



everyday, healthy recipes right at their fingertips, without the fuss of an extended shopping trip. Food and nutrition expert Maggie Green reveals the secret to her miraculous meal preparation routine: a well-stocked pantry. By bringing together a few fresh ingredients like produce and nut milk with Green's comprehensive list of easy-to-find, pantry-safe foods, you can prepare delicious recipes on time and within budget—without running to the store halfway through. Packed with amazing recipes like fettuccini cashew alfredo, Moroccan tempeh, sesame Brussels sprouts, red bean and mushroom jambalaya, curry coconut chickpeas, tofu shakshuka, and Cinci lentil chili, *The Essential Plant-Based Pantry* will revolutionize the way you think and feel about healthy cooking.

Being vegan is a culinary challenge, especially when you are avoiding gluten. Keough shows how to address both restrictions without sacrificing flavor or adding hours in the kitchen.

From world-class marathoner and 4-time Olympian Shalane Flanagan and chef Elyse Kopecky comes a whole foods, flavor-forward cookbook--and New York Times bestseller--that proves food can be indulgent and nourishing at the same time. Finally here's a cookbook for runners that shows fat is essential for flavor and performance and that counting calories, obsessing over protein, and restrictive dieting does more harm than good. Packed with more than 100 recipes for every part of your day, mind-blowing nutritional wisdom, and inspiring stories from two fitness-crazed women that became fast friends more than 15 years ago, *Run Fast. Eat Slow.* has all the bases covered. You'll find no shortage of delicious meals, satisfying snacks, thirst-quenching drinks, and wholesome treats. Fan favorites include Can't Beet Me Smoothie, Arugula Cashew Pesto, High-Altitude Bison Meatballs, Superhero Muffins, Kale Radicchio Salad with Farro, and Double Chocolate Teff Cookies.

A labour of love and transcontinental collaboration between two good friends, 'Our Sweet Kitchen' gathers 50 classic cake recipes from cupcakes to pound cakes - all brought to you from the comforts of their home kitchens.

My Sweet Kitchen Recipes for Stylish Cakes, Pies, Cookies, Donuts, Cupcakes, and More-plus tutorials for distinctive decoration, styling, and photography Shambhala Publications

Contains excerpt of *Whitefern*, sequel to *My sweet Audrina*.

Modern dishes for home, holidays, and entertaining from “the new ‘Queen of Kosher’” (Ha’aretz). With her stylish and laid-back approach, Kim Kushner presents kosher food in a modern and vibrant manner—and doles out her indispensable strategies for keeping calm, organized, and prepared in the kitchen along the way. As a mother of four, cooking instructor, and author, Kim's signature cooking style reflects her busy, multi-tasking life—meaning flavor-packed recipes, made with quick, straightforward techniques, that inspire ease and creativity in the kitchen. This inspiring cookbook offers her collection of essential, go-to recipes—those learn-by-heart favorites that will deliver superlative results every time, streamline prep, and guarantee amazing meals with family and friends. Featuring fresh ingredients and bold flavors, Kim's no-fuss recipes are well suited for any meal of the day, from family breakfasts and holiday feasts to dinner parties with friends—and span quick dinners, slow-simmered stews, party fare, and more. She also divulges her special arsenal of essentials such as easy-to-prepare staples, signature dressings, and homemade marinades for cooking ease and versatility.

An inspiring, recipe-filled memoir about loss, recovery, and finding oneself through food and cooking. "I rose from my wheelchair slowly, using the arms of the seat to steady myself; I managed to lift my weighty limbs and limp the three steps to the counter. Stirring left-handed, I did not want to leave the warmth of the kitchen. I felt good. And for a moment I forgot about the life that I was living. Being in the kitchen, the sights and smells, the smear of crimson tomato sauce on my borrowed apron, felt like a bit of home, a place that felt so far away." Adrienne Kane always loved food. Waiting by the oven for the sweet, crisp cookies she baked with her mother to emerge. Learning to create a simple yet delicious frittata with her best friend. Fueling long hours of work on her senior thesis with a satisfying tagliatelle. But just two weeks before her college graduation, Adrienne suffered a hemorrhagic stroke that left her paralyzed on the entire right side of her body. Once a dancer and aspiring teacher, she was now dependent on her loved ones, embarrassed by her disability, and facing an identity crisis. The next several years were a blur of doctors, therapists, rehabilitation, and frustration. Until she got back in the kitchen. It started with a stir. A stir and a taste. A little more salt. Maybe a side of crisp, sautéed potatoes. She learned to wield a chef's knife with her left hand, and to brace vegetables with her right. As she slowly stumbled from her quiet resting place at the kitchen table to where her mother stood by the stove, food became not only her sustenance and her solace, it became Adrienne's calling. She tested new recipes and created her own, crafting beautiful, delectable feasts for the people who had nurtured her -- her mother and father, who himself had survived a stroke several years earlier; the friends who encouraged her to write a cookbook; and, of course, the boyfriend-turned-husband who stood beside her all the way. Eventually, through determination, hard work, and a healthy portion of courage, she turned her culinary love into a career as a caterer, food writer, photographer, and recipe developer. Filled with simple, tempting recipes and complex, hard-won lessons, *Cooking and Screaming* is Adrienne's moving and heartfelt story of food, loss, work, and joy...and finding her identity through the most unlikely combination of ingredients.

