
Jeff Lee

Upon learning about Open Kitchen from a friend, Jeff Lee recognized it as something he not only desired but felt compelled to participate in.

Growing up with parents who were chefs, he learned to cook and appreciate good food at an early age. And he loved it. He believed that joining Open Kitchen would enable him to keep up with his skills and also pass his knowledge to others.

At Open Kitchen, participants collaborate to prepare and cook a meal followed by sharing it with each other, or as Jeff said, 'they break bread together.'

"To me that is tradition," he said.

"I am not a certified chef, I am a home cook, and I didn't want to lose the ability to transfer my skills to other people who would be interested in learning how to cook authentic Chinese food."

Jeff feels privileged to have guided the workshop on numerous occasions and consistently prepares an authentic Chinese meal each time. The group has embraced every dish he has prepared.

"I love teaching when I get to. Being on my own, it serves as an outlet for me. At Open Kitchen, they have allowed me to share what I know and not only that, but they have warmly embraced it."

Jeff expresses immense gratitude for the group's kindness and the camaraderie he experiences. The Wednesday outing is something he eagerly anticipates each week.

"Everyone is very friendly, and no one judges. All are welcome to join in."

He has established connections with new friends, and their camaraderie extends beyond the workshop sessions.

Every time Jeff participates in an Open Kitchens workshop, he learns something new, whether it's a new culinary technique or the introduction to a new food. And when they cook, any remaining food is divided into portions for participants to take home. Additionally, any surplus vegetables or ingredients are distributed in portions. Taking home fresh vegetables is a blessing to him.

"If you learn good cooking skills you are capable of living on a low income. If you know how to cook on a limited income, you can survive."

Jeff consistently raves about Open Kitchen and enthusiastically recommends it to everyone he meets.

"Every Loving Spoonful kitchen facilitator brings something new to the table. I am so grateful to them for sharing their knowledge. They are really, really good at what they do."