Made. A Couple's Guide to Cooking The Love

Introduction

Couples who live together may find themselves spending their downtime in the kitchen: cooking to wind down at the end of a workday, to substitute take-out with a safe home cooked dinner, or even to make breakfast on a lazy weekend morning. Preparing a meal with or for a partner is a historically romantic act of service that transcends the ideas of modern love languages. Collaborating in the kitchen appears simple; its just two people working to a common goal. However, couples might encounter an unforeseen obstacle. Dividing up the work, experiencing unwanted power dynamics, and navigating shared spaces could serve as the catalyst for tensions.

The solution? An introductory resource to guide partners as they navigate what could be unexplored territory. *Made with Love* is a cookbook and workbook for couples who want to find happiness, purpose, and success when cooking and baking together. It is a team-building exercise that can double as an enriching date-night activity, and results in a delicious meal. Cooking as a couple fosters strong communication, which is not lost by using this book as a resource. Facilitating moments of introspection and of reflection provides opportunities for conversation and harmony. When not stressing over all the details, couples are able to refocus their energy on engaging in meaningful and heartfelt conversation, while creating new, inspiring, and positive memories.

The Journey

During COVID-19 and quarantine, my partner at the time and I had a lot of downtime. We decided to start cooking more meals together, specifically dinner in the evenings. This was simple during the beginning of quarantine, when everyone was still adjusting to remote work and school. However, as the pandemic progressed and we both began working full-time jobs from home, it was more difficult to find time for this activity. We found ourselves eating "lazy dinners," and began to miss the daily ritual we had created. So, we made it a priority in our relationship to set aside time every evening to prepare dinner. It was built into our schedules, and guaranteed that we would spend time quality time together. However, learning to cook collaboratively with each other took lots of trial and error. We grew to understand what each of us excel at and enjoy doing. In the end, we were able to easily divide tasks and effectively utilize our small kitchen, while enjoying the entire process. Other couple's undoubtedly work through the same highs and lows, or are too intimated to tackle the journey in the first place. Developing a new cookbook inspired by this experience could be a resource for couples who are looking to incorporate cooking into their relationship.

Immediate Outcome

By purchasing this book, couples are acknowledging that they want to begin the journey of introducing food and cooking into their relationship. They understand that there will be frustration and misunderstanding along the way, but that this is a resource to guide them through the journey. Couples of all ages struggle to work together. The immediate benefit of this cookbook is that couples will be encouraged and excited to embark on this process together, and will be optimistic about the opportunities ahead.

Intermediate Outcome

As couples work through this cookbook, collaborating in the kitchen will begin to feel natural, as they start to understand each other's movements and flow within the shared space. They will also learn more about one another, as they engage in this intimate and memory-making activity.

Ultimate Outcome

This book will always be available as a resource to learn and try new recipes, but in the end couples will understand how to intuitively work with each other. Working through this book teaches them how to divide instructions and work together in a way that is productive. They will be able to apply the skills and knowledge to new recipes as they continue in their cooking journey.

The Benefits of Cooking as a Couple

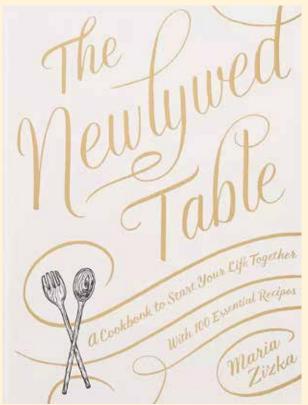
Depending on gender, cooking is considered either a "chore" or a "hobby," reinforced by the historically sexist rolls of "breadwinner" and "stay-at-home parent." However, in the modern era, cooking is evolving beyond gender stereotypes, leading to diversity in home kitchens. What was once labeled as "women's work" is becoming a shared daily practice. Engaging in this activity as a couple disassembles patriarchal notions about the process, and provides a wide variety of benefits.

