

WHAT 8 FAMOUS CHEFS WISH THEY COULD TELL THEIR YOUNGER SELVES



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By THRILLIST

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Ever wish you could travel back in time and tell yourself as a young'un, hey, don't put that dripping-wet slotted spoon into the vat of boiling oil, cuz, ya know, it might explode all over you? We asked some of the country's top chefs what pearls of culinary (and common sense) wisdom they would have given their greener, less world-weary selves in their early days of slaving over the stoves. From shucking oysters with a steady hand to peeling onions with goggles on, here are some of the lessons they learned the hard way.

Take risks

It may be the only way you'll grow.

"Once in culinary school, a teacher told me to 'stick with what I know' after I had burned some turnips by cooking them in sweet soy – an ingredient I had never used before. Looking back on that day, I would have told myself to throw out that advice. By NOT sticking to what you know as a chef, you let yourself fail and make mistakes, which is necessary in growing and building confidence. In order to learn, land on that brilliant idea, or perfect a dish, you have to try new things, make mistakes, and keep adapting."

—Jenn Louis (Lincoln, [Sunshine Tavern](#), Portland)