

WHERE FOOD AND LOVE ARE BIND TOGETHER



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The Love Recipes

By Gladys Cheow

<http://TheLoveRecipes.com>

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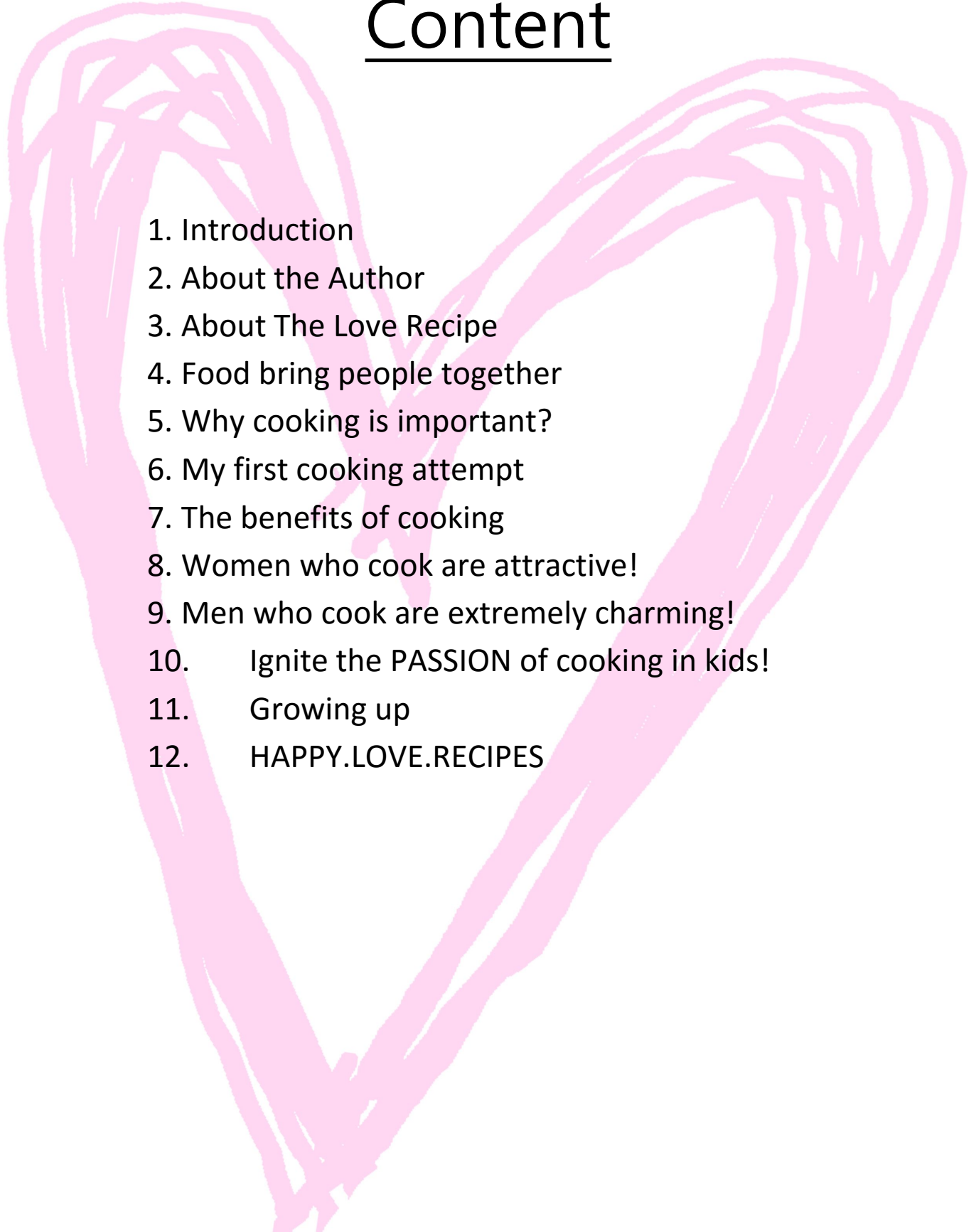
Acknowledgment

To my Mom, it was a great pleasure working on the “The Love Recipes” project with you. The project of this eBook will not be possible without you. You are a mother, a mentor and a best friend. Thank you, Mom! For all the hard-work, slaving behind the kitchen door over the years, cooking for us and making sure that we are well fed. I can never thank you enough for the unconditional love and the support you have given me all my life.

I love you Mom!



Content

- 
1. Introduction
 2. About the Author
 3. About The Love Recipe
 4. Food bring people together
 5. Why cooking is important?
 6. My first cooking attempt
 7. The benefits of cooking
 8. Women who cook are attractive!
 9. Men who cook are extremely charming!
 10. Ignite the PASSION of cooking in kids!
 11. Growing up
 12. HAPPY.LOVE.RECIPES

Introduction

On each and every special occasion, my family and relatives were always spoiled with different types of delicacies that were prepared by my mother, such as moon cakes and rice dumplings. Strengthening the bond between us and all of the other relatives from our family was the main objective that my mother wanted to obtain through cooking. Even now she still performs this tradition with no expectations for a reward. My mother just likes to cook and share it with the family.

I love to cook with my mom and discuss certain things from our daily lives, and I have loved it since the early stages of my life because it makes me feel closer to her. When we want to prepare something special for dinner, we usually go out for shopping in our local grocery and spend time together searching for the best ingredients. Cooking is a really wonderful practice that helped me to get closer to my mom, especially now when she got older. These are practically the best moments when I am with her.

I love the fact that she always makes time to prepare my favourite meals whenever I contact her and mention that I really miss that delicious dish that she used to cook for us. Our relationship has to benefit greatly from this kind of attention. Now in order to help other individuals taste and prepare all of the delicacies that my mother prepared for us from when I was younger until the present times, I have attained her permission to share all her recipes with everyone who is interested in cooking.

In order to make this task even simpler, I have decided to create an eBook called The Love Recipes, which will help you to add value and benefits to human relationship through cooking education.

About the Author



Hello everyone! My name is Gladys and I make my life in Singapore as a fashion designer. Besides my parents and my siblings, I also share my home with my two perfect, albeit mischievous furry buddies, a dog and a cat which I love really much.

I love home cooked food, baking, enjoying good Riesling, taking selfies and food photography. I also have two favourite cartoon characters, “It’s Happy Bunny” by Jim Benton and “Cheburashka”, and I collect everything that relates to them. I’m inherently obsessed with anything cute or pink!

I have a high degree of curiosity and I cannot go a day without laughing. Sometimes, I can exaggerate when I laugh, but that is because I am really a self-entertainer. Do not try to understand this one. Overall, I am a friendly person.



About The Love Recipes

From all of the wonderful experiences that human beings encounter in their lives, enjoying a great meal can produce great memories. Some people just can't wait to get home and enjoy a warm home cooked meal after a stressful day at work, others may wait for Sunday mornings in order to taste a freshly baked chocolate cake, while eating a specialty dish at a local restaurant may be the main preference for a particular group of people.

Strengthening the relationships between people from different races or areas of the world is one of the most important characteristic of this wonderful creation, named food. It is really wonderful to see people enjoying a particular type of food, even if they taste it for the first time.

How wonderful it can be to discuss different sorts of events with your family members while enjoying a tasty home cooked meal. What makes this experience so wonderful is the fact that you are enjoying the meal under the unity of the group, which offers you a sense of protection. In rare occasions we have the opportunity to have all the family members gathered together at the dinner table, so this can bring a smile on everybody's face. In this hectic world, different problems prevent us from gathering the entire family at dinner each day, so any moment of this kind should be highly regarded.

I have decided to share with you all of my trials and tribulations in the kitchen, telling you some of my short stories and also offer you some useful information about my home cook recipes, all on a project called The Love Recipes.

While many individuals have forgotten how much fun and healthy it really is to cook a tasty meal at home, the main intend of this eBook is to bring that feeling back and restore the passion for cooking. It does not matter for who you prepare a particular meal, as long as you prepare it with love and attention. Whenever you see the person you love enjoying the meal that you have prepared for him/her, a sense of happiness will cover your soul.

Food brings people together

Women, for example, like to discuss certain subjects while preparing different types of food. Another sign of unity is represented by a group of people that has prepared a voluntary action to feed the homeless.

Another bonding experience can be obtained whenever a family gathers together to cook and enjoy a home cooked meal.

Since we all attend different restaurants in order to meet other people or to have an enjoying and relaxing meal, we can say that both cooking and eating bring people together.

Build a closer relationship with your friends: Try cooking a new recipe with one of your friends. This will help you to strengthen your relationship with your friend and save some time from your busy schedule. Once you have finished your working program, invite a friend over to your home and start cooking something that you both like.

A dinner party is also a great way to get closer to your friends. Apart from the fact that it will help you to increase the popularity of the local food, you will also be in a position to build a new community. You can rest assured that everybody will like the idea, regardless if you choose to prepare the food at your place, or arrange a potluck in which everybody will bring their share. Do not forget about the unity expressed through a family dinner. Gradually, you will be able to transform this activity into a part of your life due to the human interactions that will take place at the dinner table.

Why cooking is important?

Maybe you want to spend more time with your wife or girlfriend and you do not know how? Or probably you did not see your parents for a long time and you want to make them a surprise? Why don't you arrange a cooking session and have some fun? You can prepare some delicious sweets for your children, or use your creativity and serve your girlfriend a delicious breakfast in the morning right in the bed.

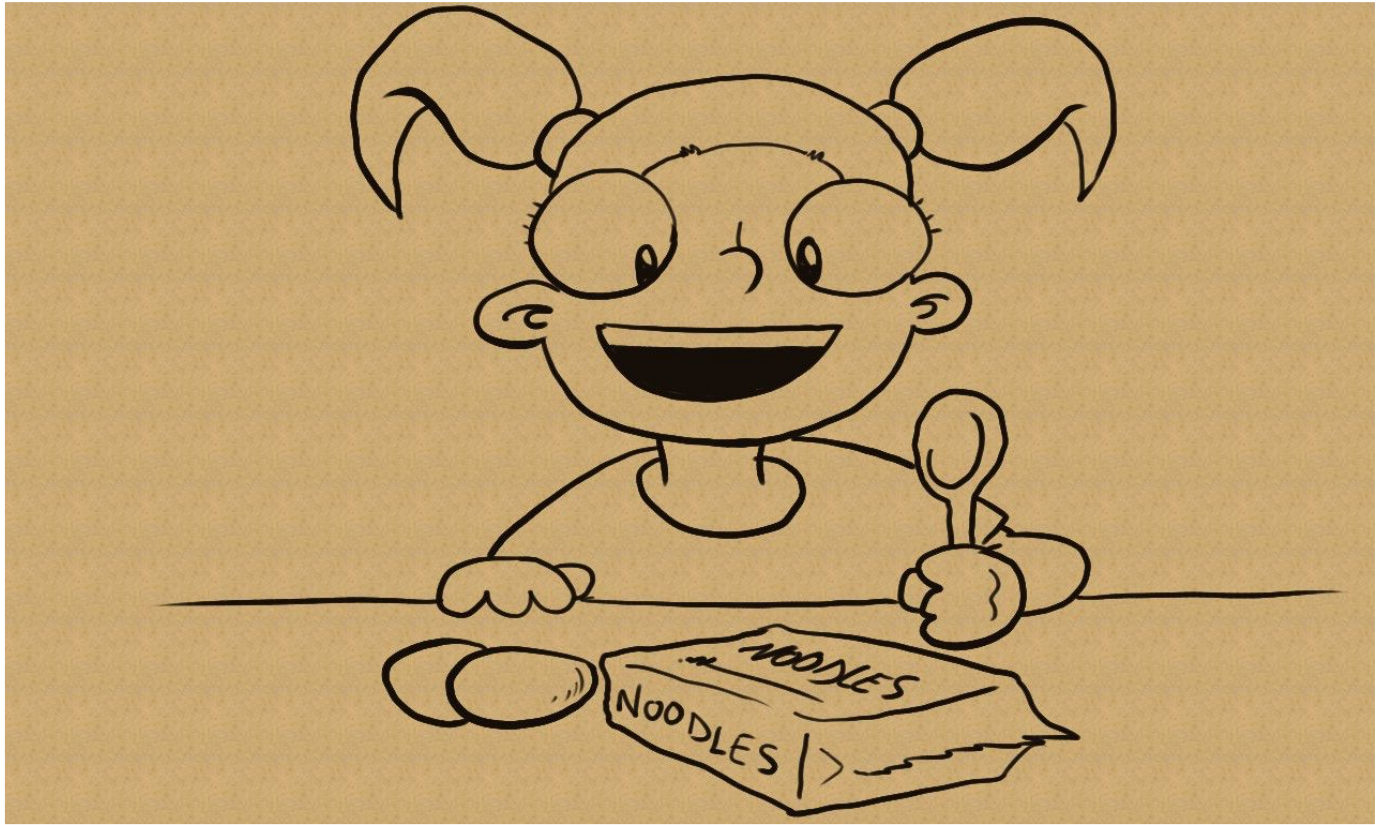
If you want to feel better and eat healthier food, you need to start learning how to cook. Cooking is often a problem for young couples that just got married. Many young couples make the mistake and rely too much on fast food in order to satisfy their hunger, and they end up with weight problems and other severe diseases.

