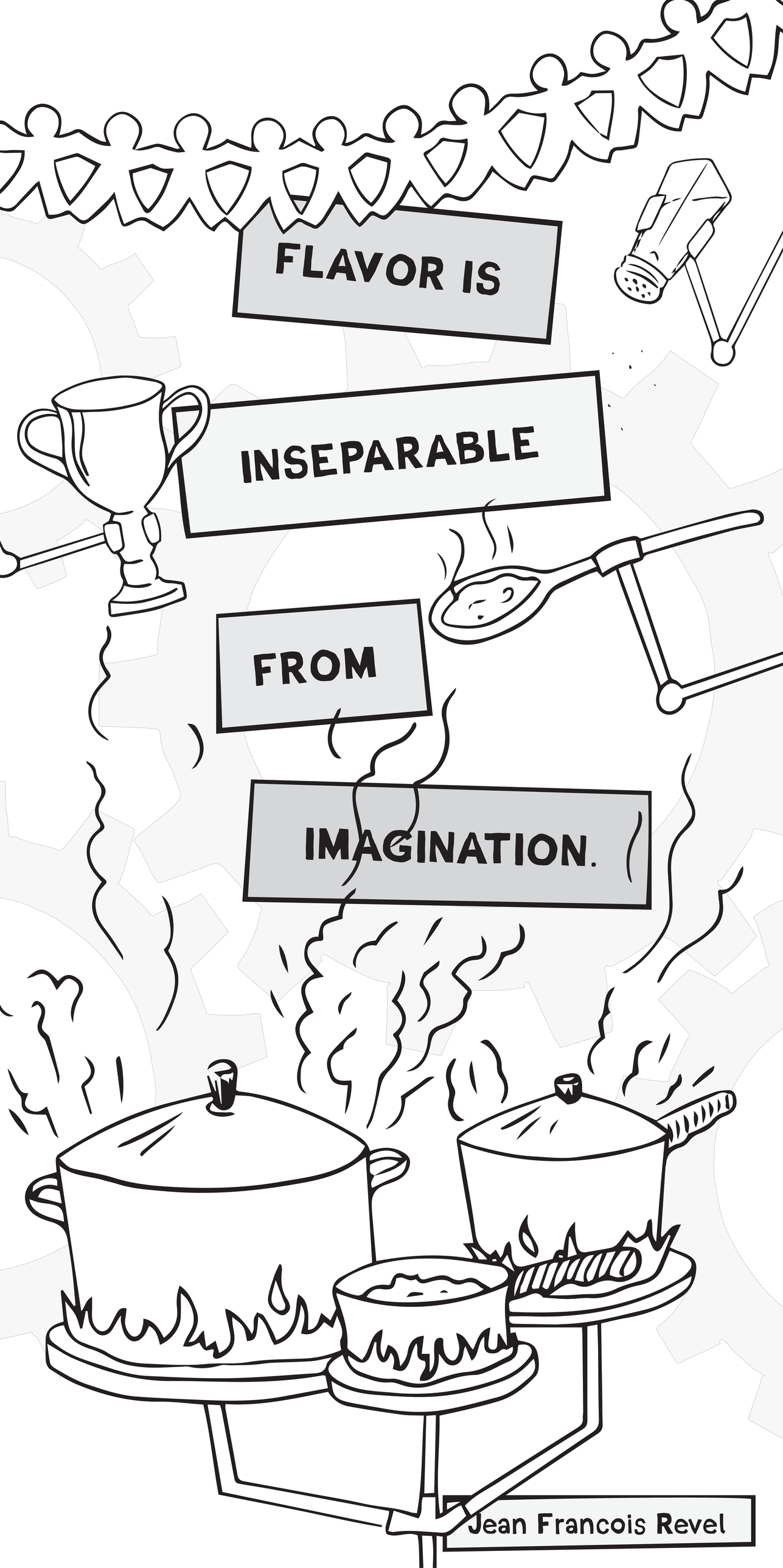
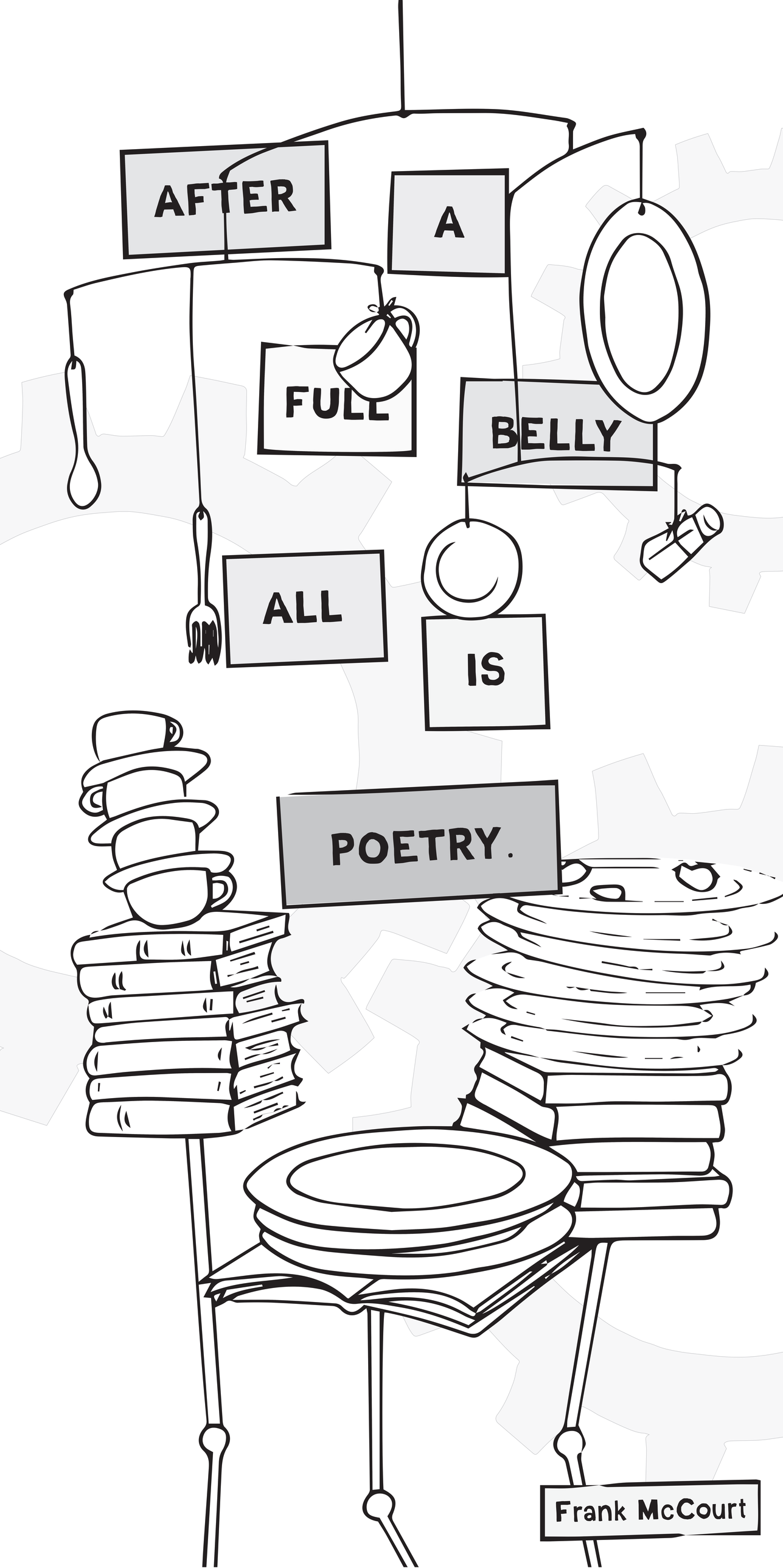
