HOST THOUGHTFULLY 048

Explain the Choices That Make It Yours



SHARE THE PREPARATION, NOT JUST THE FINISHED PLATE.

When a deliberate change makes the dish your own, tell guests what you did. With close friends, the preparation and what you learned can become part of the conversation.

1 Name the deliberate change

If you made a lighter preparation, explain the actual change, such as using less of an ingredient or leaving one out.

Why: Guests hear what is different rather than being asked to accept a vague description.

2 Share the reason naturally

Explain the preference behind the choice without turning it into a judgment about how others cook or eat.

Why: A personal decision can invite interest while leaving room for different tastes.

3 Discuss what you learned

With close friends, share what worked, what you would change and what you are still practicing. Invite useful suggestions.

Why: The dinner can be a shared learning experience as well as a finished meal.

PUT IT INTO PRACTICE

The bacon-free example

Explain that the Brussels sprouts were made without bacon because you prefer not to rely on it for the dish's flavor.

Be concrete about lighter

Describe the ingredient or method you changed. Keep the explanation tied to this preparation.

Talk about the process

A technique you tried or an adjustment you made can be a natural conversation starter among friends.

Let the food remain enjoyable

Share the story without apologizing for every detail or asking guests to grade the meal. Curiosity is enough.

THE PLATING MINDSET

Explain the choices that matter to you, and let close friends share in the process as well as the result.