You do not need to spend countless hours on your cooking sessions. By analyzing The Love Recipes eBook, you will learn how to cook efficiently different types of recipes. Learn how to save time and money in your cooking sessions and maintain your body healthy and full of energy with The Love Recipes eBook.

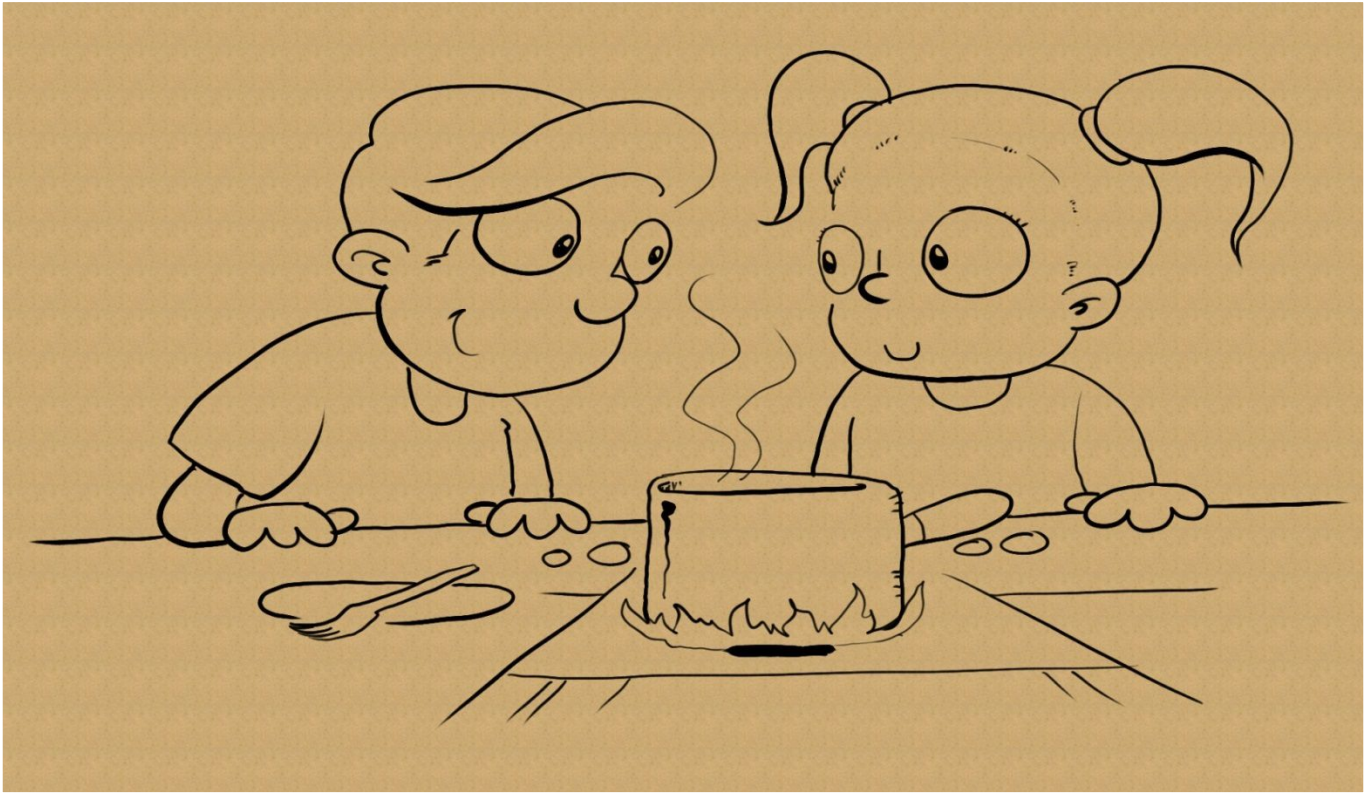
My first cooking attempt



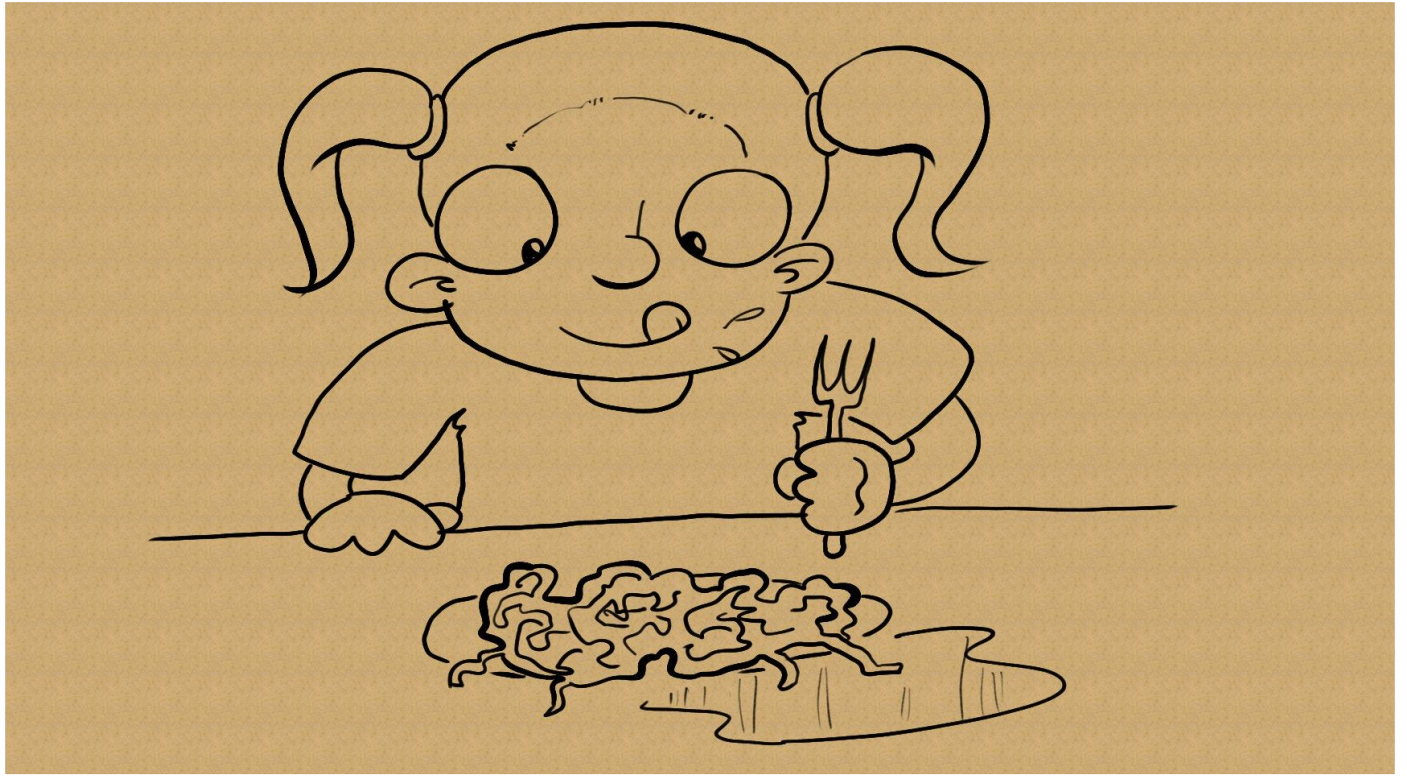
Mom was out buying groceries. I knew she wouldn't be back for a while, and I was feeling adventurous, experimental, and hungry. I decided to do something I've never done before. She was out getting food, so obviously I decided that I needed to try cooking!



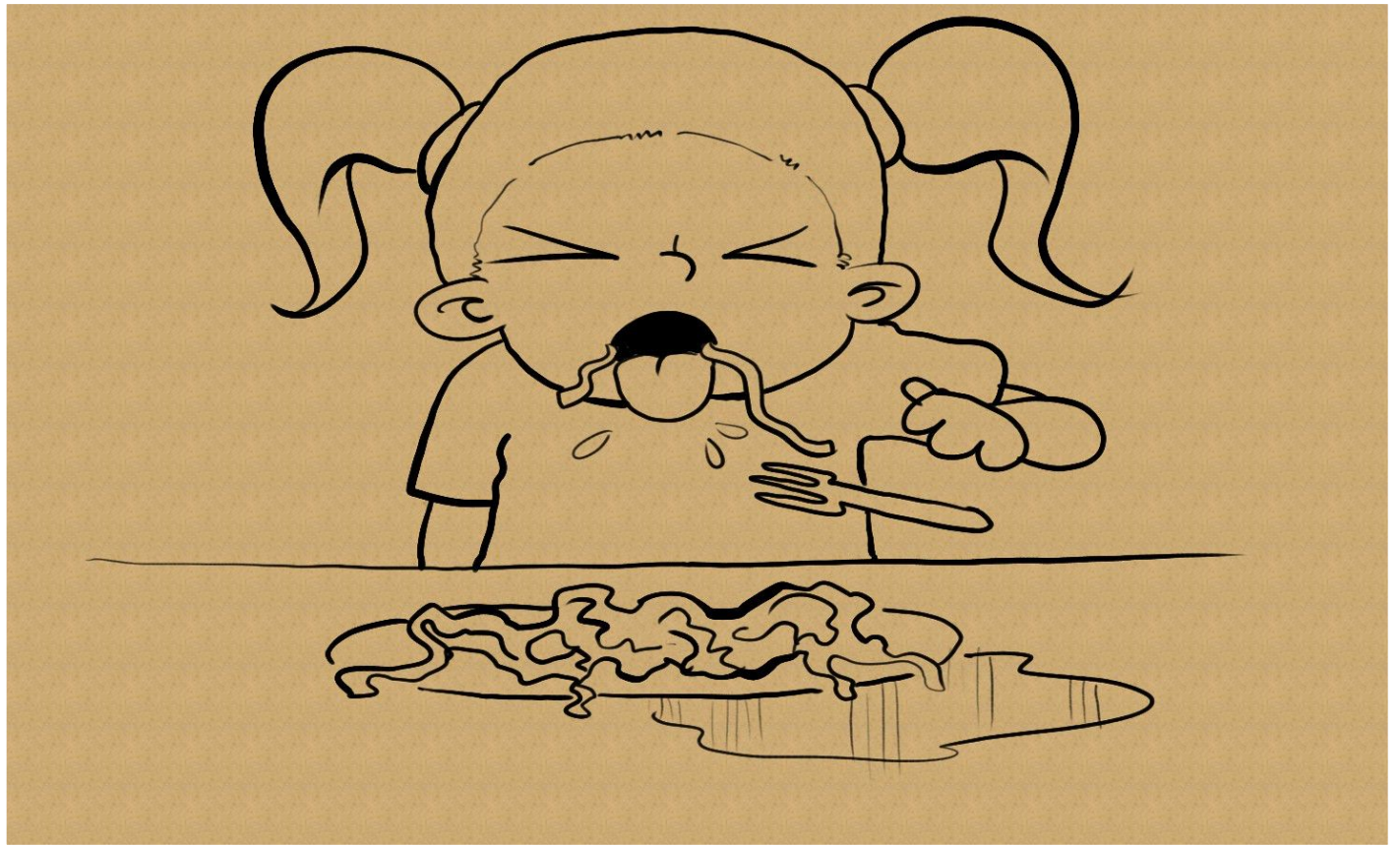
I knew Mom would be surprised and pleased with my new-found talent. Maybe she'd even like my food! There was only one problem: I had no idea how to cook. I decided my older brother and I could put our heads together to make a delicious lunch. Of course my brother agreed (whether he knew how bad this idea was, I still don't know), and we start hunting for any available ingredients. We knew we had to finish our meal before Mom was back, so we decided on something fast and simple. We settled on some true cuisine: instant noodles and eggs.



As we started the gas oven, my brother and I shared the accomplished shared grin of a master chef and his sous chef. I was so eager to get cooking and I simply couldn't wait to turn on the gas stove. I started toward the oven with a lighter, but luckily my brother snapped it away from me before I started a fire. Yet, we had no idea how much water we needed for 3 packets of instant noodles. We decided to fill the cooking pot three quarters of the way! So far everything was going perfectly well, and we threw all the noodles in together with the packet seasoning and the eggs.

