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My Children The Chefs

By Alyice Edrich

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My Children The Chefs

By Alyice Edrich

My 13-year-old son is finally showing an interest in cooking and can you believe he cooks better than me?! The other night we were giving him a hard time because he made a sandwich for his friend, his sister, and himself and then commenced to eat in front of me and my husband. Did you catch that? He not once thought to ask us if we were hungry or even offer to make us a sandwich.

We jokingly teased him about forgetting us. He just giggled and sheepishly said, "I was hungry." Then he giggled again, finished his sandwich and went into the kitchen where he began scouring the refrigerator.

When I asked him what he was doing, he said, "I'm going to cook you something to eat." He asked his dad a couple of questions as he pulled everything out of the cupboards and put the pan on the stove. With a bit of skepticism, he began making his very first meal.

And to his surprise and ours, he cooked the most tender, tastiest chicken I have had in over a year! It was absolutely delicious. Not believing me, he asked for a bite of my chicken, and then asked if he could finish my plate. I, of course, reluctantly gave up my delicious meal.

My daughter on the other hand—at the young age of 9—still has to learn the art of cooking. While she loves the idea of cooking, she has the patience of her mom—none. She throws things together without reading the directions and then looks on in disgust as her "creations" look more like mud pies than something eatable.

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While her meals aren't digestible, they're just as wonderful as my son's. For you see, it's truly a joy watching her get pleasure from trying to get it right, all on her own.

Tonight, as I write this, my son is once again in the kitchen, taking orders from his dad as he prepares his very first FAMILY meal! It's amazing how things can change on a moment's notice. And my daughter is begging to make her grandparents a cake.

I can just see it now, a personal chef of my very own! No more eating out and gaining weight. No more expensive dinners where we wished we would have just ate at home. No more cooking my own meals only to be disappointed in the taste. No more complaining that it took 2 hours to prepare, 15 minutes to eat, and 30 minutes to clean up. And the best food in the world, right here at my finger tips and a moment's notice. Hey, a mother can dream, can't she?

Alyce Edrich is the author of several work from home e-books, and the editor-in-chief of a national publication for BUSY parents. Subscribe to her free e-newsletter at <http://thedabblingmum.com/joinezine.htm> to win a free book!

Is Being a Chef a Career or a Job?

By Keith Londrie

When most people think of chef, what comes to mind is usually basic information that's not particularly interesting or beneficial. But there's a lot more to chef than just the basics.

Just like any other profession, whether or not being a chef is a career or a job depends largely on you. Of course, if your chef-dom is merely a job for you, don't be surprised if it doesn't take long to burn out. Fifty to 70-hour work weeks, high stress, and the creative brain drain all take their toll fairly early on those not entirely dedicated to their paycheck-maker.

Successful chefs are like other creative types - they will be found "playing with their food" even if no money was involved. Like writers who write because they love to express themselves this way, and singers who belt out tunes anywhere they can get away with it, chefs are "chefs to the bone." A true chef considers the money involved merely a "bonus" to what he or she loves to be doing anyway.

While a job is just a means to an end (as in paying the bills) with 40 hours dutifully put in every week and the occasional overtime blessing (or curse, depending on your situation), a career is like a marriage: You have an unspoken commitment to yourself that you will love, cherish, and even obey this vocational calling `til death do you part. If you ever get to know a successful professional chef, you'll immediately realize this "marriage" is a forever thing - part of his or her personality that's so ingrained there is essentially no difference between that person and what they do for a living.

It's really a good idea to probe a little deeper into the subject of chef. What you learn may give you the confidence you need to venture into new areas.

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Chefs live, breathe, eat, and dream about - guess what? Food. Although there are many other duties associated with "cheffing," such as management, personnel, accounting, and other responsibilities, the core of a chef's livelihood is the preparation and presentation of food.

When someone earning their living comes home from work complaining of the tiredness of their feet and back, the heat of the kitchen, or the endless stream of meals that had to be prepared, it's apparent this is just a job to him or her. The career-minded chef is not even aware of being career-minded; their mind is on what went wrong, what was successful, and how could they improve on anything that happened in "their" kitchen that shift. The chef in the former state of mind wonders how to get out of his current situation; the chef in the latter mindset wants more and relishes the next opportunity to express him- or herself with food.

So when you ask if being a chef is a career or a job, no one can answer that except you. If coming home smelling like barbecue or fish or Limburger cheese appalls you, consider the fact this is often the case with chefs. You may want to save your cooking skills to the occasional at-home masterpiece that wows your friends and family. But for those of you reading this that are saying to themselves, "Yep, that's me, all right," then don't wait any longer - the world's taste buds impatiently await you!

When word gets around about your command of chef facts, others who need to know about chefs will start to actively seek you out.

In the meantime you can find out more by visiting the web site listed below.

Keith Londrie II has worked and researched the subject of chefs. To learn more information, please visit the new site for culinary information at
<http://define-culinary-arts-program-schools-restaurant-management.info/>

To learn more, please visit define-culinary-arts-program-schools-restaurant-management.info/ Keith Londrie II [klondrie @ yahoo.com](mailto:klondrie@yahoo.com) define-culinary-arts-program-schools-restaurant-management.info/



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