

# DOMESTICITY: A GASTRONOMIC INTERPRETATION OF LOVE

A REVIEW BY ROCIO GUENTHER



**W**itty, insightful and packed with recipes, “Domesticity: A Gastronomic Interpretation of Love” is a collection of anecdotal essays that spans years and shows the progression of a love story of gastronomic proportions. As the stories trace the author’s relationship step by step, we watch him and his romance grow, mature and evolve in the kitchen alongside his lifelong partner “Ms. F.”

The premise hints that cooking as an act meant to please oneself works best when pleasing another; cooking is an act of love. The progression of love goes hand in hand with the development of our taste buds in this culinary adventure of sorts.

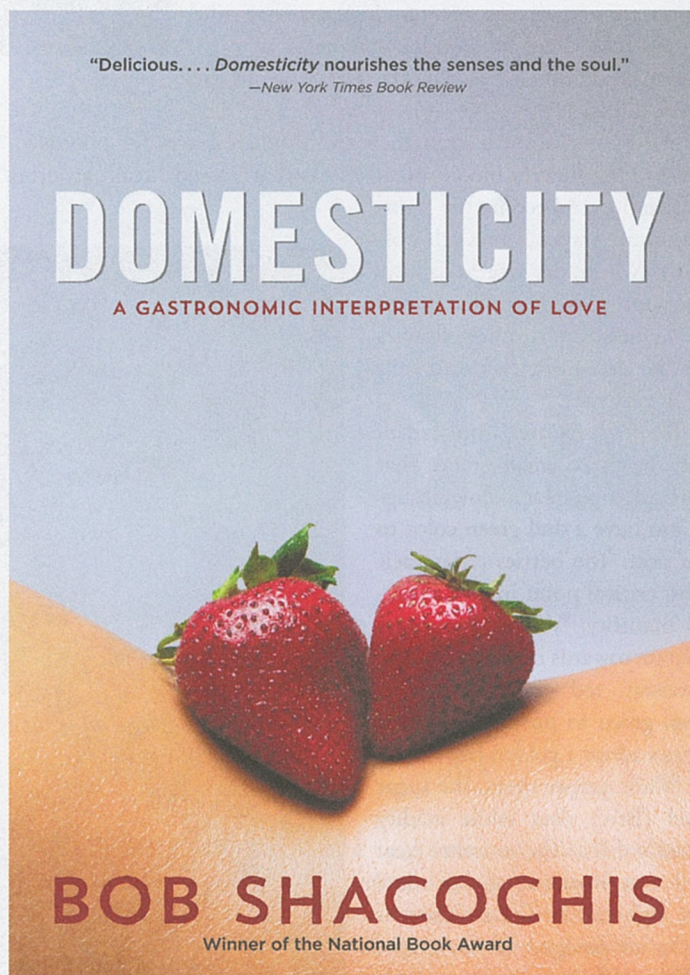
Our chef and author guides us through the food cravings of each season and shares glimpses of the joys of living seaside. Mr. Shacochis also manages to take us back in history, explaining the pedigrees of certain dishes and the origins of such treasures as pâté - how it evolved, and also how his own palate evolved. For Mr. Shacochis, as for many of us, pâté is an acquired taste.

In a way, the author makes us realize that what we eat truly tells us who we are. The story of a relationship in his wife’s past exposes our hunger for love as humans; the organic seduction of a garden and flirtation with the vegetarian mindset, a result of the alliance with the so-called “fruitarian” she was dating, and the inevitable breakup inciting a rediscovery of protein in the form of a juicy sirloin. In a truth-in-jest kind of way, Mr. Shacochis suggests our dietary habits reflect the structure of our domestic lives.

And each story culminates with a recipe merging life’s cravings and emotions on a plate.

“Good food after all is a cradle of communication for lovers,” Mr. Shacochis writes, as he retells how a succulent bowl of clam chowder can energize the soul, including that of his stressed out, sleepless, law-school-attending wife in the midst of criminal law exams.

The book speaks to foodies and book lovers alike, and argues that the act of cooking anchors us to domestic life, to family and to love. All the different seasonings sprinkled into the big pot called life showcase food as memory, recipes passed down through generations as emblems of a family’s journey through time. Preparing a home cooked



meal for one’s significant other becomes the ultimate expression of love, the simplicity of cooking an art of its own. For Mr. Shacochis, and perhaps for all of us, “domesticity” requires such a connection to our kitchens not only to concoct and collect recipes, but to recapture the magic so often lost and overlooked in the tense rhythm of our busy modern lives.

*Domesticity: A Gastronomic Interpretation of Love is a delicious read and can be purchased online and at bookstores everywhere, but we suggest purchasing it at your local independent bookseller, like the Twig Book Shop at the Pearl. 🍓*