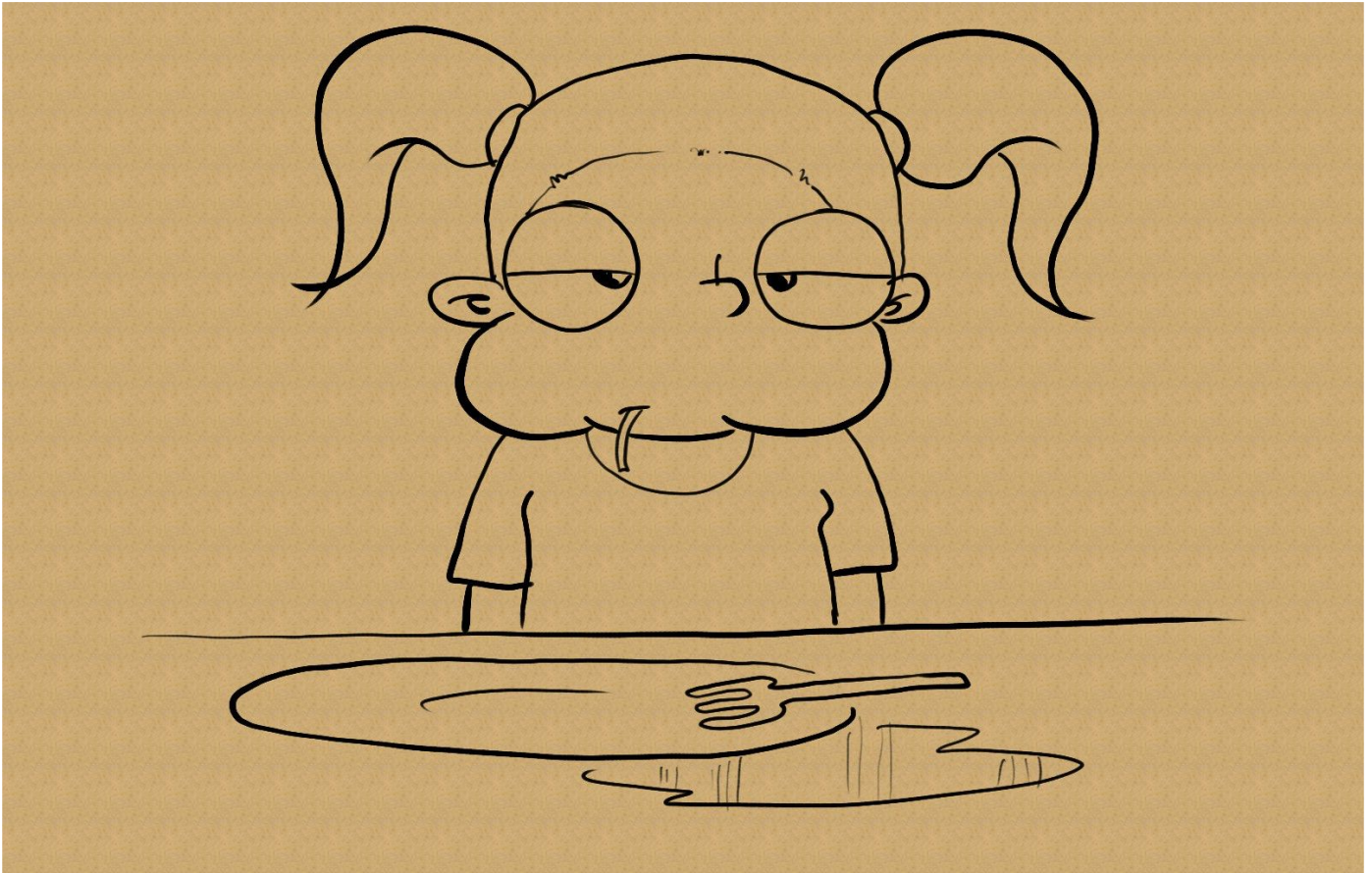


The noodles were ready to eat soon enough, and I was quite happy with myself. We eagerly filled our bowls with what would surely be the best meal we have ever had.

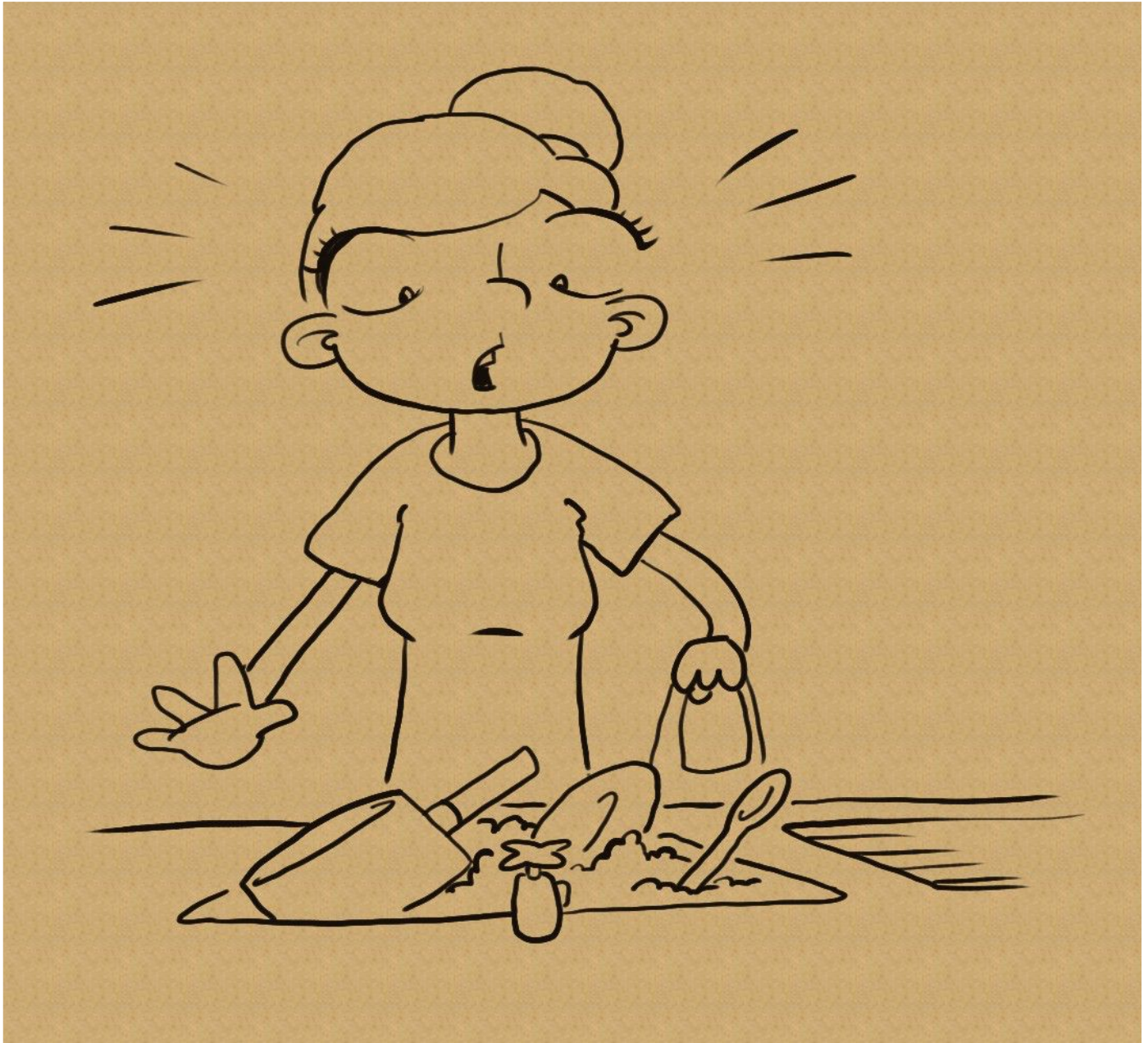


I tasted the noodles and...nothing. There was no flavour at all! We tried to save our meal by adding every seasoning we could find in the kitchen: salt, pepper, soy sauce, and even tomato sauce! I was finally happy with my noodles.

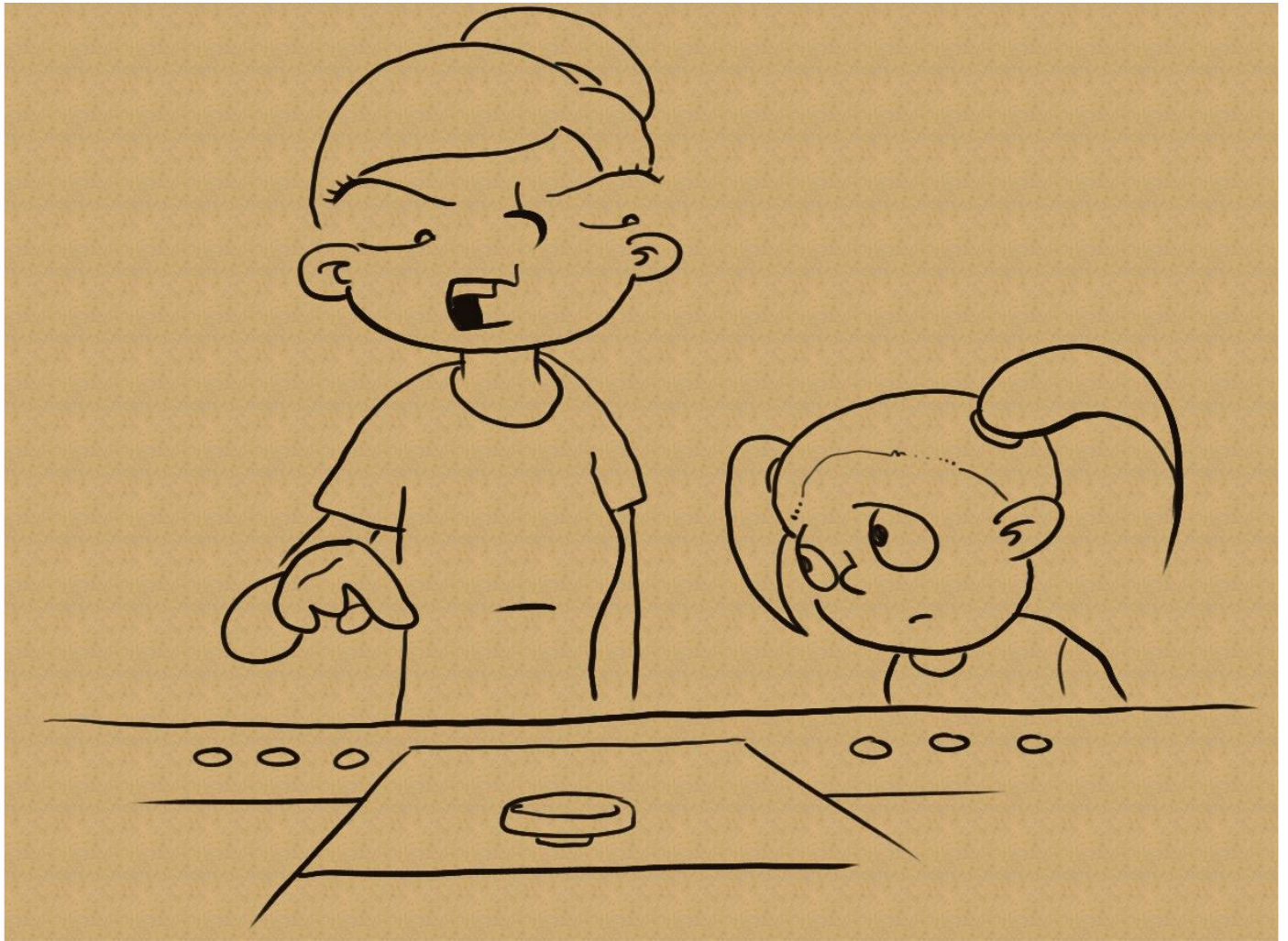
But guess what...



Somehow I finished the entire meal despite the awful taste.



Mom wasn't home yet though, and once she arrived she found out we cooked without her permission. We had left out all of our unwashed bowls and utensils, and she found them immediately.



Mom lectured us about how dangerous it was to start the gas stove without her around, but she was glad that we were safe. I was only 7 years old at the time, but I have never forgotten that story since.

~ My first cooking attempt ~

The benefits of cooking

Many individuals prefer to eat fast food instead of cooking their own meals due to the lack of time. The benefits of cooking are really important, even though you may spend some time in the kitchen. You need to know that fast foods and other prefabricated products have little or no nutritional value at all, and they can also affect your health. There are numerous reasons why you should learn how to cook. Here are just a couple of the reasons why you need to learn how to cook:

1) Save money:

Cooking from home will prevent going out for dinner, so you will be able to save some considerably amounts of money monthly. Apart from the fact that that it is unhealthy, fast food is also really expensive, especially when you buy it pre-packed. Cooking your favourite meals at home will not only help you to save money, but it will also guarantee the fact that you will eat exactly what you like.

2) DE stress:

In order to reduce the stress caused by this hectic society in which we live in, we can take some time and cook a wonderful meal right from the start.

