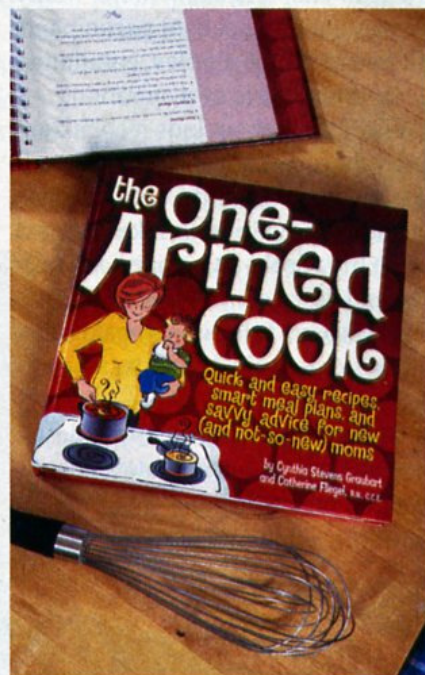


PHOTOGRAPHS: CHRISTINE PRICHARD



**left:** At her Sandy Springs home, author Cynthia Stevens Graubart (right) mentors a friend, Jennifer Burns, who is still in the baby-on-hip years. **below:** This cookbook offers clever tips for new moms who tote their babies around the kitchen.



## Getting a Grip

*The One-Armed Cook* helps new moms navigate kitchens safely and creatively with babies in tow.

Cynthia Stevens Graubart defines being a one-armed cook as “staying involved in the kitchen, even when you’re holding a child on one hip.” A former producer for TV shows such as Nathalie Dupree’s *New Southern Cooking*, she teamed with registered nurse and certified childbirth educator Catherine Fliegel to coin the catchphrase when they were new moms. They wrote *The One-Armed Cook*, a book of easy recipes and savvy advice for others who want to keep cooking even when maternal instincts draw them to the baby instead.

### Birthing a Notion

“We joked about our one-armed lifestyle for years before we wrote the book,” says Cynthia, who met Catherine at the Atlanta preschool

their firstborns attended. “It’s not about reaching for a paper bag at a drive-through window. Between my two children and Catherine’s three, we developed an arsenal of tricks for getting things done with one arm.”

Key tips involve buying convenience foods, planning ahead, making large batches for multiple meals, and collecting useful gadgets. Using back burners and a baby backpack to keep from hurting tiny feet are good safety lessons. Drafting aid from family and friends helps too.

“Frozen chopped onions changed my life!” Cynthia insists. “For something like 79 cents a bag, you don’t have to chop an onion, which takes both hands. You wouldn’t make a decent French onion soup with them, but for a stew or a pizza topping,

they’re fine. When diced tomatoes in a can first came out, we were ecstatic. We’re only talking about taking these shortcuts for a few vital years, when you want to be with your child as much as possible. Later you can gravitate back toward ingredients that take a little more work.”

### Try This at Home

The two friends (Cynthia now lives in Sandy Springs and Catherine in New York) tested recipes at home and scoured supermarkets in search of products to fit the one-armed motif.

“Good kitchen shears let you open packages with one hand and snip herbs in a bowl without two hands and a cutting board,” Cynthia says. “Mixing bowls with rubber feet stay put on the counter better while you stir. A cordless electric can opener is a lifesaver, and you can bolt a V-shaped contraption under a cabinet to twist jar lids loose. A sharp pizza