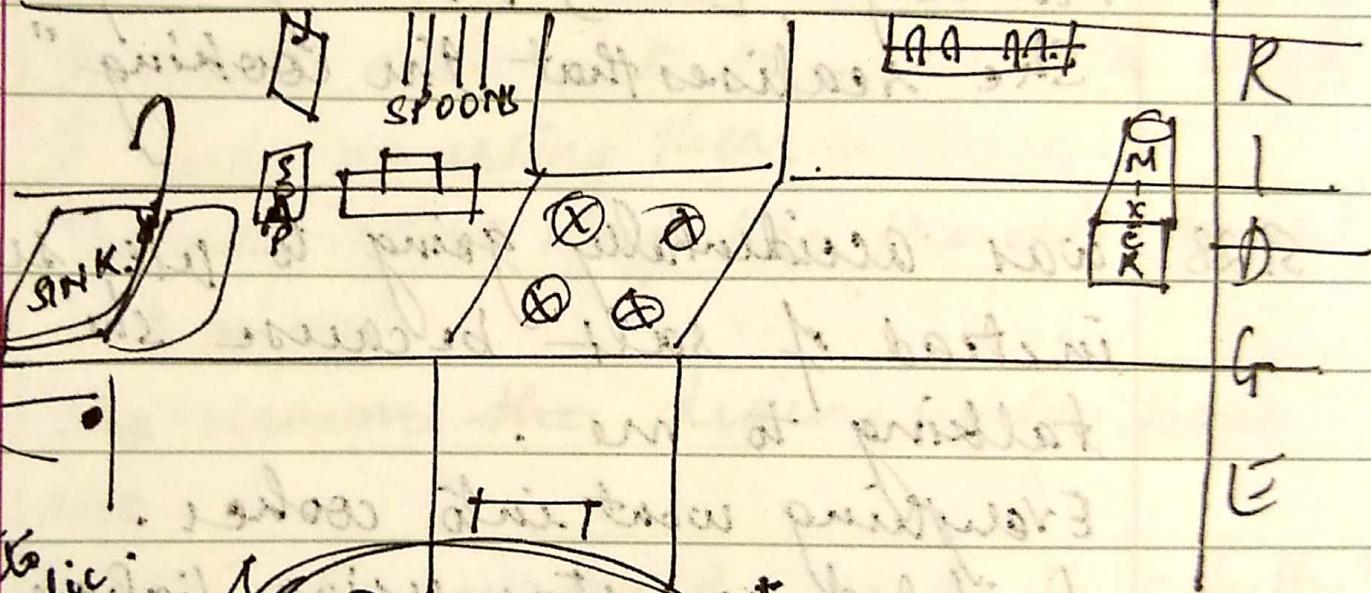


Checklist

dustbin



Stand
onion
potato
garlic

5:20pm: Washing ~~dal~~ water

Feels like I'm making a cooking video.

"water is very cold"

5:28pm:- my niece came in, playing ...cooking...

5:29pm:- peeling onions.

She's standing and working at the dining table. even though chairs are there!

[child] came in she looked back at her.

Q: "Do you normally cook standing?"

A: "Yeah. sometimes I switch something on my Ipad to watch."



"Almost done!"

Q What do

"Pressure cooker gave a whistle, so
dishes almost ready. Get take-^{to}
stove ... rice is 5 mins ... veggies 10 mins
"

Q So what do you do when you're

waiting?

Ans. wash ... check out [child] ... arrange
utensils ... refill jars ... there's always
something to do ...

Show her pressure cooker that's

dried. "pressure cooker is the most
important thing I can't function in the
kitchen without it"

comes back with pasta in a bowl.
lays aside.

Opens cupboard and takes out something
adds it to veggies (spices?)

"5 mins are left. I'll left, so I'll
prepare the dough".

moves around to get water, adds

it dough.

Slightly bent again to knead the
dough.

checks on veggies.
checks on child

gets back to dough. Pressing it down,
must be done.

switches off stove for veggies.

child comes in carrying

tins around (still kneading) [child]

What are you watching?

Takes dough in hand stands up straighter
while still kneading it while looking
at rice & tins.

keeps dough back continues kneading.

tells to child eyes still on doughy

Takes out tiffin box from

"I'll keep it fridge so I can make it
anytime later".

Pantry is beyond field of vision.

shelf.

Most utensils are kept in the lower

"Preparing [child]'s next meal
seems to have set aside something for
her."

Most utensils are kept in the lower

shelf.

Pantry is beyond field of vision.

S.47.

Takes a bowl ...

"Preparing [child]'s next meal

seems to have set aside something for
her."

Most utensils are kept in the lower

shelf.

Pantry is beyond field of vision.

keeps dough back continues kneading.

tells to child eyes still on doughy

"I'll keep it fridge so I can make it
anytime later".

"Beans are ~~not~~ ready!"

Set it aside.

"Now go prepare tarka for dal."

Pressure in the cooker seems to have reduced, removes lid.

"Tarka! Making tarka now."

