



SECRETS TO BECOMING A LOVE MAGNET

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The Love Recipe

By Gladys Cheow

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Acknowledgement

To my Mom, it was a great pleasure working on the “The Love Recipe” 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!



To my photography mentor, Hong Chee Yan. Thank you for your professional photography tips and pointers. My food photography skill will not improve tremendously without your guidance.

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 Recipe, 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 Recipe

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 Recipe.

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.

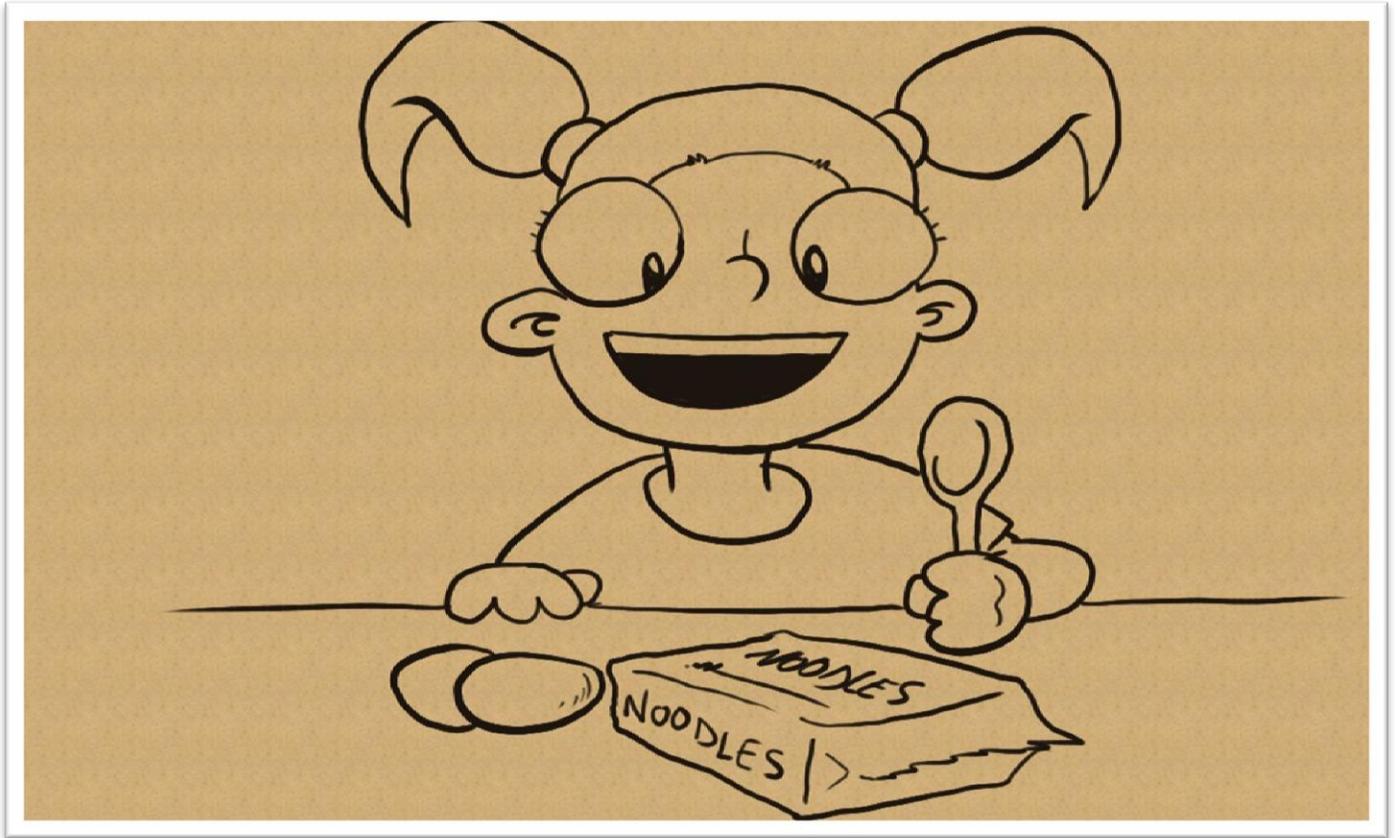
If you want to feel better and eat healthier food, you need to start learning how to cook. Cooking is often a problem for young couples that just got married. Many young couples make the mistake and rely too much on fast food in order to satisfy their hunger, and they end up with [weight problems](#)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

You do not need to spend countless hours on your cooking sessions. By analysing The Love Recipe 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 Recipe eBook.