3) Independence:

You can experience a sense of freedom and independence each time you cook your own meals. The fact that you are able to prepare your own meals may offer you a sense of independence because you are practically looking after yourself.

4) Cooking your own food is tastier:

Home cooking is really something special and unique. The way in which different ingredients interact with each other and influence our health can be learned only through home cooking, a practice that can also provide us the flavour we like. You will feel excited about every meal that you prepare, even when the ingredients used in the process are uninteresting.

5) Instant gratification:

You probably recognize this emotion if you have even prepared some cookies or a quick meal. I can say that my first experiences in the kitchen were awful, however, at the end of each cooking session I was happy, even if I succeeded or not. I felt a sense of accomplishment due to the effort I have put in the preparation process.

6) Quality control of the food (healthier and hygiene):

Cooking from home will offer you the possibility to select the portion that you want to cook, the ingredients that you want to use in the process and the way in which you want your meal to be prepared. This means practically that you will be able to eat healthier. The higher level of healthiness will be ensured by the pure and fresh ingredients that you use for cooking. This is an aspect that cannot be guaranteed if you wish to eat in a restaurant or fast food location.

7) Family time

When you are eating out you are in a rush and you do not have time to enjoy your meal. When you want to connect with your family and feel a sense of unity, cooking at home may be the best choice. This connection is practically impossible to accomplish if you continue to eat out, avoiding your loved ones.

8) Food brings people together

Food is practically present in any major event or celebration in life. Numerous great relationships and friendships can arise from a cooking session at home.

9) Cultural Lineage

Information regarding some particular types of food or recipes is passed down from generation through generation whenever you teach a friend to cook the most popular type of food consumed by your family, or vice-versa.

10) Expression of love through food

When you want to express your love and care for somebody: your spouse, child, mother etc, you can simply do so by cooking.

11) Convenient

It is far more convenient to eat from home since you do not have to travel or dress up in fancy clothes in order to enjoy your favourite meal.



Women who cook are attractive!

As a woman, if you want to reach a man's heart, you might easily do so by cooking. Many women have forgotten, or have not learned at all, how to cook due to the explosion of fast food restaurants. Even though many women still consider cooking a wonderful activity, they have less and less time to spend on testing it out due to the hectic world in which we live. You will probably want to have a go at it if you consider the following reasons:

Men love women who cook

Eating fresh and delicious meals is really important for all males. Preparing fresh and delicious meals for your man will guarantee you the fact that he will love you unconditionally and will always appreciate the work you invest in your cooking activity.

Considering the fact that men love to eat, it is obvious that they will prefer a woman that knows how to cook over a woman that doesn't. A woman that knows how to cook will express two things to her man: she will remind him of his mother and she will show him that she is able to take care of the family.

A man will feel happy when he knows that a wonderful meal will wait for him at home after a stressful day at work. Make sure that your man is not hungry if you want him to be happy and love you unconditionally.

Cooking maintains your silhouette

You may observe some unwanted fat deposits on your waist when you eat out regularly. Following a good diet will help you to slim down and eliminate all the fat deposits. What you eat and when you eat can be controlled only if you know how to cook. Besides that, you will also be in a position to save money.

Cooking is fun

Cooking sessions can help you to use your creativity. We all appreciate a tasty and delicious meal, so we can say that cooking is an art. You are always in a position to improve your cooking skills when you share your recipes with other individuals and carefully analyse their reactions. For some women, cooking is something like a hobby.

Cooking can make you sociable

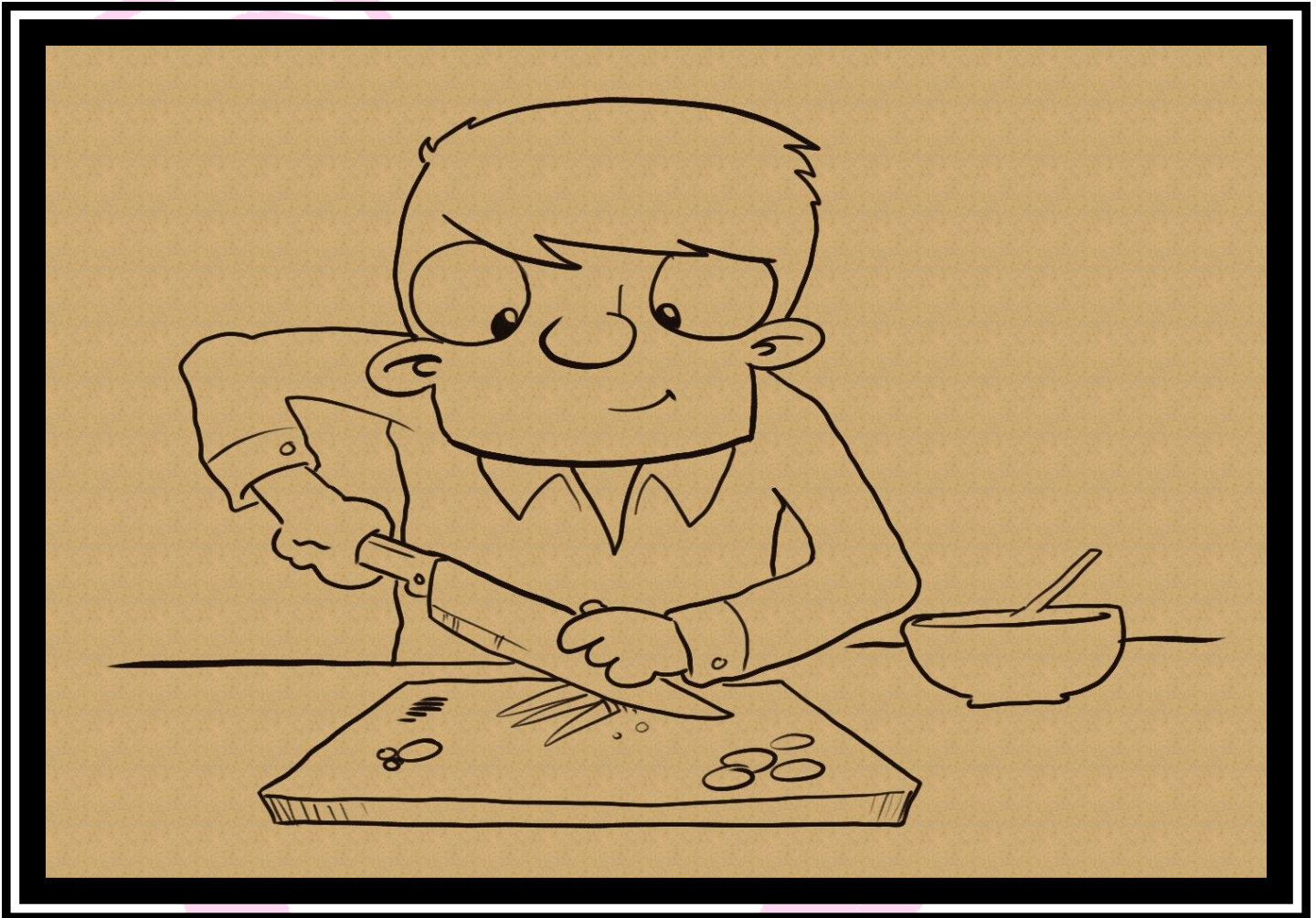
Sharing your home made recipes with the friends that you have invited at your place for a party can build your relationship with them. Eating only usual meals at your parties can get boring, so learning how to cook some special recipes may help you to impress your friends and never get rejected when it comes to an invitation.

Cooking is enabling

You may feel really free while you are cooking. Knowing that you can cook your favourite meals by yourself can offer you a sense of independency. By learning how to cook, you will be able to control your diet, incomes and your schedule. Considering the fact that confident women are more attractive in men`s eyes, you may find it really useful to be self-reliant and take control of your life.

Mommy can cook!

It is really important for you to be able to assure the nutrition of your family when you become of mother. As a mother, you will be very proud to hear your son or daughter saying that he/she enjoyed the dinner that you have prepared for them.



Men who cook are extremely charming!

Men should learn to cook

Even though cooking is considered mostly a girls` activity, men should be able to cook as well. Girls need to learn how to cook right after they enter in the adolescence period. We all know that the times have changed, and women are no longer required to sit only at home and perform all the daily chores, while men handle education and work. Consider the equality between the genders imposed by the current society; men should be able to cook as well as women.

Men need to learn how to cook! This is a really handy skill for everybody. Apart from the fact that you will never go hungry when you do not have anybody to cook for you, you will also be able to cook your favourite meals.

Cooking brings numerous advantages. Apart from the fact that you will be able to cook your favourite meals, you will also be in a position to save money since you can prepare something good from home, without going out.

There are numerous situations in which men are required to live alone and far from home. Not knowing how to cook may be a really severe problem if you are a bachelor. You will spend lots of money, and you will not eat healthy as well. You can eliminate all of these problems only if you learn how to cook. A man that knows how to cook can even arrange meetings at his home, without having to worry about what to put on the table.

Women have jobs these days. This makes it really hard for them to cook all the time in a family, so men should be able to help occasionally. Helping one another when it comes to cooking is fun and will help the female to rest more as well. Instead of expensive gifts, a man should appreciate a good meal on a special occasion prepared by the woman.

Men usually reach the top chef positions. Finding a job as a chef or cook may be wonderful for men that can really cook well. Setting up food stalls is another advantage for men that can cook well, because you never know when you can get fired from your job.

Cooking may also increase your social abilities. Preparing a delicious meal would impress every woman, regardless if you are single, in a relationship or married. This is really a surprise that will charm your lady. It is also an advantage if you want to win the heart of a woman, since not many women expect men to cook. Showing your abilities in the kitchen will help you to impress your lady right from the start.

Moreover, cooking may also help you to be a great host. By learning to prepare some delicious and tasty dinners and breakfasts, you will be able to share some information about your personality to whoever visits your home in the morning or at noon.

Here are some reasons why men should learn how to cook:

- Learning to appreciate the women work in the kitchen much deeper
- Showing you love and appreciation for the people that you care for. Just think about what impression you will make by preparing something special for your wife or kids once they get home.
- A guy that does not know how to cook does not possess the advantages of one that knows. This can be easily recognized by the college students that do not know how to cook. They spend more money on their foods and they do not eat healthy as well.
- This is a great skill for every man. Independency is the main advantage of knowing how to prepare a meal.
- An independent, mature and responsible man should know how to cook.
- Usually, the female is the one that is entitled to take care of the nutrition aspect in the family, but sometime they need a break as well. A man that knows how to cook would be in a position to help his wife relax in some occasions and prepare healthy and delicious meals.
- A boy that knows how to cook would also be able to help a single parent, so we can consider this activity a social connector as well.
- Many couples can have lots of fun while cooking. Spend some quality time with your girlfriend and use your imagination.



Ignite the **PASSION** of cooking in kids

Top ten reasons to get kids cooking

Amongst the numerous important family activities that you can experience, is cooking together with the kids. Just consider these aspects:

1. You can strengthen the relationships between you and your son.

You will observe that your kids will feel very important when you allow them to participate in the cooking sessions. Cooking is really an important family task, so this will make your kid feel more responsible.

Moreover, you can also engage in certain discussions while cooking with your kids. Many kids avoid discussing with their parents certain problems from their usual lives, but you may be able to get closer to your kids while cooking with them.

2. Cooking builds self-esteem.

Any kid will experience a sense of accomplishment whenever they manage to cook something on their own.

3. Cooking makes kids more open to test out new recipes.

A kid will be really excited to eat or test everything that he prepared on his own. Some may only taste a little bit, while others may not eat anything at all. But in time, if you prepare more and more meals with your kid, he will test new foods eventually.

4. Cooking teaches kids math skills.

Some recipes must be prepared at some particular temperatures and with some precise measurements, so this may help him to develop and learn some new math skills.

5. Cooking teaches kids reading skills.

You can grab any kind of instructional food book and have your kid learn how to prepare some recipes step by step. This activity will also allow your kids to improve their reading skills.

6. Cooking teaches kids chemistry skills.

One clear example of this fact is when you are cooking Brownies. We all know that on top of the Brownie there are marshmallows. However, in order to obtain the brown colour, we must put them under the boiler. This is a wonderful chemistry experiment for the kids.

7. Kids who cook tend to eat more fruits and veggies.

Kids may discover some new fruits or vegetables that they like while cooking, even though they may not feel so attracted to them immediately.

The more time you spend with your kids cooking, the more foods they will be able to discover and test out, including fruits and veggies.

8. When kids cook they learn about the origins of food.

You need to shop in order to cook. While cooking, your kids will be able to learn new recipes and how to create them from scratch. Take an easy example: bread. There are numerous kids that do not know how bread is made. You will see how surprised your kids will be when they discover that they can make bread at home. This does not have to be a manual process. You can obtain some delicious warm bread simply by adding the necessary ingredients to a bread machine.

9. Cooking teaches kids about different cultures.

Some books may teach you how to cook recipes from other countries, and this may help you kid to understand different aspects related to the history and culture of a foreign country.