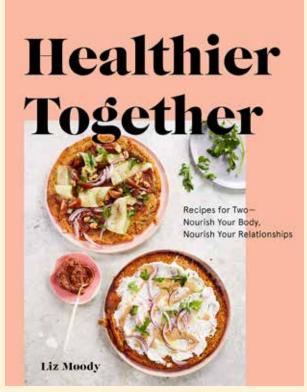
Beyond growing as a couple, cooking, especially when done for others, provides many diverse and positive psychological benefits. For example, establishing connections is one of the fundamental human needs. Preparing meals with or for other people can satisfy and even strengthen this desire. Cooking is an inherently introspective practice that can encourage mindfulness. By disconnecting from obligations and worries, the brain is able to focus solely on the task at hand. Emphasis shifts to creating new heartfelt and inspiring memories, while in tandem developing a newfound and inspiring connection with the whole process.

Couples collaborating within the kitchen is beneficial besides creating a delicious meal. Cooking together builds teamwork, develops curiosity, and helps to encourages honest communication. Working with a common goal in mind allows for differences to dissipate, and for the focus to shift towards the pleasures and comforts of cooking. The kitchen is a place for togetherness, and enjoying easy conversation provides opportunities to pause and reflect on the simple actions. Participating in an enjoyable activities with a loved one sends endorphins throughout the body, which deepens the emotions felt for each other. Cooking also creates a positive memory association. Vivid and once-forgotten memories can be triggered by familiar smells. Recollecting on those experiences, then sharing those intimate thoughts and feelings with a partner facilitates a much deeper connection and understanding. This promotes discussions of childhood nostalgia and experiences which can help grow a stronger intimate bond between two romantic partners. Collaborative cooking allows two people to share in the creation of new memories

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Initial Research and Market Audit

The "Cooking in a Relationship" and "Cooking for Two" genre space is very saturated with cookbooks. The newest release is "The Date Night Cookbook," written by YouTube couple Ned and Ariel Fulmer. Their cookbook is organized by the different stages of a relationship. What recipes should you make on the first date versus meeting the family versus first night as a married couple? This is also one of the more unique presentations of this concept that I have come across. Alternatively, other cookbooks are organized as a traditional cookbook, except the recipes have been parred down to create only two servings. Overall, most couple's cookbooks focus on creating recipes that have a serving size of two. I have not been able to find any examples of a cookbook that divides the tasks into directions for two people. I thought that approaching the couples cooking genre from the angle of the actual preparation would be a unique and useful take.

Purpose and Method of the Cards

The removable cards elevate this from a normal cookbook to one that is interactive and activity-based. Allowing them to be removed from the book makes it so the two people aren't always trying to read from the same small pages. It also limits movement around the kitchen, so there is less walking back and forth to check on next steps and ingredients. The cards are meant to be a starting point for the collaboration process.

When figuring out how to best divide the instructions on the cards, it was not feasible for me to cook every recipe I wanted to include. So, I focused on a couple of factors that I thought would be translatable across recipes. I thought about the most common organization and layouts of modern kitchens, and considered what equipment and spaces would be utilized by each step of the preparation process. This is the main thing I considered with separating the instructions, besides giving equal amounts of work to both partners. For example, one partner would be cooking at the stove while the other chops vegetables on the counter. This reduces the stress of moving around a kitchen and fighting for space while trying to complete the meal.

The highlighted text on the cards indicates moments when the couple will work on the same task, allowing for collaboration and a quick moment of pause in the process.







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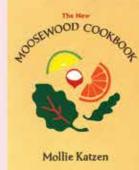
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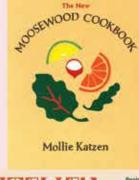






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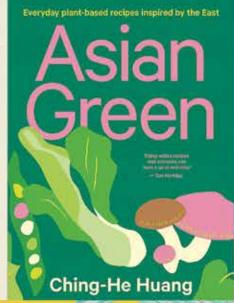




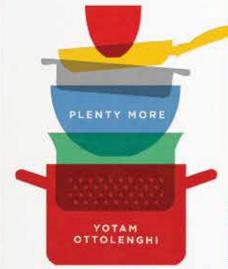


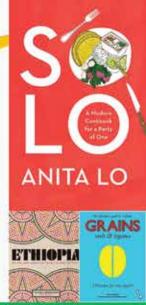


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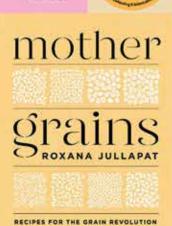


