



## An Interview with award-winning author Pascale Naessens



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### How did you get started into cooking?

I initially ventured into the kitchen as a result of issues with food and romance. I started cooking healthily after struggling with my eating habits for a few years. I learned all about the very distinct link between cooking and romance once I got a boyfriend, but I certainly wasn't prepared to give up on the healthy food. So I decided to effectively combine the two: the art is in creating enjoyable and delicious dishes which are still good for a healthy body too. Many people have completely the wrong idea where healthy cooking is concerned; they think it's all about reduced portions, starving yourself, tasteless food, whilst the opposite is actually true. I eat a lot of extraordinarily tasty food and I always feel full and satisfied. I don't shy away from fat, but do avoid fast-acting carbohydrates. You will end up with tasteless food if you remove all the fat from the kitchen (or the ingredients). This is therefore clearly something I don't do.

I acquired a few major insights into why 'healthy food' always went wrong for me during my search. Perhaps the most important insight is the fact that we all react differently and that it's completely absurd for everyone to eat in line with the exact same model.