10. Cooking alongside your kids gives them an important lifelong skill.

There are numerous college kids that do not even know how to prepare a simple meal. If they do not learn this necessary life skill, they will end up spending large sums of money on fast foods and some of them may not afford it.

Now we recognize the importance of knowing how to cook and how this activity can help us in our daily lives. Let`s fall in love with cooking again!

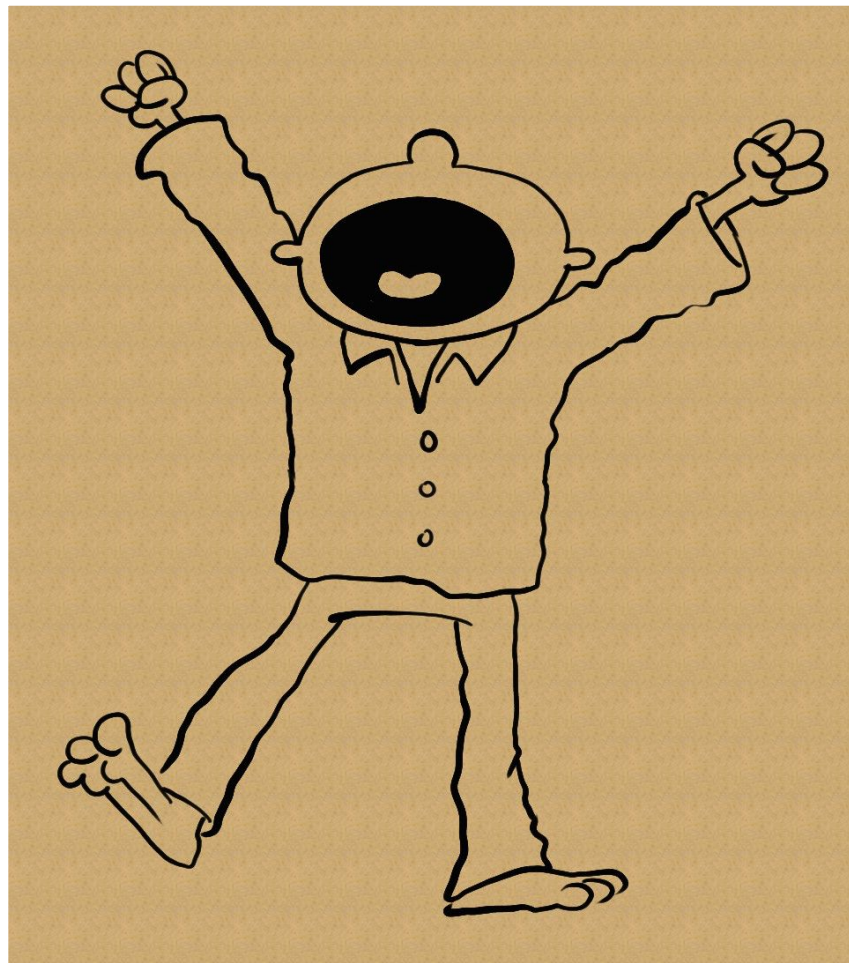
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Cooking and food are an important part of our society. They bind us as a species. Eating as a family is so socially important. It is one of the rare instances during the day when everyone can come together and chat about the day. There is no other time of day that the entire family can get together so cooking meals and eating together is vital. It is even better when families can grow food together. Or at least choose their food as a group. ~ TheLoveRecipes

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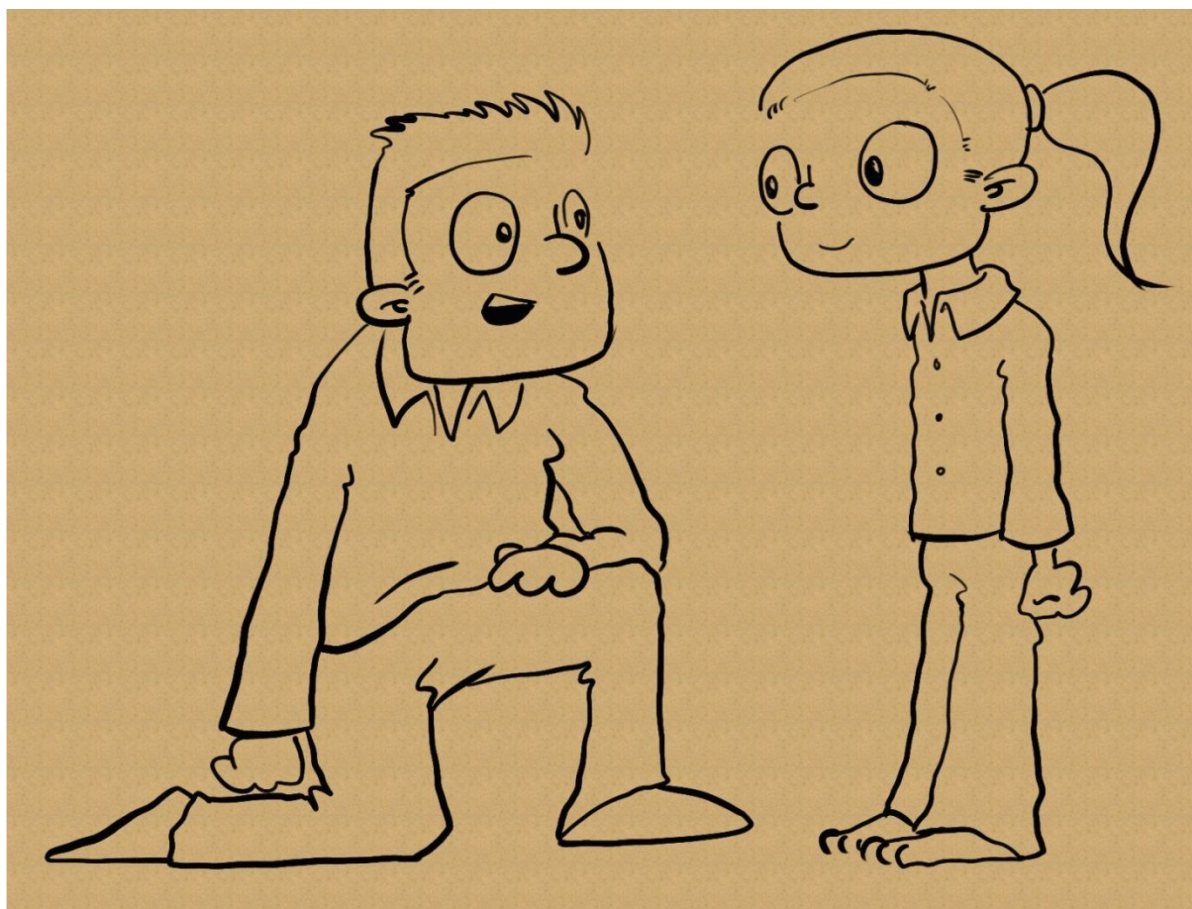
Growing Together

The first day of summer. The sun shined a little brighter. The birds tweeted a bit louder. Cadie slid her feet from her bed sheets and stood up in her pyjamas. The bright sun sparkled through the window to her bedroom. The bedroom she shared with her 7 year old sister Nacema. Who had already left the room. Cadie stretched a little and yawned wide, she almost walked into the door.



The hallway was quiet too. Just a few distant mumbles that came from the kitchen. “Why is everyone up so early?” Cadie yelled with a croaky voice. Walking down to the kitchen.

When she arrived in the kitchen she saw her big sister Nacema, and her little brother Codie. They were both dressed and ready to go somewhere. Mom and Dad were dressed too, waiting.



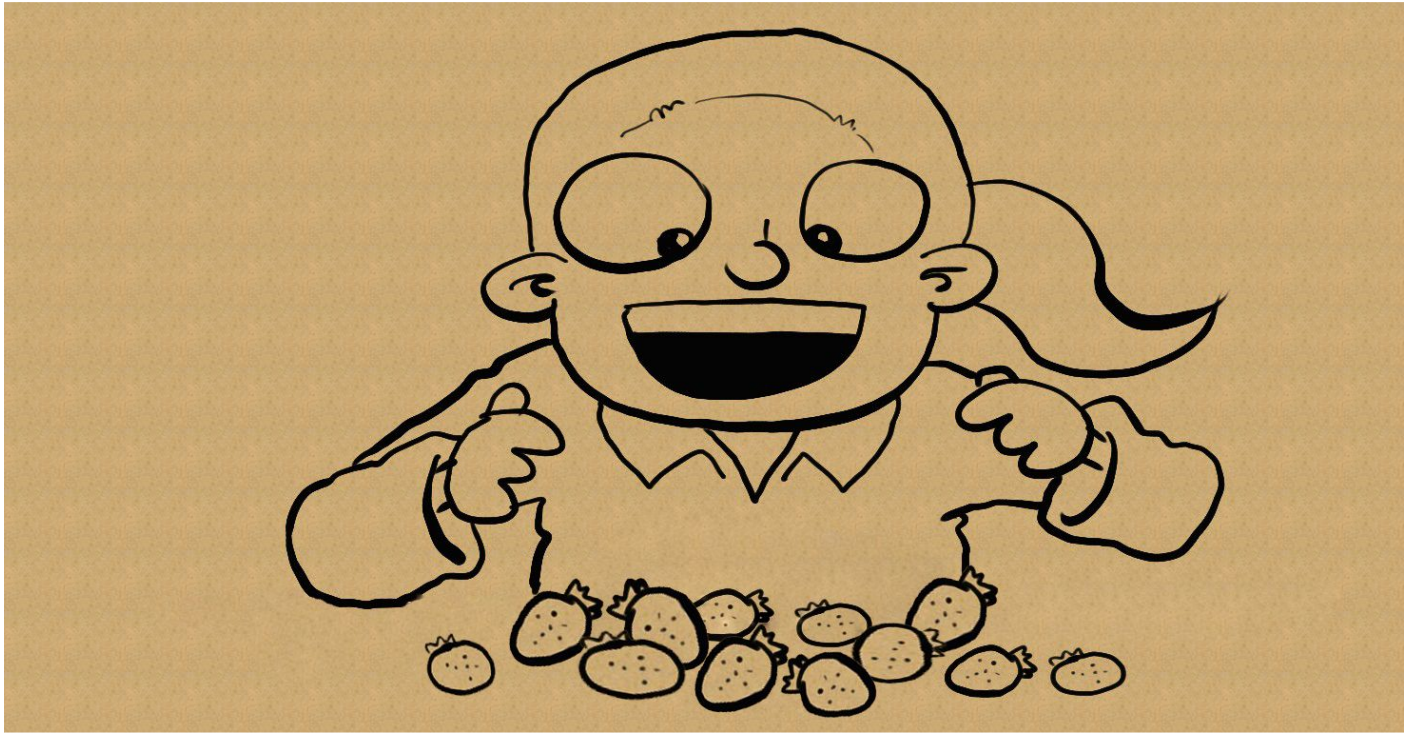
“Cadie didn't you hear us calling you?” Her mom asked. “No mom, sorry are we going somewhere?” Her dad smiled and knelt down to her. “Cadie remember we said last weekend that this weekend we are helping out next door?”

“The gargantuan garden?” Cadie asked curiously. “Haha yes Lipton’s Organic Farm next door. It’s a good chance for you guys to see and smell and eat organic food.” Her dad smiled.

“That’s right Cadie.” Nacema said excitedly. “We get to take what we want if we help out.”