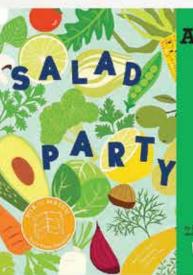
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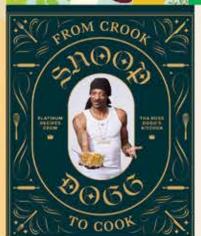


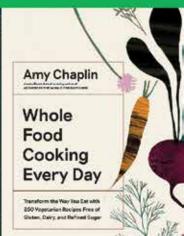


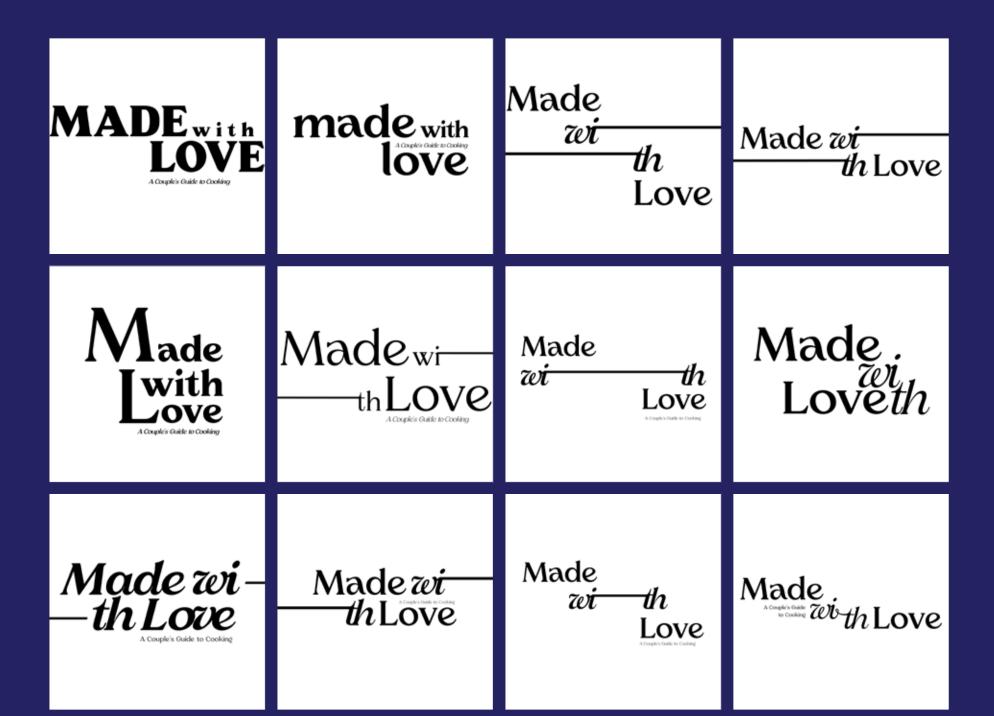




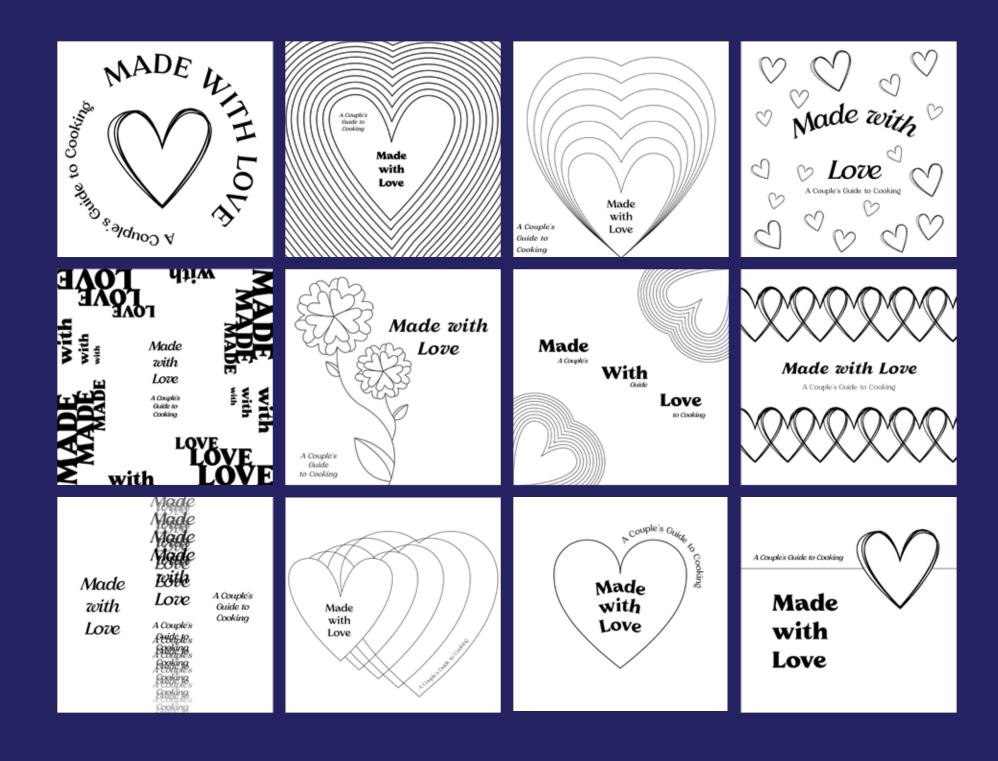


