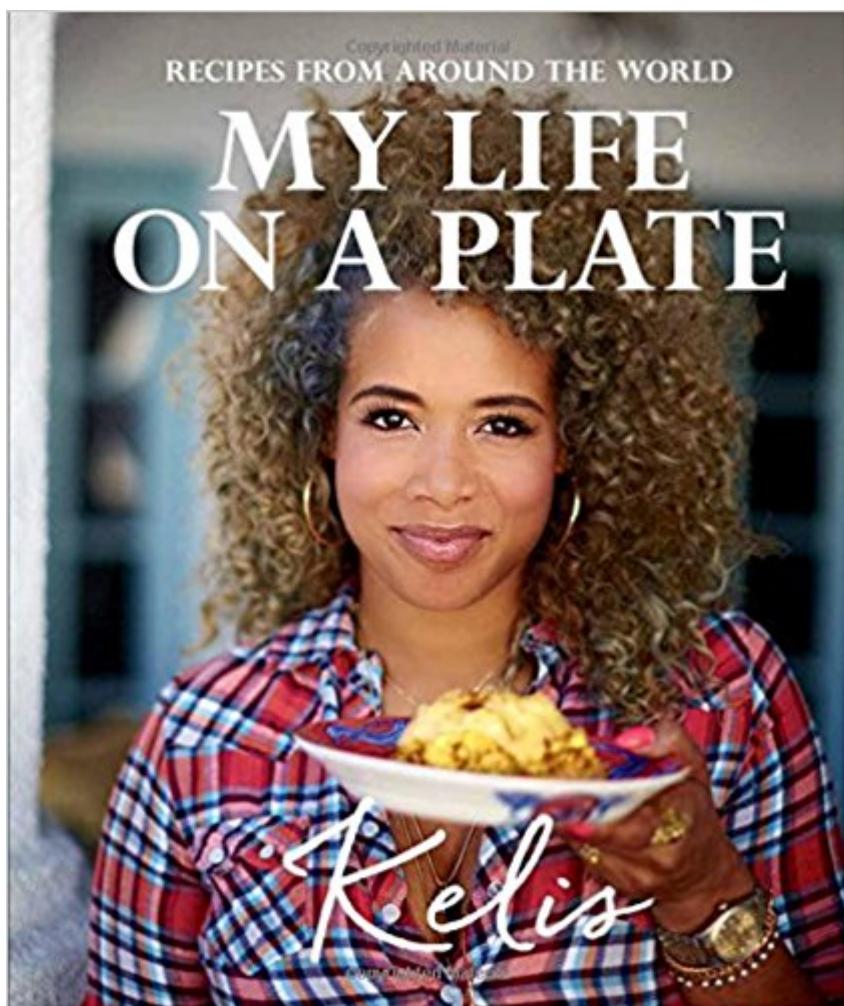


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My Life On A Plate: Recipes From Around The World



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 \(p. 31\)](#)

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

People tend to view celebrities' cookbooks with suspicion, wondering if their heroes of stage, screen or Spotify can actually cook. Good news: There's no reason to approach R&B singer Kelis Rogers's new recipe collection, "My Life on a Plate," with anything but respect. Ms. Rogers (who goes simply by the name of Kelis) possesses an acumen in the kitchen to match her confidence at the microphone. (Charlotte Druckman *The Wall Street Journal*) This book is not a celebrity cash-in. See, singer-songwriter Kelis, who's made a steady career on the vanguard of R&B and soul music for nearly 20 years, just wrote a new cookbook called "My Life on a Plate." It's a book of serious recipes, ambitious in its geographic breadth and an insightful look at how food and music intersect. (Kevin Pang *Chicago Tribune*) With paragraphs of personal stories accompanying each recipe, *My Life On a Plate* often resembles a memoir through which readers can piece together the singer-turned-chef's biography. There are no milkshake recipes, but her goat cheese ice cream will bring anyone to the yard. (Nolan Feeney *Time Magazine*) Kelis' first cookbook, "My Life on a Plate: Recipes From Around the World," captures Kelis' essence: colorful, straightforward and brimming with personal stories. Her page of kitchen essentials, both equipment and food, is simple and manageable. It takes the intimidation out of the cooking process for any novice, and returns the experienced culinarian back to basics. (Lily Moayeri *LA Weekly*) Kelis has carved out an image for herself beyond the "Milkshake" music video. Her debut cookbook, "My Life On A Plate: Recipes from Around the World," includes recipes inspired by her travels and culinary training, including a detailed recipe for Jerk Ribs with Brown Sugar Rub. (Melissa Kravitz *am New York*) Kelis' cookbook has recipes that reflect her diverse background and travels, from Puerto Rican to Jamaican cuisine. Of course, there are familiar dishes like Corn Chowder and Apple Pie. But there are also unusual, seemingly daunting meals like Shrimp Alcapurrias and Chorizo Date Stuffing. (Clover Hope *Jezebel*) She may be known for her trademark milkshake, but Kelis has quite a few other desserts up her proverbial sleeve. For those who don't know, the Harlem-born singer-songwriter behind the infectious 2003 ditty also moonlights as a certified chef (she even holds a degree from the esteemed Le Cordon Bleu culinary school in N.Y.C.). Now, she's bringing her tried-and-true recipes beyond the confines of the test kitchen with her first-ever cookbook, *My Life on a Plate*. (Claire Stern *InStyle*) Kelis finds the joy in food. (Charreah K. Jackson *Essence.com*) In addition to her musical ear, the performer boasts bona fide chef credentials. Meaning, she can rock a mise en place as well as the microphone. (Joanna Prisco *Yahoo.com*) Yum! Bossy singer Kelis has been taking the cooking world by storm with her own brand of sauces, a cooking show, and now her very own cookbook *My Life on a Plate*.

