

Marcus Samuelsson

Quotes

Issues, Water, People, Struggle, Chef, My Favorite, Clean, Hard Work, Workout, Important, Hands, Holiday, Cooking, Granted, Innovation, Snacks, Art, Inspiration, Chocolate, Healthy

I feel very fortunate that I was raised in a multicultural family, and it came through food.

~Marcus Samuelsson

I happen to love coconut, particularly for that sweet and crunchy texture it adds to any dish.

~Marcus Samuelsson

If you get hungry mid-day, a banana is the best snack at your desk, after a workout, or in between classes. Fruit is a very good snack in general.

~Marcus Samuelsson

Hard work IS its own reward. Integrity IS priceless. Art DOES feed the soul.

~Marcus Samuelsson

If you're cooking for someone important - whether it's your boss or a date - never try a new recipe and a new ingredient at the same time.

~Marcus Samuelsson

Getting to a place of comfort can be uncomfortable.

~Marcus Samuelsson

Just like keeping a healthy diet is important to maintaining a healthy lifestyle, eating the right foods is just as important for getting the most out of your workout.

~Marcus Samuelsson

While I hold my own views, it's important not to get too wrapped up in individual candidates and personalities, but instead to focus on the real issues

~Marcus Samuelsson

Thanksgiving is probably my favorite holiday - it's a day that's American to the core and it's a day that's all about what and how we eat.

~Marcus Samuelsson

I love Thanksgiving because it's a holiday that is centered around food and family, two things that are of utmost importance to me.

~Marcus Samuelsson

For many of us, clean water is so plentiful and readily available that we rarely, if ever, pause to consider what life would be like without it.

~Marcus Samuelsson

Chocolate is one of the world's most beloved discoveries, and when we need a quick boost of energy and endorphins, chocolate is the go-to treat.

~Marcus Samuelsson

It will always be trendy to do the right thing with food.

~Marcus Samuelsson

As a chef and activist, I'm particularly concerned with food politics issues such as the farm bill.

~Marcus Samuelsson

People come up to me all the time and ask how I stay the way I am, and it's no secret. The first lesson a chef needs to learn is how to handle a knife; the second is how to be around all that food.

~Marcus Samuelsson

Thanksgiving is one of my favorite American traditions. I quickly picked it up when I moved to the U.S. from Sweden.

~Marcus Samuelsson

I'm a big believer in the negligee, that nearly invisible screen standing

between you and the object of your desire.

~Marcus Samuelsson

In Europe I couldn't be anything but a black cook working for somebody. My inspiration was to own, to be the chef.

~Marcus Samuelsson

In Africa, you have no clean water, but you have good food options. In Harlem, everyone can shower and get fresh water, but you often have bad food options.

~Marcus Samuelsson

People might not protest for overtly political or social causes, but when they can't feed themselves and their family, they will take to the streets.

~Marcus Samuelsson

Where is the stretch? Where is the perfect fit? Where does it make sense? You have to be a Baryshnikov.

~Marcus Samuelsson

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