



# **The Angry Chef: Satisfying Recipes Inspired by Unsatisfying Relationships - Romantic Edition (Volume 1)**

*Julie Isaacson*

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Are you angry? Do you know someone who's angry? Do you know someone who ISN'T angry? Personally, I was feeling quite furious when these ideas started brewing. In spite of soul-searching therapy and gab sessions with sympathetic friends, I realized that all the talking was helpful, but not fully cutting the mustard. My greatest frustration release was taking place organically, in the kitchen. I discovered that the slicing, dicing, grating, and chopping were therapeutic. The best part turned out to be that the bursts of angry energy resulted in some fairly delicious meals. So I felt better, and my family members, even the angry ones, were well-sustained. If you make a special meal to serve your guests, they'll thank you for your hostility—oops—hospitality. My labors in the kitchen also provided me with a great source of humor. Many terms associated with cooking are fitting: angry boil, slow simmer, beat until frothy, stuffed, poached, grilled, whipped, separated, cracked and beaten. The titles kept me entertained for hours! So, make a nice meal, enjoy the recipes and true stories (who could make this stuff up?). Be sure to start with a good set of knives and skewers. An old proverb teaches, "A job worth doing is a job worth doing well." The names in this anthology have been changed to protect the innocent and the guilty.

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