

A photograph of two young women in a kitchen. The woman on the left has blonde hair and is wearing a red t-shirt with a pineapple graphic. The woman on the right has dark hair and is wearing a pink t-shirt and a black apron. They are both smiling and looking towards the camera. In the foreground, there is a large white bowl filled with a chunky, orange-colored food. The background shows a window with a checkered curtain and some kitchen items on a counter.

The
COOKING
Experience

The COOKING Experience



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The Cooking Experience

As I sit in this sunlit room, writing this, the smell of a slowly roasting turkey filters through the air making my nose twitch. Other smells come to greet me as well, mingling nicely together to bring back every nice memory I ever had: gravy, new potatoes, stuffing, blueberry pie, and cranberry sauce.

There's nothing quite like a good Thanksgiving dinner to bring your world into sharp focus, and although it's not yet Thanksgiving this is one of my family's staunchest traditions going back as far as I can remember. Whenever there's a special reason for us to celebrate, something for which we can be truly thankful, my mother always holds a Thanksgiving dinner.

At this moment I feel this to be highly appropriate, and not only for the reason of my older brother having finally tied the knot two weeks ago. But because I'm writing this very piece for the book I'm going to entitle "The Cooking Experience" and which you are in actual fact reading right now!

I'm glad that I chose my mother's kitchen as the starting point for this book, and I'm equally glad (sort of!), that I'm surrounded by a surplus of inquisitive family and friends, one of whom is reading this over my shoulder as I write. Naturally enough I glare at the younger of my brothers to get him from out behind my chair so I can continue writing in piece.

In our family, the kitchen became the hubbub of life because it was a warm and fun place to be, and because we truly enjoyed ourselves there. And no matter how many people came over to our house, somehow or other they always found their way over to the kitchen. At times it used to be like Grand Central Station, such was the amount of people coming and going from our kitchen.

My take on it, is that since food is such a mainstay in everyone's lives there's really no getting away from it. And if you cook and if there's more than only you to fend for, then ultimately your life will revolve around the kitchen. Some people might think this a bad thing, but to me it only serves to enhance our relationships with others, and paves the way for greater understanding.



Think about it, if we don't eat we get cranky right? Or at least I do, and I know my kids and brothers do as well. Sure we can survive without a few meals, and we might not complain, but don't you feel better when you've eaten something good and warm?

So if you take away all the complaining and begin to enjoy the food making process, you might also begin to see what I mean when I say that the kitchen is the center of all life. You don't think cooking can be fun? Well, I'm here to inform you that cooking can be fun, and no, you don't need to be a certified Cordon Bleu chef to make great dishes.

Anyway, to get back on track, since I find myself once more in the center of all things Cooking, I have to say that it's especially good that I'm surrounded by family and friends. Since I can now put to them a few questions that I feel will be extremely important to this book and ultimately to you. And which I hope, will give you some insight into what cooking is really about and what the cooking experience is all about.