



My Life on a Plate: Recipes From Around the World

By Kelis

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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.

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Editorial Review

Review

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 – 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 – 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*)

About the Author

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.

Users Review

From reader reviews:

Barbara Spangler:

Nowadays reading books become more and more than want or need but also become a life style. This reading practice give you lot of advantages. The huge benefits you got of course the knowledge the rest of the information inside the book that will improve your knowledge and information. The information you get based on what kind of e-book you read, if you want have more knowledge just go with education books but if you want truly feel happy read one having theme for entertaining including comic or novel. The particular My Life on a Plate: Recipes From Around the World is kind of reserve which is giving the reader erratic experience.

Deandre Freeman:

Reading a publication tends to be new life style with this era globalization. With reading you can get a lot of information which will give you benefit in your life. Using book everyone in this world may share their idea. Publications can also inspire a lot of people. A lot of author can inspire their own reader with their story or maybe their experience. Not only situation that share in the publications. But also they write about the information about something that you need case in point. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book that exist now. The authors in this world always try to improve their ability in writing, they also doing some analysis before they write on their book. One of them is this My Life on a Plate: Recipes From Around the World.

Alfonso Unruh:

This My Life on a Plate: Recipes From Around the World is great guide for you because the content that is certainly full of information for you who else always deal with world and possess to make decision every minute. This specific book reveal it facts accurately using great plan word or we can point out no rambling sentences in it. So if you are read the idea hurriedly you can have whole information in it. Doesn't mean it only gives you straight forward sentences but hard core information with attractive delivering sentences. Having My Life on a Plate: Recipes From Around the World in your hand like finding the world in your arm, information in it is not ridiculous 1. We can say that no publication that offer you world in ten or fifteen moment right but this publication already do that. So , this really is good reading book. Heya Mr. and Mrs. occupied do you still doubt that will?

Shane Dagostino:

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