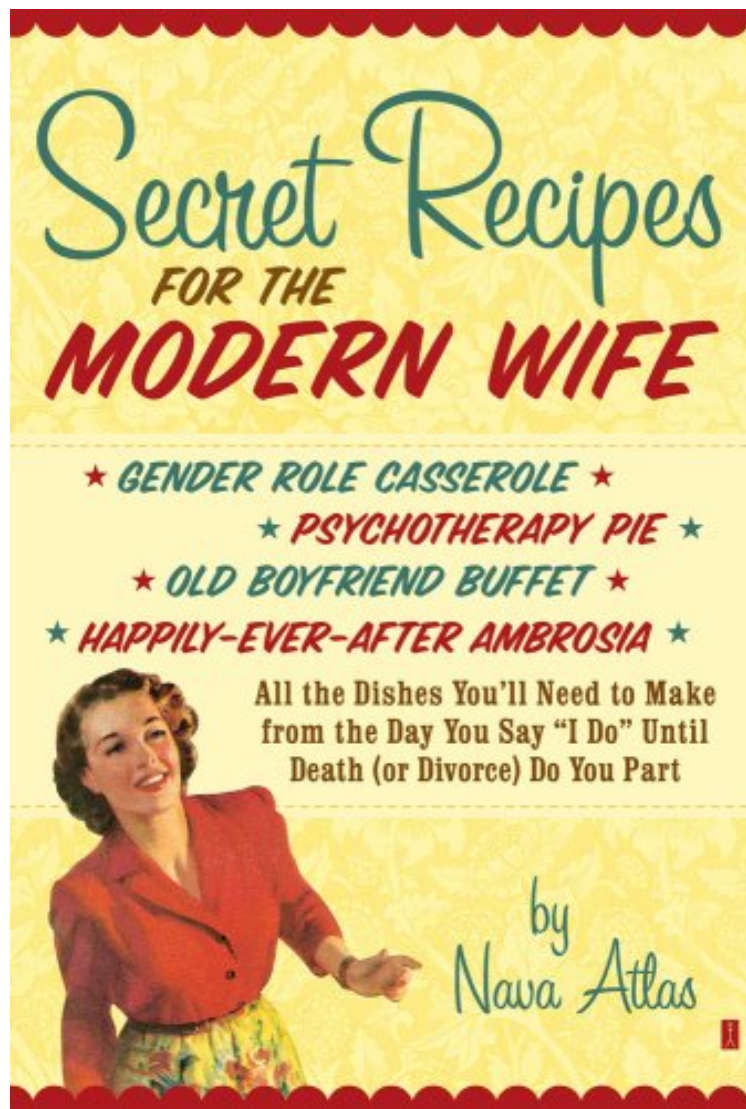



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## Secret Recipes for the Modern Wife: All the Dishes You'll Need to Make from the Day You Say "I Do" Until Death (or Divorce) Do You Part

Nava Atlas

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Nava Atlas : **Secret Recipes for the Modern Wife: All the Dishes You'll Need to Make from the Day You Say "I Do" Until Death (or Divorce) Do You Part** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Secret Recipes for the Modern Wife: All the Dishes You'll Need to Make from the Day You Say "I Do" Until Death (or Divorce) Do You Part:

9 of 9 people found the following review helpful. Cute book, but this is NOT a cookbook. By a2020 This is a cute humor book written as a parody of a cookbook. Perhaps I should've looked a little closer, but from the VegNews review and product blurb I was expecting a vegan cookbook with a bit of humor - maybe like a vegetarian version of Amy Sedaris's entertaining book, with some adapted versions of the riotous '50s recipe booklets filled with casseroles and jello salads.. I'll have to keep waiting for somebody to write that. Instead, this is a humor book without any actual recipes. 2 of 3 people found the following review helpful. Lots of fun. By Holly When the opportunity to review this little gem came, I wasn't sure what to expect. Was it really a recipe book? Was it a bash on marriage? I'm pleased to say it was, for the most part, a delight. The subtitle says, "All the Dishes You'll Need to Make from the Day You Say 'I Do' Until Death (or Divorce) Do You Part". With recipes like, "Sweethearts Engagement Buffet" and "Way Too Much on Your Plate", Nava has a fun take on marriage. There was a bit more criticism of husbands than I like, but hidden in the snark and sarcasm are also little tidbits about the rewards of a good marriage. The book is full of great retro 50s art and advertising. There is something in it for everyone: whether you're a newlywed, a tired mommy, heading for divorce, or married to a good man who is like corn and has traits like these--maturity, tenderness, consistency and endurance. A light, easy read, and while I have nothing to complain about in my marriage, or about my husband, I laughed my way through it. My favorite recipe? "Happily-Ever-After Ambrosia". 5 of 5 people found the following review helpful. Recipes for laughs. By Cathe This book was so much fun . . . from the recipe for Way Too Much On Your Plate (which I eat daily!) to the Souffl of Fallen Expectations, Control Freak Cookies, Midlife Stress Stuffed Cabbage, and Sweet Cakes of Hope -- there are recipes to suit every mood and pallet. A departure from Atlas's healthy, vegetarian cookbooks--this is full of black humor, hideous fifties food pictures, and a laugh (or sometimes a cry) on every page.