Presents a collection of classic Southern recipes, modified for healthier lifestyles, in a volume complemented by anecdotes about the author's Southern childhood.

Presents a compendium of recipes for desserts, including cakes, pies, tarts, fruit desserts, custards, soufflâes, puddings, frozen treats, cookies, and candies, in addition to providing serving and storage advice.

After Reading This Book, Your Neighbors Will Stop By at Your Place Each Time You Make a Cake. "Warning...these recipes are incredibly addicting. They will melt in your mouth, I promise. The world of

## File Type PDF My Sweet Kitchen Recipes For Stylish Cakes Pies Cookies Donuts Cupcakes And More Plus Tutorials For Distinctive Decoration Styling And Photography

competitive of confectionery is full of a bunch of really nice folks who are real professionals of different types of desserts. Most of them will give you the shirt off their back if it helps you out, but if you start asking about their cooking secrets... let's just say you shouldn't expect it to end well. But you need to know what you're doing, from the beginning to get the best result. And this book exists to help you to cook 139 types of cakes with big pleasure. It is not an another book about typical cakes recipes. Bake The Cake - it is the new reference book for connoisseurs of the sweet where you will find step by step instruction of cooking any of 139 cakes. I wrote this book with a big love for readers, and it consists of the Best Top cakes recipes from all over the world. You will find secrets and tricks from the expert confectioners. Join us and feel real pleasure from reading this book and then from cooking the best cakes for everybody! Because you can Bake The Cake!;) This book is written to help you open new ways and secrets of cooking the top cakes just using skills and techniques of world confectioners even staying at your home kitchen. 7 Reasons To Buy This Book: - You will have 139 best cakes recipes with instructions from the world stars Confectionary in free using! - You can bake a cake of any complexity quickly and easy! - You will have access to Top cakes from around the World with just a touch. - You can perfection your skills of baking delicious cakes. - Tips and Tricks for professional chefs. - Detailed recipes will help you even it is your first cake ever! - Latest cake recipes that will add will blow your mind. Want to Know More? Download Your Copy Right Now! You probably already know that you can spend a lot of time and money searching on the Internet for great and easy recipes for cakes at home with a sequence of instructions. Often, this information can be found in the print media, it is not convenient and also old-fashioned. The world moves on very fast, and I consider it my duty to save you time and give you all that you have been looking for in my book: - Knowing what ingredients and grade to select - In what order to cook the cake's layers - Knowing how to adjust your pastry masterpiece - How to choose right temperature for the perfect cake - Choose the right mold for the cake We talk real deal Cakes here, and I hope you find it valuable. Sometimes the taste of gorgeous, great looking cake is all we need to rouse our spirits. Available in an array of delicious recipes, our professionally created cake recipes will leave you feeling happy, speechless and completely satisfied. It is the most beautiful and unique cakes recipe book ever. Colorful photographs throughout will have you salivating over Jeff's original, easy-to-follow recipes. So what are you waiting for? Get the book and leave your excuses at the door! Grab your copy of "Bake The Cake: Discover 139 Best cake recipes, cheesecakes, tiramisu, from all around the world that will bring happiness and joy to your home." today and be the hit at your sweet gatherings! Jeff Robinson is known for his creativity in the kitchen, for the breadth of enticing ingredients and flavors with which he works, and for his expertise in pastry. Scroll Up And Download Your Copy Right Now! Easy Cooking from Nina's Kitchen is a homely and unpretentious cookbook. As the title so aptly states, Nina makes cooking easy by using affordable, locally available ingredients and recipes that will inspire one and all to cook with love! With over 100 recipes there is something for everyone. From snacks and delicious meals for book club meetings, new twists on ordinary braai recipes, a meat chapter covering chicken, beef, lamb, pork and seafood to soups and vegetarian meals, sweet treats and ideas for market days! The recipes are easy-to-follow and complemented by beautiful food and lifestyle photography. Easy Cooking from Nina's Kitchen is a cookbook that will ensure that family and friends return for more. As Nina says, the key ingredient of every successful meal is love.

