



# Mariel's Kitchen

Simple Ingredients for a Delicious and Satisfying Life

MARIEL HEMINGWAY





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Simple Ingredients  
for a Delicious and  
Satisfying Life

*Maribel Hemingway*

 HarperCollins e-books



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For my gorgeous girls  
*Dree Louise and Langley Fox*





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## *Introduction*



My kitchen is the heart of my home. It is where my day begins and where my day ends. It's where I can feel the pulse of my world. Every person, and every animal, in my family passes through the kitchen at some point, and they show what they need without any pretense. There's something about the primal activity that happens in the kitchen—that very necessary feeding of body and brain—that makes people, and small dogs, very honest.

First thing, last thing, and throughout the day when I'm home, my kitchen is also where I check in with myself. Food is the centering point; it's the foundation from which everything else—productivity, creativity, loving, and evolving—can start.



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An armchair in  
the kitchen is an  
invitation to sit  
and talk.

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