



SPANISH · BASQUE-CANTABRIAN · COLD-CURED PANTRY · SOUS-VIDE MODERN
· TAPA · SMALL PLATE · PANTRY PRESERVE · SUMMER DINNER

Bonito en Escabeche Suave · Sous-Vide-Escabeche Hybrid

Fresh bonito loin, salt-cured 20 minutes, sous-vide 52°C for 25 minutes, then submerged warm in a gentle escabeche liquid and aged 48 hours minimum. The result: fish that looks rare-raw at the center, melts on the tongue, and carries the full escabeche-pimentón-vinegar register without the toughness traditional escabeche produces in fatty fish. Teaches the modern-kitchen evolution — when sous-vide pre-cooking improves on traditional high-heat cooking + preserves the textural integrity of a delicate protein.

Protein Bonito del Norte (Atlantic bonito / skipjack / albacore, fresh)

Serves 1 × 750 ml jar · 8-10 tapa portions · keeps 2 weeks refrigerated

Difficulty Intermediate Active 35 min active

Total 20 min cure + 25 min SV + 15 min build-escabeche + 48 h rest

THE STORY

The Traditional-Technique Problem, Solved

Traditional Spanish bonito escabeche follows the mussels pattern: cook the fish (high heat, in oil, sometimes fried), then submerge it hot in the acid-oil liquid, then seal + rest. The technique works for bonito, but with a cost: high-heat cooking tightens the fatty bonito's myofibrillar proteins, producing a firm-to-tough finish. Spanish grandmothers accept this trade-off — the escabeche flavor is worth the texture compromise. A modern kitchen doesn't need to accept it.

The **sous-vide-escabeche hybrid** is the modern-kitchen evolution. Salt-cure the bonito 20 minutes (draws surface moisture, seasons uniformly). Sous-vide at 52°C for 25 minutes — low enough to preserve the bonito's delicate structure but high enough to fully cook through. Then warm the sous-vide-cooked loins in the escabeche liquid (off-heat, liquid at ~60°C) for 5 minutes before packing + sealing. The fish never sees temperatures above ~65°C. The texture is silky, almost rare-looking at the center despite being fully cooked. The escabeche flavor is still fully developed because the 48-hour rest does the aromatic-infusion work that traditional hot-pour does during the cook phase.

This is the kind of technique recombination that modern Spanish restaurants use routinely but home kitchens often don't try. The result is measurably better than traditional bonito escabeche on the texture axis, with no flavor compromise. Teaches a broader principle: **when a traditional high-heat technique damages a delicate protein, substitute sous-vide for the cook phase + retain everything else.** Applies to tuna, swordfish, salmon, chicken breast (lower-temp SV), and many delicate cuts that traditional technique over-cooks.

Use this as a tapa, a summer-dinner protein (on a composed salad), or as the centerpiece of a pintxos-bar-style plate. Pairs with crusty sourdough, olives, roasted peppers, and a cold dry Albariño.

Specs

<p>YIELD</p> <p>1 × 750 ml jar · ~400-450 g cured bonito + escabeche liquid</p>	<p>BONITO</p> <p>500 g fresh bonito loin, skinless + boneless (trimmed from a ~750 g whole loin)</p>	<p>SALT-CURE</p> <p>2% salt by weight · 20 min at room temp</p>	<p>SOUS-VIDE</p> <p>52°C / 126°F · 25 min</p>
<p>ACID:OIL</p> <p>1:3 by volume (same as traditional escabeche)</p>	<p>DIFFICULTY</p> <p>Intermediate</p> <p>●●●○○</p>	<p>ACTIVE TIME</p> <p>35 min</p>	<p>REST</p> <p>48 h minimum · peak 3-7 days · 14 days max</p>
<p>STORAGE</p> <p>Refrigerated only; NOT shelf-stable</p>	<p>KEY RULE</p> <p>Warm (not hot) escabeche liquid when combining with SV-cooked fish — both at 55-65°C</p>		

What Changed & Why

The primary variable here is the bonito itself. True Atlantic bonito del norte (from Cantabria, Spain) is the ideal — the season is late summer (July-October). In Miami, sushi-grade albacore tuna (found at Kendall Seafood, Casablanca Fish Market, or Whole Foods sushi counter when fresh) is a strong substitute. Yellowfin tuna is acceptable but has a firmer texture that doesn't showcase the SV-escabeche technique as well as the fattier bonito/albacore family. The ● Tier A (Everyday) uses Whole Foods or Casablanca albacore + Martin Pouret vinegar + California Olive Ranch EVOO. The ● Tier B (No-Limits) uses air-freighted fresh Cantabrian bonito (via markethallfoods.com or Casa Iberica if in stock) + Forvm Chardonnay vinegar + summit Arbequina EVOO. If truly-fresh bonito isn't available, defer this recipe to the Atlantic bonito season + cook the mussel sibling instead — fresh-fish quality is the non-negotiable input.

