

A close-up photograph of a chef with a beard, wearing a white chef's coat, looking down at a plate of food. The chef's hands are positioned over the plate, which contains a dish with a fried egg, a tomato half, and arugula. The background is plain white.

# HOW TO SURVIVE DATING A CHEF

**EMULSIFIED**family  
1 part chef/husband, 1 part wife 3 parts children

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# HOW TO SURVIVE DATING A CHEF

Have you ever searched "married to a chef" on Twitter? The search results are filled with people saying they think being married to a chef would be so amazing (because they think they will be eating a 5 course meal every night.)

If you are dating a chef, even if only for a few short weeks, you know that is not the case. You are still cooking for yourself every night and have already figured out dating a chef is not as glamorous as it sounds.

I get emails all the time from discouraged, lonely and confused women who are dating chefs. They are searching for advice on how to survive and thrive in this kind of relationship. Because of this, I thought I'd compile a short survival list of things that I hope will be helpful and encouraging to you.

## 10 TIPS TO HELP YOU SURVIVE DATING A CHEF:

1. Chances are your chef will be tired a lot. None of us are at our best when we are completely exhausted. Because of this, try really hard not to read into his behavior and things he says. There were many nights I spent worrying that my chef was upset with me because I read something in to what he said or did, later to find out he was just exhausted and that was it. (This goes for conversations via text, email and phone as well.) Give them the benefit of the doubt and don't jump to conclusions.
2. Stop comparing your relationship to others. If you haven't noticed already, your relationship looks nothing like your friends'. They can go to parties and events with their boyfriend. They can go out on a Saturday night. You can't. I know it's not easy to be home on the weekends by yourself and to attend things alone. But if you are in this relationship for the long haul, do your best to accept this early on and have a good attitude about it. I'm not saying that's easy to do, but your relationship will be better if you are not bitter and constantly wishing your relationship could be like that of someone else.

3. If you need to talk to them about something serious, choose your time wisely. (See #1 above.)
4. Don't expect that they will cook for you. They might want to, but always offer to cook or help so they don't think you expect them to. (I often start to cook and my chef will just walk up and take over. I have no problem with that at all!)
5. Mondays and Tuesday are the new Friday and Saturday! Get used to doing things on week nights. I know this is probably a big change and it's not always easy to go out on a Tuesday night after you've worked all day. But enjoy your time together and enjoy places that are less crowded than if you were there on a weekend. Maybe think about taking a weekday off occasionally so you can spend an entire day together!
6. Don't be discouraged when family and friends always ask where your boyfriend is. Most of them will not get it AT ALL. Every evening event you are at alone, they will ask where he is. Every holiday they will ask where he is. Just respond kindly and remember they are not trying to annoy you. They genuinely just don't get it. You can always ask if they'd like to go into work for your Chef next Christmas so they can have the day off. That should get a nice laugh from everyone.
8. The hours are going to be long and that will not change. It's best to just accept them and move on. Trying to make them feel bad about working so long and not spending time with you will cause major problems in your relationship. Instead, try being as supportive and understanding as possible. (Again, easier said than done. I know!)
9. Find a hobby! You are going to be home by yourself a lot, so try and enjoy that time by doing something you love.
10. Remember you are not alone. There are many of us out there who are also dating or married to a chef. I've found that my friends who are married to a police officer can relate to my crazy life pretty easily, since their husbands tend to work strange hours as well. Hold on to those friends who do understand, and thank them!

Sometimes it helps to "chat" with others who can understand your life, even if they are on the other side of the world. To help with this, I have a closed

Facebook group called, "Days of our Emulsified Family." It's open to anyone who is dating or married to a chef. (No chefs allowed.) It's a closed group so we can all feel comfortable asking questions, sharing frustrations and also sharing exciting things that are going on that others outside the industry might not understand. [Here's the link](#) if you are interested in chatting with us.

**No matter how long you have been dating your chef, I know it's not easy. Remember, you are not alone. Keep communicating and enjoy the time you have together, even if it's not as much as you would like.**

From one chef's wife/girlfriend to another,

-- Jennifer



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