

## Helena, Alabama, Chef Publishes New Cookbook

Written by Australian Business

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( [PRLEAP.COM](http://PRLEAP.COM) ) "Simple and Elegant Recipes: How to Get a Man and How to Keep Him," a new book by Chef Gerald L. Buford, has been released by Dorrance Publishing Co., Inc.

With "Simple and Elegant Recipes," Chef Buford has fulfilled his lifelong dream of becoming a chef and writing a cookbook. Once he decided to pursue writing, his daughter advised him to write a cookbook with the focus on teaching single women, who may not be so savvy in the kitchen, how to cook meals that would help them get a man. After a similar discussion with his stepdaughter, a newlywed, whose challenge was keeping her new husband happy with her minimal culinary skills, a concept was born—how to get a man and how to keep him.

With this cookbook, Chef Buford hopes to help remove the fear and anxiety about cooking experienced by many novice cooks. To quote the author, "I believe that enjoying a meal should not be the mere consuming of food, but a journey in the discovery of flavors, color, and taste." He has certainly achieved this goal with the recipes he has presented...simple and elegant.

About the Author:Gerald L. Buford is a native of Mobile, AL, currently residing in Helena with his loving wife, Deborah, and his family.

A graduate of C. F. Vigor High School, he attended Alabama State, Auburn, and Troy Universities and completed degrees in Music Education. After twenty-five years as a band director, he retired to again continue his education, this time attending the Culinary School at Virginia where he received a degree in Culinary Arts. As Chef Buford, he has written recipes and articles for magazine and competed in several food shows and competitions throughout the United States.

He is a member of Phi Mu Alpha Sinfornia and Omega Psi Phi Fraternities, Knights of Columbus, and the American Culinary Federation.

"Simple and Elegant Recipes: How to Get a Man and How to Keep Him" is a 260-page paperback with a retail price of \$66.00. The ISBN is 978-1-4809-0152-0. It was published by Dorrance Publishing Co., Inc of Pittsburgh, Pennsylvania. For more information, or to request a review copy, please go to our virtual pressroom at [www.dorrancepressroom.com](http://www.dorrancepressroom.com) or our online bookstore at [www.dorrancebookstore.com](http://www.dorrancebookstore.com)

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