Guy Sinnott

Guy Sinnott loves cooking. He always has. He grew up above his parents’ restaurant and learnt first hand how to cook when working in the kitchens. He might have been a porter or dishwasher but he watched the chefs and picked up loads of best practice for cooking. Now he works for MCD, the major events company, and is quarantined at home with his fiancée in Wicklow. He is just so thankful that they moved from Dublin 8 just before Christmas as the house and garden are so much more comfortable than city dwelling, especially when in quarantine.

So cooking is his passion and he would often in the past have posted pictures of his meals on Instagram (yes, he is that person) but when he went into lockdown something else happened. He decided to film the meals that he was cooking. So on March 13th he filmed his first dish and posted it on Instagram. And again the following the day, and again the next. In fact for a full month Guy filmed his meals and posted them online.

He only did it for the craic and to show how easy it was to cook, often giving away tips on how to make an ordinary dish that little bit better.

“My spaghetti carbonara was a big hit.” He pointed out you didn’t need to use cream and that by returning some of the pasta water you could give the dish that restaurant glazed look.

“It went a bit ballistic from there. I had about 800 followers when I started and now I have over 14,000.”

He has also been featured on radio and in papers. He calls his films the Quarantine Cook A Longs. He does them with one hand, while cooking with the other. “It’s not the most flashy but people can see how easy it is to cook.”

Guy has opted for simple food, comfort food he calls it, such as roast chicken but with all the trimmings complete with Yorkshire puddings. He has made a version of the spicy Buffalo chicken wings so beloved of the Temple Bar favourite, Elephant and Castle. He loves his steak. Guy is quick to point out that these are not original recipes and he credits the source as he cooks.

He survived the first month filming every day but in April he has slowed down a bit to just doing one film every second day.

“I would wake up anxious about what I was going to cook that night so I cut myself some slack and reduced the filming.”

It is still about joy and spreading joy for Guy. He is amazed at how people have reacted and is still bemused that his videos are being watched by so many. “It’s about what food you have in your cupboard and how you can make something tasty from ordinary stuff.”

Well, with 14,000 followers and climbing, his followers can’t all be wrong. Check out his feed on Instagram - @guysinnott and join in the cooking party.