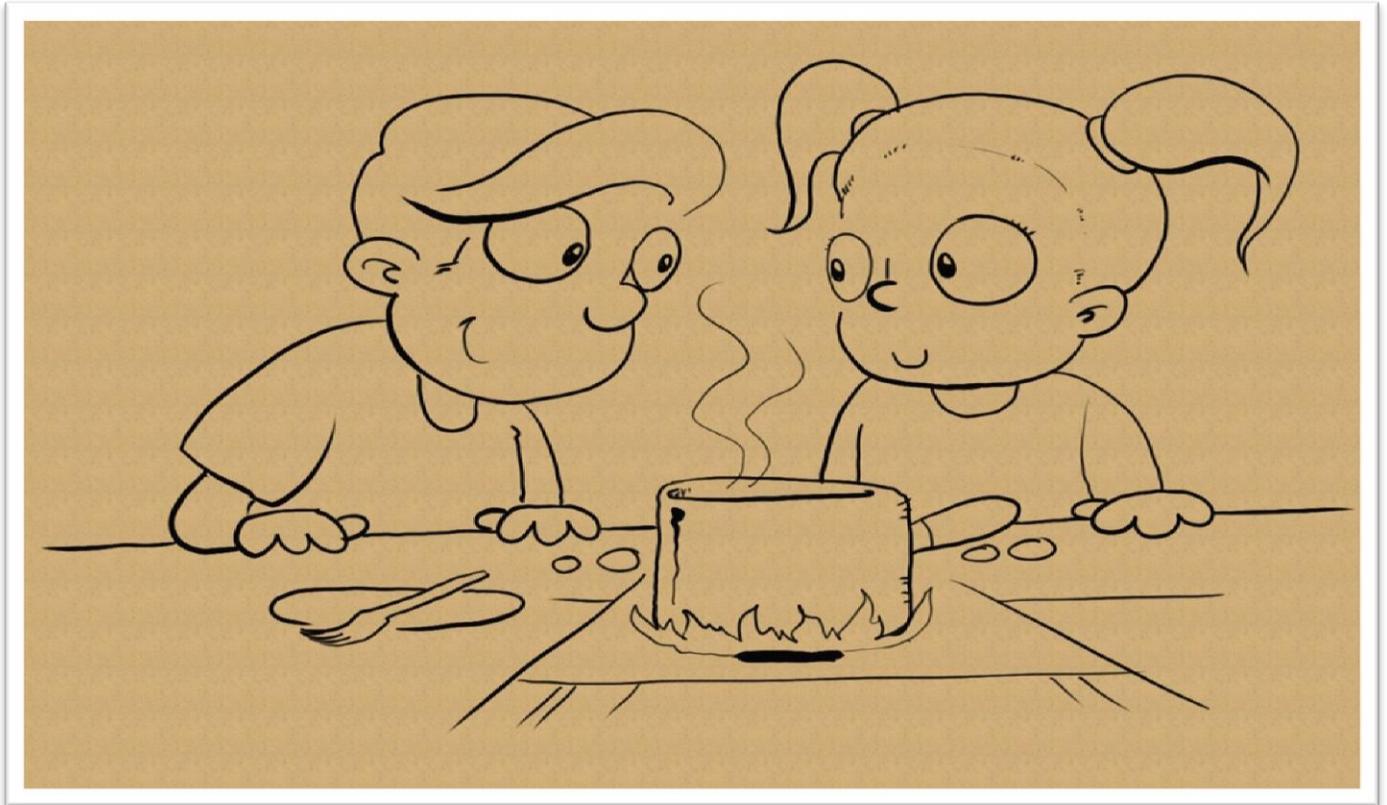
My first cooking attempt



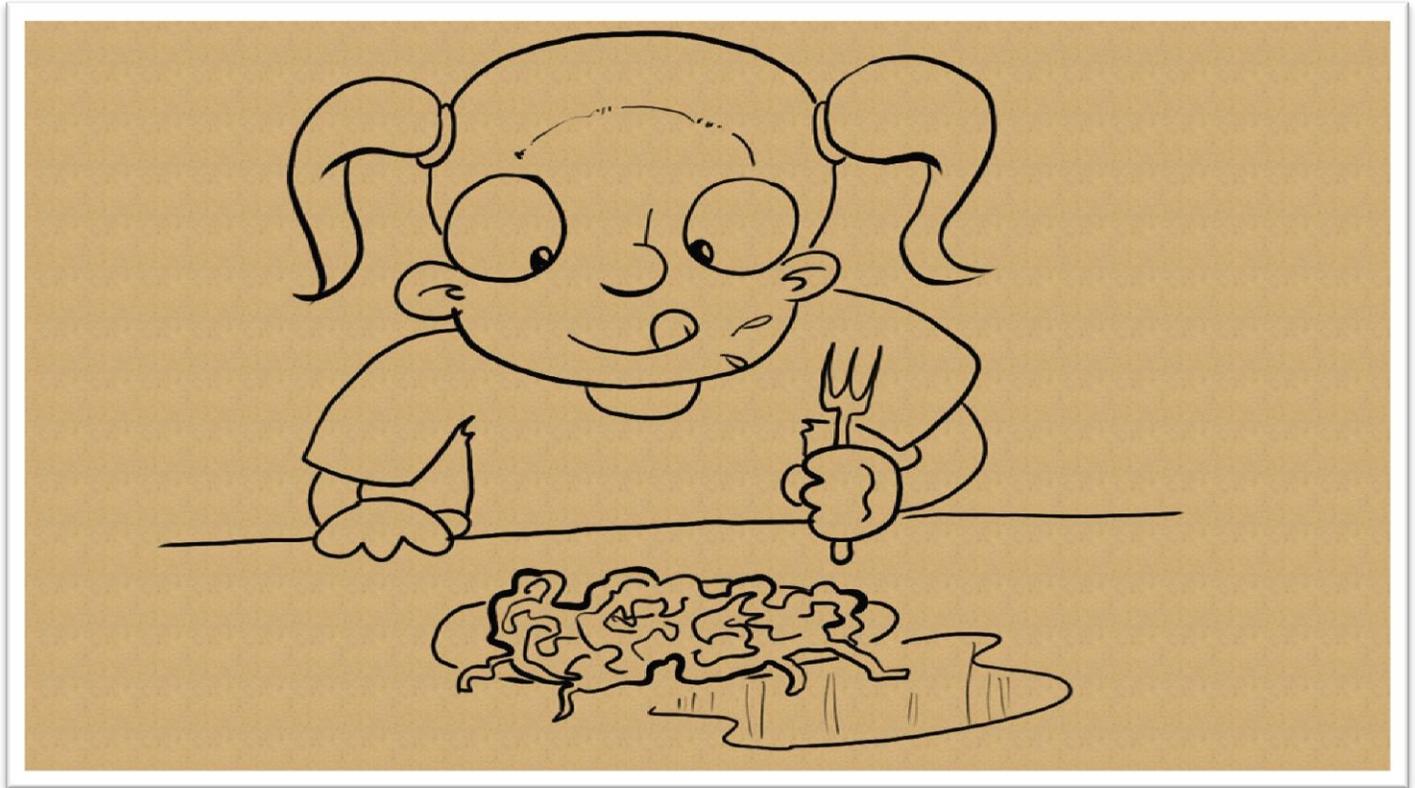
Mom was out buying groceries. I knew she wouldn't be back for a while, and I was feeling adventurous, experimental, and hungry. I decided to do something I've never done before. She was out getting food, so obviously I decided that I needed to try cooking!



