

# TWO HEARTS FOUR HANDS

## *Cooking Together*

by Chef Sulin Bell



*Featuring  
Recipe  
Instructions  
For Two*

**MAKE A COOKING DATE**

# TWO HEARTS FOUR HANDS

*Cooking Together*



Menus with Step-by-Step Directions  
for Two Cooks

*Couples \* Family*

*Friends \* Neighbors*

*Co-workers \* New Relationships*

**Chef Sulin Bell**

Kitchen Capers

Mendocino, California

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# Introduction

This is a unique book, the first of its kind. It is designed to help you put love into your food and food into your love at the same time. Use the step-by-step instructions provided for each person as a guide to structure cooking dates with your partner, child, friend, lover, house mate, parent, neighbor, co-worker or new relationship. The individual recipe instructions eliminates the need for either person to be the authority. Creative camaraderie in the kitchen can foster a change of attitude from “How fast can I buy it, make it, eat it, and get on with life?” to “How can I use inspired time in the kitchen to improve my quality of life?”

By cooking together two people can create a work of art. They can increase intimacy, excitement, and bonding in their relationship while also saving time and bringing better health to their bodies. Besides all that, it’s fun!

In preparing and sharing a meal and talking about your food habits, preferences and aversions, you will naturally develop a “culinary intimacy”. Cooking dates are a delicious way to share time with a new friend or associate, deepen an established relationship or bring healing to a problematic situation with another person. Whatever your game plan, this book provides a variety of menus that can foster positive experiences in the kitchen and dining room, and by extension, to all rooms of the house.



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# Velvet Yam Soup Jalapeno Cornbread

So soothing and delicious, this surprisingly simple and tasty soup complements the rich flavors of the cornbread—which is not very hot and spicy despite the jalapenos. The meal will calm, yet at the same time, delight you. It is a royal way to have an interesting and satisfying meal that's easy, inexpensive and pleasing.

## *Yam Soup*

1 lb jewel of garnet yams  
(2-3 large yams)  
1 small onion  
2 Tbs butter  
Salt & pepper to taste

## *Cornbread*

1 cup medium ground cornmeal—  
organic recommended  
½ cup whole wheat flour  
2 tsp low-sodium, non-aluminum  
baking powder  
½ tsp salt  
1 Tbs unsulphured molasses  
1 Tbs honey  
2 eggs  
1 cup dairy or non-dairy milk  
¼ cup canola or corn oil  
½ medium onion, grated  
2 jalapeno peppers, seeded and  
chopped fine  
1 cup sharp cheddar cheese, grated  
1 cup fresh corn kernels (1-2 ears)

*Garnish* Serve soup with a dollop of yogurt or sour cream and a sprig of parsley.

*Optional* Butter for the cornbread.  
For extra “heat” add crushed red pepper.



## *Utensils*

Soup pot	Hand grater
Timer	Smaller bowl
Spatula	8 x 8 baking dish
Soup ladle	Medium large bowl
Sauté pan	Vegetable peeler
Measuring cups & spoons	Blender or food processor
2 cutting knives	2 mixing bowls
2 cutting boards	2 wooden spoons

## *Beverage Complements*

A light fruity style wine,  
*Martini & Prati winery's Sangiovese*

Chardonnay or Chablis

Dry beer with full hops – such as Warstiner

## *Music to Cook By*

Jazz - *Manhattan Transfer*

The Legendary Joao Gilberto:

*The Original Bossa Nova Recordings 1958-1961*

## *Health Byte*

Yams are packed with beta-carotene and Vitamin E, as well as potassium. They are high in fiber and have a low glycemic index.

## COOK ONE

### *Yam Soup (Y)*

1 lb. yams  
1 onion, diced finely

### *Cornbread (C)*

½ onion, grated  
1 cup sharp cheddar cheese,  
grated  
Oil for pan

**Y 1.** Peel yams and cut into medium sized pieces. Place them in the soup pot with enough water to barely cover. Place lid on the pot and bring to boil. Lower heat and simmer about 20 minutes or until yams are tender. Set timer.

**C 2.** Preheat the oven to 375 degrees.

**C 3.** Peel and grate ½ onion with a hand grater or use the food processor.

**C 4.** Shred the cheddar cheese.

**Y 5.** Finely chop the whole onion for soup, or use food processor.

**C 6.** Lightly oil the baking pan.

**Y 7.** When yams are done, allow to cool somewhat. Use the ladle to put some of the yams with their liquid into the blender or food processor and blend until smooth and creamy. Repeat 2 or 3 separate times to avoid overflow. Use the extra bowl to hold the creamy yams. *Optional:* Use a hand-held food processor directly into the pot.

**Y 8.** Return the yams to the soup pot and reheat on a low heat, stirring frequently.

 *(more on reverse side)* →

**C 9.** Remove the cornbread from the oven and allow to cool about 8-10 minutes. You can test the readiness of the bread in a number of ways:

- a) Insert a toothpick. It should come out relatively clean, but some of the cheese may cling to it.
- b) Tap the top of the bread and listen for a hollow sound.
- c) Look for browning around the edges and on the bottom of the cornbread.

Cornbread can be served warm directly from the baking pan.

*Key*  
*Y = Yam recipe*  
*C = Cornbread recipe*

## COOK TWO

### *Cornbread (C)*

1 cup cornmeal  
½ cup whole wheat flour  
2 tsp baking powder  
½ tsp salt  
1 Tbs molasses  
1 Tbs honey  
2 eggs  
1 cup milk  
¼ cup canola or corn oil  
2 jalapeno peppers  
1 cup corn kernels

### *Yam soup (Y)*

2 Tbs butter  
Salt & pepper to taste

### *🌀 Garnish (G)*

4 Tbs yogurt or sour  
cream for soup  
2 sprigs of parsley,  
cilantro or basil

**C 1.** Mix the dry ingredients for cornbread in one mixing bowl and then mix the wet ingredients in the other bowl.

**C 2.** Seed and finely chop the jalapenos. Wash your hands well with soap and water immediately afterwards!

**C 3.** Cut the corn kernels off the ears into a bowl. (If you happen to use frozen corn, expect the cooking time to increase somewhat due to the extra moisture.)

**C 4.** Mix the wet and dry ingredients together and add the jalapenos and corn kernels.

**C 5.** Pour the mixture into the greased baking pan prepared by Cook One and place in the preheated oven. Set the timer for 30 minutes. Bake until browning and crisp on top, but don't let it dry out.

*🌀 (more on reverse side) →*

**Y 6.** Melt 2 Tbs butter in the skillet and sauté the finely chopped onions from Cook One until transparent. Add salt and pepper to taste. After yams are blended Add the onions to the soup pot. Don't blend the onions.

**G 7.** Rinse the parsley sprigs or other herbs and pat to dry.

**Y 8.** Together with Cook One, fine tune the yam soup to your tastes with the salt, pepper, and perhaps more butter.

**Y 9.** When serving the soup, place a dollop (1-2 Tbs) of yogurt or sour cream in the center with a sprig of parsley.

### *Key*

*Y = Yam Soup recipe*

*G = Garnish*