

PUSH PAUSE: SLOW LIFE DOWN, ENJOY THE MOMENT & SIMPLE THINGS IN LIFE



By Denise Cowburn-Levy

There are times I feel like I am an octopus with eight arms extending from my body; each one of them juggling dozens of plates, and I wonder, just when and how many are going to fall!

Do you ever feel this way? Like there is just too much going on and that you need to slow it all down? Do you feel the panic that rises from your chest, the shortness of breath, the pressure on your shoulders weighing you down as you look at the endless lists of what is still TO DO?

There are times when the juggling act goes off smoothly, and the audience applauds, and you collapse onto the couch for a well-deserved glass of red wine. 'Ahhh....' you sigh, 'well that all worked out okay; I can do this!' And then there are other times, when slowly one or two plates slip out from under the huge pile and crash to the floor, shattered into tiny pieces. We need to ask ourselves: 'Is this such a bad thing?' Maybe not, for we are all human here, doing the best that we can, with the resources that we have. Perhaps this is our cue to take a deeper look at what is going on here and how to make a change....

I know that when we do manage to push the pause button and sit down to eat with friends or family, either a home-cooked meal, or at one of the incredible eateries in our city, time stands still for a while, as if suspended. We sigh deeply as we relax heavily into that dining chair. We enjoy the company, the deep conversations, we share our feelings and our affection, and of course, we enjoy the food. We feel warm inside, perhaps helped by the wine, but our energy is renewed, and our souls sing.

This is what life is all about, these special moments, and we need to create more of them for ourselves. We must heed the warning before those plates crash down.

Spring is in the air and nature brings forth such bountiful produce for us to enjoy. I look to the seasons for inspiration when preparing my

menus, and Spring produces some of my all-time favourites; artichokes and asparagus. Already my mind starts buzzing with ideas, I feel creative and inspired, and I can already taste that lovely bitterness of the roasted artichoke petal dipped into a buttery hollandaise. And the charred asparagus, almost nutty, topped with slices of umami-flavoured, aged Parmesan and a simple olive oil, lemon and parsley dressing. Mmmmm! Make food preparation fun, involve your friends and family in the kitchen, and then take the weight off, sit back, relax and enjoy! Slow it all down! And should you need any advice, don't hesitate to contact us on info@gingerandlime.co.za We are always happy to help with foodie advice.

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