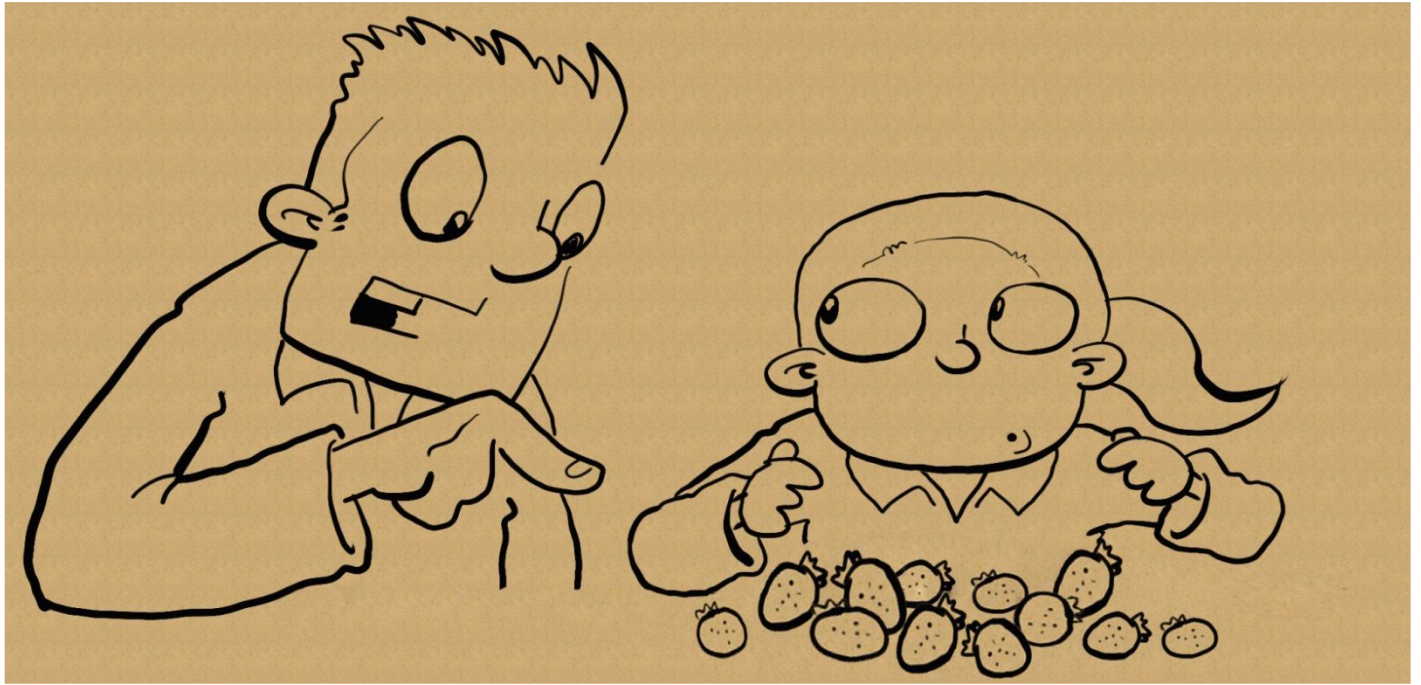
“Within reason Nacema.” Her mother reasoned. Cadie beamed from ear to ear. She had talked non-stop about “The Gargantuan Garden” next door. And all of the busy people that seemed to work there. She had bored her family at length with stories of the men and women next door. How they had dug up a whole truck load of potatoes and wheeled them. In wheel barrows to a big red truck. So this for Cadie was a chance to get closer to the mystery.

The family garden was itself very large. But at the side of it there was a gate that led into Lipton’s Organic Farm. Cadie thought that maybe at one time. The farm and her house were connected. Mom and Dad led the way and pushed the heavy metal gate. To let the children inside. Once inside it was like a secret garden. The old Victorian walled part of the garden, led out into the rest of the farm. And then beyond into the field over yonder. “Oh strawberries!” Cadie squealed as she ran dragging her Dad toward the strawberry beds. Her mother, Codie and Nacema had found the Cucumbers.



“Look dad!” Cadie said excited. “Aren't they cute?” She said kneeling down to one of the strawberry bushes in the bed. Her dad handed her the wicker basket that her mother had bought only a week ago. “Is it OK to pick them?” She asked nervously.

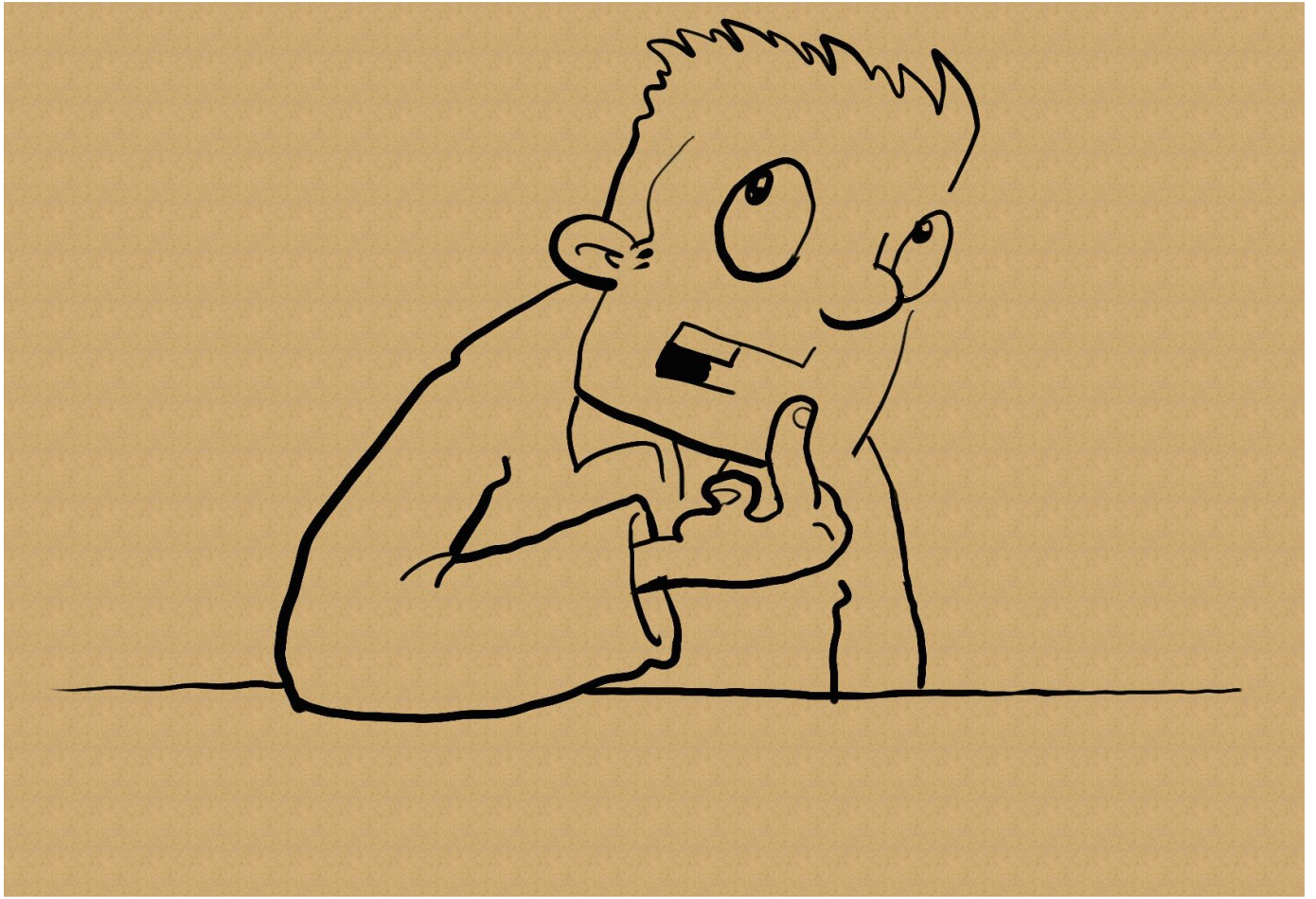
“Yes of course Cadie. We have permission. And we can use them to make a meal.” Her father said patting her back. Cadie found a single red strawberry and clasped it in her fingers tightly. Popping it off the stem. “Oh this is a big one dad.” She beamed.



“Cadie have you noticed that a strawberry has its seeds on the outside?” As he pointed quickly. Cadie took the strawberry and examined it closely. Indeed dad was right. The red skin was dotted with hundreds of little seeds. “You see Cadie. When strawberry's fall off the bush. They rot into the ground and what's left is the seeds. And the seeds grow new strawberry bushes.”

Cadie smiled and picked a few more. Two or three really big handfuls. Rolling them down the side of the basket and into the bottom. “Oh very good Cadie you rolled them in.” Dad chuckled.

“Of course. I don't want to bruise them.” Cadie chuckled back. “So what could we make with strawberry's then?” She asked inquisitively.



Her father paused for a second. Pondering her question. “Well I suppose on a lovely day like this a strawberry smoothie would be nice.” He answered, smiling. And they made their way to the others.



Codie her little brother was busy swinging a cucumber around like a sword. When Cadie bumped into him by accident. She was about to show him her strawberry. He knocked into her elbow. "Ouch Codie watch what you are doing." She said furious. But Codie waved his cucumber at her. "I'm a knight. Get out of my way." He yelled. Holding the cucumber to her nose. Everyone laughed. Until dad took the cucumber off him and placed it inside the basket. "Nice try Codie. But that's for dinner not for fighting."

Nacema leaned in and took a quick look in the basket. "Oh nice strawberries. Good job Cadie." She smiled ruffling her kid sister's hair. "OK so I guess we better see Mrs Lipton and ask what needs to be done." Cadie's mom said to her father.

"Perfect well let's go to the farmhouse then and see what we can do." Her dad said. As they all turned to head off. Walking toward the farmhouse.



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(STRAWBERRY SMOOTHIE)

Ingredients:

- 8 large strawberries
- 2 tablespoon sugar
- ½ cup original yogurt
- ½ cup milk
- ½ cup vanilla ice cream

Directions:

1. Wash the strawberries and prepare all ingredients.
2. Add everything to the blender and blend till smooth.
3. Serve immediately.

“ *Strawberries* are a rich source of vitamin C, which helps in the production of endorphins and aid the absorption of iron. They are also a good source of potassium, which helps in the generation of nerve impulses. The red colour of strawberries is due to anthocyanidin, a flavonoid known as pecargonidin. These also changes our mood for the better. ~ DailyMail

”

It was a few weeks after the first day at Lipton's Organic Farm. Cadie had gotten quite used to waking early. In fact she was up most mornings before her alarm. The summer had been a beautiful time and Cadie was learning so much. Growing fruit and vegetables was fun. How to care for them without chemicals and how to pick them. Knowing when to harvest them and how to store them too. Cadie enjoyed her time with her whole family. But her dad always seemed to do the things she liked best. So Cadie would spend a lot of her time in the garden with her dad.

Like today for instance. "Come on Cadie time to fetch dinner." Her dad said loud from outside. She quickly threw her boots on and chased after him down the garden. Along the Hawthorn bushes and to the gate leading to Lipton's Organic Farm. "What are we picking today dad?" Cadie asked.

"Well I want to make a Tabouleh. Do you know what a Tabouleh is?" Her father asked leaning to the heavy metal gate. "Umm no I don't." She replied as she helped him push the gate open. Her basket in her right hand. Ready to go and pick today's food.

"Well a Tabouleh is a kind of salad. It's actually a very tasty dish. I'm sure you will like it." He said. Cadie swung her basket in anticipation at today's findings. Her dad stood with his hands on his hips looking around. "Well let's start with cucumber." He winked. "I remember when Codie hit me with one of those." Cadie giggled. "Yes well not today dear. We need one for the Tabouleh."

Cadie knew what she was doing. She crouched to the cucumbers and felt along the stem of each one. Until she found one that felt ripe enough. She snapped it off and placed it carefully in the basket. "Good girl. Next are cherry tomatoes." Her dad ordered.

Hands behind his back. Making Cadie learn the ropes. She led him down a small concrete pathway to the hot houses. Her dad flicked the latch and let them in. The heat hit them and made Cadie wave her hand in front of her face quickly. "Make it quick Cadie before we both faint." Her dad said grinning. Again Cadie found a plant she liked the look of. She felt the tomatoes for ripeness and popped around twenty into her basket. She turned to her dad grinning. "Anything else?" Cadie asked. "Just a sprig of Parsley we have everything else in the kitchen."

In the kitchen Cadie slid her basket to the worktop. As her dad sharpened a knife and pulled a chopping board from the wall. "OK so we have all the things we need. Let's make the Tabouleh.



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(TABOULEH RECIPE)

Ingredients:

- 1 cup Bulgur wheat
- 1 Cucumber, diced
- 20 Cherry tomatoes, diced
- 2 medium Onions, chopped
- 2 tablespoons Olive oil
- 4 tablespoons Lemon juice
- 1 bunch Parsley, chopped
- 2 tablespoons Tomato paste
- 1 teaspoon Salt
- 1 teaspoon Pepper

Directions:

1. Soak bulgur with 2 cups of hot water. Cover and leave for an hour till bulgur is soft and fluffy.
2. Drain off any excess water.
3. Add in the rest of the ingredients and mix well.
4. Serve immediately or chill in the refrigerator before serving.