Melissa Gray is National Public Radio's Cake Lady. Every Monday she brings a cake to the office for her colleagues at NPR to enjoy. Hundreds of Mondays (and cakes) later, Melissa has lots of cake-making tips to share. With more than 50 recipes for the cakes that have been dreamed of and drooled over for a lifetime including Brown Sugar Pound Cake, Peppermint and Chocolate Rum Marble Cake, Lord and Lady Baltimore Cakes, Dark-Chocolate Red Velvet Cake, and Honey Buttercream and Apricot Jam Cake All Cakes Considered is an essential addition to every baker's library.

Vegetarian, gluten-free meals, small bites, and sweets to feed the whole family Think eating real food and pleasing all the palates in a busy family with young kids is impossible? My Darling Lemon Thyme's Emma Galloway inspires you to think again. Now available for the first time in the US, popular special diets blogger Emma Galloway's family cookbook, My Darling Lemon Thyme, is a collection of 100 recipes that reflect the philosophy that natural, whole food should be flavorsome, fun, and easy to prepare. Beyond just recipes, we savor Emma's stories about life with a young, energetic family too. Meant for anyone who loves great food that is also good for you, these delightfully fresh recipes are 100% vegetarian and gluten-free—icing on the (naturally sweetened) cake. You'll find foods your grandparents would recognize, not the food-like products humankind has developed to make our lives easier but which seem to make us ever more unhealthy. Beyond any labels, this book is less about eliminating and more about embracing food as it's supposed to be: whole and unadulterated, fresh from the earth, prepared with minimal fuss, and eaten in a way that nourishes our bodies. Emma's personal belief is that everyone can benefit from eating less wheat, meat, and dairy in their diet. But her recipes are not just for those with food intolerances or allergies or for vegetarians. The recipes are for everyone who wants to enjoy a better life and celebrate nutritious, wholesome, real cooking. Quite simply, My Darling Lemon Thyme offers us another way of eating, living, and being in the world, and in the kitchen. Extensive pantry-stocking instructions and a glossary are included.

From celebrated author and blogger Béatrice Peltre comes a much anticipated second book, focusing on everyday foods (all gluten-free) to share with family and friends. To the French, food is one of life's greatest pleasures, and in Béatrice Peltre's home, each meal is a small celebration. In her kitchen, bright, colorful ingredients are transformed into wholesome, delicious dishes and served with love. Here, Béatrice's relaxed, modern approach to classic French cooking meets the challenge of creating healthy meals for the whole family—meals to be shared à table, presented with grace and style. In My French Family Table, Béatrice offers a beautiful assortment of over 120 recipes for naturally gluten-free dishes that feature whole grains, colorful produce, and distinctive spices. Every meal is an inspired work of love—from breakfast dishes such as Buttermilk, Lemon, and Strawberry Brunch Cake to a lunch of French Green Bean Salad with Croûtons, Olives, and Ricotta Salata alongside a healthy soup or vegetable tart. In the afternoon Béatrice loves to eat the traditional French goûter with her daughter, Lulu, whose favorite snack is Brown Butter Madeleines with Buckwheat and Chocolate Chips. Who could resist a Sunday supper of Chicken Stuffed with Herbs, Walnuts, and Grainy Mustard, followed by the sweet treat of Baked Apricots with Lemon Verbena or the indulgent Chocolate Mousse with Salted Caramel and Matcha Tea Cookies? Béatrice also includes recipes that are particularly child-friendly to cook and eat, inspired by her kitchen adventures with Lulu. With her creative use of ingredients, Béatrice ups the ante on what family foods can be—incredibly tasty, beautiful, and nourishing. Béatrice's signature bright photography, impeccable styling, and sweet storytelling make My French Family Table an inspiring collection of recipes for feeding a family and feeding them well.

