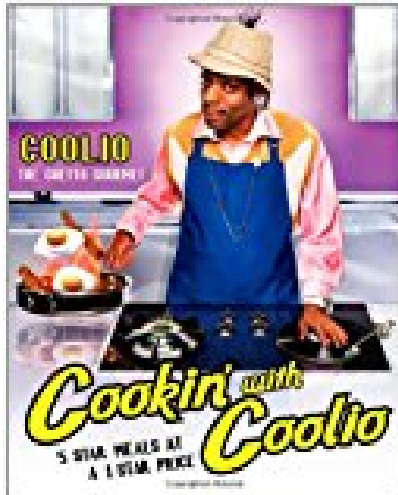


Cookin with Coolio 5 Star Meals at a 1 Star Price



BOOK DETAILS

- Author : Coolio
- Pages : 224 Pages
- Publisher : Atria Books
- Language : English
- ISBN : 1439117616

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BOOK SYNOPSIS

THERES ONLY ONE THING THAT COOLIOS BEEN DOING LONGER THAN RAPPING: COOKING Coolio started making thirty-minute meals when he was ten years old and has since developed a whole new cuisine: Ghetto Gourmet. His recipes are built around solid comfort foods with a healthy twist that dont break the bank. Start your Ghetto Gourmet adventure with some "Soul Rolls," follow-up with "Finger-Lickin, Rib-Stickin, Fall-Off-the-Bone-and-into-Your-Mouth Chicken," and finish off with "Banana Ba-ba-ba-bread" sweetened with golden honey. Chapters such as "How to Become a Kitchen Pimp," "Chillin and Grillin," and "Pasta Like a Rasta" will guide you through creating 5 star meals at a 1 star price. You cant find fusions like Blasian (black Asian) or Ghettalian (ghetto Italian) in restaurants, but you can have them cooking away in your kitchen faster and easier than ordering takeout. As Coolio says, "All you need is a little bit of food, and a little bit of know-how."

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