CHANGE	ORIGINAL	UMAMI VERSION	WHY
TECH	Dredge bonito in flour + fry in oil until browned, then submerge in hot escabeche liquid	Salt-cure 20 min + sous-vide 52°C for 25 min + warm-submerge in escabeche liquid	The flour-fry method produces firm-tough bonito with a crusted exterior. Traditional + valid + acceptable trade-off in Spain. The SV hybrid produces silky-translucent bonito that holds together + carries escabeche flavor as fully as traditional. The textural gain is large; the flavor gain is present but smaller. This is the technique difference between 'good Spanish home cooking' and 'modern Spanish restaurant-kitchen output'. Use the SV variant when the fish is the centerpiece; traditional variant when speed matters.

CHANGE	ORIGINAL	UMAMI VERSION	WHY
ADD	—	Salt-cure step: 2% salt by weight for 20 minutes before SV	The salt-cure draws 5-8% of the bonito's surface moisture (quick cure, not full curing). It seasons uniformly from the outside in + firms the fish slightly so it holds together during SV + escabeche handling. Without this step, the bonito can fall apart when you move it between the SV bag and the jar. Universal technique that applies to any fish you'll handle after cooking.
ADD	—	The escabeche liquid is WARMED to ~60°C (not simmered) before combining with SV fish	Hot-poured escabeche liquid (as in mussels) would over-cook the delicate SV-finished bonito. Warm liquid at 55-65°C is the right temperature for the fish to absorb the aromatics without additional cooking. The oil still emulsifies + the pimentón still blooms — just off-stove. Match the temperatures.
ELEV	Pack fish into jar + hot-pour liquid	Place SV-bonito in jar + pour warm liquid around (not onto) the fish + let settle 15 minutes before sealing	The 15-minute settle time before sealing lets the fish gently absorb the liquid without the thermal shock of hot-pouring. Pour around (not onto) prevents mechanical damage to the delicate fish structure. This is a restaurant-plating discipline applied to pantry work.

CHANGE	ORIGINAL	UMAMI VERSION	WHY
SKIP	Cooking the escabeche liquid 10-15 minutes before using	Cook the escabeche liquid only 3 minutes + apply warm; let the 48-hour rest complete the aromatic-infusion	Traditional escabeche simmers the liquid 10-15 min to extract maximum aromatics from garlic/bay/peppercorns. This produces a heavier, more-reduced liquid appropriate for the hot-pour technique. The SV-hybrid version needs less-cooked liquid because (a) the cook step isn't doing the fish-cooking work + (b) the 48-hour rest does more aromatic-infusion than a 10-minute simmer. Net result: fresher, brighter escabeche flavor.

What You Need

● Everyday

The Bonito

- 500 g **fresh bonito loin**, skinless + boneless (or trimmed from a whole loin) — **Casablanca Fish Market** in Miami (see [sourcing/03-seafood](#)) OR **Whole Foods sushi-grade albacore** when fresh. Must be truly fresh (no fishy smell, firm flesh, translucent blood line). If you can't verify freshness, skip this recipe for a week.

The Salt-Cure

- 10 g (2% of fish weight) **kosher salt** (Diamond Crystal or Morton)
- Optional: 1 strip lemon zest (3 cm × 1 cm) for a citrus-note cure

The Escabeche Liquid

- 200 ml **good EVOO** — **California Olive Ranch Arbequina**
- 60 ml **white wine vinegar** — **Martin Pouret** or quality brand (NOT balsamic, NOT apple cider)
- 40 ml **dry white wine** — Albariño or Verdejo
- 4 cloves **garlic**, thinly sliced
- 2 bay leaves
- 1 tsp whole black peppercorns
- 1 tsp (~2 g) **Pimentón Dulce de la Vera**
- 1/2 tsp (~1 g) **Pimentón Ahumado**
- 1 small carrot, julienned (optional)
- 3 g sea salt

No Limits

The Bonito (Tier B — the big lever here)

- 500 g **fresh Cantabrian bonito del norte**, in season late summer (July-October). Order 48-72 h ahead from **Market Hall Foods** (air-freighted) or **Casa Iberica Aventura** if in stock. The texture + flavor of Cantabrian bonito is genuinely different — more delicate, more seafood-sweet, more complex fat profile. Worth the premium for the summit version.

