

Gail Simmons Quotes

*Cooking, Thinking, Way, Writing, Workout, Dark, Beautiful, Real, Fun, Meals,
Together, Mother, People, Vegetables, Want, Drinking, Healthy, Work Out,
Taste, America*

There is no better way to bring people together than with desserts.

~Gail Simmons

I cook mostly vegetarian vegetable and bean stews. Quinoa salads. I make my mother-in-law's recipe for chicken and barley stew all the time.

~Gail Simmons

Patience is the secret to good food.

~Gail Simmons

It's better to get the nutrients for healthy skin from food, not supplements. Salmon, walnuts, blueberries, spinach... lots of my favorite foods happen to be amazing for skin too.

~Gail Simmons

Balance is key in cooking - you want a little acid, a little sweet, a little savory - the flavors should be harmonious.

~Gail Simmons

Always wear sunscreen and wash your makeup off at night.

~Gail Simmons

Dark chocolate, and salt and vinegar chips are my weakness - but not together.

~Gail Simmons

My mother's kitchen was built to be the focal point of our house. I got into the kitchen often as a child.

~Gail Simmons

You don't get second chances in the real world.

~Gail Simmons

Find combinations of flavors you love and buy the best quality ingredients you can afford. Your food is only going to be as good as the sum of its parts, like anything else.

~Gail Simmons

Because I travel so much, I bring my workout clothes and shoes wherever I go. That way I can always do some exercise.

~Gail Simmons

The less you do to beautiful food, the better it's going to taste. You don't need to mess with it all the time.

~Gail Simmons

I always want my guests to be happy and impressed.

~Gail Simmons

I have a mantra in my head that there will always be another meal. I can put my fork down, knowing there will be good things in my future!

~Gail Simmons

You can't fake being able to cook well.

~Gail Simmons

I would not say I'm an aggressive shopper. I want to be; I aspire to be an aggressive shopper. I am a meek, meek shopper.

~Gail Simmons

Canada is a big part of my life.

~Gail Simmons

Patience was not something that came naturally to me, but in cooking it is the quintessential skill.

~Gail Simmons

I'm a healthy weight for my height, and I like how I look on most days.

~Gail Simmons

You know, I lose patience really easily; I'd rather shop in the grocery store than in the department store. I can pick an apple like nobody's business.

~Gail Simmons

I run a solid 4-6 miles at a time, and over the last year two years I've gotten really into SoulCycle. It's sort of an evolved form of spinning.

~Gail Simmons

I am a glutton for a beautiful hotel. I am so easily smitten by high thread counts.

~Gail Simmons

At the beginning of the week, I roast a ton of vegetables so I can use them for the next few days. I also plan out meals in advance.

~Gail Simmons

Like baseball, food will never go out of style; we will always need to eat and we will always find it entertaining. I think of food TV this way - all the fun and none of the calories.

~Gail Simmons

I had decided I wanted to write about food, and I knew the only way to do that is to speak with authority, which meant learning the language and knowing what that experience is like.

~Gail Simmons

I eat for a living, so working out is definitely part of my job, the same way that the eating, tasting, and drinking is.

~Gail Simmons

Ultimately, I realized that in order to write about food you need to understand everything about cooking, so I moved to New York and enrolled in the Institute of Culinary Education.

~Gail Simmons

In America, Blackberry Farm in Tennessee is one of the most amazing hotels I've had the privilege of staying at.

~Gail Simmons

When I'm cooking for myself, I find that I eat almost completely vegetarian, although I'm not vegetarian.

~Gail Simmons

There's not a single chef I know of that does not think about the politics of the food they're serving.

~Gail Simmons

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