Cooking can be defined as a job, an addiction, a way of life, a pastime, a routine, a requirement, or perhaps a stress reliever. Cooking only serves one role in my life, and its roll is being my hobby. I must admit; I never actually knew it was my hobby, until I was asked to brainstorm hobbies. I found myself feeling down, because I thought I flat out did not have a hobby! I pondered and pondered and came up with countless hobbies that one’s average bear most likely would not even consider a hobby. I concluded that cooking must be my hobby from just simply thinking about my childhood memories and things that I enjoyed doing then that I still like to do today. When I was young, my cooking was referred to as “silly concoctions” that I loved for people to try; typically, my dog was the only victim who would cooperate in testing my dishes. Now, I would by no means say I am Betty Croker, but I do not have to shove a spoon down anybody’s throat to get them to try one of my creations. Cooking could be throwing a frozen meal in the microwave, tossing a pizza in the oven, or stirring up ingredients to make homemade cookies; whatever the case may be, I engage in all of the types, and I consider them all cooking. According to C.G. Sinclair the International Dictionary of Food and Cooking, the definition of the word “cook” is a person who prepares food for eating. (Sinclair # 97) This explains exactly what my hobby is all about in a nutshell.

B. What Are the Ingredients to Cooking? How Does One Chip In?
Utensils and food are not the only thing involved in cooking. Time is something that will be needed to be involved, whether it is five minutes or maybe five hours. Something’s take a large amount of time to complete. The time spent cooking something is worth it. One may spend long, strenuous hours trying to make an eleven layer cake. It takes a long while just mixing the ingredients and preparing it actually to be cooking in the oven. Once the cake is fully finished, the cook might feel rewarded. Practice is definitely a required ingredient to cooking. I did not just wake up one morning and throw some sausage and eggs together, and “voila”, a delicious breakfast casserole popped right out of the oven. It is slightly more complicated than that. Some very creative people make up their on recipes, and they end up creating some of the most delicious entrees in America and make a household name for themselves just by doing so. Rachel Ray just seems to know how to throw things together and create things that seem to come out of nowhere! I would recommend that one should know how to read before they begin to cook, unless they have a photographic memory. Reading is a requirement for that anyway! Most recipes are written in words in a recipe book, which is another thing involved in cooking; the recipes! In order to follow instructions from a recipe, one will need to know how to read them. Many kitchen appliances such as the refrigerator, stove, oven, and microwave are going to be very involved in cooking, too. Most foods are stored in a refrigerator, and the food inside of it is going to be just as involved as the appliances. Forks, knives, spoons, and spatulas are a few of the thousands of utensils that could be involved in the cooking process. Cooking is an easy activity to participate in. It is not a one woman hobby. I grew up helping my mom cook. I might have cracked the eggs for her and then dump them in the batter bowl. Whatever it was I was cooking. It does take multiple people sometimes to cook something, and the way I see it, the more the merrier. If an inexperienced cook wanted to get started, I would recommend just doing
it for fun! That is how I began, and I still just do it for fun and for pleasure of course, when I get to indulge in a tasty creation, if it turns out the way I planned!

C. Roots of Cooking: When/where Did People First Start Cooking?

It has been said that cooking began, when man discovered fire. (answerbag.com) That I guess would date us all the way back to the times of the cave men. Before times of fire, the only way to prepare a meal would be to kill something such as a live animal and then eat it raw. When fire came along by rubbing sticks together, perhaps man then learned how to prepare meat and eggs over a fire to create a more well done taste, and this discovery was of course safer. According to answerbag.com, “The oldest generally-accepted evidence for controlled use of fire by humans dates to around 700,000-800,000 years ago and is from the site of GesherBenotYaacov in Israel. There are claims for earlier use of fire dating back to 1.4-1.8 million years ago from sites in East and South Africa, but these are somewhat less convincing -isolated burnt bones or burnt sediment patches that could just as well be results of natural fires.” (answerbag.com) This suggests that was when cooking might actually have begun.

Cooking has had to be around since the beginning of time in order to survive. “Thousands of years ago people, hunted wild animals and gathered fruits and berries for food; these were considered the stone ages.” (All about Food) There are many meals America never would have known about, if it had not been for the Native Americans. I feel as though every child in elementary school learned about Squanto, the Indian who introduced corn to the pilgrims. “Squanto taught the Pilgrims how to plant corn and other vegetables that grew well in New England”, not only was it corn! (Colonial Cooking, Dosier 8) Like I mentioned earlier, cooking is simply to prepare a meal, who
defines “cooking” anyway? These theories are not my ways of cooking but are apparently where cooking began and where it evolved. Indians and colonists I am sure brought cooking a long way down the road as well but the exact origins date back to the cave man era of time.

