



Interview with Delia Asser



Delia is Met Police Officer, she was one of the finalists of MasterChef 2019, in this interview she tells me what brought about her passion for food and how she fits her passion around her busy lifestyle.

R: What brought about your passion for food?

D: My family have been my influence which has driven my passion for food since a very young age. They are also surrounded by food!

R: When making dinner- how do you make food quick and easy?

D: Batch cooking is the key.

R: What are your top tips for day to day cooking?

D: Good planning, with a shopping list before you go to the supermarket.

R: When you competed on MasterChef, there was a challenge where you had to make a meal out of scraps – do you fin this is a skill you can now use more often?

D: Yes, I'm very good at making something from nothing, a few key ingredients and an idea from a country normally does it.

R: Do you think healthy eating can be simple and uncomplicated?

D: Yes, simplicity is the key to good healthy food, a chicken can be a treat with by adding herbs, garlic and lemons – healthy and delicious.

R: We have so many new diets on the rise at the moment – how do you think the food industry is evolving?

D: Vegan food is a big trend but healthy at the same time.

R: What would your advice be for young people who want to learn more about food and cooking?

D: Watch food shows, travel and try the local food, be inspired by your taste buds.

Questions from students

Do you meal plan each week? If so, what are your tips?

D: Yes, meal planning is essential in today's busy world. Tips – A good shopping list before you go to the supermarket – don't buy because it's on offer!

What would your advice be for someone starting out cooking?

D: Don't be scared of getting it wrong – be confident

Do you focus on healthy eating?

D: Yes, during the week I eat healthy, work out when I can – but weekends are for treats.

What are your tips for healthy eating on a busy schedule?

D: Plan your meals and stick to it.

