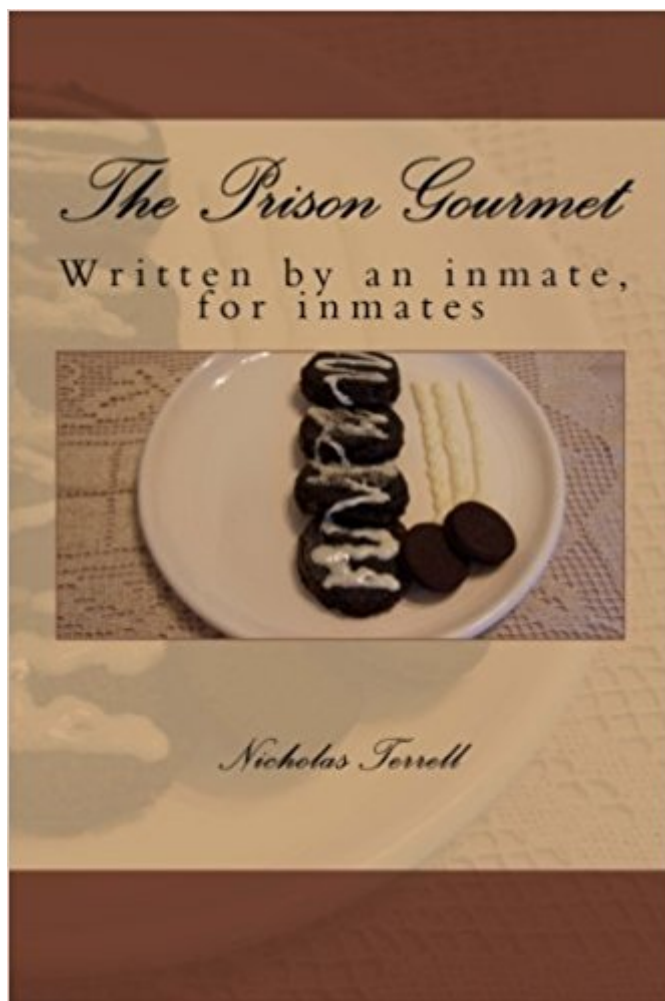


The book was found

The Prison Gourmet: Written By An Inmate, For Inmates?.



Synopsis

This is a cookbook for inmates, written by an inmate. Something to remind them there is more than just prison food. Something to remind them of home. From Chocolate Cake Supreme to Peanut Butter Caramel Popcorn, everyone deserves a taste of home.

Book Information

Paperback: 28 pages

Publisher: CreateSpace Independent Publishing Platform; 1 edition (May 22, 2016)

Language: English

ISBN-10: 153341193X

ISBN-13: 978-1533411938

Product Dimensions: 6 x 0.1 x 9 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 6 customer reviews

Best Sellers Rank: #275,564 in Books (See Top 100 in Books) #23 in Books > Cookbooks, Food & Wine > Cooking Methods > Microwave Cooking

Customer Reviews

Nicholas Terrell was born and raised in Chicago. He learned at an early age to cook from watching his mother. She explained to him how to understand recipes. How they work. Why they work. And what goes well together on the palate. He soon started creating his own recipes using the 'templates' she taught him. He learned to swap one ingredient for another, change a cooking method, and how to combine flavors to achieve an even better dish than the original. In high school he decided he wanted to become a chef, own a business, have a family. But his family moved to the Detroit Area and at the age of 18 he was involved in a crime which sent him to prison for 3 years. But being incarcerated did not destroy his desire to succeed. It fueled his quest to help. Help others in the system try to have a little reminder of home. This book is a testament to the desire to excel. An inclination to never give up. The devotion to help others. And his passion for food.

Good book. Recipes are useful for family member. The recipes with protein are especially useful.

A wonderful opportunity and a lovely cook book!

I sent this to a friend and unfortunately it calls for a microwave of which is not available to any prison

inmate that I know of.

Everything was as stated.

She said it's much better than the others

Recipient was happy to receive the book as another way to survive in a creative, do it yourself way. Book arrived in time frame as promised and condition was as described.

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