The Salt-Cure (Tier B)

- 10 g **Sal de Ibiza flaky salt** — mineral-complex Balearic salt; gives a subtle note the kosher salt doesn't
- Optional: 1 strip Meyer lemon zest (Miami winter) or Amalfi lemon zest

The Escabeche Liquid (Tier B)

- 200 ml **Rincón de la Subbética summit Arbequina**
- 60 ml **Forvm Chardonnay vinegar** (single-varietal oak-aged; the summit Spanish white-wine vinegar)
- 40 ml **Pazo Baión Albariño**
- 4 cloves **Las Pedroñeras DOP purple garlic**
- Fresh **Turkish bay leaves** (Kalustyan's)
- **Sarawak black peppercorns**
- 2 g **Las Hermanas de la Vera DOP Dulce** + 1 g **Las Hermanas de la Vera DOP Ahumado**
- Home-grown thyme if available

EQUIPMENT

Your Kit

- Sous-vide circulator + bath container
 - Vacuum sealer + bags (OR 2-gallon zip-top bag for water-displacement method)
 - Kitchen scale (0.1 g resolution ideal for salt)
 - Small saucepan — for warming escabeche liquid
 - Instant-read thermometer — to verify liquid temperature
-

1 × 750 ml glass jar (Ball mason or Weck; clean + dry + room-temp)

Sharp knife for trimming loin

Paper towels

MISE EN PLACE

Before You Start

Bonito loin trimmed of any silver skin + blood line; cut into 2-3 pieces to fit jar (each ~3 cm × 3 cm × 10 cm)

Salt-cure: 10 g kosher salt in a small bowl

SV bath pre-heated to 52°C at the start

Vacuum bag ready OR zip-top bag ready for water-displacement

Escabeche aromatics measured + ready: oil + vinegar + wine + garlic sliced + bay + peppercorns + pimentón dulce + pimentón ahumado + carrot julienne + salt in a small bowl

Small saucepan on stove

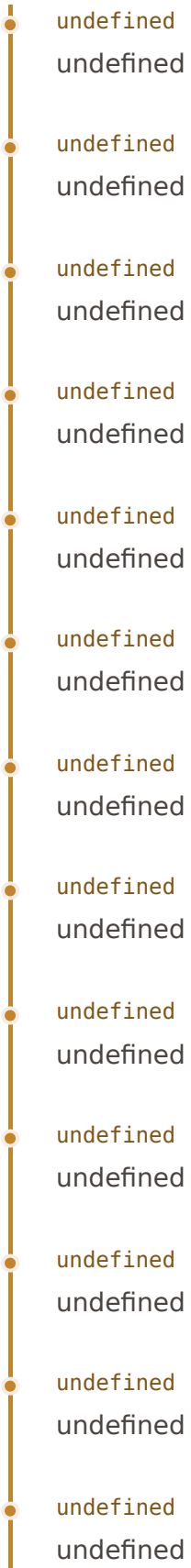
Clean jar + lid at room temperature

Instant-read thermometer calibrated

MAKE-AHEAD

Timeline

- undefined
undefined
- undefined
undefined



METHOD

The Cook

1 Phase 1 · Fish Prep + Salt-Cure — 25 minutes

1. Trim bonito loin: remove any silver skin (tough membrane) with a sharp knife. Trim any darker red blood-line along the spine-side.
2. Cut the loin into 2-3 pieces, each approximately 3 cm × 3 cm × 10 cm, depending on jar size.
3. Place bonito pieces in a shallow dish. Scatter 10 g kosher salt evenly over all surfaces. If using the optional lemon zest, tuck it between pieces.
4. Let rest at room temperature 20 minutes. You'll see small beads of moisture appearing on the surface — that's the salt-cure pulling moisture.
5. After 20 min, rinse the bonito gently under cold running water. Pat dry thoroughly with paper towels.



WHY THIS WORKS

The salt-cure (osmotic draw) pulls 5-8% of the fish's surface moisture out over 20 minutes. The salt + moisture then re-enter the fish as the concentration gradient equilibrates, producing uniformly-seasoned flesh from surface-through-interior. Firms the fish slightly (denatures the outermost protein layer), which is essential for handling through SV + jar transfer.

