



290: The Next Right Thing in the Kitchen with Bri McKoy

I'm Emily P. Freeman, and welcome to The Next Right Thing. You're listening to episode 290.

This is a listener supported podcast about making decisions, but it's also about making a life. Subscribe to The Soul Minimalist on Substack. Make it possible for me to continue to host The Next Right Thing ad free. You can learn more and subscribe at emilypfreeman.substack.com, where we'll continue the conversation for anyone who wants to move beyond the pro/con list. If you struggle with decision fatigue, chronic hesitation, or if you just need a few minutes away from the constant stream of information and the sometimes delightful, but also distracting home of entertainment, you're in the right place for discerning your next right thing.

Today, I'm glad to welcome one of my in real life friends, Bri McKoy. Bri is an accidental home cook, a lover of gathering people around her everyday table and the creator of The Everyday Kitchen Masterclass, which is a five-week online course that teaches people how to become more confident home cooks. She's the author of two books. The First is *Come and Eat*, and most recently, as in most recently today, her brand new release, *The Cook's Book*, is available right now. It's the only cookbook I've ever read cover to cover. We'll talk about that in a minute.

First I have to say I have adored Bri McKoy since the day I first met her, which was way back in 2011. She had recently married her fella Jeremy, which means according to *The Cook's Book* timeline, she was only just beginning to learn how to cook. Now she's the guide every home cook needs, and it seemed just the right time of year to have her on the show because I don't know about you, but my kitchen can be a great source of decision fatigue. I'm thrilled to have her join us today to talk about The Next Right Thing in the kitchen. Listen in.

Emily:
Bri McKoy, welcome to The Next Right Thing.

Bri McKoy:
Oh my goodness, Emily, I'm so happy to be here. I am overjoyed.

Emily:
I am over overjoyed, not to out joy you. Because listen, if there's anyone no one can out joy it is Bri McKoy, and I did not mean for that to rhyme, but it does.

Bri:
I receive it though.

Emily:

That's bonus. That's bonus for you. We're talking about The Next Right Thing in the kitchen, and it feels like apt timing here at the end of August. We're heading into September. Here we are. It's happening. Fall is coming. We have to make food. I mean, it's been happening, but it's continuing to happen. For some reason, I mean, I actually feel like we cook more in the fall than we do in the summer. Is this true or is this my own stats?

Bri:

Pulling from my own. No, this is so true. I cook way more in the fall.

Emily:

Maybe I just enjoy it more in the fall. I don't know. Here's what I'm saying by way of beginning this conversation, which I'm so glad you're here. Number one, I'm not new to the kitchen. Number two, I have a lot of cookbooks, but number three, and this is the truth from the bottom of my heart, yours is the only cookbook in the history of cookbooks that I have read from beginning to end.

Bri:

Oh my gosh.

Emily:

I know there are people, probably you're one of them, who reads at her leisure cookbooks. I'm going to read this like it's a fiction novel. That's redundant, but I mean, are you that type of person, Bri? Tell me.

Bri:

Oh, yes, that is how much I do love the food, is I will sit down with a cookbook and pretend like I'm digging into a murder mystery. I'll get right into it.

Emily:

Well, this morning, because I've been trying to figure this out because there are many people whose cookbooks I have and enjoy and have cooked out of and will keep on my shelf forever. It's not necessarily like I'm throwing them all away, but I guess I've just been curious about my own behavior by the fact that I sat down on my front porch and I was like, I'll just read a little bit. Nope. Emily kept on going, going and going, and next thing I knew, I had a stack of sticky notes, a pen. I mean, I was ready to go, and this morning I figured out why before I, and I'm glad. Good timing, because we're talking.

Bri:

Great.

Emily:

It is because of one sentence, which also happens to be the very first line of your Home Cook's manifesto. Will you tell us what that first line of your manifesto is?

Bri:

You are the most important thing in the kitchen.

Emily:

You are the most important thing in your kitchen or the most important item in your kitchen. Because here's what I know, and you have said this, is that the temptation is for someone to give us a list about all the important items that we need to have. Tell me why that doesn't work.

