

Cooking for Two

Whether you are cooking for two out of a sense of romance or necessity you will find that there are many resources online and off when it comes to finding the perfect combinations for those terrific twosomes. One thing to keep in mind however is that when cooking for two, it is sometimes best if two are doing the cooking. This gives cooking an opportunity to become a communication event rather than a chore.

Despite the fact that there are many resources and recipes available to those that are cooking for two there are also equal occasions to take traditional recipes that are designed to feed four and make them an opportunity to stretch your food dollars even further. By cooking traditional meals for four and feeding a portion you have managed to cook two meals for the time investment of one. It's a good deal for many, particularly those that do not relish the idea of cooking at all, much less of cooking for two.

Young couples and older couples alike often find that it is easier and almost as inexpensive to hit the fast food or other casual dining establishments than it is to prepare a nice healthy meal for two at home. The one thing they often forget is that cooking for two can be an interesting way to bring a little romance into the evening when done right of course.

Cooking is an art that most people have forgotten as it is also a necessary act unless you wish to live on sushi and raw vegetables. Even in these situations however there is typically some degree of preparation that is involved in the process. Food is beautiful and can be beautifully arranged if you are of the mind to do so. This means that you can spend a great deal of time not only creating new and delicious foods, but also visually appealing food combinations as well.

When cooking for two you will have the most opportunity for experimentation when it comes to food as any other time in your life. You have the option of trying great new cuisines and the knowledge that if you do not like the food, you are not wasting multiple servings. You can try to mix and match flavors and textures. You can make works of art on your plate or go for the guts, gore, and eyeballs galore. Cooking for two opens doors that aren't necessarily available when cooking for larger crowds with more limiting tastes.

Cooking for two is a great way to get your partner involved in the cooking process as well. When cooking for two you can discover the many great things that you both enjoy and those that aren't so appealing to one or the other of you. Make sure that when you are cooking for two that you invite an open and

honest dialog about the things that you like and dislike about the meals being prepared. This will help you discover things to add to your regular menu as well as things to avoid making a part of your dinner rotation.

Perhaps the greatest thing about cooking for two is the fact that you can afford to enjoy special occasion cuisine more often when you are only feeding two than when you are feeding larger crowds. Bring on the steaks and lobster tail. Learn how to make shrimp scampi and filet mignon. Take the time, when cooking for two, to prepare those dishes that you love most. After all, it is really living when you live to dine rather than when you dine to live.

Cooking for two is so much more than a cliché. It is a great way to explore the culinary universe while exposing your palates to some wonderful surprises along the way. The Internet, bookstores, and libraries are filled with books about cooking for two. Take advantage of the opportunity to do just that and you'll be amazed at the world of flavors you've invited into your kitchen.

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