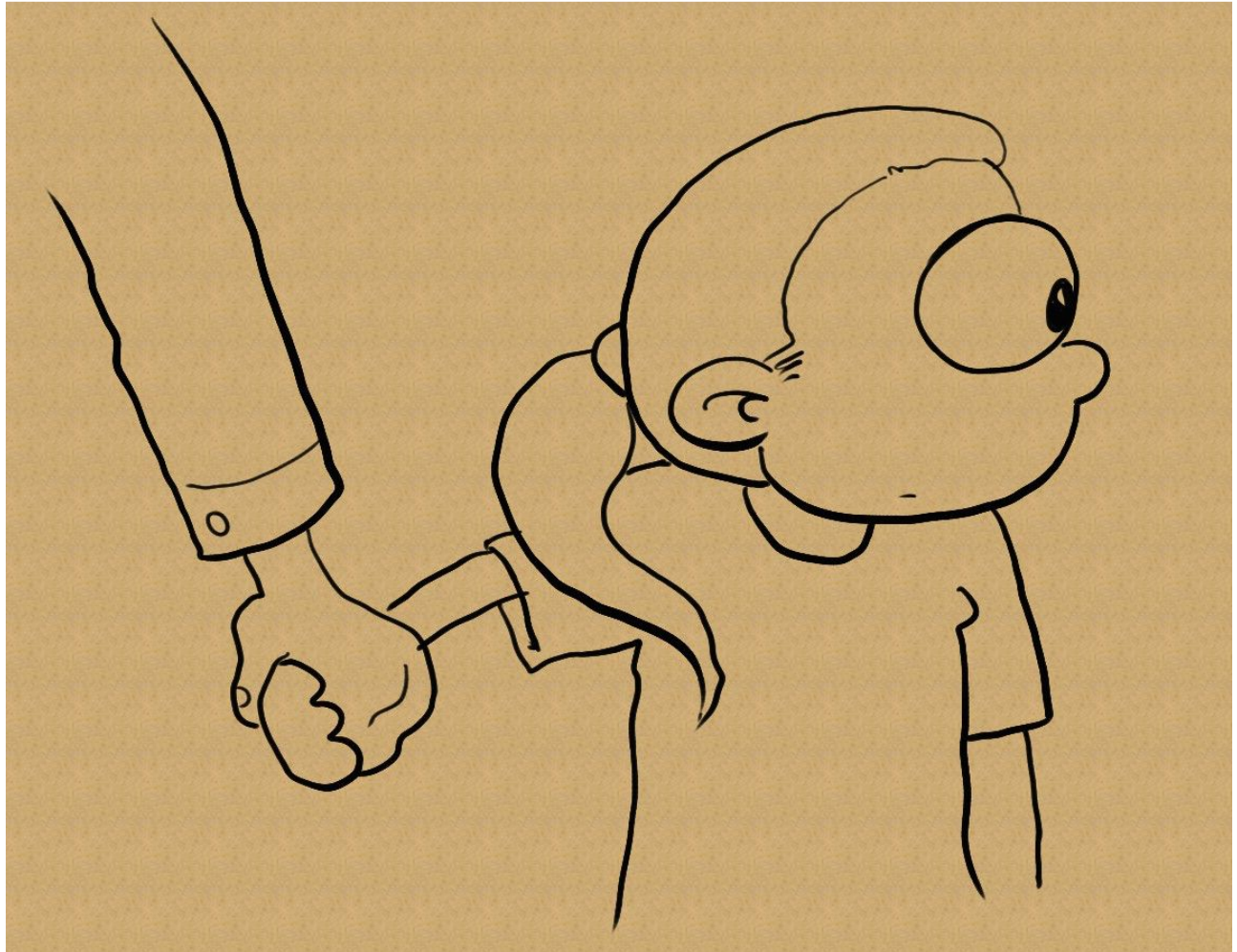


Cadie pushed the bowl into the refrigerator as her dad held the door. “Well that was fun Cadie. I think you will like that. We all will.” Her dad said. Cadie dried her hands on a towel and stood by the back door of the house.

She gazed out across the setting sun. And the shadows that grew along the garden. Then she noticed something. A single golden leaf floating down from a nearby Oak tree. It fluttered down to her feet. Cadie picked it up and looked at it. She had seen leaves before but suddenly she realised the trees were turning golden. “Something wrong Cadie?” Her dad asked joining her. “Dad why are the trees turning gold?” She asked. “It means that autumn is coming dear. It's a change in the season.” He said.

“So summer is ending?” Cadie said worried.

“It is dear but not to worry my darling. Summer will be around again next year.”



Cadie took her dad's hand. And they walked back into the kitchen to serve dinner and eat with her family. But not before taking one quick look over her shoulder. To watch the leaves fall from the trees.

~ The End ~

HAPPY.LOVE.RECIPES



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(BANANA CAKE)

Ingredients:

- ½ cup butter
- 1 ½ cup sugar
- 2 large eggs, beaten
- 2 cups plain flour, sifted
- ½ teaspoon salt
- ¼ teaspoon baking powder
- ½ cup milk
- ¼ teaspoon vanilla extract
- ¾ teaspoon baking soda, add to pureed bananas
- 3 pureed bananas

Direction:

1. Preheat oven to 350 degree F.
2. Grease and flour 9 x 13" baking pan or two 9" layer cake pans.
3. Cream butter, sugar and eggs.
4. Sift flour several times, and then add in salt and baking powder to the flour. Mix well.
5. To the creamed butter mixture, fold in milk and flour.
6. Add in vanilla extract and mashed bananas (with the baking soda added to the bananas) to the mixture.
7. Bake layer cakes (9") for 25-30 minutes or bake the oblong (9x13") for 35-40 minutes.

“ ***Bananas** are rich in potassium, which is a vital mineral for nerve function. The natural sugars in bananas are released quickly into the bloodstream, making you feel energetic. This fruit contains plenty of starchy carbohydrate, which sustains your good mood.~ Daily Mail*

”



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(CHOCOLATE CHIP COOKIES)

Ingredients:

- 1 cup butter
- 1 cup packed brown sugar
- 1 cup white sugar
- 2 eggs
- 2 teaspoon vanilla extract
- 2 tablespoon milk
- 2 cup all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 cup semisweet dark chocolate chips

Direction:

1. Preheat oven to 350 degrees F (175 degrees C)
2. In the blender, mix the butter, brown sugar and white sugar.
3. Remove from blender and add in eggs, vanilla and milk.
4. In a separate bowl, mix together flour, baking powder, baking soda, salt and dark chocolate chips.
5. Add moist mixture and dry mixture and mix well.
6. Drop by teaspoon onto lightly greased baking sheets and bake for 9 minutes.

“ *Dark chocolate improves the blood-flow to the brain, and provides an instant boost in concentration and mood. This will help you to feel more energetic and vibrant. ~ Listverse*

”



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(JAPANESE CHEESECAKE)

Ingredients:

- 7 ounces Cream Cheese, at room temperature
- ½ cup Superfine sugar
- ¼ cup Milk
- 3 Eggs, separate the yolk and the whites
- ¼ cup Cornstarch
- 2 tablespoons Lemon juice
- ½ teaspoon Cream of tartar
- 2 ½ cups boiling water

Directions:

1. Preheat the oven to 350 degrees F.
2. Grease a 9-inch cake tin with cooking oil.
3. Beat cream cheese with milk to soften.
4. Add in half the sugar, egg yolks, cornstarch and lemon juice. Beat until smooth.
5. In separate bowl, beat the egg whites until foamy.
6. Gradually add in remaining sugar and cream of tartar, beating on high speed until soft peaks form, about 8-10 minutes.
7. Gradually fold beaten egg whites into the cream cheese mixture. Stir gently.
8. Pour the mixture into cake tin and smooth the surface.
9. Place cake tin into a large roasting pan and place in lower rack of the oven.
10. Pour enough water into the roasting pan to come half way up the side of the cake tin.
11. Bake 35-40 minutes, until a pick inserted in the middle of the center comes out clean.

“ *Cooking* is something that should take time, that shouldn't be rushed, but enjoyed. ~Margaret Fulton

”



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(AVOCADO MILKSHAKE)

Ingredients:

- 1 Avocado, peeled and removes seed.
- 1 ½ cup Milk
- 3 tablespoons Sugar
- 5 Ice cubes
- 1 cup of Vanilla ice cream
- 1 teaspoon lemon juice

Directions:

1. Prepare all ingredients.
2. Add everything to the blender and blend till smooth.
3. Serve immediately.

“ *Avocados* are loaded with minerals, monounsaturated fats (the good kind that protect the heart and lower cholesterol), and vitamin B6—all of which help keep your energy and sex drive up. They're also a top source of omega-3 fatty acids, which naturally boost your mood, making you more likely to feel ready for bedroom action.
~ Health Magazine

”



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(WALNUT RUM CAKE)

Ingredients:

- 1 package Yellow cake mix (18.25 ounce)
- 1 package Instant vanilla pudding mix (3.4 ounce)
- 1 cup Walnuts, chopped
- 4 Eggs
- ½ cup Water
- ½ cup Dark rum
- ½ cup Vegetable oil

Directions:

1. Preheat oven to 325 degrees F.
2. Grease a 10 inch Bundt pan.
3. In a large bowl, combine cake mix and pudding mix.
4. Mix in eggs, ½ cup water, vegetable oil and dark rum. Blend until smooth.
5. Pour batter in the Bundt pan and sprinkle chopped walnuts evenly on top of the batter.
6. Bake in the preheated oven for 60 minutes, or until a pick inserted in the middle of the cake comes out clean.
7. Let sit for 10 minutes in the pan and then turn out onto serving plate.

“ *Walnuts* are excellent source of omega-3s which help brain cells and mood-lifting neurotransmitters to function properly. ~ Men’s Health

”



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(RED SKIN POTATO SALAD)

Ingredients:

- 2 pounds Red potatoes, clean and scrubbed
- 6 Eggs, hard boiled, peel and chopped
- 1 pound Bacon
- 1 Onion, finely chopped
- 1 stalk Spring onions, finely chopped
- 2 cups Mayonnaise
- Salt and pepper to taste

Directions:

1. Bring a large pot of salted water to boil.
2. Add potatoes and cook until tender but still firm, about 15 minutes. Drain and set in the refrigerator to cool.
3. Place bacon in a large deep skillet. Cook over medium high heat until evenly brown. Drain, chopped and set aside for later use.
4. Chopped the cool potatoes leaving the skin on. Add to a large bowl, along with the eggs, bacon, onion and spring onions.
5. Add in mayonnaise, salt and pepper to taste.
6. Chill for an hour before serving.

“ **Cooking** is a caring and nurturing act. It's kind of the ultimate gift for someone, to cook for them. It creates all this beautiful stuff, conversation, appreciation, romance. All the most important things in life you do around a dinner table. ~ Curtis Stone

”



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(TOMATO SOUP)

Ingredients:

- 800g fresh and ripe Tomatoes
- 1 Onion, chopped
- 1 Carrot, chopped
- 2 tablespoons Olive oil
- 2 cloves Garlic, chopped
- 1 can Chicken Broth
- 1 x 400g tin Tomatoes
- 1 teaspoon Sugar

Directions:

1. Heat olive oil in a large saucepan.
2. Saute onion, carrot and garlic for 5 minutes.
3. Add in sliced, unpeeled tomatoes and cooked for 5 minutes.
4. Add in the tin of tomatoes, chicken broth and sugar.
5. Bring to boil. Reduce the heat and simmer for 30 minutes.
6. Remove from heat and allow to cool.
7. Puree and season to taste.

“ **Tomatoes** have a substance known as lycopene. Lycopene is an antioxidant that fights inflammation in the brain and generally protects the brain. For best results, eat them with olive oil; olive oil helps to increase the absorption of lycopene. ~ Listverse

”



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(CHEESE PRAWN)

Ingredients:

- 10 big Prawns, washed
- White cheese
- Yellow cheese
- Butter, diced
- Salt and pepper to taste

Directions:

1. Preheat oven to 325 degrees F.
2. Cut the prawns into halves leaving the shells on.
3. Sprinkle the cheese and the butter onto the prawns.
4. Place the prawns onto the baking pan.
5. Bake in the oven until the cheese melted and the prawn is cooked.
6. Add salt and pepper to taste.

“ *Cooking is essential to everyone’s existence and it’s the core of my being. At its best, food is sexy, nourishing, sustaining and utterly satisfying. Cooking is an act of love; it’s about giving and sharing. ~ Christine Manfield* ”

”



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(AVOCADO EGG MAYONNAISE SALAD)

Ingredients:

- 6 Eggs, hard boiled, peeled
- 2 Avocados, peeled, seed removed and cubed
- ½ cup Onion, finely chopped
- 1 tablespoon Yellow mustard
- 1/3 cup Mayonnaise
- Salt and pepper to taste

Directions:

1. In the mixing bowl, mash the eggs with a fork to break the eggs up.
2. Add in avocados, onion, yellow mustard and mayonnaise.
3. Gently mix the ingredients together evenly.
4. Season with salt and pepper to taste.

“ *Food, for me, is the most central theme of everything I love. It brings people together in the most wonderful way. Whether you're cooking or just sharing the table, I wouldn't be without it. ~ Maggie Beer*

”



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(SHRIMP SAUCE PORK)

Ingredients:

- 500g Pork, diced
- 1 tablespoon Shrimp sauce
- 10 small Red onions, finely chopped
- 2 big Red chillies, chopped
- 2 tablespoon Oil
- 1 tablespoon Sugar
- 1 bowl Water

Directions:

1. Heat oil in a saucepan.
2. Saute onion and add in shrimp sauce.
3. Add in pork and chillies.
4. Add in water and cook with medium heat for 5 minutes.
5. Add in sugar, reduce the heat and simmer for 30 minutes until it is left with little sauce.