Bri:

Well, I think that's a great point. I feel like it doesn't work because it never worked for me. I was the same with you with cookbooks where I would buy all of these cookbooks, especially if they were pretty, especially if the food photos were really pretty. I would be like, all I have to do is follow this list to a T, get all the tools that they said to get, get the fancy pots and pans, get the right fancy ingredients, and then I will be an amazing home cook. What happened is I kept repeating that over and over again with each new cookbook, and I wasn't getting better, but I wasn't accumulating a lot of stuff.

Emily:
Right.

Bri:
A lot.

Emily:
You had the microplane.

Bri McKoy:
Exactly.

Emily P. Freeman:
You had it.

Bri:
I had it. I had literally every kitchen tool item. Poor Jeremy. He was like, "I mean, can we furnish the rest of the house?" I was like, no.

Emily:
Yeah. Well, and tell me, here's what I want to know from you, Bri, because we don't come out knowing how to do things. We don't show up in the world knowing how to do all of these things, but there are some things that we all have to do that it feels like we shouldn't have to learn. It seems like we should just know, and somehow maybe other people don't feel this way, but a lot of my decision fatigue shows up in the kitchen. I'm curious from you, how did you go from, I'm reading the cookbooks and I'm taking all the advice about the most important items to have in the kitchen and realizing I am the most important item in my kitchen?

Bri:
Yes. That would be after several burnt meals. It was probably a year into me learning how to cook, and I was still burning so many things. I was like, the math is not mathing. I have been in the kitchen many days over the past year. I have so many cookbooks. How am I still burning stuff? How are things still sticking to my pan? How am I still over salting things? It occurred to me that I was relying way too heavily on a book, and I wasn't putting myself into the equation. I was like, well, the book says to add three tablespoons of salt, so I'm just going to do that. I wasn't trusting myself to be like, that seems like a lot of salt, or I think my oven is running a little hot, I don't think I need to cook it for 30 minutes.

It was like I walked into the kitchen and I left my brain and I was like, I'm only going to read the words on the page. I just did not trust myself. Then I realized, wait, I am so important in this process. The cookbook author does not understand my pan. I understand my pan. The cookbook author does not own my stove. I own my stove. When I started to say, Bri, you can trust yourself here and you are extremely important in pulling a meal together, then everything changed for me.

Emily:

I feel like though we're talking about the kitchen, so much of what you just said could apply to so many areas of life. That is recognizing and naming and realizing how many areas where I'm hesitant to trust myself. I think for some of us, it's different than others as far as like, well, I feel really confident in parenting. I don't know who feels that way, but there might be people in certain areas of life where they're like, "Yeah, I've got that, but I don't have this."

I'll tell you. As I was reading through your book in the same way that bringing my kids home from the hospital, I realized, oh, the parents aren't coming. I'm the parent now. As I was reading your book on my porch, I realized, something clicked. I mean, it's not like I didn't know this before, but somehow just the way you worded it, just the moment in time that it happened, books come to us when we need them the most. I believe that forever, which is why when someone says, "I haven't read your book yet." I'm always like, I take no offense. You might read it 10 years from now, that's when you need it.

For me, your book came at the right time. Lucky for you, it coincides with your book releasing, so yay, that's great. I realized like, oh, the cook's not coming. I'm the cook now. I don't mean that just in terms of, because I and John too, we share that, but we've been the cooks for 20 years. It's not like a new information, but I think the mindset of owning it, and so therefore, because now I'm the one, what does that mean for how I want my kitchen to be? You helped me so much, Bri. I'm not just saying this. You helped me name who I want to be in the kitchen and what kind of space I want my kitchen to be.

Just so y'all know, listening, she helps walk us through this. Asks some really good questions about name this, just put it down. I even wrote in the cookbook, I've never written in a cookbook in my whole life and I wrote in this. I'm curious for you, Bri, how did knowing and naming this for you, who you want to be in the kitchen, what kind of space you want to have in the kitchen, how did that help you move through making decisions in your kitchen? Maybe first tell us who do you want to be in the kitchen and what do you want your space to say?

Bri:

Oh, yes. That was so pivotal for me. I remember vividly like it was yesterday. Jeremy and I were newlyweds. We were having a bunch of people over for the first time, and I was cooking in the kitchen and I was like, I think I like doing this. I'm not sure, but I was so stressed out. I started yelling at Jeremy. I started throwing things. It was very aggressive. Not at Jeremy. I just threw things. Important note. I remember he just gently grabbed me by the shoulders and was like, "If you are this stressed every time we bring people into our home, we are never going to bring people into our home."

