

My name is Pierre, my Cretan friends call me Pedro.

Philosophy is my big interest. Why?

Because I want to know why, us humans, do what we do, how we developed through innovations, motivations of ourselves but also from others.

How we think, why we love each other but also why some of us are driven by empathy and others by ambition. Combination of ambition and politics can bring a lot of trouble into our world and influence the life of us all. I am interested in the developments we made with our world in the past centuries. The good and the bad it brought for us. Even sometimes history can design what are scenarios for the future.

There is a lot going on in the brain, body and soul of us, which is good when it is all balanced. But sometimes we are unbalanced. Especially then it takes strength and time to face ourselves in the mirror understanding that there is a need for support to become me, myself and I again.

When I am me, myself and I, I like to dance. Moving to the music helps me to stay fit, relax and makes me smile.

Every time I have the opportunity to be together with my sons and daughters we also dance but we also like to make nice paintings together. Most of all, I love to sit with them, with nice food I have made and just listening to their stories. About what goes on in their lives, with whom they fell in or out of love, what happens in their study or work. Again it is nice to listen to them because it brings back memories of my own past. I recognize some feelings or behavior from when I was young. Looking back in a moment like that, brings also a smile on my face.

What has this all to do with food and cooking?

As will be clear by now, I am interested in us, humans and food played and still plays an important role in our lives. We need healthy and good food to support our brain, body and soul.

Cooking is for me also a way to express my creativity. I prefer to cook in a way that the one who eats it, feels the energy needed to work, sport or to relax. That is why I like to know upfront, when people come to Armonia, what they intend to do while staying here. My food needs to have the right balance to make you able to have a nice and interesting stay here.

I have worked as a cook for many years in my own restaurant and in restaurants of others. Now, living on Crete I prefer to cook with local products from this area, at home but also at Armonia. Vegan, vegetarian or twice a week with meat; variety is what I like to offer if we meet each other in Armonia.