Are you wife, husband, man, woman, an amateur chef of your kitchen who creates amazing plates for your loved ones? So, you must write down your amazing recipes! Write in this sweet recipes cookbook your 100 favorite recipes. Simply a great recipe book to write in and capture all your cooking secrets. perfect size not too big and in the same time with enough writing space to jot down everything needed. This cookbook is to note down your 100 favorite recipes. Simply a great recipe book to write in and capture all your cooking secrets. \* Table of contents to keep an overview of your recipes \* 100 lovingly designed pages for your recipes and notes \* Extra space for even more notes at the end of the book \* Letter format (6. 5 x 9. 25inches) \* The perfect gift for your friends, boyfriend or girlfriend, mom, wife... They call it a civil war, but there is nothing civil in this. Nothing civil at all. They came from Damascus, from Halab, from Baniyas where the bombs fall day and night and the wounded children look like sleeping angels. Now they live in camps and abandoned buildings in Lebanon or Jordan. Now Syria is just a distant memory, a home forever lost. This urgent and extraordinary play explores the crisis in Syria through the stories of its two million refugees. Oh My Sweet Land received its UK premiere at the Young Vic Theatre, London, on 9 April 2014.

Gathers recipes for cakes, cookies, pies, pastries, puddings, candies, frostings, glazes, and beverages that contain no refined sugar or artificial sweeteners.

Offering a panoramic view of the history and culture of food and drink in America with fascinating entries on everything from the smell of asparagus to the history of White Castle, and the origin of Bloody Marys to jambalaya, the Oxford Companion to American Food and Drink provides a concise, authoritative, and exuberant look at this modern American obsession. Ideal for the food scholar and food enthusiast alike, it is equally appetizing for anyone fascinated by Americana, capturing our culture and history through what we love most--food! Building on the highly praised and deliciously browseable two-volume compendium the Oxford Encyclopedia of Food and Drink in America, this new work serves up everything you could ever want to know about American consumables and their impact on popular culture and the culinary world. Within its pages for example, we learn that Lifesavers candy owes its success to the canny marketing idea of placing the original flavor, mint, next to cash registers at bars. Patrons who bought them to mask the smell of alcohol on their breath before heading home soon found they were just as tasty sober and the company began producing other flavors. Edited by Andrew Smith, a writer and lecturer on culinary history, the Companion serves up more than just trivia however, including hundreds of entries on fast food, celebrity chefs, fish, sandwiches, regional and ethnic cuisine, food science, and historical food traditions. It also dispels a few commonly held myths. Veganism, isn't simply the practice of a few "hippies," but is in fact wide-spread among elite athletic circles. Many of the top competitors in the Ironman and Ultramarathon events go even further, avoiding all animal products by following a strictly vegan diet. Anyone hungering to know what our nation has been cooking and eating for the last three centuries should own the Oxford Companion to American Food and Drink.

Sweet Suzie's Sensational Foodies by Kelly Armann [-----]

You've never met anyone like Chris. This is the inspiring true story of an extraordinary and courageous woman growing up in Scotland in the 1950s. Chris's father works hard at forcing his tomboy daughter to be a proper lady, but her attempts to fit in any kind of box are unsuccessful. Finding herself most at home as a barefoot hippie, Chris drops out of university, takes drugs, practices free love, and participates in anti-establishment demonstrations. Always questioning and searching, she tries on many personas, working in mechanics, farming and carpentry, living alone in remote places, and coming out as a lesbian. Healing work that revolves around her sexuality and her relationships opens her to unconditional love, while her profound bond with nature enables her to get in touch with a peace that stems from inside. As she gets older, her habitual anger gives way to compassion. Finally, dabbling in mysticism and miracles, she has a startling awakening that presents her with some remarkable answers. A truth-teller and an intrepid explorer, Chris travels through outer and inner worlds alike, facing her fears and finding love, with many varied and exciting adventures along the way. Her story will touch your heart and open your mind. Mikaya Heart is the author of a book on lesbianism, a book on orgasm, and a book on shamanism, as well as a variety of articles. She utilizes shamanic methods to help people access the vastness of being, and is always deeply delighted when her clients perceive their own magnificence. Since kitesurfing is her greatest passion, she has become the woman who follows the wind, making her home wherever she finds joy.