Rice has also been set aside while I was writing.

Child comes in again, sees mom, leaves.

12:57 pm Adds tarka to ~~soup~~ dal.

1:59 Checks back of dal, adds something warmer hand, mix it.

* puts spoon for washing over lid. [Creepy?]

6:00 water ~~heat~~ utensils in sink

6:05 signs down, weepie.

6:06 adds ghee and salt to the rice she had her aside for Schild.

"Officially done!"

[Time: 3:05 am]

kitchen is the epicenter of the family home

Final Points:-

* Weather. In winter you can leave food outside.
+ laundry and accessories that will work for you.

* Cleanliness -

+ Kitchen is the center of the home. Kitchen area includes the dining table and extends to a living area with a couch.

+ Like a large kitchen isn't alone for the above.

+ As the child was growing up there was enough space for the chair, then play-area etc.

+ Space meant that other family members could sit and talk to each other as they cooked.

~~Water~~

Reflections:-

+ Kitchen is a difficult topic from the pov of observations. Lack of functioning parts active at the same time.

* Simultaneous cooking → hard to

keep a track of everything
+ had to take notes and also
look at the screen

Gavin:

8:59. Choosing music to play while cooking
"No onion"

9:01 Went to check in recently bought grocery.
"No onion" - went on the exhaust, closed

the onion end cutting board. There instead
→ help with "onion-tearing" now

Does the back & face bother him?

9:13. Washed the box in which pasta was

stored in the fridge - reuse? -
washed hands - still waiting for pasta to be

clean up.

9:14 Ready.

Wash hands again.

9:15 Looking at pasta. Waiting. "Can't
walk away."

9:16 Fridge. Takes out other ingredients -
preparing?

9:17 Waiting. Gets knife
switches off stove.

9:18 Puts out water from pasta.
Takes off spec. popped up.

washes pasta in cold water \rightarrow 2 times
pours out water + pasta in place

contains he had prepared

9:19 Reused the same wok, again on stove.

wipes down the wok and sets it on stove.

9:20

sets aside 2 knives.

Oil the wok. Twists it around to

coat with oil.

Picks up plate with onion.

Ponded.

Put it into wok.

sets plate aside.

9:21 mixes onions

~~takes~~ ponded

takes out butter from fridge.

fresh knife.

Put some butter in.

reaches butter.

Widely returns to onions, mixes.

Takes salt, puts it back.

Mixes onions more now.

Onions aren't cooking fast enough?

As on youtube, goes to it, skips.

checks if everything is ready again
still waiting for onions.

9:25 Used one of the prepared knives to put
ginger paste in, turns, drops it into
silk (garlic).

mixes.

Closes ginger bottle, puts it back in

Some with garlic.

: mixes.

Now, takes salt again, sprinkles it.

opens tomato sauce to keep it ready.

Turns, gets cut tomatoes, puts it in,

mixes.

Changes gas.

Turns \leftarrow capsicum, puts it in

mixes.

Ad again. Tech. skips.

Keeps garlic bottle back in fridgde.

Claps again

Gets fork. Pours in tomato sauce.

Put fork for washing. Put sauce bottle

back in fridgde.

mixes.

Contains in the shelf next to gas.
Swings at a spice before putting it.

noises

9:31. Opens fridge. Ponders at a white wine
closes. Gets red wine instead. Pours
it in.

9:32. Goes to pantry to keep it back
before his mother coming back to mix.
Gets a spoon to taste.

9:33 mixes, adds pepper.
Drains out water from pasta. Slowly
pasta shouldn't fall into drain.
9:34 Raisers bowl to check if any more
water.

puts pasta into wok.
Wok is filled to the brim
Tries to pat it down.
Thinks about how he will mix it. Looks
at the spoon.

9:35. chooses a scoop.
Takes out some of the pasta onto a
new plate.

9:36 Slowly starts mixing.
9:37 puts back some of the remaining
pasta, cautiously mixes it in.

After doing this with ~~the~~ spoons,
How picks up the plate to just tilt in
the remaining.

9:39

it still difficult to mix.
Closes the lid.
takes his phone. Switches off the music.
Leaves the room.

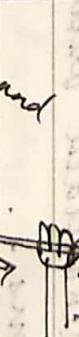
9:40

Opens the window. To air out the
smell?

Waiting.

checks mail on phone.

9:41 checks the pasta. Cautiously mixes it.
9:44. Gets hands. Takes it ~~out~~ out on his hand
before putting the bottle back. Crushed it
in his ~~hand~~ palm before putting it in.

9:45 Eat a piece pasta that fell out.
~~He~~ Mixes the pasta in slowly.


9:47

Turns the wok again.
Takes out a recently washed smaller
pan from dishwasher. Puts it on stove.
Crushes his knuckles as ~~he~~ looks at it.
Taps fridg after opening it.

Closes. Goes to cupboard instead.
Removes the new pan from stove.

9:48

Switches off stove. Covers pasta. Leaves.

Going to wait for 10 minutes.

