

Mr. Carlo Petrini, President of Slow Food International, reflects in the importance of home cooking.



In the recent number of Time Europe there's a special section dedicated to food, which also includes an article by Carlo Petrini on "**The importance of Home Cooking**", in which he recalls his childhood.

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"When I was a child in Bra in Italy, hardly any mothers had a job, grandmothers lived with their children and grandchildren, and lunch and dinner were rites you couldn't miss. Even if the world was collapsing around you, you would go home at a set time, sit down at the table and eat a full meal fondly prepared by the women of the house. Most ingredients came from local markets, though a lot of the vegetables were grown directly in our allotments, and meat came from animals raised by friends or acquaintances. The most "exotic" foods were bought at the neighborhood grocer's shop."

Sure not that Mr. Petrini wants to go back in time: "I'm not advocating a return to the family scene of my childhood; such environments were often indicative of poverty and social backwardness. And going back to the old days would force women back into the kitchen."

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Yet he believes the past can teach us a lot: "But we can find ideas in the past that we might apply in our increasingly complex society, and so ensure a serene future for ourselves and the earth. Food is central to our lives. It would be wrong to turn it into nothing more than a fuel enabling us to move faster, hence accelerating the consumption of the earth and its resources. In fact, it would be the worst mistake we could ever make."