Flavored with frustration, simmering with rage, and iced with affection, these recipes will make you laugh as you multitask your way through the challenges and joys of matrimony. Whether you're a new bride or an old hand at marriage, it's always handy to find fresh and fascinating recipes to add to your repertoire. And the recipes in this collection are perfect for you, the busy, overextended, and occasionally conflicted modern wife. Enveloped in them are the secrets -- delicious, distressing, and everything in between -- that accompany women on their marital journeys. Here are recipes you won't find in just any cookbook: Beans 'n' Weenies of Sexual Tension Midlife Stress-Stuffed Cabbage Control-Freak Cookies Souffl of Fallen Expectations A Fairly Satisfactory Family Stew Though she grills societal norms with gleeful relish, Nava Atlas never loses sight of marriage's simple, loving rewards. The result is a feast of retro art, sly wit, and cultural commentary. No woman will be able to read this without thinking of five friends she must share it with!

About the Author Nava Atlas is an artist and author who is best known for her bestselling vegetarian and vegan cookbooks, including the classic Vegetariana. She lives in the Hudson Valley region of New York with her husband and two sons. Excerpt. Reprinted by permission. All rights reserved. Introducing the Recipes Whether you're a new bride or an old hand at marriage, a collection of fresh and fascinating recipes to add to your repertoire is always welcome. And the recipes in this collection are perfect for you, the busy, overextended, and occasionally conflicted modern wife. Enveloped in them are the secrets -- delicious, distressing, and everything in between -- that accompany women on their marital journeys. Here are recipes you won't find in just any cookbook. As a young wife and mother, you may favor dishes that are as accommodating as you, like Gender Role Casserole and People-Pleasing Tossed Salad (though you'll eventually gravitate to Way Too Much on Your Plate). A few years into marriage, some restlessness and conflict may arise, making "recipes for trouble" mighty appealing. Sample some Beans 'n' Weenies of Sexual Tension, Old Boyfriend Buffet, or Midlife Stress-Stuffed Cabbage. If yours is one of the 50 percent of marriages that end in divorce, well, you've still got to eat. Choose from an array of dishes that will leave just the bitter aftertaste you'd expect; Grounds-for-Divorce Meat Loaves and Psychotherapy Pie are just two of the recipes for disaster that will serve you well. For dessert, though, be sure to indulge in Sweet Cakes of Hope. Finally, our recipes for reconciliation and romance are sure to please those who've found contentment and, yes, even happiness, as they've weathered the joys and challenges of family and married life. Even if you've gotten burned on the stove of marital strife, however, these recipes just might inspire you to find someone new and give it another go. So, get comfortable, pour yourself a cup of coffee or tea, and browse through these secret recipes. Some are delectable, others lamentable, but you're sure to find favorites to serve again and again. Gender Role Casserole Serves 1 resentful mom 1 adult female, probably you 1 adult male, presumably your husband Children, as planned or who just happened Hard-boiled egg wedges and sliced olives for garnish Combine yourself with your husband. When you are fresh from the altar, swear you'll never fall into stereotypical gender roles. Allow yourselves to marinate until you've spawned some children. Perform the following functions: boo-boo kissing, tummy ache rubbing, temperature taking, nose wiping, all school-related stuff (field trip chaperoning, teacher conference going, lunch making or lunch money giving, homework supervising, bake sale baking, etc.), car pool organizing, play date arranging, playground going, appointment making (doctors, dentists, haircuts, music lessons, etc.), meal planning, food and clothing shopping, social organizing, form

filling, summer camp arranging, laundry doing, bed making, snack preparing, party giving and going, gift buying, and on and on until you're ready to puke. Observe your husband at the following: spending increasing amounts of time at work and/or work-related travel, becoming inordinately interested in sports or the Internet, performing occasional minor house repairs, emptying the garbage, and taking sporadic care of the children. Complain that said husband promised to be an equal partner in domestic duties, upon which he patronizingly explains that since he is earning more money, you should logically take on most of the household and child-care duties. Wonder how you turned into your mother (or grandmother, if your mother was part of feminist movement). Arrange eggs and olives over the top.  
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