

The Best Shows On Netflix For Your Culinary Education



Whether you are looking for some new cooking methods, you feel uninspired with what you've been cooking recently, or you've just got into a rut, it's important to get yourself inspired, so you can shoot off in a whole new direction. While you can start to absorb different menus and backgrounds, this takes a lot of time, but if you want to expand your culinary skills, perhaps you should turn to the television? No doubt, you already spend a lot of time watching some cooking shows, but if you've got Netflix, there is a huge treasure trove of

titles to inspire you...

Anthony Bourdain: Parts Unknown

This is one of those shows that you feel smarter for just having on in the background. You can have it on while preparing a meal. Take your laptop into the kitchen and just absorb the culture! But if you are one of those people that haven't got Netflix, especially if you have a Mac, <https://setapp.com/how-to/watch-netflix-offline-legally-on-mac> can help you navigate this issue. The late, great Mr. Bourdain goes off into new and exciting adventures, tasting things beyond his comfort zone, reminding us that food isn't just about what we eat, but it's all around us. It's entertaining and educational!

Chef's Table

The history of food in a simple setting. If you really want to see a love story about some of the most wonderful meals in the world, along with commentary from the people that created them, this is essential viewing. It's worth perusing <https://www.theguardian.com/tv-and-radio/tvandradioblog/2015/apr/22/chefs-table-cool-culinary-myth-making> to get you ready for the event, as it's not just a feast for the eyes, but for the mind. Surely, this is what great food should do to every single one of us. If you really want to get deep into the creative process behind a meal, this has to be on your watch list.

Salt Fat Acid Heat

An exploration into what makes food taste so good; it's certainly a lesson in flavor. Quick and easy to watch, Samin Nosrat's four-part mini-series traverses the globe and will give you more than your fair share of inspiration. And arguably, this is one of the best things about cookery shows; it takes you to other parts of the globe, seeing the origins

of certain flavors, giving you that real appreciation of where some of the most beautiful things in the world come from.

Ugly Delicious

For those that see the beauty in a simple take out pizza, *Ugly Delicious* is certainly a journey into the origin of the species, and out the other side! Weaving into the interpretations of every sort of food you can think of, it goes to show that there is beauty in everything, especially that crudely packaged pizza you ordered last night!

Zumbo's Just Desserts

How can we neglect the sweet treats? Seeing contestants being put to the ultimate test by creating delicacies that satisfy your sweet tooth, but look on another level, this is like no other!

Bon appetit!