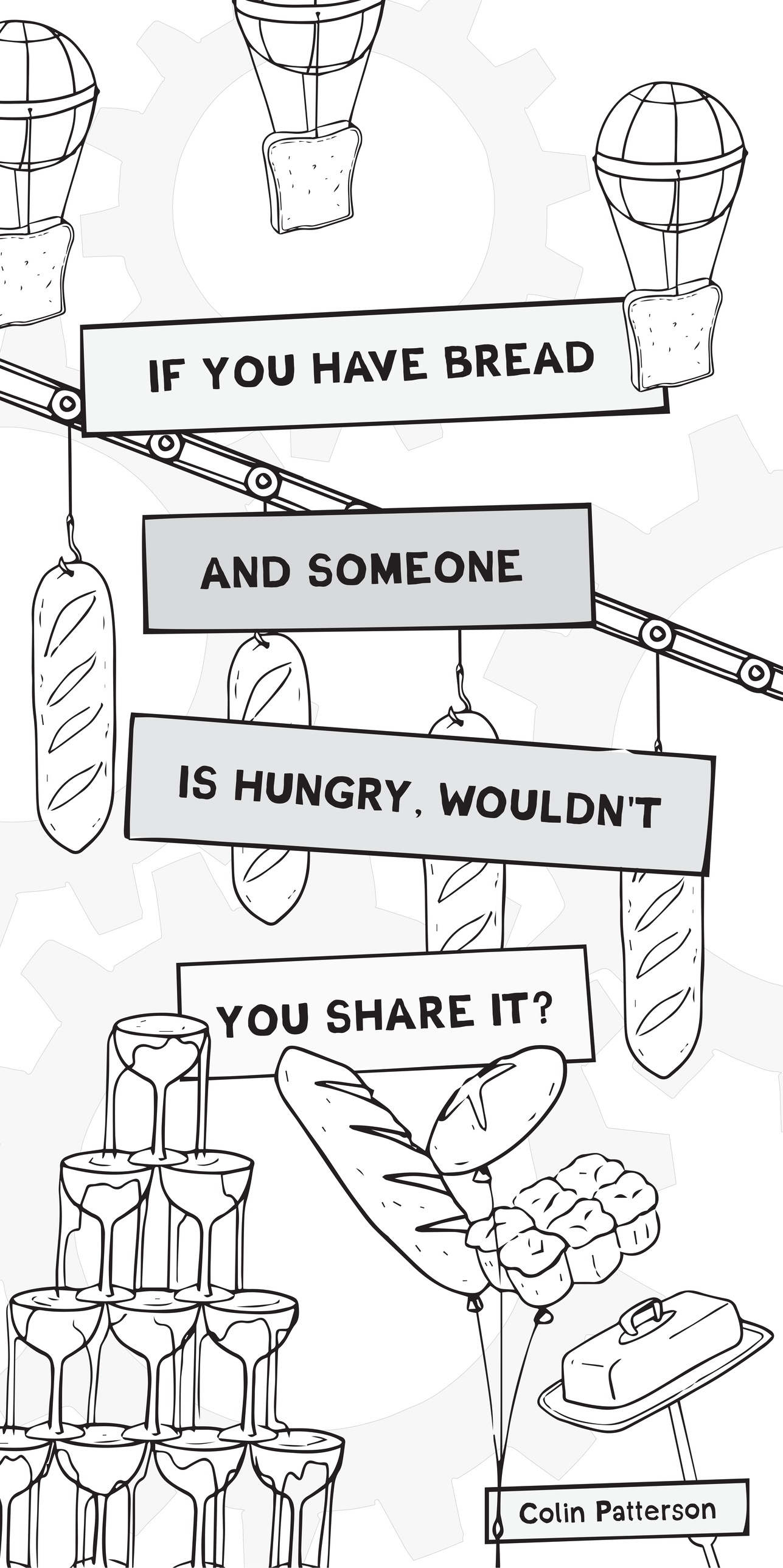
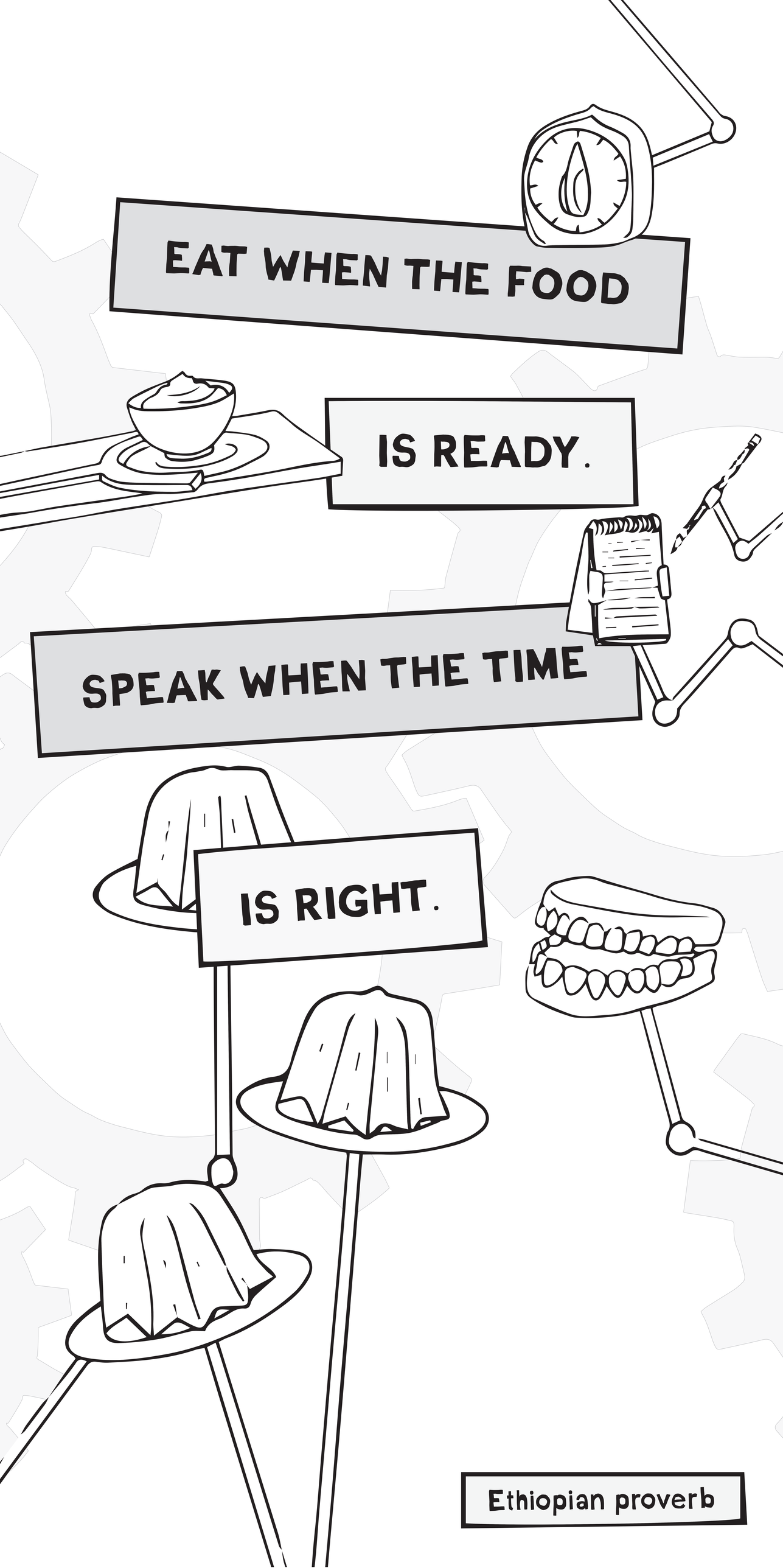
COOKING IS AN EXPRESSION
OF WHO I AM,
WHAT I AM,
WHAT I'VE SEEN,
WHAT I'VE TASTED.
Edouardo Jordan

FF
&H
FIRST WE EAT.
THEN WE DO
EVERYTHING ELSE.