D. Cooking’s Fees

Everything seems to cost money these days, and cooking is not an exception. Unless one has a garden full of every food in the world in their backyard, it is going to cost a money to get started cooking. It would cost money to buy the seeds of the plants to grow the foods anyway! In order to cook one will need their basic kitchen appliances, these things are basic in a household so that cost should not be that big of a deal. The necessities of cooking are things such as bowls, pans, silver-ware, the ingredients called for, and other things that can be found at a grocery store or place like Wal-Mart. Cookware is an obvious necessity. Cookware is considered “any of a large variety of vessels and containers used on the stove top or in the oven to cook food on or store it.” (cookware # 121) Sometimes, the type of cookware may depend on what one’s specialty is in the kitchen. If it is just cooking brownies, it may cost ten dollars to buy the ingredients such as eggs and milk and then about ten dollars for the Pam and pan that the ingredients will use to be placed in the oven. What is being cooked is going to determine the price. Most of the time, a kitchen is already full of cooking needs. My kitchen at home always had bowls that I needed or any type of kitchen cookware that I needed. I suppose if one is trying to start off fresh with cooking, there are some expenses. Recipe books to learn how to cook can range from five dollars to one hundred dollars. I have some homemade recipe books that are from my great-grandmother that I received for
free. I would try and luck up like that always, when I think about a recipe book. Cooking classes are available in many places, and these can be costly. My hometown school offered cooking lessons. Culinary school is even available to those wanting to make careers out of their cooking hobby. Cooking is time consuming, so it might cost one some time that they could be doing something else to complete a recipe. I consider just about everything cooking, so the time it takes to cook something is debatable.

E. How Did My Interest in Cooking Begin?

Growing up, I absolutely loved brewing up my own meals. My cooking never was referred to as “cooking” in my younger years; my mother referred to my cooking as “Anna’s in the kitchen making a concoction!” I guess those words did serve me justice, because that is exactly what I was doing. I used to love to get anything out of the pantry and mix it. I would put cake batter with cheese and then add some Special K cereal in with it just to see what I could create. The only one ever who would eat my meals was my dog, Goldie. He was such a good sport! I eventually started to be “Mommy’s little helper.” Whenever she would cook us meals in the kitchen, I would do simple tasks like stir the ingredients or even lick the spatula in the end, but in my mind, I surely was cooking. I began learning how to put Stouffer’s Lasagna in the microwave at about age six, and that was my favorite thing to cook back then. However, according to Rebecca Wood, “Freezing a food diminishes its energizing potential.” Even after discovering this, I do not intend on stopping. I am still addicted to cooking those frozen foods. I must admit though, that I never actually have tuned into an episode of Rachel Ray or Martha Stewart. I do enjoy watching Cake Boss sometimes, but I guess one could say that watching cooking shows is not a part of my hobby. I got very interested in cooking, when
it became aware to me that some of my favorite foods I enjoyed to eat were very, very easy to make myself. For instance, cheese dip with rot-ella is amazing. It is the easiest thing on earth to make. As sad as this may sound, I would not consider myself a good cook or a very broad cooker, but I do think the things that I know how to cook are delicious, or that is what my taste testers tell me HA HA!

F. Cooking, Cooking, and More Cooking

I have been contributing to cooking ever since I can remember. I have been cooking on my own since I was thirteen years old. I wish that I cooked more often. I find myself with no time to brew up something homemade. I throw things in the microwave and oven on a regular basis, but hey, that is preparing food, and if one is preparing food, they are cooking! “One who prepares food for consumption by others” is also cooking. (The Whole Foods Encyclopedia) I enjoy cooking homemade chocolate chip cookies when I can find the time, and my specialty is breakfast casserole. My roommates beg me to make it, and I must admit that I put a dent in that casserole, too. It is so tasty! I do not cook as much as I should, and when I do, it is typically a group effort with me and my roommates. One of us will make the vegetable, one the meat, and one will make the bread perhaps. Cooking has not led me anywhere unusual thus far. This is most likely because I am not a talented cooker and do not really take the opportunity to do things unusual in the cooking category.

G. Dinner is Served

Cooking may not play a huge role in my life, but it is surely something that I like to do. If one is having fun while doing it, it is considered a hobby. Just writing this makes
mewant to goto thegrocery store right when I am doneand pick up something to cook.


*Catalog.*


