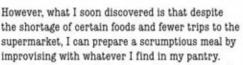
Cooking in the Time of Covid

By Juliana Dancanet

Since mid-March, I have been living with my family at our Connecticut beach house. While I have been enjoying the fresh air and nature, I miss the plethora of dining opportunities in New York City. Whether I am eating at a fancy restaurant, grabbing take-out from a neighborhood joint, or attending charity events and galas, I can readily indulge my taste buds in a gastronomic feast. So, when lockdown first started, I secretly longed for those sophisticated menus as I searched for the inspiration to cook yet another banal dinner for my family.

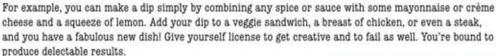






A great place to begin is the world of condiments: spicy, salty, acidic, sweet and savory alike.

The combinations and permutations are limitless!





Preparing more meals at home has also generated renewed appreciation for cooking appliances that can help. For me, one such device is the **Thermomix**[®], an European kitchen appliance which Forbes magazine recently named it one of the best nutrition innovations. Besides my condiments, I have come to rely on it for most of the meals I prepare, and it has without a doubt made it easier to concoct tasty dishes from around the world. In fact, I am such a fan that I became a brand consultant here in the U.S.

The quarantine has been a challenging time for everyone. A renewed focus on family, health, and eating well is a potential positive outcome. As a Certified WildFit® Coach, I understand how vital food is for our well-being and cooking is not only a way to nurture one's self, but also a way to stimulate the imagination, stay active, and relieve stress. I look forward to a return to normality in our wonderful city, and I hope to carry with me some of these valuable new lessons.

For more information about WildFit® and/or Thermomix® reach out via e-mail: jd21.coaching@gmail.com



