



Playing in the Kitchen

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Playing in the Kitchen offers a delightful smorgasbord of opportunities for culinary delight, going beyond standard cookbook fare to provide a feast that transcends the five senses. The delicious recipes will tempt your sense of taste. In addition, each recipe contains a Playing With Your Food Section that provides substitution tips, how to avoid kitchen disasters, ways to rescue mistakes and much more. For your sense of humour, there are stories; both traditional folk tales as well as humorous essays that explore subjects like cooking with a significant other, fear of an empty refrigerator, and the universe as a cosmic soup. But what makes Playing in the Kitchen completely unique are the movement explorations designed to make everything from chopping to washing the dishes a pleasurable and ergonomic adventure that awakens your kinesthetic sense. You'll never cook the same way again!