2

Phase 2 · Sous-Vide Cook — 25 minutes

1. Pre-heat SV bath to 52°C / 126°F. Allow 10-15 min for temperature to stabilize.
2. Place bonito pieces in a vacuum bag (single layer, not stacked). Seal. If using water-displacement: zip-top bag, lower into water to push air out, seal at waterline.
3. Submerge bag in 52°C bath. Clip to edge of bath container.
4. Cook 25 minutes. Fish will appear fully cooked — opaque, pale pink at center, firm-but-gentle touch.
5. Remove bag from bath. Transfer to a rack to drain briefly (not an ice bath; we want to keep it warm for escabeche combination).



WHY THIS WORKS

At 52°C / 126°F, bonito protein denatures fully + the fish is food-safe (well above the 49°C / 120°F safety threshold for sushi-grade protein cooked to temperature). The lower temperature compared to pan-frying (which reaches 70-90°C at the surface) preserves the fat structure + the delicate myofibril alignment that gives the fish its signature mouthfeel. 25 minutes is the minimum time for heat to reach the core at this thickness; extending to 35-40 min doesn't improve texture but can make the fish softer. Stick to 25.

3

Phase 3 · Build Escabeche Liquid (Parallel with SV) — 15 minutes

1. Start this phase at T-15m while SV is running. Place saucepan on LOW heat.
2. Add 200 ml EVOO. Warm to ~60-70°C (thermometer check). Oil should be warm but far from smoking.
3. Add 4 sliced garlic + 2 bay leaves + 1 tsp peppercorns. Sizzle gently 90 seconds; do not brown the garlic.
4. Remove saucepan from heat. Add 2 g pimentón dulce + 1 g pimentón ahumado. Stir; the pimentón will bloom in the warm oil (brick-orange color).
5. Add 60 ml white wine vinegar + 40 ml white wine + 3 g salt + carrot julienne. Stir.
6. Return to LOW heat; warm gently to 55-65°C. Do NOT simmer + do NOT reduce. The liquid should be barely-warm-to-touch. 3 minutes maximum warming.
7. Remove from heat. Instant-read thermometer should register 55-65°C.



WHY THIS WORKS

Warmed (not simmered) escabeche liquid keeps the aromatics fresh + the acid bright. For the SV-hybrid version, the liquid isn't doing cooking work — the 48-hour rest does the aromatic-infusion. This is the inverse of traditional hot-pour (where the hot liquid cooks + infuses simultaneously).

4

Phase 4 · Combine + Settle — 20 minutes

1. Remove bonito from SV bag. Pat gently with paper towels (removes any surface moisture).
2. Place bonito pieces in the clean jar in a single layer. Do NOT crowd.
3. Use a ladle to pour the warm escabeche liquid AROUND the fish (not directly on top). Let the liquid fill the jar around the bonito pieces.
4. Continue pouring until the fish is fully submerged + 1 cm headspace remains at the top of the jar.
5. Distribute the aromatics (garlic slices, bay, carrot) evenly in the jar.
6. Do NOT seal yet. Let the jar settle uncovered at room temperature 15 minutes — this allows the fish to gently equilibrate with the liquid + the oil to float to the top.
7. After 15 min: seal the jar. Finger-tight for mason; clamp for Weck.
8. Cool 30 minutes on the counter at room temperature.
9. Refrigerate.



WHY THIS WORKS

Pouring AROUND (not ONTO) the fish prevents mechanical damage to the delicate SV-cooked structure. The 15-minute uncovered settle lets the thermal gradient equilibrate — the fish stops releasing any residual moisture + the oil layer forms naturally at the top. This is what makes the final jar look beautiful + the fish stay intact over the 48-hour rest.

5

Phase 5 · Rest — 48 hours minimum, 3-7 days peak

1. Refrigerate sealed jar.
2. Do NOT open for 48 hours minimum.
3. Day 2: First service window. Flavor is present but still developing.
4. Day 3-5: Escabeche flavor is fully integrated. Fish has absorbed the oil-acid-pimentón register.
5. Day 5-7: Peak. Aromatics have migrated from liquid into fish. Texture is silky-stable.
6. Day 10: Flavors starting to dull; still excellent for use.
7. Day 14: Final safe consumption. Discard after.



WHY THIS WORKS

The 48-hour minimum rest is biochemistry: pimentón carotenoids + bay-leaf aromatics + garlic-infused oil + vinegar-acid migrate from the liquid phase into the fish flesh. The fish protein becomes partially permeable over this window due to the gentle acid environment. The result after 48 hours is a flavor profile that traditional hot-pour achieves in the cook phase.

