## How to Use This Book

- ★ Selecting The Meal
- Preparing For The Date
- \* Advance Preparations
- Planning Checklist
- \* Panoramic Views

COOK ONE

COOK ONE

COOK THO

GENTLER HARD

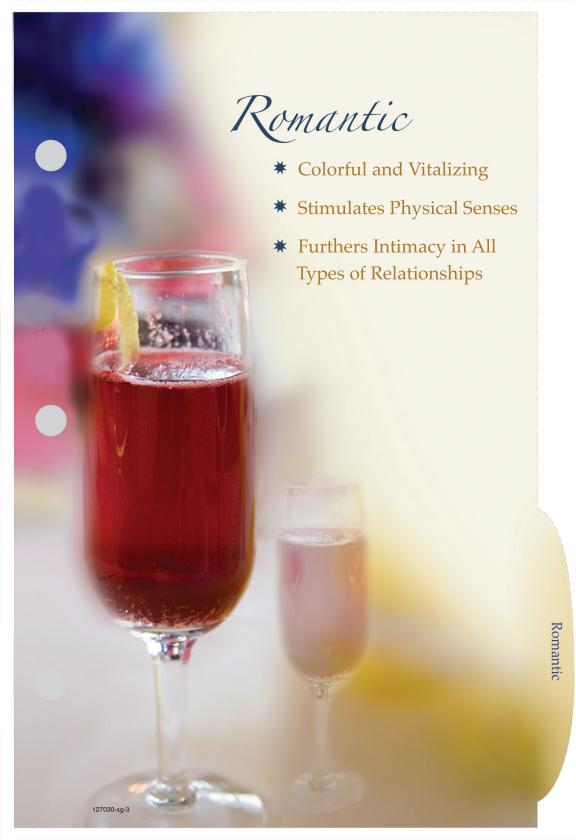
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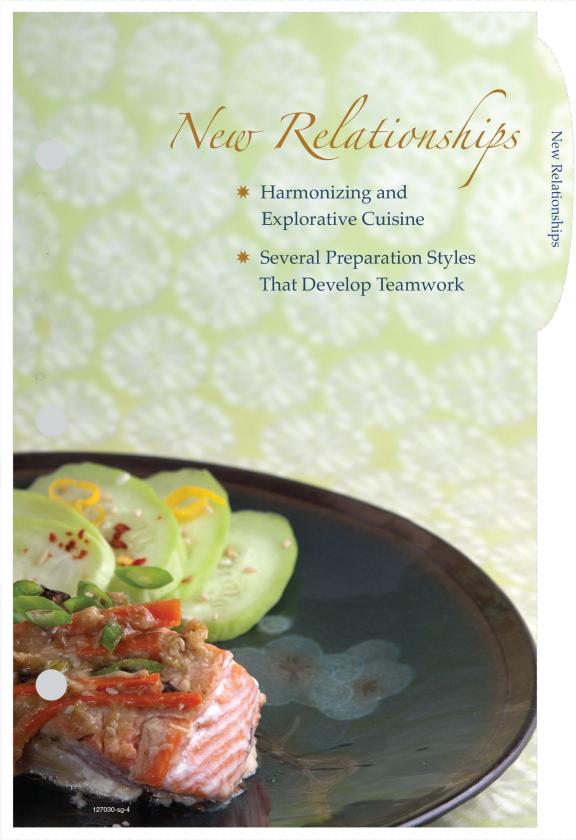
## Feelin' Homey

- \* Recipes That Comfort, Relax and Are Physically Warming
- Brings You To Feeling Content,Balanced and Satisfied
- Supplies The Body With Good Building Blocks For Recuperation

Feelin' Homey





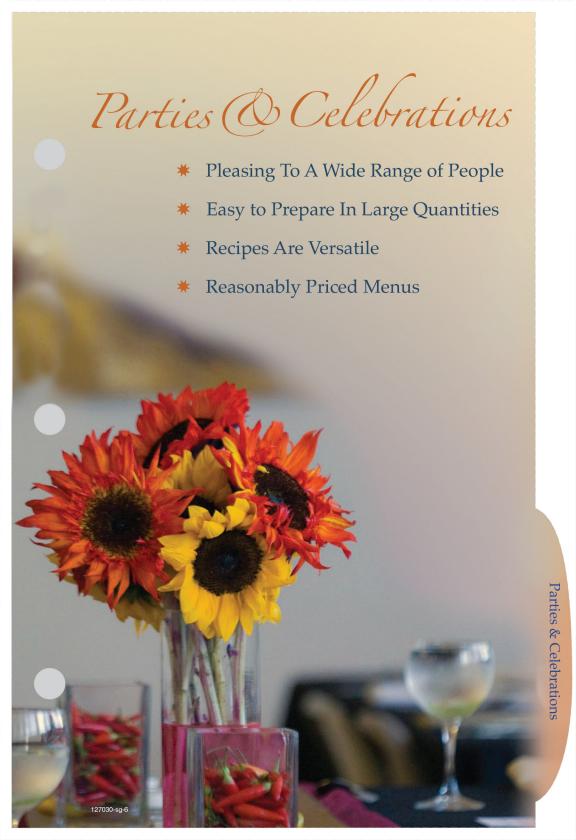


## On The Wild Side

- **\*** Exotic and Exciting Combinations
- \* Engages The Imagination
- Stimulating Textures, Tastes,Colors and Aromas







## Keeping It Sweet

- Enjoy A Sweet Time Together
- \* A Lovely Afternoon Treat and Energy Pick-up
- \* An Elegant Ending To An Evening
- Recipes Suitable For Breakfast or Brunch



- \* Cooking Side by Side
- \* Anecdotes: True Stories of People Cooking Together
- \* Ambiance & Artistry: Formality,
  Lighting, Color & Decoration, Flowers
- \* List of Edible Flowers and Herbs
- \* Plate Presentation and Garnishes



