

GET OUT OF YOUR COMFORT ZONE



By Denise Cowburn-Lewy

I'm writing a book! There we go; it's out! Scary, but exciting, and somehow makes it more of a reality when put into words. There is no turning back now; I'm a person of my word so when I say I'll do something, I do!

The aim of my book is to take readers on a culinary journey to experience several countries, with stories of the places I've visited and the meals I've enjoyed. I'll take you behind the scenes into the kitchens I've had the pleasure of cooking in with the local chefs. I'm also including loads of inspirational recipes and beautiful images.

I will share with you how I took that first step and changed my life from a 30-year career in photographic production, to follow my passion and launch another business at an age when most people are thinking of slowing down, and how I have never felt more alive or fulfilled doing this.

Even though I'm constantly writing it's quite a daunting task to share deep and intimate details of my life and bare my soul for all to see and make myself vulnerable. We need our armour around us to hide aspects of ourselves from the

world that we deem unworthy. And yet, those are the very parts of us that make us human, loveable and approachable. I've been called aloof before which hurt so much at the time; I felt so misunderstood as I believe my shyness was mistaken for being aloof, but the fabulous thing about more time on this earth is that what others think becomes less important which can be so liberating!

I'm at our beach house in Yzerfontein tonight. It was THE perfect day with not a breath of wind, a pleasant temperature and such a welcome relief and contrast from the relentless heat of the city this week and hours of work in very hot kitchens. I've taken a solo sunset stroll to the breaking waves at the shore's edge and breathing in the light sea mist, I feel rejuvenated. Digging my toes into the sand, I feel a peace and connection with the earth.

This place inspires me deeply. I feel creative. I want to cook; I want to write and I want to play like a child in the water....to wade in and get my shorts wet. To have that carefree attitude that kids manage so well! Full time adulting is tough! We definitely need to play more.

I have set myself a huge challenge with this project and that is what I challenge you all to do in the coming year. Get out of your comfort zone, stretch the boundaries and aim high! You CAN do it!

If any of you have some great recipes with a story behind them, that you think could be included in my book, please email me on:
info@gingerandlime.co.za
I'd love to hear from you.



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