The best of the best--including recipes, tastings, and testings--of 2019, all compiled into one must-have collection from America's most trusted kitchen. A carefully curated collection--in full color for the first time--of ATK's best recipes of the year, selected from the hundreds of recipes developed for Cook's Illustrated and Cook's Country magazines and for new books such as The Complete Make-Ahead Cookbook, The Complete Slow Cooker, Nutritious Delicious, How to Roast Everything, Just Add Sauce, The Perfect Cake, and Multicooker Perfection. This year's edition offers a wide array of fresh, foolproof recipes like Chinese Pork Dumplings, Shrimp Po' Boys, Braised Brisket with Pomegranate, Cumin, and Cilantro, Thai Grilled Cornish Hens with Chili Dipping Sauce, and Roasted Lobster Tails. And we didn't forget about dessert! From Easy Holiday Sugar Cookies and Lazy Strawberry Sonker to Coconut Cream Pie and Blackberry-Mascarpone Lemon Cake, this collection will satisfy every sweet tooth. All of this year's ingredient and equipment tastings and testings are here, too. Want to find out which high-end blender makes the grade? Wonder how we selected our top supermarket turkey? Curious to know which roll of paper towels really gets the job done? For the answers to these questions and more, look no further than The Best of America's Test Kitchen 2019.

Enter Chloe's Kitchen for delicious vegan recipes everyone will love. Chloe Coscarelli, the first-ever vegan chef to win Food Network's hit show Cupcake Wars, brings her trademark energy to this fun and healthy cookbook, including animal-free reinterpretations of 125 of America's favorite foods. Whether you're newly transitioning to veganism, a long-time vegetarian looking for some new ideas, or a busy mom introducing Meatless Mondays to her family, you'll find quick and easy recipes that will convert even the most reluctant to the delicious rewards of a plant-based diet. Chef Chloe's first-ever cookbook, illustrated throughout with gorgeous full-color photos of the mouthwatering dishes, offers helpful advice on how to set up your own kitchen for stress-free, healthful eating, as well as nutritional information, with support from the foreword by well-known physician Neal D. Barnard, M.D. Foodies of all stripes will revel in the huge array of incredibly appetizing, inventive recipes, all made with easily available ingredients, from savory starters to decadent desserts. Her comforting macaroni and cheese, creamy Fettuccine Alfredo, crave-inducing sliders and fries, and adaptations of the most popular Chinese, Indian, and Mexican dishes will win over carnivores, omnivores, vegetarians, and vegans alike. With Chef Chloe, eating vegan doesn't mean giving up your favorite treats and flavors. Those with food allergies will appreciate the instructions throughout for making these meat-, egg-, and dairy-free recipes without gluten and soy, so everyone can enjoy them. And the icing on the (cup)cake is her renowned, coveted desserts—including the first publication of the recipes for her Cupcake Wars—winning vegan cupcakes—the ultimate indulgence without busting your belt.

Single dad Ben Greyson wants only to retain custody of his two stepdaughters. A dysfunctional childhood has made family the most important thing in his life. When his late wife's parents sue for custody, a desperate Ben is left with two choices – run away with his girls or marry his next-door neighbor. Jamie Garven wants to be a mother. She's intrigued by her handsome new neighbor and falls in love with his little girls. Then Ben is faced with losing his children, and Jamie agrees to marry him for a chance at motherhood. They're determined to show the world, and the girls' grandparents, two loving parents. Their marriage of convenience turns into unexpected love. But Ben interprets Jamie's efforts to save their family as betrayal—they could lose everything, including each other.

125 new recipes that highlight the best of Japanese cuisine, but in new, simpler ways.

You are invited to a feast for the senses and the spirit! Thirty-four adventurous writers open their kitchens, their recipe files, and their hearts to illustrate the many unexpected

ways that food draws us closer to God, to community, and to creation. All bring a keen eye and palette to the larger questions of the role of food--both its presence and its absence--in the life of our bodies and spirits. Their essays take us to a Canadian wheat farm, a backyard tomato garden in Cincinnati, an organic farm in Maine; into a kosher kitchen, a line of Hurricane Katrina survivors as they wait to be fed, a church basement for a thirty-hour fast; inside the translucent layers of an onion that transport us to a meditation on heaven, to a church potluck, and to many other places and ways we can experience sacramental eating. In a time of great interest and equal confusion over the place of food in our lives, this rich collection, which includes personal recipes, will delight the senses, feed the spirit, enlarge our understanding, and deepen our ability to "eat and drink to the glory of God." Contributors Include: Alexander Schmemman, Alissa Herbaly Coons, Amy Frykholm, Andre Dubus, Ann Voskamp, Brian Volck, Caroline Langston, Deborah Leiter Nyabuti, Denise Frame Harlan, Fred Raynaud, Gary LeBlanc, Gina Ochsner, Hannah Faith Notess, Jacqueline Rhodes, Jeanne Murray Walker, Jeremy Clive Huggins, K. C. Lee, Kelton Cobb, Kirstin Vander Giessen-Rietsma, Laura Bramon Good, Lauren Winner, LaVonne Neff, Luci Shaw, Margaret Hathaway, Mary Kenagy Mitchell, Nancy J. Nordenson, Patty Kirk, Robert Farrar Capon, Stephan and Karen Baldwin, Suzanne Wolfe, Thomas Maltman, Vinita Hampton Wright, Wendell Berry

