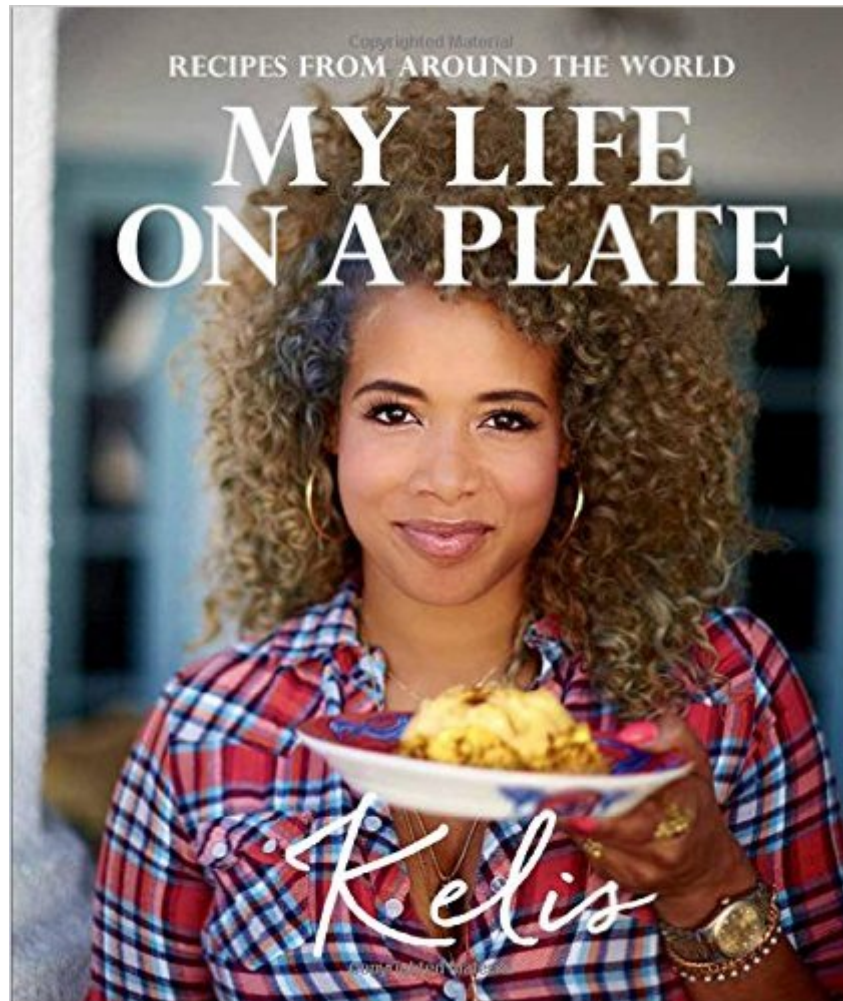


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# My Life On A Plate: Recipes From Around The World



## Synopsis

Kelis' love affair with food started as a child. A native New Yorker, her mother worked as a chef in her own catering business, run out of their home in Harlem. Driven by the speed and the intensity in the kitchen, Kelis' passion behind watching her mother cook inspired her to roll up her sleeves, willing to do whatever anyone asked of her. Every detail was clear and defined: Red lips, red nails, perfume, earrings and a military demeanor; Kelis felt in the presence of a master while watching her mother work. At age 17, Kelis signed her first recording contract and began to travel the world. She discovered local outdoor markets and tiny hole-in-the-wall restaurants and considered them the hidden treasures of her journeys. After 10 years in the music business, Kelis decided to attend Le Cordon Bleu. Attending the famous cooking school gave Kelis the confidence to call herself a chef and to write her first cookbook. *My Life on a Plate* tells Kelis' personal story through the food she creates. Her style has been molded by her culture, her travels, and all the people she met along the way. This book is a collection of her favorite recipes. It features a mix of foods from her Puerto Rican heritage, such as Pernil (Puerto Rican Pork Shoulder), Arroz con Gandules, and Shrimp Alcapurias along with dishes she created after discovering them on her travels around the world such as Malay Curry Chicken and Swedish Meatballs.

## Book Information

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[Shredded beef sliders \(p. 31\)](#)

[Vegetable Buckle \(p. 79\)](#)

[Chocolate chip](#)

[cookies with sea salt potato chips \(p. 154\)](#)

So far I've made the Baked Cheese Grits, Carrot & Yam Souffle and Oxtail Stew. They were all good and I especially liked that the recipes were simple enough and the ingredients list were not super long so I didn't have to buy too much or go shopping for something I never heard of. This is the first time that I actually like everything I made out of a recipe book. Looking forward to trying out more.

The book itself is GORGEOUS. You can tell by the photos that the food will be delicious. I've yet to try a recipe directly from the book, but I will say that Chef Kelis's jerk sauce recipe is AMAZING! I'd recommend the book a personal purchase and as a gift.

Beautifully produced and wonderfully written, "My Life On A Plate" is a welcome addition to the modern cooks collection. Recipes, pulled from all points of the globe, are detailed, clearly explained, and easy to replicate. Kelis provides anecdotes for recipes that add personality and style to the collection and help to personalize Kelis to the reader.

The photos are focused on the food, not the table setting making the photography for this some of the best I've seen in a cookbook. The ingredients list are surprisingly basic, where there are specialty requests, such as smoked paprika, you can count on additional recipes using it to justify the cost. I've cooked some of these recipes from her Cooking Channel specials, and they're included here if you want to try one or two before deciding to buy the book. These recipes seem designed for a dinner party, there's a lot of food when you're done. I don't agree with all the ingredients chosen but the proportions and balance are very, very good. Much of it seems of the current food scene with Chili that has bacon and bourbon, and a turkey meatloaf that qualifies as Paleo. None of the recipes I feel like abandoning but when I disagree I feel inspired to make it my own. That's the second best compliment I can give. The best, is after looking through this book and showing it to friends I kept finding myself saying I have someone I can make this for. You should note this book is for omnivores.

KELIS!!! I haven't been this excited about a cookbook in ages. Every picture is a revelation. You'll NEED to make every single dish. Often cookbooks have recipes that are way too daunting to even attempt - obscure ingredients, unrealistic prep-times, or food combinations that seem unappealing (at least to those of us less adventurous). The recipes seem within the skill set of a moderately good

cook. The pictures - well - food porn is real people....I've been drooling all afternoon. This year I vow to travel the world with Kelis and learn to cook many of these amazing dishes.

Our cookbook club used this book for the basis of our last get together. We made the Spinach Salad, the Jerk Ribs, Papas Rellenas, Sangria, the berry buckle, the coconut chocolate pie, and the Pastelon with Sweet Corn Bechamel. The food and drinks were all very good! I would definitely use this cookbook again. I'm excited to try the butternut squash recipes with squash from my garden in the fall.

Gorgeous book period....If this was not a cookbook I would figure it was a book of art. I enjoyed reading Kelis' stories about her travels and experiences and how it helped her find her purpose in life. This cookbook has easy to follow recipes that I hope that I can enjoy making every week. The art in this book is just beautiful and the stories and pictures that accompany each recipe is eye catching. Food is a big part of her life and everyone who is blessed to have a meal everyday will enjoy the flavors and techniques that she displays. Since we all can't travel the world, at least we have a chance to enjoy the fine foods that originate from different plates in different time zones. I can't wait for her second book but I will slowly enjoy making dishes from this one!!

Creative recipes with a worldly flair. Kelis really put her talent into this book. It works for beginners to masters of the kitchen. Beautiful photography and great breakdown of recipes. A must for the kitchen!

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