“ *My way of communicating love and interest in people is through cooking. I grew up in an environment where food was really celebrated, and that gave me the message: food makes people happy. ~ Kylie Kwong*

”



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(SATAY PORK)

Ingredients:

- 600g Pork
- 1 bundle Satay stick
- 1 Cucumber, sliced

Seasoning:

- 10 small Red onions. Pounded
- 2 tablespoons Ketumbar powder (usually get from Indian store that sell spices)
- 1 teaspoon Kunyit powder (usually get from Indian store that sell spices)
- 2 teaspoons mixed spices (usually get from Indian store that sell spices)
- 1 ½ teaspoon Salt
- 8 tablespoon Sugar

Directions:

1. Cut the pork into cubes.
2. Mix all ingredients for the seasoning together.
3. Season the pork with the seasoning, for 5 hours.
4. Thread the meat with the satay sticks.
5. Grill/BBQ over a charcoal fire.

“ *There is nothing quite as seductive as doing what you love, and having others love it too. ~ Maggie Beer*

”



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(WATER STEAMED EGG)

Ingredients:

- 4 Eggs
- 2 bowl Water
- ½ cube Chicken stock
- 6 Prawns, shells and veins removed, cut into halves
- 50g Chicken meat, diced
- Dash of Pepper

Directions:

1. Boil the water with the chicken stock and pepper. Leave aside to cool.
2. Steam and cook the prawn and chicken. Leave aside for later use.
3. Gently beat the eggs and add in the cooled chicken stock soup.
4. Place prawn and chicken meat into a bowl. Add in the mixture of egg and soup.
5. Wrap the bowl with aluminium foil.
6. Steam for 20 minutes.

“ **Eggs** contain moderate-to-large amounts of Zinc, Vitamin B, Iodine, Omega-3 Fatty Acids, and protein. Not only can eggs keep you energized, they can also keep you full (stomach-wise) for longer! A 2008 study in the “International Journal of Obesity” found that people who had eggs for breakfast lost considerably more weight, compared to those who ate bagels for breakfast. ~ Listverse

”



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(FIVE-SPICE MEAT ROLLS)

Ingredients:

- 1 fresh Bean curd sheet
- 500g Pork, minced
- 500g Prawns, removed shell and diced
- 1 stalk Spring onion, finely chopped
- 3 Water chestnuts, finely chopped
- 5 small Red onions, finely chopped
- 1 teaspoon Pepper
- 1 teaspoon Aji no moto
- 1 teaspoon Sugar
- ½ tablespoon Light soya sauce
- ½ tablespoon Oyster sauce
- 1 Egg
- 2 tablespoon Flour
- Oil

Directions:

1. Mix pork, prawn, pepper, light soya sauce, aji no moto, oyster sauce and egg together.
2. Add in spring onion, water chestnut and red onion.
3. Blend in flour. Mix well.
4. Cut each bean curd sheet into quarters. Put stuffing on each quarter and roll. Sealed the edge of the bean curd skin with (water and flour) mixture to secure.
5. Heat up oil in frying pan.
6. Deep fry the rolls till golden brown.

“ *That’s the beautiful thing about food, it breaks down the barriers.*
~ Matt Preston

”



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(PRAWN FRITTER)

Ingredients:

- 15 medium Prawns, removed shell leaving the tail
- Ginger juice (1 ginger, pounded and retrieve the juice)
- Onion juice (1 onion, pounded and retrieve the juice)
- A dash of Pepper
- A dash of Aji no moto
- 1 teaspoon Salt

Batter ingredients:

- 1 small bowl Self raising flour
- ½ teaspoon Salt
- 1 Egg
- 1 tablespoon Butter
- Water

Directions:

1. Mix the prawns, ginger juice, onion juice, pepper, aji no moto and salt together.
2. In separated bowl, mix self-raising flour, salt and egg together.
3. Blend in water till sticky form.
4. Add in butter and blend well.
5. Dip prawn into the batter mixture.
6. Heat up oil in frying pan.
7. Deep fry prawns till golden brown.



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(ASPARAGUS BACON BUNDLES)

Ingredients:

- 2 pounds Fresh Asparagus, trimmed ends
- 12 slices Bacon
- ½ cup butter
- ½ cup Brown sugar
- 1 tablespoon Light soya sauce
- ½ teaspoon salt
- ¼ teaspoon Pepper

Directions:

1. Preheat the oven to 350 degree F.
2. Divide the asparagus into bundles of 12.
3. Wrap 1 piece of bacon around each bundle and secure the bacon wrapped bundle with a toothpick.
4. Lay the bundles in a low side casserole dish.
5. In a medium saucepan. Add in butter, brown sugar, light soya sauce, salt and pepper.
6. Bring the mixture to boil.
7. Pour the hot mixture over the asparagus bundles in the casserole dish.
8. Transfer the dish to the oven and roast until fully cooked, about 25 minutes.
9. Remove toothpicks before serving.

“ **Asparagus** has high levels of folate and tryptophan. Low levels of folate have been linked to depression in half of all cases of depression, according to recent research. Tryptophan is also used by the brain to make serotonin, which is one of the human brain's main mood-stabilizing neurotransmitters. ~ Listverse

”



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(CABBAGE RICE)

Ingredients:

- 2 ½ cup Uncooked Rice, washed
- ½ Cabbage, washed and chopped
- 25g Pork, sliced
- 5 Mushrooms, soak until soft and diced
- ½ bowl Dried shrimps, soak until soft and drain for later use
- 1 teaspoon Salt
- 1 teaspoon Aji no moto
- 3 Garlics, finely chopped
- 20 small Red onions, sliced and deep fried till golden brown
- 2 tablespoons Oil
- 1 teaspoon Chicken rice mix paste

Directions:

1. Heat oil in frying pan.
2. Saute garlic, followed by the dried shrimps.
3. Add in mushrooms and stir fry.
4. Add in pork, followed by cabbage and stir fry.
5. Add in uncooked rice and mix well.
6. Add in salt and aji no moto and stir well.
7. Place everything into the rice cooker.
8. Add in chicken rice mix paste.
9. Pour in water into the rice cooker. Water level about 1 cm above rice.
10. Cooked the rice in the rice cooker.
11. Sprinkle some deep fried onion on top if the rice before serving.



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(STEAMED PORK RIBS WITH SALTED BEANS)

Ingredients:

- 450g Pork rib, chopped
- 1 red chilli, finely chopped
- 3 garlics, finely chopped
- 1 tablespoon Chinese salted soya beans

Seasoning:

- 2 tablespoon starch flour
- ½ teaspoon salt
- 1 teaspoon aji-no-moto
- 2 teaspoon sugar
- 1 tablespoon white/light soya sauce
- 1 teaspoon sesame oil
- Dash of pepper
- 2 tablespoon water
- 1 tablespoon cooking oil

Directions:

1. In large bowl, mix the pork ribs with starch flour thoroughly and put onto a plate for later use.
2. Mix red chilli, garlics, salted soya bean together.
3. Add in salt, aji-no-moto, sugar, white soya sauce, water and mix well.
4. Add in pork ribs, sesame oil, and pepper. Mix well.
5. Lastly add in cooking oil and mix thoroughly.
6. Arrange them onto a dish for steaming.
7. Steam for 15 minutes.
8. Serve hot.



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(CRISPY WONTON)

Ingredients:

- 300g Pork, minced
- 300g Prawns, shells and veins removed, diced
- 3 Water chestnuts, peeled and chopped
- 1 stalk Spring onion, finely chopped
- 1 Egg
- 150g Square wonton skins

Seasoning:

- ½ tablespoon Oyster sauce
- ½ tablespoon Light soya sauce
- A dash of Pepper
- 1 tablespoon Flour

Directions:

1. Mix pork, prawns, water chestnuts, spring onion and egg together.
2. Add in oyster sauce, light soya sauce, pepper and flour. Mix well.
3. Wet the edges of the wonton skin with water. Wrap in the fillings.
4. Press gently on the edges to seal.
5. Heat oil in frying pan.
6. Deep fry the dumplings for about 2-3 minutes, or until golden brown.
7. Drain on kitchen towels/tempura papers before serving.



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(POTATO SOUP)

Ingredients:

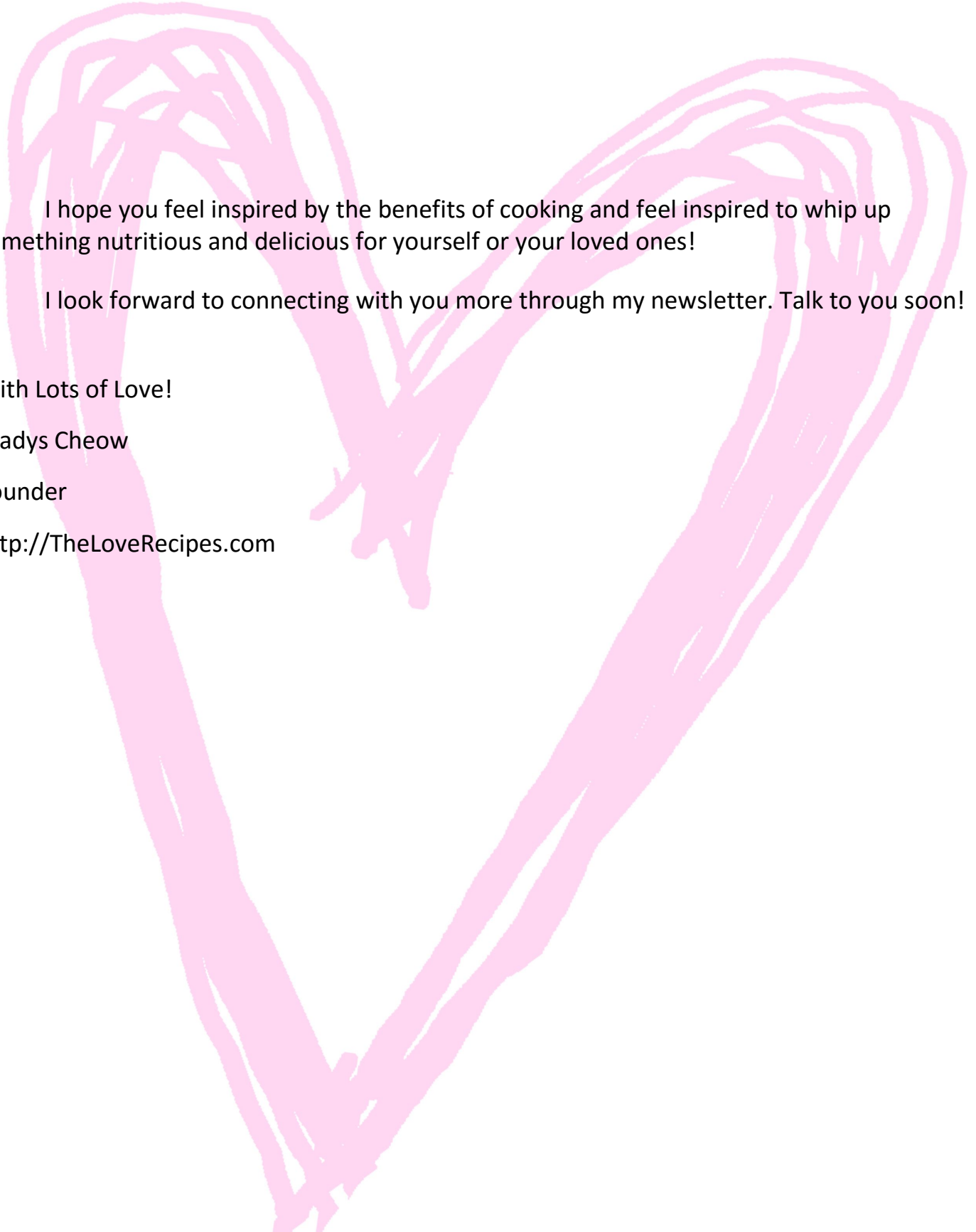
- 1 tablespoon Butter
- 1 large Onion, chopped
- 6 cups Mashed cooked potatoes
- 2 cans Chicken broth
- $\frac{3}{4}$ cup Cooked Ham, diced
- $\frac{1}{2}$ cup Milk

Directions:

1. In a medium soup pot, melt the butter over low heat.
2. Saute the onions until tender.
3. Stir in mashed potatoes and slowly add in the chicken broth.
4. While stirring, add in milk.
5. Add in ham and cook until heated through.
6. Season with salt and pepper to taste.

“ *The thing I absolutely love about food is it’s a common thread that connects us no matter what culture we come from. ~ Poh Ling Yeow* ”

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I hope you feel inspired by the benefits of cooking and feel inspired to whip up something nutritious and delicious for yourself or your loved ones!

I look forward to connecting with you more through my newsletter. Talk to you soon!

With Lots of Love!

Gladys Cheow

Founder

<http://TheLoveRecipes.com>