



SCHARF BANKS MARMOR^{LLC}

The following are remarks provided by Chef Malika Ameen at the Scharf Banks Marmor LLC October 28, 2016 event, "Sweets & Champagne."

"Baking is like living life. At times challenging, while other times exhilarating. We add and take away ingredients, experimenting to learn what we truly love. We learn from our mistakes, work to find the perfect balance and excel as we practice. When we find success, it is truly sweet."

SPICE ADVICE...

Knowing how to use spices can greatly enhance the flavors of your dishes. Cooking with spices is about finding the right balance in a dish. Spices shouldn't be overpowering and disguise foods. Instead, they should be complementary making a dish unique, memorable and delicious.

DON'T BE INTIMIDATED, EXPLORE THE WORLD OF SPICES...

Source a local spice shop or a better grocery store (many now have dedicated spice sections where you can buy by weight) to build your spice repertoire. This way you don't have to overcommit with a big bottle that you most probably won't get through. Buying bulk spices that aren't bottled means freshness and more flavor. Pre-packed spices on shelves sit for months, and sometimes years, losing their volatile oils which are the key factor to flavor.

SWEET SUGAR, SULTRY SPICE: EXOTIC FLAVORS TO WAKE UP YOUR BAKING...

has a compendium of recipes that are simple, approachable and delicious. Most recipes focus on American desserts and classics that we all love – carrot cake, popsicles, pies, and cookies. Start with these familiar recipes, that don't seem complicated or foreign, and you will be able to taste the difference a little bit of spice can make. Recipes are unfussy, with clear and concise directions. Entertain yourself with food stories, explore spices, and find inspiration in the familiar and unexpected.

HAVE A FUN, CAREFREE APPROACH TO YOUR COOKING...

Don't worry too much about everything being perfect. This book is meant to get you excited about baking with spices and you should enjoy the cooking process. Once you start baking and get more familiar with ingredients, mix it up and start making your own variations on the recipes. Don't feel limited by the recipes.

EXPERIENCE THE FLAVOR MAP OF THE WORLD...

and travel around the world without leaving your kitchen. With the use of spices, excite your senses, and experience the limitless possibilities. Spices enrich our eating experiences, and awaken something that might otherwise be mundane.

QUESTIONS?

For further information, please email: malika@malikaameen.com