



Treats & Sweetz

FOR YOUR DAILY DOSE OF RECIPES, PLEASE VISIT
WWW.TREATSANDSWEETZ.COM

INTRODUCING
Chef Nelly



Growing up with a mom who embraced all things food, Renelle quickly found herself wanting to create food that her mom would love, inspiring her to become a chef. Renelle's curiosity derived early on in her teen years as she never had a store-bought cake for her birthday! With seven years of professional experience in various kitchens, Renelle decided to embark on her journey in the Hospitality Industry.

Graduating high school in 2016 with the completion of an accredited culinary program, she transitioned to Johnson & Wales University where she attained her Culinary Arts degree in 2018.

Renelle then took her education and knowledge abroad to Florence, Italy! During her six months abroad she had the privilege to travel around Italy, Spain, UK, and France to indulge in all the different cuisines! Upon returning to the States, Renelle then received her Hospitality Management degree from The Pennsylvania State University in 2022.

Throughout all of her educational endeavors, Renelle has worked in many different sectors of the Culinary Industry! Renelle Joined the Four Seasons DC team in August of 2022. She currently is part of the Four Seasons Oahu, Hawaii team.



Life
is
better
when
you
smile

FOOD & WINE

Nessun Dorma



MANAROLA-CINQUE TERRE

San Giorgio
FACILI DA SBUCIARE
E DOLCISIMI

Appreciate These Four Elements, Master Your Kitchen

Salt enriches flavor but also exerts a profound influence on taste compared to other ingredients. Mastering its usage will elevate the taste of your food significantly. While salt does influence texture and flavor adjustments, its primary role involves enhancing and intensifying flavors. By incorporating salt appropriately in terms of quantity, timing, and type, your dishes will achieve a delightful and delectable outcome.

Fat plays a vital role in unlocking the complete range of flavors and textures essential for exceptional cooking. In essence, fat acts as a carrier of flavor. The choice of fats predominantly impacts flavor, while the technique of their utilization dictates texture, which is equally crucial. Diverse textures stimulate our taste buds, and fat enables the creation of five distinct textures: Crisp, Creamy, Flaky, Tender, and Light.

Acid plays a balancing role in flavor profiles. Sour-tasting elements are sources of acid, but acid alone doesn't offer much satisfaction. It's the contrast between acid and other tastes that enhances our enjoyment of food. Salt, fat, sugar, bitterness, and starch all gain value from the delightful contrast that acid brings.

Heat serves as the catalyst for transformation in cooking. It initiates the processes that transition our food from its raw state to cooked, from liquid to solid, from soft to firm, from flat to raised, and from pale to golden brown. Effective cooking hinges on making sound decisions, and the foremost decision concerning heat is whether to cook food gradually over low heat or rapidly over high heat. Utilize all your senses, including common sense, to discern the appropriate level and type of heat for your cooking endeavors. Heat in cooking is not just about temperature; it also plays a crucial role in developing and enhancing flavors through caramelization, Maillard reactions, and the release of aromatic compounds.

Fig & Balsamic Chicken

COOK TIME: 45 MIN

SERVINGS: 2

Ingredients:

- 1 tablespoon Olive oil (add as needed)
- 2 pounds Chicken thigh
- S/P to taste
- 3 cloves Garlic, minced
- 1/4 cup Balsamic vinegar
- 1 tablespoon Dijon mustard
- 2 tablespoons Thyme, fresh, chopped
- 2 tablespoons Honey
- 1 pound Figs, fresh (stem trimmed, halved)

Steps for Cooking:

1

Mix the balsamic vinegar, honey, mustard, thyme, and garlic cloves in a small bowl. Set aside.

2

In a heavy bottomed pan over medium low heat, pour the olive oil into the pan, and season the chicken with salt and pepper. Once the oil is hot add the chicken thighs skin side down.

