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**Contact:** Karel Anne Tieszen 972-298-5427 or [chefkat@kitchen-friends.com](mailto:chefkat@kitchen-friends.com)

**Web:** [www.kitchen-friends.com](http://www.kitchen-friends.com)

### **Spunky Kitchen Mastery: New Cookbook Serves Up “Wows” and Smiles for Adventurous Home Cooks**

With upscale cooking supply shops, entire cable networks dedicated to cuisine, and major brands that feed the passion of cooking, millions of cooks are looking for ways to serve up dishes that provoke an unbelieving “Wow!” when brought out to the table, yet have a minimal risk of the endeavor turning into a culinary flop that friends and family will talk about for years. A new cookbook for adventurous home cooks, *In Your Own Kitchen: Reality Cooking at Home*, by Karel Anne Tieszen, tosses in more than a sprinkle of humor while catering to this need ([www.kitchen-friends.com](http://www.kitchen-friends.com)).

“I wrote this book to help people shift from “I can do that??” to ‘Yes, I can!’ because cooking is a great way to realize you can succeed if you have the desire and a guide to teach you,” says Tieszen, known as Chef KAT at the Kitchen Friends Cooking School in Duncanville, Texas, where she developed and tested the recipes in the book over the last nine years. “And why not have fun in the process, too?”

Illustrated with sumptuous full-color photography, *In Your Own Kitchen* features recipes that utilize familiar ingredients in occasionally downright playful presentations that seem beyond the average cook (but aren’t). For instance, Chicken Grandly on the Throne showcases a gleaming roasted chicken standing upright atop a bed of noodles. Other humorously conceived dishes include Speckled Blue Marlin on the Thai High Seas and Chocolate “Quiet as a Mousse” Cake.

Sidebar offer helpful tips for preparation or serving, and unlike many recently published cookbooks, all recipes include nutritional information. Clear step-by-step instructions take ambitious but inexperienced home cooks through recipes for dishes like Baked Alaska that many people consider “too hard.” Amazingly, almost all of the recipes have just seven steps or less.

The one-notch-up techniques in the book come from Chef KAT’s broad culinary background. “For 20 years I took classes with some of the best chefs in the U.S. and then followed my passion to Paris,” she says. “I love to work with people from all walks of life who enjoy the art of cooking but still have real lives to live.”

Karel Anne Tieszen began teaching home cooking instruction in her kitchen in the suburbs of Dallas in 1999. She has studied at Anne Willan’s La Varenne Cooking school in France, held a short-term apprenticeship at Troisgros, a legendary three-Michelin-star restaurant just outside Lyon, France, and has been a part of Jim White’s Texas State Fair Celebrity Chef Kitchen since 2000.

*In Your Own Kitchen: Reality Cooking at Home*, by Karel Anne Tieszen, ISBN 9780977253203, is published by Wimmer Cookbooks and is available for \$27.95 at bookstores, by calling 214-763-4358 or online at [www.kitchen-friends.com](http://www.kitchen-friends.com).

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