

June 19 2016

What Is The “Best Bite?” – Part 3 of 3

The “best bite” is a moment when anyone eats any meal (but not necessarily snack foods, candy bars, etc. We’re focused on a prepared food or meal. You dream about the excellent taste and satisfaction a certain food has, as you either plan for it at a later date, or anticipate that meal to be on the table within hours. You love it all. The chef has done a superb job of blending the sweet, bitter, sour and salt signatures into an amazing X on your plate. The aroma only elevates this anticipation to taste even further (icing on the cake if you will). The best bite, for almost anyone (read this through before forming an argument) – is not the first bite, nor the last. Most people require a few bites to truly align their senses and get the body, mind and tongue sensory receptors all on the same page. The “best bite” is when all of the flavors, foods and seasonings reach a pinnacle at the exact same moment. For almost everyone – this “moment” transpires somewhere around the 6th bite, or at the stage where you may estimate that you have eaten roughly 1/3 of the meal. You’re engaged, you still want more, but the animalistic and/or hungry urges you may have had during the first several bites has subsided. Somewhere around the 1/3 mark of your portion, each person will experience the “best bite”, where all the possible flavors, seasonings, and careful preparation pay off in that exquisite explosion of taste. This happens to everyone – whether you realize it or not. Very sad actually for those who do not recognize or identify this moment. But once you experience and/or realize this “best bite moment”, you’ll be forever hooked – and anticipating that moment at each meal – fancy or plain. This happens with a meal as simple as a peanut butter and jelly sandwich -- all the way up to those magnificent meals that you have a hard time pronouncing! We dare you to take the challenge (unless you’ve already joined this club). In every meal there is a best bite – and it is a culmination of all elements of that food on your plate – bursting forth at that one magically moment. This of course in no way implies that the meal up to, or after that point is substandard. We hope you’ve enjoyed this 3 part series, and we want to hear from you. If you’re a skeptic or a purist – you may be someone whose mind is locked tight and there is no room for investigation. For everyone else, we ask that you consciously be aware of meals over a one week period. This is akin to the magical poster – the one where the initial view appears to be of a cloudy sky or some ordinary setting – but when you focus deeply all of a sudden you see galloping horses, or a spaceship, or the pillars of an ancient Roman empire. Let yourself experience the “best bite”, and we promise you’ll never approach a meal the same after that. So simple, so easy, so overlooked – and yet so delightful once you experience it. Enjoy!