

Coping By Cooking During The 2020 Pandemic



2020 has been a challenging year for all of us. With the rise of the COVID-19 pandemic, our lives have been turned upside down. We found ourselves confined to our homes, cut off from the outside world, and constantly bombarded with news of the pandemic. In times like these, finding a coping mechanism becomes

essential for maintaining our mental and emotional well-being. Luckily, for many people, cooking has emerged as a therapeutic activity, helping them navigate through these difficult times.

The Therapeutic Power of Cooking

Cooking has always had the power to bring people together. It is not just about preparing a meal; it is about the process, the creativity, and the joy that comes from experimenting with ingredients. During the 2020 pandemic, cooking has taken on even greater significance. With much of our usual social activities limited, cooking became a way to connect with others virtually, sharing recipes and cooking tips with friends and family.



A Tiny Kitchen in Florence: Coping by Cooking during the 2020 Pandemic

by Gilda Carbonaro (Kindle Edition)

★★★★☆ 4.9 out of 5

Language	: English
File size	: 8448 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 126 pages
Lending	: Enabled



Moreover, cooking provides a sense of control over a situation where so much feels uncertain. With grocery store shelves emptied and restaurants closing down, many people turned to cooking as a way to ensure they have access to fresh and nutritious meals. This sense of self-sufficiency and accomplishment

that comes with preparing a meal from scratch can be incredibly empowering during a time when everything else seems to be falling apart.

The Joy of Exploring New Recipes

One of the silver linings of the pandemic has been the opportunity to slow down and spend more time at home. With fewer social commitments and more flexible schedules, people have had the chance to dive into new hobbies and interests. Cooking has been high on the list for many.

People have discovered the joy of exploring new recipes and cuisines from the comfort of their own kitchens. From homemade bread to elaborate desserts, the internet has been flooded with captivating food blogs and YouTube channels, inspiring amateur chefs to try their hand at new culinary creations. Trying out different dishes and flavors not only provides a welcome distraction but also allows for a sense of adventure and accomplishment.

Cooking as a Stress-Relief

The act of cooking can be incredibly meditative. Chopping vegetables, stirring pots, and smelling the fragrant aromas wafting from the stove can transport you to a place of calm and relaxation. For many, cooking has become a mindfulness practice - a moment of zen amidst the chaos of the world.

Cooking also offers a much-needed break from screens and technology. As we spend more time than ever in front of our devices attending virtual meetings and classes, escaping to the kitchen allows us to disconnect, even for a little while. Focusing on the present moment and engaging all our senses in the cooking process can provide a much needed mental break and help alleviate stress and anxiety.

Building Connections Through Food

Food has always been a form of connection and during the pandemic, this notion held even more true. With physical distancing measures in place, many people found solace in sharing their culinary creations with others. Whether it was baking fresh loaves of bread for neighbors or organizing virtual cooking parties, the act of cooking became a way to build and strengthen connections.

Food, in all its forms, has the power to evoke memories and emotions. Sharing a home-cooked meal, even when physically apart, can create a sense of togetherness. The act of preparing and sharing food with others provides a sense of purpose and fulfillment, reminding us that, despite the challenges we face, we are still connected with one another.

The Future of Cooking

As we move forward in this new normal, it is clear that cooking has become more than just a means to satisfy our basic human needs. It has become a way to nurture our mental well-being, connect with others, and find solace in uncertain times. The 2020 pandemic has forced us to reevaluate our priorities, and cooking has proven to be an essential tool for coping and thriving.

So, whether you are a seasoned chef or a culinary novice, take this opportunity to embrace the therapeutic power of cooking. Explore new recipes, experiment with flavors, and find joy in the process. Not only will it provide you with delicious meals, but it will also offer a much-needed sense of control and connection amid the chaos of the world.

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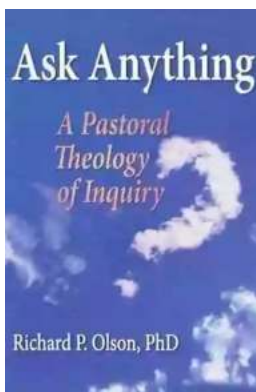
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In Florence, during the 2020 Covid-19 Pandemic, Gilda Carbonaro, culinary blogger and cooking teacher, gathered a collection of some of her favorite Italian recipes, most of them focusing on Florentine cuisine. The recipes include antipasti, pastas, soups, meats, vegetables, and desserts and are accompanied by photographs. Her book has plenty of helpful, practical advice and insight on the execution of each recipe and includes recommendations for wine pairing. Photographs by Gilda Carbonaro also display the jarring images of this Renaissance city during the pandemic.



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