East Wind Blowing is a boatload of inspiration and insight with stories to bring bravery and healing to anyone who has had the riveting grips of an alcoholic and/or addict in their life. A modern day odyssey. Be prepared for a journey... a journey that will illuminate your life and shine choices down on you. The power of choice is yours - it is your God-given value of your soul. Although the journey is challenging it becomes conquerable when someone else has also walked the road...like me. This book will put a spark in your survival instincts after an alcoholic/addict has tried to dampen it.

From Chef Chloe: an eBook collection of ten mouth-watering chocolate dessert and treat recipes from her wildly popular Chloe's Kitchen that are delicious, crowd-pleasing—and vegan. Even before Chef Chloe wowed the judges on Cupcake Wars to become the first chef to win a reality TV cooking show with a vegan recipe, she was astounding her fans with her talent for producing delectable desserts without butter, milk, or even common vegan ingredients like egg substitute and bananas. Instead, her magic blend of liquid proportions and leaveners like baking soda and vinegar give her cakes a moist, irresistible texture and taste that neither vegans nor non-vegans can resist and her non-dairy secrets make her chocolate concoctions meltingly creamy and maddeningly addictive. In Chloe's Vegan Chocolate Classics, you'll find ten easy-to-make chocolate recipes collected from Chloe's Kitchen and ranging from Mocha Almond Fudge Cake and Chef Chloe's signature "Chlostess" Creme-Filled Cupcakes to her candy-like Buckeye treats—peanut butter balls dipped in chocolate—and Chocolate Chip Brownie Bites. She even includes a recipe for the best Hot Fudge Sundaes with Mint Chip Ice Cream. With gorgeous photos and clear-cut instructions, each dessert is sure to be a hit at holiday celebrations all year round.

Describes the history and provides recipes for Danish pastries.

Eating a balanced, plant-based diet is not only the best choice for your health and the planet—these foods are also essential for your mental and emotional well-being. Marrying traditional wisdom and modern scientific and medical research, a vegan macrobiotic approach recognizes the profound effects food, environment, activities, and attitude can have on your physical and emotional health. Drawing upon traditional and contemporary cuisines from around the globe, *The One Peaceful World Cookbook: Over 150 Vegan, Macrobiotic Recipes for Vibrant Health and Happiness* shows you how to prepare delicious, satisfying meals that nourish your body and mind. Based on the authors' decades-long experience as teachers, dietary counselors, and chefs, on scientific and medical studies documenting the health benefits of a vegan macrobiotic way of eating, and on other cutting-edge research on health, vitality, and fitness, this book features 150-plus easy-to-follow recipes, including: • Roasted Beet Salad with Orange Mustard Dressing • Vegetable Paella • Tofu Lasagna with Carrot Marinara Sauce • Pad Thai with Tempeh • Mochi Waffles with Lemon Syrup • Tiramisu with Cashew Cream These gourmet recipes, both savory and sweet, are designed for an on-the-go lifestyle and will both nourish and delight you. *The One Peaceful World Cookbook* empowers you with the tools and recipes you need on your path to optimal health and well-being.

Driving home after being kicked out of college, Tucker meets and picks up the mysterious Corinne Chang at a rest stop. Infatuated, and with nothing better to do, he ends up with her in St. Louis, where he gets a job as a chef in a Chinese restaurant. Even though he's a gwai lo—a foreign devil—his cooking skills impress the Chinese patrons of the restaurant, and his wooing skills impress Corinne when she joins him there as a waitress. But when Chinese gangsters show up demanding diamonds they believe Tucker's kind-of, sort-of, don't-call-her-a-girlfriend stole, he and his friends—which luckily include a couple of FBI agents—have to figure out just who is gunning for Corinne and how to stop them. Good thing Tucker is a Mandarin-speaking martial arts master who isn't afraid to throw the first punch. With its one-of-a-kind hero, *Chinese Cooking for Diamond Thieves* is perfect for anyone who loves cooking, Chinese culture, bad jokes, and young love. Diamonds are forever . . . unless Chinese mobsters decide they want them back.

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