



## Local

Norwalk seniors get cooking in the do-it-yourself kitchens of [Cookindinners.com](http://Cookindinners.com).

# The Hour

[www.thehour.com](http://www.thehour.com)

Thursday, March 9, 2006

Vol. 135 No. 68

The Independent Voice of Our Community for 135 years

[www.thehour.com](http://www.thehour.com)

## Kitchen coach Chef teaches seniors to prepare tasty, nutritious meals



Hour photo/ERIK TRAUTMANN

George Gardone, owner and chef at [Cookindinners.com](http://Cookindinners.com), explains how to prepare stuffed chicken breast to Marguerite Fuller in one of his "do-it-yourself" kitchens during a visit by a group from the Norwalk Senior Center Wednesday.

By **JILL BODACH**  
*Hour Staff Writer*

NORWALK — George Gardone loves to have strangers in his kitchen. Gardone, the owner of [CookinDinners.com](http://CookinDinners.com), has developed a new approach to cooking that might even encourage those who lack culinary skills to create meals that they and their families will enjoy.

[CookinDinners.com](http://CookinDinners.com), located at 250 Westport Ave., invites people in to create meals in an industrial-sized kitchen that they can take home with them and serve as needed.

On Wednesday, approximately a dozen women from the Norwalk Senior Center created dinners for themselves using Gardone's famous recipes such as grilled garlic and rosemary steak medallions, spinach and mozzarella stuffed chicken breast and blackened baked salmon.

With Gardone's guidance, the seniors cooked two meals to take home with them.

"I think this is a great idea," Joan Jewell said. "It's just my husband and I at home now and this seems like an easy way to put meals together."

Gardone said he wanted to reach out to seniors for exactly that reason, and because often they do not get the proper nutrition in their meals.

"These women have cooked for their families for their whole lives and it's difficult to come up with new things after all those meals," Gardone said. "A lot of them sometimes go without eating the right foods because they just aren't up to cooking, particularly if they live alone, or because the responsibility of making sure that three children eat a healthy dinner is no longer there as encouragement to cook."

But Gardone's service is not just for seniors. It is for anyone who wants to cook a good meal but either doesn't have time, doesn't really know how or is just starting to build their cooking repertoire.

"Sometimes people who are just cooking for themselves won't go through the hassle of making a whole meal even though they enjoy eating good foods," Gardone said. "This is a convenient way to create meals for six days."

Gardone likes to think that the meals are feeding families in more than one way.

"It's a lifestyle change," Gardone said. "It's bringing families back to table for dinner with one another."

For more information on [CookinDinners.com](http://CookinDinners.com) visit the Web site or call (203) 849-8800.