Long before Isaac Hayes became the voice of Chef on the wildly popular and irreverent television show South Park, he was a food lover. His fondest and most enduring memories are those associated with his Tennessee boyhood and helping his grandmother to prepare traditional Southern soul food. Before becoming an Academy Award-winning composer, Hayes was a short-order cook. And somewhere in a career spanning more than four decades, he was a single father who cooked for five children and shared recipes with friends, professional chefs, and family. The commercial successes in music, film, television, and radio came and went and came again—but always there was the food.

Cooking with Heart and Soul is pure Isaac Hayes—one part hot buttered soul, one part chocolate salty balls, and a big helping of comfort. Its a mix of traditional home cooking and healthy eating, with a touch of the gourmet—and lots of stories from a life lived to the fullest. This is a rare collection of recipes and reminiscences that reveals Isaacs passionate and eclectic interests from soul food and soul music to superstars and super-nutrients. It is as inspiring and satisfying as his Mamas Fried Cream Corn recipe.

My Personal Review:
This well-written, easy to follow cookbook is not only one of my favorites to draw from when Im feeling creative in the kitchen. It is also one of my favorite reads. The stories that Isaac tells from his growing up...to his stardom as THE most creative force in soul music...to the point that he is now will make you read them over & over again. Not to mention the fact that recipes are so wonderful! For starters, the Million-Dollar pie is delicious. The fried corn is off the chain. And the lemon meringue pie will make you wanna slap somebody for real! The whole cookbook gets a Lawd Have Mercy! from me. Thanx Isaac!
For More 5 Star Customer Reviews and Lowest Price:
Cooking with Heart and Soul - 5 Star Customer Reviews and Lowest Price!