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Sugar, spice, and everything but fish

Are you a picky eater? I am usually a picky eater and certain qualities of foods like, chewy, crunchy or spicy, don’t appeal to me; however, I am starting to try new foods because they sometimes surprise me. Onions on my burger used to make me want to throw up; however, I cannot eat my burger without them now.

I tend to cook the sauce with Italian red wine, onion powder, and sugar to give it a unique flavor. Some people undercook their noodles; however, I like them to be soft. I added olive oil to the boiling water to keep the noodles from sticking together. The smell of garlic lingered. The taste zapped my tongue with sweet and sour flavors. Some people prefer to eat spaghetti with a fork and spoon. I like to slurp up the snake like noodles.

Although I can cook a variety of foods, my mother, being the sea-food lover of the family, decided she would cook it for dinner one night. My nose was overcome by the smell of sea water. The meat is soft but overwhelmed with salt. The salt almost paralyzed me as if my mother decided to dump the whole container onto the fish. These unfamiliar smells and tastes differ from those I am used to. As I pushed the scaly fish away from me, I pledged to never endure such abuse of salt again.

Although I didn’t like my mother’s fish, I will keep my pallet open for other types of food that I am not use to. Your taste buds may change over time just like mine. Trying new foods will show you what you enjoy and what you don’t. Don’t knock something until you try it.