

## Enneagram in the Kitchen

*Hornevian Social Styles Triad*<sup>1</sup>

by Ingrid Hurwitz

**Withdrawn Types** – move away; reflective, processes internally; withdraws

### Type 9

- takes 3 hours.
- manages to use every surface area.
- manages to use all the utensils in the kitchen.
- prepares various dishes.
- puts everything together at the end in an almighty stew.
- cooks enough for a week.
- wholesome but not especially tasty.

### Type 4

- takes 4 hours enjoying the process and embracing their feelings and the aesthetics.
- uses a selective area and uses unique, vintage, or meaningful utensils.
- prepares dishes that are aesthetically pleasing, paying attention to color and design.
- brings it all together in a platter that's as beautiful as it is delicious.
- cooks enough for sharing, but with a sense of scarcity and rarity to appreciate each bite.
- Intriguing, unconventional, rich in taste, artistic presentation.

### Type 5

- takes two hours, researching each step of the cooking process.
- uses a very specific area, prefers minimalistic use of utensils.
- selects utensils based on their efficiency and purpose, might even use scientific tools.
- prepares a couple of well-thought-out dishes with precision.
- brings it all together in a meal that's healthy and masterfully executed.
- cooks the exact amount required.
- flavors are often unique and understated, revealing unexpected depth upon tasting.

**Assertive Types** – move against; energetic; processes out loud; demanding

### Type 8

- Strides into the kitchen like a culinary warrior.
- isn't afraid to make a bit of a mess while cooking.
- uses the biggest knife, the largest pan, and doesn't shy away from kitchen gadgets.
- doesn't need a recipe, prefers to cook by instinct and a dash of daring.
- not afraid to try something complicated and intimidating with lots of steps.
- cooks a meal that is bold, hearty, and full of intense flavors.
- always cooks more than needed, nobody leaves an 8's kitchen hungry.
- the resulting meal is often hearty, robust, and unapologetically spicy.

### Type 3

- organizes the kitchen like a professional chef, efficient and goal-oriented.
- maintains a clean and efficient cooking space, always has the latest appliances.
- uses a variety of utensils, all of them sparkling clean and high-quality.
- follows a gourmet recipe from a celebrity chef, presentation is as important as taste.
- cooks a dish that looks as good on Instagram as it tastes.
- cooks the perfect amount, everything calculated and measured.
- serving crockery is fit for haute cuisine, high-end and classy.
- wine is paired and makes a statement.
- impressive and delicious; 3's cooking is meant to wow.

### Type 7

- jumps into the kitchen with enthusiasm.
- turns on some music, or a podcast, and makes cooking a fun and enjoyable process.
- plays a musical instrument while waiting for the rice to cook.
- uses a range of utensils in unconventional ways.
- cannot follow a recipe to the letter and doesn't own measuring equipment.
- prepares a variety of dishes, often international cuisine or experimental fusion.
- cooks more than needed, they love the idea of leftovers for tomorrow's picnic or not.
- their dishes are creative, colorful, and full of surprising flavors. Who says no tabasco on cornflakes?

---

<sup>1</sup> Hornevian Social Styles Triad: how the types get what they want by either withdrawing, asserting or complying

**Compliance Types** – move towards or move with; bounce things off another; tries to earn

**Type 1**

- plans each step meticulously.
- spends a fair amount of time cleaning as they go.
- uses only the necessary utensils and ensures they are properly cleaned and returned to their place immediately after use.
- follows the recipe exactly, no room for improvisation.
- prepares a perfect, well-balanced meal that could be served in a restaurant.
- cooks just enough, waste is not an option.
- flavorful but strictly adheres to the nutritional guidelines.

**Type 2**

- invites everyone in to cook together.
- spreads love around the kitchen, using it as a social hub.
- is always juggling multiple tasks, yet somehow manages to keep track of everything.
- adjusts the recipe based on who's coming over, taking into account everyone's preferences.
- brings out multiple dishes that are both pleasing to the eye and the palate.
- always cooks more than needed, in case someone drops by unexpectedly.
- comforting, like grandma's cooking, full of love and flavors.

**Type 6**

- takes their time to ensure everything is safe and hygienic.
- double-checks that all appliances are working properly.
- meticulously washes and re-washes utensils before use.
- keeps the recipe at hand, but also isn't afraid to Google or call a friend when unsure.
- prepares a tried-and-tested dish that they've made many times before.
- cooks enough, but always keeps some store-bought food as a backup.
- simple, reliable, and flavorful.