(Perez Hilton PerezHilton.com) Kelis Rogers is making more than a "Milkshake" Sharing her world dish by dish in "My Life On A Plate", she takes readers along on a unique cooking journey from her mother's kitchen and Puerto Rican specialties to recipes she's picked up throughout the world. (Kristine M. Kierzek Milwaukee-Wisconsin Journal Sentinel) Is the voice behind songs like "Got Your Money," "Jerk Ribs" and "Milkshake" really qualified to give a thumbs up or down to fine cooking? Turns out she's plenty qualified because Kelis is a Le Cordon Bleu trained chef, and she's picked up plenty of first-hand knowledge about worldly cuisines as she's traveled the globe in support of her music. Her first cookbook, which features some of her favorite recipes as well as some based on her mom's recipes, others from her own experiences in the kitchen tells a sort of personal story of how a music and fashion icon evolved into a serious chef. Nothing off-key here. (Grant Butler The Oregonian) Gold-selling artist Kelis, known best for her playful-provocative singing and songwriting and 15 years of chart-topping hits, including the ever-popular "Milkshake" has something just as yummy up her sleeves: food recipes! (C. Zawadi Morris Brooklyn Reader) Kelis has written a cookbook and no, it doesn't have any milkshake recipes. The R&B singer who shot to fame extolling the delights of the frothy drink is offering more nutritious fare in her book *My Life on a Plate: Recipes from around the World*. It contains dishes she collected on her travels as an international superstar, mixed with the kaleidoscope of flavors she was raised with in diverse Harlem, New York. (Milena Veselinovic CNN) In *My Life on a Plate*, Kelis brings her own twist to multiple recipes she's collected as a musician and later as a trained chef. Many of the dishes she includes have a Puerto Rican or Latin flavor to them, like Sofrito, Platano Soup or Smoked Bacon Arepas. Others emphasize flavors--curry, cumin, cardamom and ginger--one might find in Bali or Kuala Lumpur, or use coconut milk, such as Coconut Curry Crab Soup. Kelis brings comfort food (mac and cheese, meatloaf) and dishes with tropical ingredients (yucca, guava purée) together in one worldwide tour of flavorful cuisine. (Lee E. Cart Shelf Awareness) *My Life on a Plate* by musician Kelis is a versatile cookbook that will have remarkable staying power on your shelf. The recipes criss-cross the world, bringing Southern, Asian, Mexican, and Middle Eastern cuisines together into a collection that is absolutely delicious. Her creativity and the vibrant photography serve as extra inspiration. (Tabitha Blankenbiller Bustle) The recipes Kelis serves up in *My Life on a Plate: Recipes from Around the World* are exactly like the title states: an eclectic mixture of the cuisines she's eaten and picked up on during her time spent touring the world as a musician, as well as dishes inspired by her Puerto Rican and Jamaican heritage. There are some recognizable dishes like donuts and beef sliders and also some more

adventurous fare, like oxtail poutine and smoked bacon arepas, all broken down in a way that's still feasible for even the most hesitant of would-be foodies. (Faith Cummings StyleCaster)

Born and raised in Harlem, New York, Kelis Rogers, better known by just her first name, first came to prominence singing the hook of Ol' Dirty Bastard's hit Got Your Money. Years of chart dominating songs and thrilling, boundary-pushing music followed resulting in millions of albums sold and numerous top 10 hits. She has released six albums, won Brit, Q, and NME Awards, and been nominated for two Grammy Awards. Her latest album Food, made with a live band and horn section, mints a sound that is rootsy, raw, and soulful without ever being retro. Upon release the album was praised as one of her most adventurous works yet. Kelis has toured every corner of the world, performed at every major festival, and shared the stage with the world's top artists. A fashion icon and designer muse since the early days of her career, she is celebrated for a personal style which is often as creative and forward-thinking as the music she makes. Besides her career in music, Kelis is a Le Cordon Bleu trained chef with multiple television cooking specials, and a burgeoning entrepreneurial streak with her Bounty & Full organic sauce line.

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 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.

These recipes are so delicious and tasty and full of Flavor. Love the photos and the call for ingredients that I already have at home. I am very impressed with this cook book that Kelis has. My favorite is the Roast Pork Shoulder. Makes you wanna slap your mama GOOD !!!! I had to get two books, one for me and for my friend.

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.

So many beautiful pictures and recipes that I can't wait to try. She puts a nice spin on dishes like her mac and cheese and her red cabbage. I appreciate that this is a skill shes mastered and its not just a celebrity face on another cookbook. She's the real deal!

Have tried three or four recipes from the book so far. All were very good. Next will be the pernil---can't wait! Instructions were very clear and concise. Am glad I purchased this book.

I tried making the arÃƒÂ“pas and they turned out perfectly! I enjoyed the preface and the little stories that accompanied some of the dishes. The book is pleasing both to the eye and palate!

Her book is true to form and there are so many dishes that are worthwhile and refreshing to a novice. Can't wait to start cooking (again)! Loving the variety of dishes and flavors!

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