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Project 2

During the holidays many families get together for celebrations and to spend time with one another. Every family is unique and holds different values from others, however almost all families have traditions. A lot of traditions surround food. Family recipes are passed on from generation to generation and people cherish the food made from their loved ones. There is nothing like sharing a nice meal of homemade food with your family. Gathering everyone around the table to say grace and enjoy each other's company is incomparable. The time and love spent to create each meal is special and irreplaceable. Cooking brings families together by honoring traditions to be valued each year. It is hard to imagine life without a satisfying homemade meal from your loved one. Multitudes of people realize that cooking at home is important and beneficial. Making time for family dinners can be hard, but is achievable. Nevertheless as society advances, it is inevitable that eating out at restaurants will rise in popularity. On occasion people find eating out enjoyable, but cooking at home should never completely die out. In the article, "Out of the Kitchen, Onto the Couch", author Michael Pollan expresses how he believes cooking will soon become obsolete. Although I understand the reasoning behind some of the points Pollan makes, there is too much history and sentimental value placed on family dishes. Cooking may sometimes be pushed to the back burner, but overall there is an immense value placed on food causing it to never fully cease.

Many people have a passion for cooking and take great dignity in their work. There are numerous competitive cooking shows that illustrate the determination of chefs to succeed in the culinary world. They put an extensive amount of work into their cooking and have the ambition to create delicious meals. Similar to chefs, families take pride in the traditions they have. Cooking can be seen as an art, and family recipes are a valued relic that should be treasured. The work of your past relatives, replicated in the future is monumental and creates unforgettable memories. Traditions provide a sense of security and belonging to someone. Knowing that you are working with your hands to create a unique dish is comforting. No one could quite replicate the dish exactly the way you did. The originality and sense of pride surrounding cooking is the number one reason it could never die out. Pollan describes how people like to see how their efforts have transformed even while using a simple cake box, "...marketers figured out that if you left at least something for the "baker" to do- specifically crack open an egg- she could take ownership of the cake" (15). Putting effort into baking or cooking makes the dish individual and special. People want to be able to say with confidence that they made their dish without help. As observed in a series of favorite meal essays, many families take pride in their cooking. In Alyssa's favorite meal essay, she writes, "My dad's porcupine meatballs are my favorite because his relationship with it causes him to put in his best efforts when making it" (Boilard). Taking responsibility for cooking and having the passion to make something from scratch is meaningful. People take great honor in their family traditions and homemade cooking not interchangeable. Cooking could not possibly come to an end due to the sentimental value and drive people have for it.

Today, a large number of Americans watch cooking shows in hopes to replicate certain dishes. Cooking shows have been around for quite some time, and Pollan begins his article

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reminiscing on his childhood, describing a cooking show he watched with his mother. They used to watch the “French Chef” and bonded over recreating meals together. He describes the show as very raw and unedited. Chef Julia Child cooks in front of her audience live without any script or help from others. Most people today would not be enthused with her show, however there is a certain familiarity surrounding her cooking. Watching Julia Child is similar to watching a close family member cook. The process is messy and does not always go smoothly. Child is confident in her cooking and is not afraid to admit when she makes a mistake. She encourages others to be bold in their cooking and places emphasis on the process over the product. I admire Child because she goes against the gradient, and faces fear head on. Child’s show may not be the most glamorous or exciting, yet her viewers would definitely be able to replicate her dishes. Many people continue to watch cooking shows similar to Julia Child’s, however, they are much more edited. Modern cooking shows today are highly dramatized and less educational. Although they are less educational people still continue to watch due to the the love for food. It is fascinating to watch someone transform simple ingredients into an elaborate dish. People are drawn to the talent of the cooks and want to be able to replicate their work. The popularity in cooking shows has recently risen, showing the strong love people have for food. People have less time and energy to the cooking themselves, but will continue to watch cooking shows in order to bring them back to their roots and evoke the sentimental emotions that food brings about. The value placed on food is so heightened by Americans that cooking could never be lost. These shows will continue to air in the future and will drive people to get the motivation to cook themselves at home.

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**FOOD PREP:** Not a lot of people like to cook these days because of the time needed for meal preparation. A lot of people believe that they are too busy to cook and don't have time in their schedules. However, making time in the day to cook an easy meal and sit down with your family is quite easy. After a long day of work or school, having dinner with your family is a nice way to relax and end your day. Talking to your parents and siblings about how you are doing is comforting. It is nice to know that those around you care about you and are there for you. My family always tries to have family dinners during the week. We are all extremely busy, but make family time a priority, which more families should do.

**FAMILY/ TRADITION:** Thinks more people watch cooking shows rather than cook themselves. There is no tradition behind watching cooking shows. They are more of a competition now and people would never be

**CONCLUSION:**

**DANI QUOTE:** Through all the inconveniences this meal makes for my family, my favorite meal shows my family's love for each other as a priority in all of our lives.

**ALYSSA QUOTE:** Since I am starting to realize that I will not be able to stay home and enjoy his meals for the rest of my life, I want to make it a goal of mine to learn how to cook it. (shows people still have an interest in cooking)

**JORDYN QUOTE:** People who have lived here for generations created recipes to eat the food that was available to them. These recipes have been passed down for generations. My recipe comes from my grandmother.

**Commented [4]:** Christine,  
I think you have a great start here.  
There were a few spots where it seems repetitive, but those are easily fixable.  
I think the organization of the essay is great and it makes sense, it flows globally.  
There are a few spots here and there that sound a little choppy. It would probably benefit you to put in a few more quotes from Pollan and mention more about how the changes are inevitable like you did toward the beginning of the essay.  
Overall I think you have a well written and organized paper here and you have a good plan laid out for the rest of it and I'm excited to see what the finished product looks like.