Emily:

Oh, and Bri didn't like that.

Bri:

Oh, I was like, wait, he's right. This is miserable. This is so miserable. I'm miserable. He's very miserable. I just was like, okay, you're right. Who do I want to be in the kitchen? I don't want to be stressed. I started to name, I want to have joy in the kitchen. I want to still have my joy and I want to be confident. I actually think those two go hand in hand, because I realized as I became more confident in the kitchen, I was able to access that joy more easily. Naming those things, confidence in the kitchen and joy in the kitchen, really started my journey of how do I get there? That's how I started. My kitchen probably needs to change. I probably need to learn a few basic cooking skills instead of relying on just recipe reading. Then that's how that evolved.

Emily:

What for you, when you thought about not only who you wanted to be, but what you wanted your kitchen to say or to be like, do you remember some of the first things you did differently that made a difference for you?

Bri:

Oh, yes. Jeremy and I have always lived in really tiny places and it just felt really cramped and I could never reach things. I never wanted to be in the space. I'm like, if I'm going into the kitchen every evening, I'm going to want to be here. One thing that we did is I wanted a more opening welcoming space. We got a bookshelf and we put a bookshelf in the kitchen and it was open. I could just grab things very easily and I didn't try to just rely on what was in the kitchen. I was like, I need this space to speak to me. You know what? I'm getting a bookshelf. We were renting, so we couldn't do those really fancy built-in shelves. It was like, let's make it more open that way.

Then I wanted people to be able to be in the kitchen with me, even though it was tiny, so we found some stools. Where can we put some stools where it makes sense, where it's not getting in my way, but people are still, immediately they see the stools they can come in and sit with me. Just slowly adding some things. We want people to be able to sit here, we need stools. I need to be able to grab things quickly. How about an open air bookshelf?

Emily:

You're not the tallest human on the planet, and so recognizing what you can and cannot reach is really important.

Bri:

I really can't reach much. It was really important.

Emily:

Which goes back to you being the most important item in your kitchen. It's going to be different for you than someone who's six feet tall. How they organize their kitchen is different. I know this is not rocket science, but sometimes the things that are the most obvious in decision-making are the things that we disregard or forget to actually reevaluate. A lot of times I am guilty of, we just redid our kitchen a couple years ago, kind of gutted it, redid it. It was very exciting, but I realized after reading your book, Bri, I'm serious. I realized, oh, I have a few drawers. Kendra Adachi talks about this too some in *Lazy Genius Kitchen*, but I have a few drawers that just had the things that I, basically when I moved back into the kitchen and put stuff in, I didn't bring my brain in. It was just like, this drawer's empty. Here's things, I'm going to put these things in that drawer. There they stayed for two years.

Then I remembered like, oh wait, so as I was thinking through your questions, who do I want to be in the kitchen and what do I want my kitchen to be like? I was surprised by one of my words, which is probably from remnants from my mother's influence, but one of my words was clean. Maybe that's obvious. Of course we want a clean kitchen, but no, kitchens aren't always clean. Recognizing that was one of my words, because another one was warm. I want my kitchen to feel warm and also clean. Because when you come into a dirty kitchen or a messy disorganized one, I'm a lot less motivated to do anything, and my decision fatigue locks up. I'm just like, nope, turn around, leave. If I leave it like the last time we do things, and you can mess it while you're using it, but then if there's some sort of order, it just makes it easier when you walk in the next time to do a thing.

I think that really helped me, just naming that. That was surprising to me and it helped me want to prioritize like, I don't have to do all this at once, but just recognizing this drawer doesn't need to hold those things because we don't do that. The activity those things require is done on the whole other side of the kitchen. What am I even doing?

Bri:

Yes, I love that. I love that you picked the word clean, because I think that some people don't even think to name that or they might feel weird about is that too... It's like, no, your kitchen can be clean. You can want a nice clean kitchen. I was talking to someone and she said that what she wanted her kitchen to be, she said mine. She did not want people in there. She did not want her [inaudible 00:15:38].

