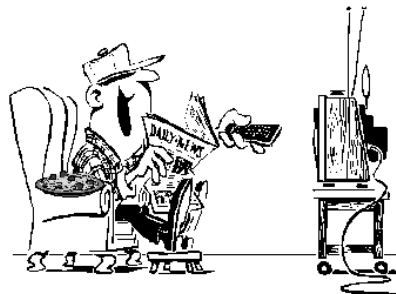


## INTRODUCTION

Hello and thank you for purchasing this CD book, although I imagine a few of you may have received it as a gift. Some of you will look at this and think. "A cookbook for men? Like I am going hang around the kitchen and cook like my Aunt Tillie did. I am a rugged he-man. I should be out hunting moose or fixing my car. Heck, why cook when there are drive through windows?"



Yes, these are valid points. Now you might be on a first name basis with the bucket of chicken deliveryman. You could have hot steaming cheese burns on your nose from not being able to wait when driving home with a take out pizza and eating a slice in your car. Maybe your biggest dining decision when eating a sack of tacos or take out Chinese food is if you are going to eat standing at a spot over the sink or sitting down and watching TV.



But listen to this example; a non-cooking friend of mine, Arnie Pablooski never prepared food at home before I began giving him tips. He had one of those vending machines that you find inside factories placed in his apartment and a guy would come and fill it weekly. For lunch Arnie would put his money in and get a cheeseburger inside a plastic bag then heat it in a little microwave oven. For dinner it might be a little can of Dinty Moore Beef Stew or a bean burrito. If Arnie had a dinner date over he would pay for all the vended products they ate during the meal. His date did not have to pay at all, which eliminated any embarrassing moments if she happened to come over without any change. He did have an advantage of being able to offer four different flavors of potato chips as an accompaniment to the dinner. Then Arnie began using my tips and recipes. Arnie and his dates have never been happier.



Now, the information in this book is not limited to bachelors. Bachelorettes can cook the food with great joy. With some of the tips you would just substitute boyfriend for girlfriend. Married men that read it could benefit from the tips and great recipes. Most of the advice will apply. Your wives will be so happy with your new cooking prowess.

Here is a conversation between a husband and wife after the husband purchased this book and made Beefy Muffins for his wife.

WIFE: Why this food is so good. I thought you only liked cooking on warm days outside on the grill where you can drink beer and make bratwurst.

HUSBAND: No my little poopsie woopsie. I like to cook a variety of foods in the kitchen.

WIFE: You may be the best husband any woman ever had.

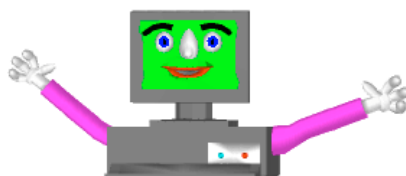
HUSBAND: Thank you.

WIFE: Why don't you go out tonight and play poker or something with your friends. I shall clean up the kitchen and knit you a pair of socks.

Throughout this book you will see different icons to click on to view animations and fun stuff. If you see an icon like the one below, click on it to view a humorous animated short.



Click on the icon below to hear a food related joke from Corny the Joke Telling Computer.



An icon like this is a bachelor tip from world famous playboy, Rudy Snabblewurst. Click on it and get some advice from Rudy.



If you click on the icon below, you can play the fun game, "Guess the Phrase." In this contest you will see a well know proverb or phrase and you try to guess it. Most will be acted out by the Studio Tommy Players. The answers are given at the end of the book. Click on it and try to guess the first proverb.



And if you click on the icon below you can play a game of, "Catch the Errors." These are located at the end of each recipe section. In this laugh filled contest you watch a short animated and somewhat humorous video and find errors. But heck, click on the icon and let the host, Bart Lemming tell you the rules. Again, the answers are at the back of the book.



Think of this men. Many of the great Chefs in the world are men. You can now watch cooking shows on television where men cook in front of a live audience. They may even have food groupies.



On one show if the host says he is going to add extra hot sauce to a dish the crowd goes wild, much in the manner of when a football player scores the winning touchdown for the home team.

Plus think about having a girlfriend over to your bachelor pad for dinner. This means you will save money by not having to pay to take her out to dinner. The cooking idea is starting to sound better all ready, right? Whoever came up with that idea anyhow? That the guy is supposed to pay for the date? I have heard stories of other fellows on dates where his escort was a liberated woman and insisted on paying her way but so far I have not had any luck with this happening to me. I took my last date, Sandy Zuba to the Buckaroo Steak House, which is a cool place where the workers dress in Cowboy and Cowgirl outfits.

You can watch your steak being grilled while you wait in line with your tray. Not only did I have to pay for Sandy's meal but she also bought all the extras like two more pats of butter, extra sour cream and chives for her potato plus extra salad dressing.

At a quarter or fifty-cents each, those things add up. Then to top it off she made me buy her a hat that was shaped like a rib eye steak. So keep this in mind.

Once your date/girlfriend/significant other/wife finds you cooking, her image of you will rise and rise. You no longer are just that handsome oaf she likes but now she views you as a sensitive man. She will see you as not afraid to jump in and help in the kitchen. Like if you two got married you would help cook the Thanksgiving dinner instead of sitting on the couch and watching football games all day.



You will need some basic kitchen things before you begin. If you have one of those Dollar Stores near you can probably find the stuff there. [Click here to see Things To Have and Gadgets For the Kitchen.](#)

Occasionally there may be a word or term that you may not be familiar with. This usually will be in [red lettering](#), meaning you can click on it and get a definition of the word.

Navigate through the book from the Table of Contents or by clicking on a bookmark. The book is divided into four sections, Salads, Appetizers & Sides, Soups, Main Dishes and Slow Cooker Recipes. These can be expanded in the bookmarks by clicking on the + sign to the left to view all recipes. You can scroll through the book page by page. Bookmarks can be closed to make the pages bigger. Zoom in or out from the, "view," on top. There is a searchable index so you can enter a word and find it. Recipes can be printed to take to the kitchen. To go back a page, click alt then the back arrow or use the arrows on the right to go up and down.

So read on men. Soon you will be joining other bachelor friends and husbands on your work breaks to talk over new recipes, cooking techniques, how much garlic the singing chef put in the stuffed flounder on his television show the previous night and sharing favorite foods you brought in for the other fellows to try.



Good luck, bachelors and playboys.

**TOM MOLLIKA**