

The small but gorgeous kitchen

A well-designed layout and plenty of natural light make it a pleasure to cook in this tiny room



MEIKE BECK is Good Housekeeping's home economist - a job that involves creating our triple-tested recipes, tasting new food products and preparing food for the mouth-watering pictures that appear in the magazine. See [her](#) [profile](#) on [page 108](#).

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...ing. A huge Victorian sash window fills the kitchen with natural light, and the room can be shut off from the dining room by double doors. 'We close them when the kitchen's a bomb site,' she says, laughing.

The units were already painted blue, and there are no plans to change it. 'I like the combination of the blue doors and wooden surfaces,' Meike explains. 'Wood isn't brilliant from a hygiene point of view, mind you. You have to sand and re-seal the work surfaces every 12-18 months. But you can chop directly on it and it doesn't blunt knives.' Meike is also keen on under-unit lighting for food preparation and installed some within days of moving in. Is there anything else she'd change? 'I'd like more freezer space, but that's the only thing,' she says.

GET-THE-LOOK KITCHENS

1 Original Artisan kitchen, from £11,000, John Lewis of Hungerford (0700 278 4726; www.john-lewis.co.uk) **2** Arundel kitchen, from £2,290 for eight 600mm units, Homebase (0845 600 2420; www.homebase.co.uk)



MAKE IT WORK: MEIKE'S TIPS FOR A TINY KITCHEN

- Clean up as you go.
- Create a work triangle (see below).
- Have a natural light source.
- Don't worry about the amount of work surface - in my experience you spread out and use as much as you have.

THE MAGIC WORK TRIANGLE

There are three areas in the kitchen that are used regularly and often. These are: ■ The fridge ■ The sink ■ The hob/oven Think of these as three points of a triangle - the lines that connect them will be familiar routes that you take around in the kitchen. For efficient working, the three sides added together should ideally total between 360cm and 660cm.