Emily:

That's interesting.

Bri:

Yeah. I'm like bringing stools into my tiny little kitchen. She was like, "It's my space. It's where I get creative. It's where I get my alone time. It's where I can listen to my podcasts." She made sure that she set up some signals in the kitchen that were like, mine, me in the kitchen.

Emily:

Yes. Well, I talk a lot about being a soul minimalist and being a soul minimalist is less about letting go of things and more about realizing what things are holding onto me and sort of naming them. I think that's true for my inner life, and that's mainly where I am talking about when we talk about soul minimalism. There is something to be said for our outer spaces. I just heard the alien adjacent language.

Bri:

I was like, it's very appropriate for the time.

Emily:

For the times, but for our physical spaces where recognizing I will never be a minimalist. That's not ever going to be my life, but I do think there are certain areas. For example, years ago I stopped doing anything seasonal as far as decorative in my kitchen at Christmas time. I'm not putting things around in the kitchen for Christmas. No, there's no room. This is a room that I want it to be warm. I want it to be clean. That's a room where I'm a little bit more minimalist, even though I'm not in other areas. I think that helped me decide that one time and not have to rethink about it every year. That's been one way that I look back and I think, oh, this has played out. I've always kind of wanted it to be organized. Now it's not always organized, but that's always sort of been an inner priority or an aspirational core value, if you will, when it comes to the space in the kitchen.

I have a question for you about writing *The Cook's Book*, and then I want to share with you some of the very next right things I did after reading it. Because just thinking about you did a thing, okay, now what's just the next right thing? I'm curious for you, since you've spent so much time with this content, with these concepts, your last book came out seven years ago, is that right?

Bri:

Yes.

Emily:

It's been a minute since you've kind of done this. You've been doing the work of *The Cook's Book* for many years, but kind of compiling it all, doing the work of it. Has anything for you changed since spending so much time with this content? Are you doing anything different in your kitchen that's surprising? Share with us about that experience.

Bri:

Oh, yes. I think really the thing that changed for me is understanding that I did not have to learn all of the cooking techniques there were available to me. I think I had this idea that I am a food blogger and now I'm a cookbook author, and I just have to know how to do all of the things in the kitchen. I think that's

also why, I'm like, wait, that's how 26 year old Bri felt when she stepped in the kitchen. I'm not a good cook unless I learn all the things that I've seen done on Food TV Network, done in other cookbooks.

I realized though, wait, if I have these foundational techniques, which is what I realized while I was writing *The Cook's Book*, I'm just teaching the most foundational but powerful techniques. If you have those, you literally are good to go for the rest of your cooking life. It was surprising to me, because I think I thought, and then I'll just keep learning all the new techniques and I'll keep learning all the new things. I'm like, no, I can make really good meals with what I know right now, and I don't need to have this encyclopedia knowledge, the dictionary of cooking, available to me. That was just kind of like, oh, no, I have what I need and I am going to teach this over and over and over again.

Emily:

I already have what I need. That is so profound. I just have to repeat it because for you to say, "I'm a cookbook author now, therefore I need to know everything there is to know about cooking." Man, that could have really held you back if you had thought that was true.

Bri:

Yes. Oh, yeah. I really did think, well, here we go. I need to go to school now. I need go to France. That's why for me, cooking was so intimidating, because I just thought I have to know everything and I need to have every kitchen technique and every tool and every meal I make has to be five stars. That's just not going to happen, you all. We're just home cooks trying to get into our kitchen every day trying to feed our people, and sometimes the meal is going to be a big crowd pleaser and sometimes it's just nourished your people.

Emily:

Sometimes it just keeps you from being hungry that night.

Bri:

Exactly.

Emily:

It did its job. Well, I'm so glad that you did not let your lack of knowing all there is to know in the kitchen keep you from diving into this important and honestly, really fun work. I mean, I feel like reading your words and even just doing some of the things, which that's what I was going to share with you, is some of *The Next Right Things* I did after/while reading *The Cook's Book*. The first thing I did was I lit a candle and wiped my counters. You don't tell me to do that. I mean, no place are you telling me to do that, but what you told me was that I'm the most important item in my kitchen. That means that I get to set the tone for this space, and if I want it to feel warm and if I want to feel confident, and if I want it to be clean, then guess who has to be the one to clean it?