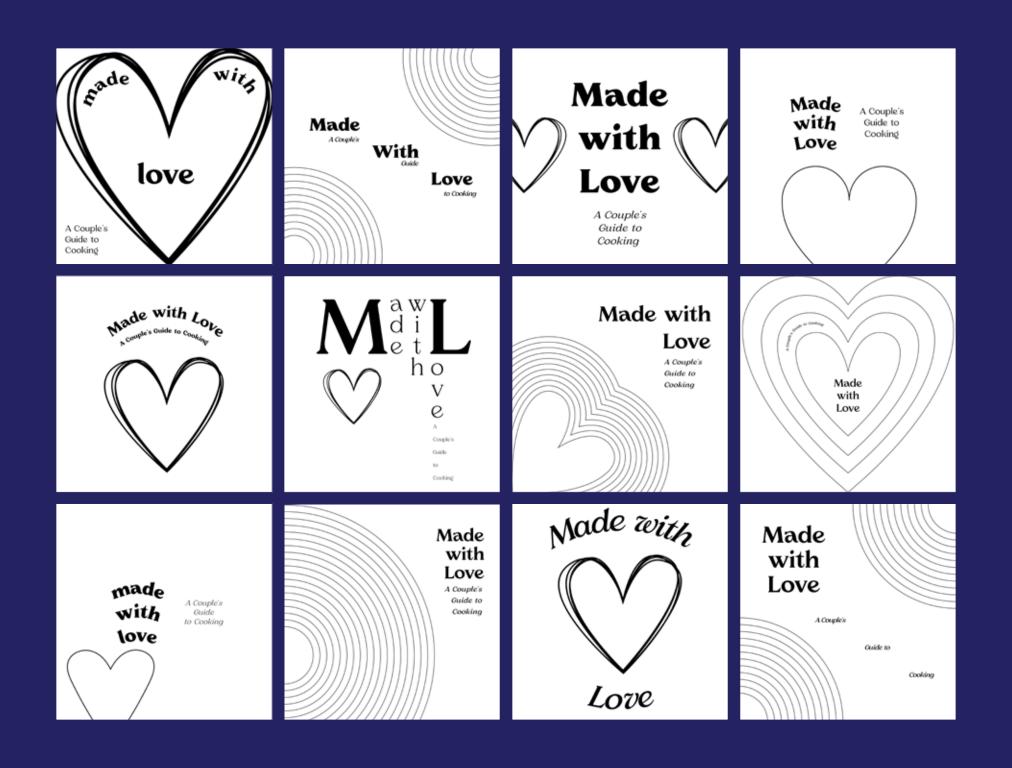






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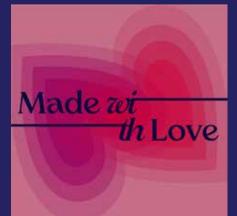
















Ingredient Icons and Graphics

















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