QUICK REFERENCE

Timing Cheat Sheet

STEP	TIME	CUE
Trim + cut bonito	T- 4 0 m	Remove silver skin + blood line; cut to jar-size pieces
Salt-cure 20 min	T- 4 0 m to T- 2 0 m	2% salt; room temp; moisture beads appear
Rinse + pat dry	T- 2 0 m	Remove surface salt; thorough pat-dry
SV bath to 52°C	T- 2 5 m	Pre-heat before fish in
Vacuum bag + SV 25 min	T- 2 0 m to T+ 5 m	Single layer; clip to bath edge

STEP	TIME	CUE
Parallel: build escabeche liquid	T- 1 5 m to T+ 0 m	Warm oil 60-70°C; infuse aromatics 90 sec; off-heat pimentón; vinegar + wine + salt; warm to 55-65°C
Combine fish + liquid in jar	T+ 5 to T+ 1 0 m	Pour around, not on, the fish; 1 cm headspace
Settle uncovered 15 min	T+ 1 0 to T+ 2 5 m	Room temp; oil floats up
Seal + cool 30 min	T+ 2 5 to T+ 5 5 m	Finger-tight; counter
Refrigerate	T+ 5 5 m onward	Sealed; 48 h minimum rest
First service	Day 2	Flavor: present
Peak window	Day 3 - 7	Flavor: peak
Discard after	Day 1 4	Safety: firm limit

TROUBLESHOOTING

Emergency Protocols



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DEEP DIVES

Technique Notes

Universal: SV-Escabeche Hybrid — When to Combine Techniques

MODERN SPANISH · TECHNIQUE RECOMBINATION

The SV-escabeche hybrid teaches a broader principle: when a traditional high-heat technique damages a delicate protein, substitute SV for the cook phase + retain everything else from the traditional recipe. Applies to: tuna escabeche, swordfish escabeche, salmon-confit-style preparations (70°C SV instead of oil-poach), chicken breast (60°C SV instead of pan-sear), pork tenderloin (58°C SV instead of pan-sear). The rule: keep the aromatic + preservation logic of the traditional recipe; change only the cooking method. Most traditional recipes can be improved this way; home kitchens underuse the technique.

● **Universal: The 2% Salt-Cure Before SV**

FISH PREPARATION · UNIVERSAL PRE-COOK

Before SV of any fish over 300 g, apply a 2% salt-cure for 20 minutes. This technique applies universally — salmon, tuna, bonito, swordfish, cod, halibut. The cure seasons uniformly + firms the fish + makes handling easier. 20 minutes is the sweet spot; longer cures (1-2 hours) produce lightly-cured textures (acceptable for sashimi-style preparations) but not the goal for escabeche. Universal pre-cook for any fish heading into SV.

● **Universal: Temperature-Matched Combinations**

RESTAURANT KITCHEN · HEAT MANAGEMENT

When combining two cooked elements (fish + liquid, fish + sauce, meat + jus), match the temperatures. Hot food + cold liquid = shock. Cold food + hot liquid = re-cooking. Matched temperatures = equilibration without cooking. The SV-escabeche technique is a case study: SV fish at $\sim 52^{\circ}\text{C}$ + warm escabeche liquid at $55\text{-}65^{\circ}\text{C}$ = no additional cooking occurs during combination. Applies to: meat resting (rest at $\sim 55^{\circ}\text{C}$ for most proteins), sauce applications (match sauce temperature to protein surface temperature), and cold preparations (chill both components before combining).

● **Spanish Pantry Strategy: Summer vs Winter Escabeche**

SEASONAL PANTRY · REGIONAL ADAPTATION

Spain has two escabeche traditions: summer (fish-based, gentle, bright — bonito, mackerel, sardines) and winter (game-based, rich, deep — partridge, rabbit, venison). The summer versions favor white wine vinegar + bright pimentón + lemon; winter versions favor red wine vinegar + deeper pimentón + cinnamon + clove. The bonito (this recipe) + mussels (sibling) are both summer variants. A winter-complete library would add perdiz en escabeche (partridge) + conejo en escabeche (rabbit). Plan your pantry seasonally.