Again, John and I do share these responsibilities, but he probably cares less about how the kitchen feels, and he's more just like, we got to feed the people, which is very important. Very important. I like both. The second thing I did was I organized one of our pantries, which very similar to what you said before, I'm also not a very tall human. I realized some of our heaviest things were up high. Let me tell you what, you don't want to store up high are heavy things because things fall. Things are hard. Arm strength is limited. I just did very simple thinking through what do I use the most? What do I use the least? Kind of reorganizing that way. Again, not rocket science, but definitely helpful and made a big difference.

The other thing it did was it reminded me, kind of organizing that pantry reminded me of tools I already had and showed me things I don't use and things I use a lot that were way back behind stuff. I'm like, wait, this needs to be front and center. Because though you say we are the most important item in our

kitchen, you also do give some really practical lists of here's some great things to have in your pantry. Here's some things that probably everybody needs at some point. Definitely have these things, maybe have these things and these are extra credit if you have some of these things. When you came up with those lists, side note, was that really easy for you to be like, oh, every pantry needs to have these things, or did you really have to think through? How did that list come up for you?

Bri:

That's such a great question. I really wanted to think through it because I knew what had happened is when I did look at people's cookbooks, I did complete the full list. I was like, well, they say that I need to have a food processor, so now I have a food processor that I've used twice. I really tried to think through very thoughtfully, and I went into my kitchen and I pulled everything out and I was like, okay, if I'm using it two to three times a week, it goes into the pretty important category. If I'm using it a handful of times a month, maybe secondary, and then if it's like this is kind of bougie and extra, but it is fun to pull out every once in a while like a Tajín, then that was on the bottom of the list. That's why it was so important for me to say, you're the most important thing. Someone might be like, "A food processor. I use a food processor every day."

Emily:

Every single day. Yeah.

Bri:

That's the most important thing in my kitchen. To be able to look at the list that I wrote out and I give some space for people to say, "This is important to me, this is not important to me." Yeah.

Emily:

Another thing I did is I tested my oven according to your instructions. I did the whole thing. It was so fun. Let me tell you what it did. It confirmed what I already knew. Because spoiler alert, Bri gives us some really simple instructions using bacon about how to test our oven to know does it run hot, does it run average or does it run cool? I followed all your instructions and learned that my oven, well, here's the thing. I have two ovens. I have the big one and the small one. The big one runs cool, and the small one runs extra hot like nobody's biz. Nothing is average here. We're all above and below. I knew that definitely about the small oven because I almost feel like I have to cut things in half for the small one, baking times, which is terrible. That's for my oven manufacturer to contend with.

It is a good thing to know just to have a simple little, just a little call out, and it's just a little instructions on how to do that. It was really helpful. Then I'll tell you the next meal I made as I was reading your book, the next meal I made, I used my five senses more than ever before. Because you talk about how it's not just... A lot of times we think about taste, we might even think about sight or smell, but also touch and sound, like how things sound like when they hit the pan or whatever, how to know. Just bringing those to our awareness I think is so helpful when it comes to decision making in the kitchen and as you're making your own foods, your own food stuffs.

I'll just say there were many next right actions I took, and there's not one that was... I'll just say it this way. There were many next actions I took. I don't know if they were right or wrong. It's just I think what your book did for me, and just the concept of us being the most important person, item in our whole kitchen, really helped me just to take one step forward towards creating that environment in my kitchen that felt warm and where I felt more confident. I'm really looking forward to building on that. For me, The Cook's Book feels like home base. Other books, I know I'll read them and I'll use them, but I feel like what you do for us as the Everyday Home Cook guide is you help us know what to do with other recipes and with other books. Does this ring true?

Bri:

Yes, it does. You said something that I so hope goes out into the world when you said, “It kind of confirmed something I already knew.” I kind of did think my small oven already ran hot. I think for me, it’s all about coming in and being like, we probably know it in the back of our head, at least when I was learning to cook, I was like, this seems like a lot of lemon. I was like, but no, I’m just going to keep going. I’m just going to keep moving forward. I think taking what we’re kind of like, I think I can trust myself. I think that I knew that the oven did run hot and just giving the very practical steps to reinforce, you do know this. I know some people have asked me, “I’m a bad cook, I can’t cook.” I’m like, I don’t think it’s that you’re a bad cook. I think that you know way more than you think you do. I think just a few little tests or a few little techniques will show you that you actually can make really delicious meals.