Reflections :-

- * Didn't have a fixed recipe that he was following. Seemed to decide what ingredient to add at whatever time.
- * Consciously used utensils multiple times as much as possible.
- * Was slightly hunched over the cutting board and utensils.
- * Moved back and forth between stove + kitchen island.
- * Cleaned hands multiple times.
- * seemed to be undecided about multiple \$ actions.
- * Got interrupted a few times by the ads on youtube.
- * seemed to \$ not know how much certain things might take, like onion cooking.

Mumbai Mumney :

9:55 am : Getting water from purifier =

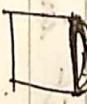
holds the pipe (flexible pipe) to pour the water into container.

The vessels are all at the bottom. Jefkes lid to cover water.

Takes out 2 tomatoes before putting rest of it back in the fridge.

* Has a tiny dustbin at the windowsill put the onion peels in that.

* put the dustbin back at the windowsill.



* Washed the vegetables at the sink. Sets it aside.

* Pours milk into the boiling water. - no measurement?

* keeps it back.

* sugar in the cabinet below.

* Spices are also in one of the lower cabinets.

* Cutting board near sink.

* Cuts onions.

Neck strain? Head has to (obviously) look down.

Glances at stove - coffee?

cut vegetables.

washed vegetables.

○ cutting board

Panses. Milk is boiled. Pours it over prepared coffee powder. Covers it. Used clinch to take something off the counter and keep it in the opposite corner to get oil from that counter. garlic peeled and ready in the fridge. puts it in the oil.

finishes cutting. Clean board. puts it back. Onions go in.

→ onions → cut tomatoes.

Mixes the curry. ~~steamer to phone~~

Experienced enough to know how much time each thing might take.

Setting aside ingredients.

Keeps each thing ready before its about to be used.

All the shelves covered with utensils &

spices, oil etc. seem to be in the lower cupboards.

Cleans surface while chutney is cooking.

Keeps aside stiff mats either prepared or isn't. container needs to cool or won't be needed for a long time.

Readies things for dosa.

○ ○ [Batter]

○ ○ plate

Mixing on stove surface. Takes out cooked chutney contents with 2 spoons but aside for grinding as the next dosa is ready.

coordinating time between dosa

cooking + chutney.

Imprecised enough to know about how long it takes to make dosa. Hadle to spread it.

Flat spoon to remove it from tava
Minie ~~jet~~ machine was kept in a cupboard. Had to take it ~~out~~ plug it Has to split time bet." mixing & dosa on stone.

Aishan son calls from the other room.

Time sensitive dosa prep? Doesn't turn around.

Son comes in to tell "something".
70% attention still on cooking.

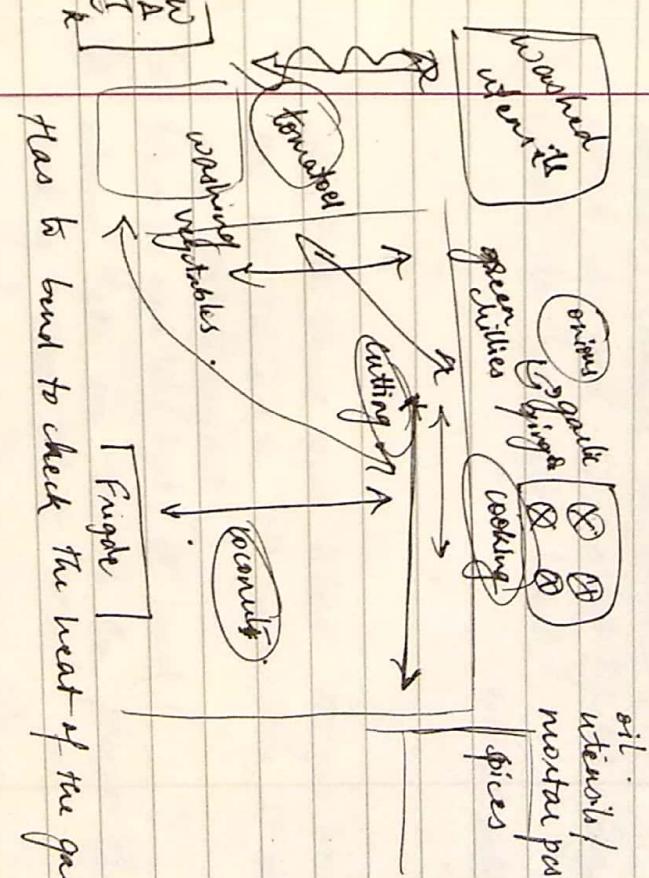
Mumma! -

7:40 am cutting onions, garlic

Bent just a little bit while cutting.

Utensils in the lower drawers.

Bend to access shelves in the fridge.



Washed tomatoes about to cut.

Back & forth bet" sink & stove. As soon as a utensil's use is over clearing the area out. Stove is at the right height because there's no bending there.

Lights while bending to get utensils.
Get things ready right before they're
needed \Rightarrow ~~less~~ less cutting in tons of
movement around the kitchen.