● No Limits: Smoked-Bonito Variant

ADVANCED TECHNIQUE · COLD SMOKE + SV + ESCABECHE

For a restaurant-competition variant: cold-smoke the bonito loin (4 hours, < 30°C, with oak or apple wood) before the salt-cure. The cold smoke adds a third register (wood-smoke) that pairs with the escabeche's pimentón ahumado. The combination is smoky-deep-aromatic — a summit-tier preparation. Requires a cold-smoker setup (or a smoke-gun + sealed chamber). Advanced. For a Saturday where the bonito is the centerpiece of a tasting menu.

● No Limits: The Two-Week Reference Batch

TRAINING DISCIPLINE · KITCHEN CALIBRATION

Make two batches of this recipe at the same time: Batch A (traditional hot-pour method, as the mussels use) + Batch B (SV-escabeche hybrid, as this recipe uses). Refrigerate both. At Day 5, taste them side by side. The texture difference is clear + the flavor difference is subtle. This taste-test calibrates your palate to recognize the SV benefit — a training exercise you should do once per year to maintain your quality threshold. Restaurant kitchens do this regularly; home kitchens should borrow the discipline.

PAIRING

What to Drink

🔥 Application · The Pintxos Plate

Slice of bonito escabeche (2-3 pieces per plate) + pa-amb-tomaquet + piparra peppers + olives + a drizzle of the escabeche oil. Basque pintxos-bar style.

The Basque tradition: pintxos on individual plates with a cocktail stick through each. Cold bonito + bread + pepper = the classic pintxos assembly.

Application · Summer Salad Centerpiece

Plate: 100 g bonito escabeche flaked into chunks + roasted red peppers + quartered soft-boiled egg + Marcona almonds + frisée + the escabeche oil as dressing. Serve over sourdough toast.

The composed salad structure. Bonito as protein + peppers as vegetable + egg as richness + almonds as crunch + the escabeche-oil as dressing. Full lunch plate from one jar + pantry.

Application · Vermouth Hour Plate

Small tapa: 2-3 pieces bonito + 1 strip roasted red pepper + 1 olive + 1 cornichon + 1 sip of vermouth rojo on the rocks with an orange twist. Spanish aperitif ritual.

The Spanish vermouth-hour plate (6pm). Escabeche + small pickled things + vermouth = the universal Spanish aperitivo format. 5 minutes from fridge to glass.

Application · Bonito-Tomate

Flake bonito into chunks over a plate of tomate concentrado + fresh tomato slices + onion thin-sliced + basil + a drizzle of the escabeche oil. Tomato-forward summer lunch.

The direct connection between a late-summer tomato and a late-summer bonito. Both are seasonal peaks + their flavor profiles amplify each other.

Beverage

Tier A: Spanish Albariño (Martín Códax) · Tier B: Pazo Baión Albariño or Pazo de Señoráns · Cocktail: Vermut Rojo on the rocks with orange · Alternative: dry Manzanilla or Fino sherry (chilled)

The coastal Spanish white wines mirror the bonito's Atlantic origin + bright-saline profile. Manzanilla/Fino sherries add a salty-almond note that pairs beautifully with the pimentón in the escabeche.

Menu Ideas

Pintxos Night (8 guests)

Bonito escabeche + boquerones en vinagre + pa-amb-tomaquet + tortilla española wedges + Manchego + Marcona almonds + olives. 7 pintxos = full Basque-style spread for 1.5 hours of eating + drinking.

Sunday Brunch

Bonito flakes over hard-boiled eggs + crusty sourdough + roasted tomatoes + sliced avocado + salsa brava negra on the side. Weekend brunch plate for 4-6.

Summer Dinner Party (6 guests) — The Atlantic Arc

1. Bonito escabeche tapa. 2. Gazpacho Andaluz shots. 3. Pulpo a la brasa. 4. Arroz negro. 5. Summer fruit + Manchego + membrillo. Spanish summer dinner arc.

Office Lunch

Flake bonito over a grain bowl (rice or farro) + roasted vegetables + a spoon of the escabeche oil. 5-minute prep from jar. Portable + substantial.

Host Gift (Fish-Curing Friend)

1 jar with a note describing the SV-hybrid technique + the 48 h rest + Day 3-7 peak window. Labeled + dated. Pair with a bottle of Albariño + a jar of mussels escabeche (Batch 5 sibling). Complete Spanish-pantry gift set.

YOUR NOTES

Cook Log

Session Notes

Date: _____ · Serves: _____ · Rating: __ / 5

Use this space to record what you changed, what worked, and what you'd do differently next time. Your future self will thank you.



Stop following recipes. Start understanding food.