Emily:

I’m so glad you pulled that out because this is what’s weird is that for years, since we got this oven subconsciously until right now, I didn’t realize this. Subconsciously, I thought something is wrong with me. Because I’m like, why is this food not turning out right? Because doing what the freaking recipe says to do, I’m doing something wrong. It’s me. I’m doing something wrong. After testing the hotness or coolness of my oven, what I realized was it took it outside of myself. Because I see everything through a shame grid, so what that test did was it made it objective. It made it a fact. It’s like, no, every oven is not created equally. I know that it says the temperature is 400, but 400, it’s different depending on where you live and what your oven’s doing and what the weather is outside and all the things.

I guess I knew this in my brain, but until I actually tested my own oven and had the proof that, oh, someone else said this is supposed to be happening after 10 minutes, and if it’s not, then it means something’s cool, something’s hot, whatever. I feel like that’s what it did for me, is it made it not personal to me. It made it like, no, this is the oven. Therefore, now that I have that information, I can make decisions moving forward with all other recipes, Bri. Look what you’ve done.

Bri:

I love that. I think that’s such a good point because when did cooking become so personal? I feel like it-

Emily:

Oh, my gosh.

Bri:

I remember feeling so much shame, even though I don’t see everything from the lens of shame, but still going into the kitchen, there was immediate shame. I can’t cook. That’s kind of embarrassing.

Emily:

Yeah, like what is actually wrong with me that I can’t get this right?

Bri:

What’s wrong with me? And my chicken is burnt, but somehow still raw on the inside.

Emily P. Freeman:

I have a pan that I was so proud of purchasing, which is like a carbon steel pan years ago, because cast iron, I don’t know, that’s another podcast episode. I got this carbon and I researched it and I seasoned it the way you’re supposed to, and I was so proud of it. Then I did something, I don’t know if I didn’t clean it right, if I cooked something weird in it and the pan did a thing that I didn’t understand. It turned a weird color or something happened. I let it sit too long. I don’t know. Let me tell you what, I took that pan and I shoved it in the back, the furthest recesses of a pantry, the pantry I just cleaned out. When I just cleaned it out, I found it again, and immediately I was like, oh, there it is.

There's that pan. There's that pan pointing its finger at me that I so carefully purchased and followed the instruction on. Still, because something's wrong with me, I ruined it. Instead of doing the work to figure out and knowing that, okay, there's probably a fix for this. Let me Google. Instead I was just like, nope, shut it down. I put it in that pantry. I refound it this weekend after reading your book and I told John that story I just told you. I'm like, well, there's the pan of shame that I bought because I thought I was trying to be some kind of cook, and now it's just ruined forever. He was like, "Well, let me..." He had this can do attitude. "Well, give it to me. Maybe I can resurrect it and figure out." To be continued. He hasn't yet, but I don't know that he's really put a lot of effort. I think a little bit loosened for me is like, oh, you can figure this out. Probably we can fix it. Right?

Bri:

Oh my gosh, yes. I feel like, to piggyback on that, it's not you. I feel like that's how we step into the kitchen and take out the shame from it or take out it being so personal or tied to identity. Because I think people tie cooking to their, I'm a good cook or I'm a bad cook. It's like, you can just be a cook or you don't-

Emily:

What? What is this, you can just be a cook business?

Bri:

You can just be a cook. You can still, I think have joy and confidence. We had just moved into a new house and I was cooking chicken in my stainless steel pan, and I teach in my book. I have taught in classes how to cook your food in a pan without it sticking. The first night in our new home, my chicken was sticking like crazy, and I was like, I'm about to be a cookbook author. What is wrong with me? Then I realized like, this is a new stove. You didn't do the test. You didn't test the stove. I was like, this is not personal to me or to my skillset or to my knowledge. This is a different stove. I need to learn this stove. Like your pan, it's a new pan. You just got to learn the pan.