M.F.K. Fisher

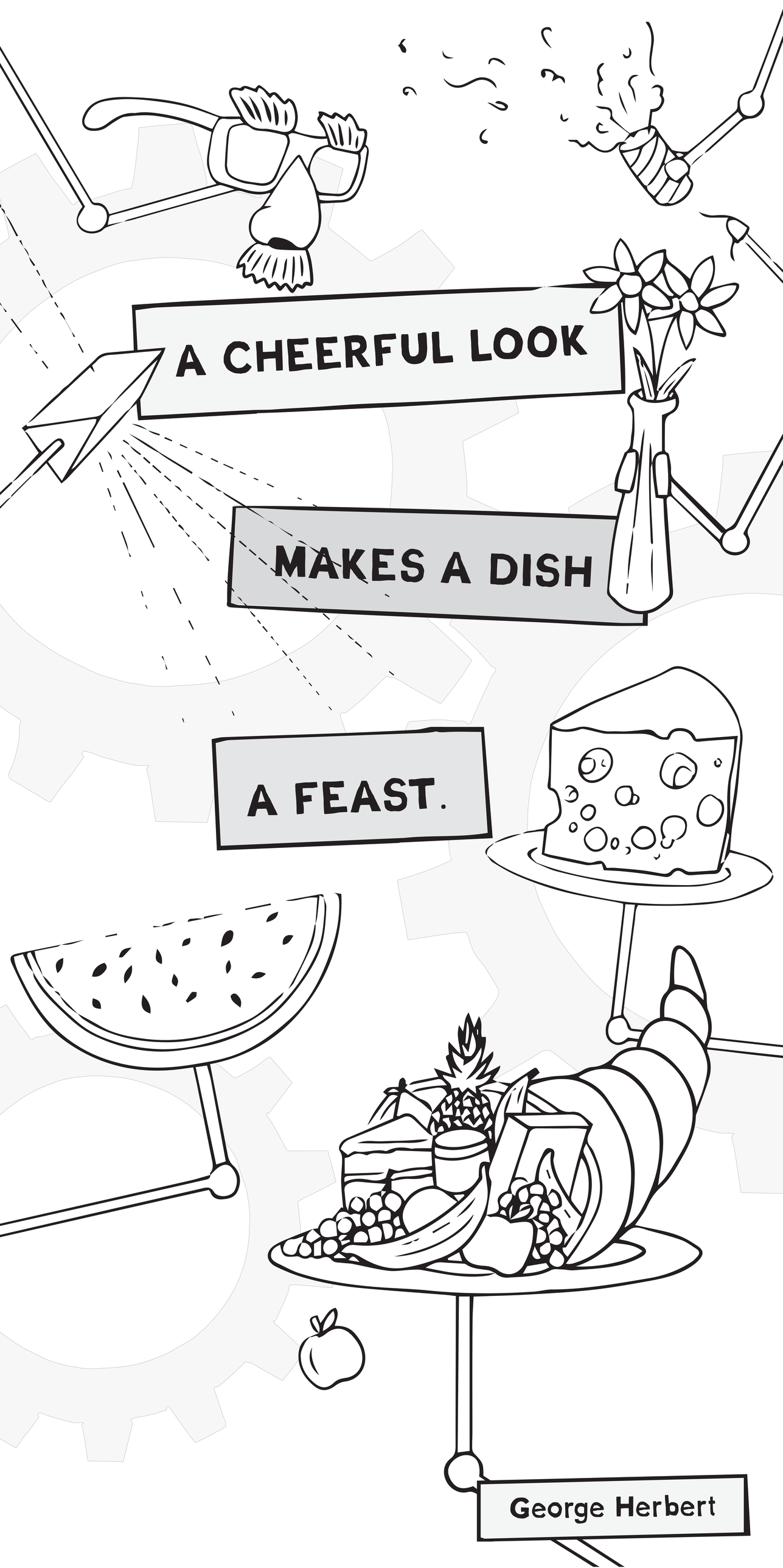

FLAVOR IS
INSEPARABLE
FROM
IMAGINATION.
Jean Francois Revel


AFTER
A
FULL
BELLY
ALL
IS
POETRY.
Frank McCourt


IF YOU HAVE BREAD
AND SOMEONE
IS HUNGRY, WOULDN'T
YOU SHARE IT?
Colin Patterson


EAT WHEN THE FOOD
IS READY.
SPEAK WHEN THE TIME
IS RIGHT.
Ethiopian proverb

FOOD IS
A LANGUAGE
WE SHARE THROUGH
EXPERIENCES.
Mark Miller


A CHEERFUL LOOK
MAKES A DISH
A FEAST.
George Herbert