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## **“Cooking is my escape, it is where I can make things better”**

Written by

Hello, my name is Aisha Salam, I am a senior pharmacy student at the Al-Ain University of Science and Technology. I am 21 years old and I reside in Al-Ain, UAE. Cooking is my passion; I really love to spoil my family and friends by making special dishes and surprising them because it truly makes my day to see someone enjoy something that I made with love. I love to create recipes in my head and then test them out with family and friends. Everyone enjoys the food and I get to share my passion with the ones I love!

I have been cooking since I was 14, my favorite things to cook are; pastries, chicken, meat, sea food, pasta with tomato sauce or white sauce with vegetables or cheese. I also enjoy making all sorts of sweets as shown in the pictures. Cooking is one of the best things that can make me relax. It takes my mind off of everyday problems and in my opinion the best way to relax is to do something that you enjoy. I feel like cooking is an evolving art, there is always something new to try and cooking does not always need not to be repetitive and boring since people are constantly experimenting with new dishes in addition to the vast variety that is already available. I am so thankful for the internet and the digital world for making it easier to share my innovations

with others.

In conclusion, I see that cooking is the easiest thing to do in relation to all other hobbies. If you want to paint you must have the talent. If you want to be a photographer you must have the expensive equipment and the training. Some other hobbies like listening to music are just simply relaxing but with no end product. Most people have the equipment needed for cooking and even though talent plays a part, it is not as necessary as it is in other hobbies.

**Some pictures of my simple work:**

**For more pictures you are most welcomed to visit my album on Facebook:**

[https://www.facebook.com/ayooosh.salam.3/media\\_set?set=a.336022503158892.75723.100002534361978&type=3](https://www.facebook.com/ayooosh.salam.3/media_set?set=a.336022503158892.75723.100002534361978&type=3)

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