Emily:

The pans are not out to get us after all.

Bri:

After all, they don't get it.

Emily:

It has been revealed. They have no feelings about us whatsoever. Sometimes I debate this, but I do think you're right.

Bri:

I just know. I just know it's talking about me in the pantry with the other pans.

Emily:

They all have their opinions and they are unfavorable.

Bri:

They're mean girls.

Emily:

All the way. Oh, dear. How is this a healing conversation talking about the kitchen? I don't know, but it is. Two more things. Number one, I want to ask you just however you want to answer, and there's no wrong answers. It is, Bri, what is your next right thing?

Bri:
I think my next right thing is to start a YouTube channel.

Emily:

Let's go.

Bri:
I'm like, okay. Something that I have realized in writing this book, and the reason I even wrote it the way that I did, because it's very technique heavy, but there's a lot of recipes and all of the recipes back up the technique. It's like you learn a technique, you make a recipe. You learn a technique, you make a recipe. I realized I love the teaching aspect of cooking. I do love developing recipes. I love sharing them on Instagram and things, but I love when I teach something with cooking and someone goes, "Wait, what? Wait, I didn't know you could do that." Or, "I didn't know it was that simple." I think that can really come through in more long form video, and I'm hoping that would be on YouTube.

Emily:
My only follow-up question is when will you drop your first episode on YouTube?

Bri:
Oh, wait, I like this. I like accountability.

Emily:

Oh, you can really give us a date and then we'll all hold you to it. If you don't have one, that's okay too.

Bri:
November 1st.

Emily:
Let's go. Come on now.

Bri:
There it is.

Emily:
I'm so excited about this. I love when you teach us things, you do it so well.

Bri:
Oh my gosh. Thank you, Emily.

Emily:
Now you're going to do it regularly on YouTube. To be continued. Cheering you on. Yeah.

Bri:
I'll come ask you about many TBDs here, your pan, the YouTube.

Emily:
Yes, there are many things. There are things that are continuing that are just, we're in the middle of the story. Story's not over, so we'll have to get updates. Bri, one thing I love to ask especially when I have authors on, is to have them read just a few of their own words for us to close us out. Would you read from *The Cook's Book* for us as we close?

Bri:

Yes. I love this. There is a difference between knowing how to read a recipe and knowing how to cook. Confidence in the kitchen gives us the ability to pivot, to understand what went wrong and when, and then to adjust. In addition to gaining confidence, I also found an unexpected joy in noticing and experiencing the act of cooking. Washing carrots, slicing onions, hearing the sizzle of oil when the chicken hits the pan at the exact right moment. I began to appreciate my ingredients and tools more. I stopped to smell my ingredients and to taste along the way. I was less frazzled and more able to interact with people in my kitchen while I cooked. I realized that confidence and joy were intertwined, and that is why I wrote this book. I want to give you the recipes and skills you need in the kitchen in order to bring more people to your table and to do it with confidence and joy.

Amen. Thanks for listening to episode 290 of *The Next Right Thing*. I hope this simple practice of learning to trust yourself and name who you want to be in the kitchen can be just one more rung on the trellis upon which your rhythm of life can continue to grow. Because while it's true, this is a podcast about making decisions, you know the bigger truth is our daily decisions are making our lives.

You can learn more about Bri and find stories and recipes on her food blog at BriMcKoy.com. That's B-R-I M-C-K-O-Y, or watch for videos with recipe tips and tricks on Instagram at [@BriMcKoy](https://www.instagram.com/BriMcKoy). That brand new book we couldn't stop talking about, well, it's available right now and it will be an essential addition to any home cook's shelf. You can find *The Cook's Book* wherever books are sold, and I hope you do.

As always, you can find me on Instagram [@EmilyPFreeman](https://www.instagram.com/EmilyPFreeman) or online at emilypfreeman.com, where you can also download a transcript of this episode and every other episode of *The Next Right Thing*. Well, in closing, here's a final word from Bri's book, *The Cook's Book*, to remind us about the whole point of the work that we do in our kitchens. She writes, "Your presence is more important than your perfectly roasted chicken. A confident and joyful cook knows this and believes it. Your effort is worth it. Your food is enough."

Thanks for listening, and I'll see you next time.