edu/news/how-to-balance-the-five-flavours/en>.
4. Umami Information Center. Accessed July 14, 2021. <https://www.umamiinfo.com/>.



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