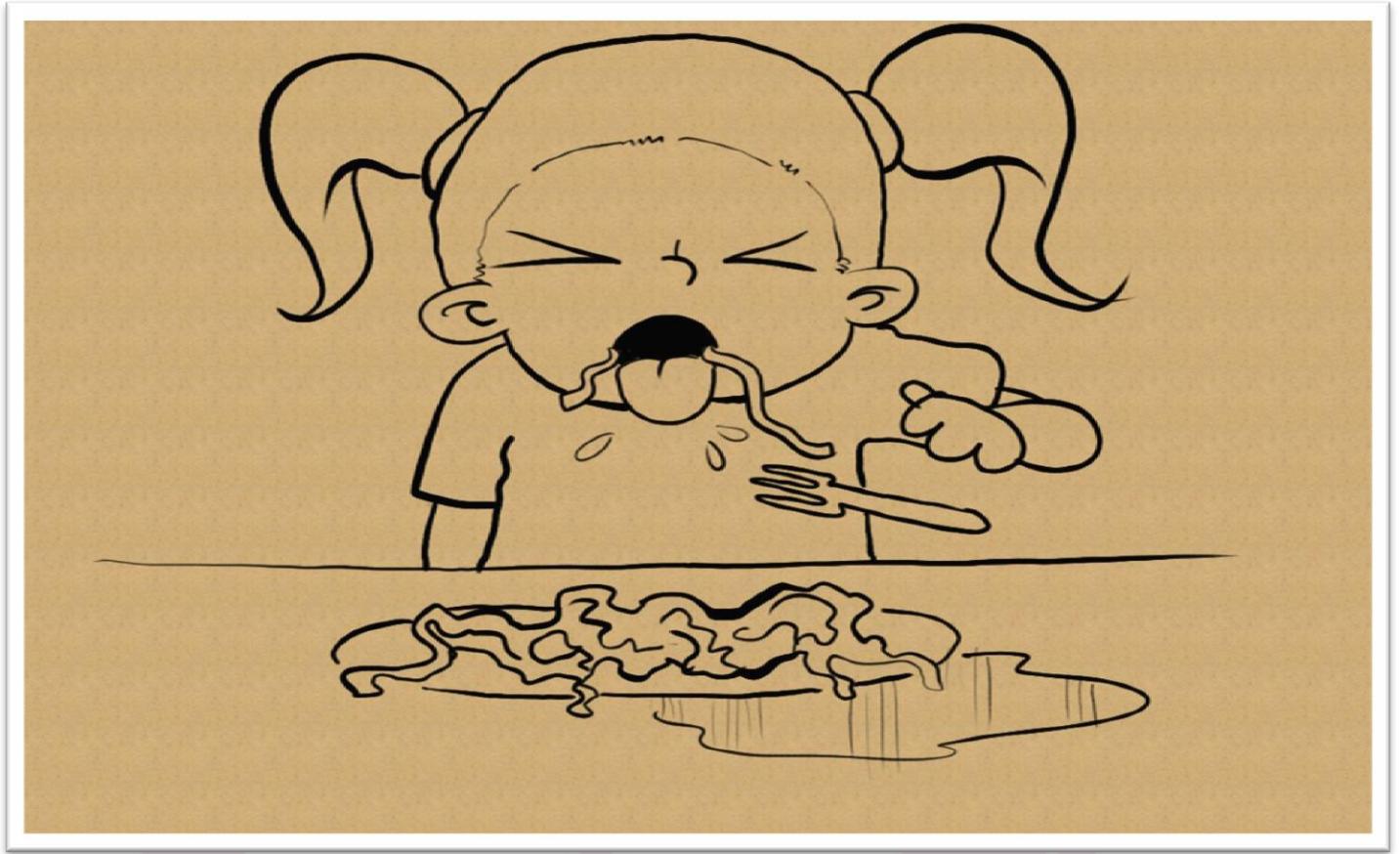
I knew Mom would be surprised and pleased with my new-found talent. Maybe she'd even like my food! There was only one problem: I had no idea how to cook. I decided my older brother and I could put our heads together to make a delicious lunch. Of course my brother agreed (whether he knew how bad this 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.

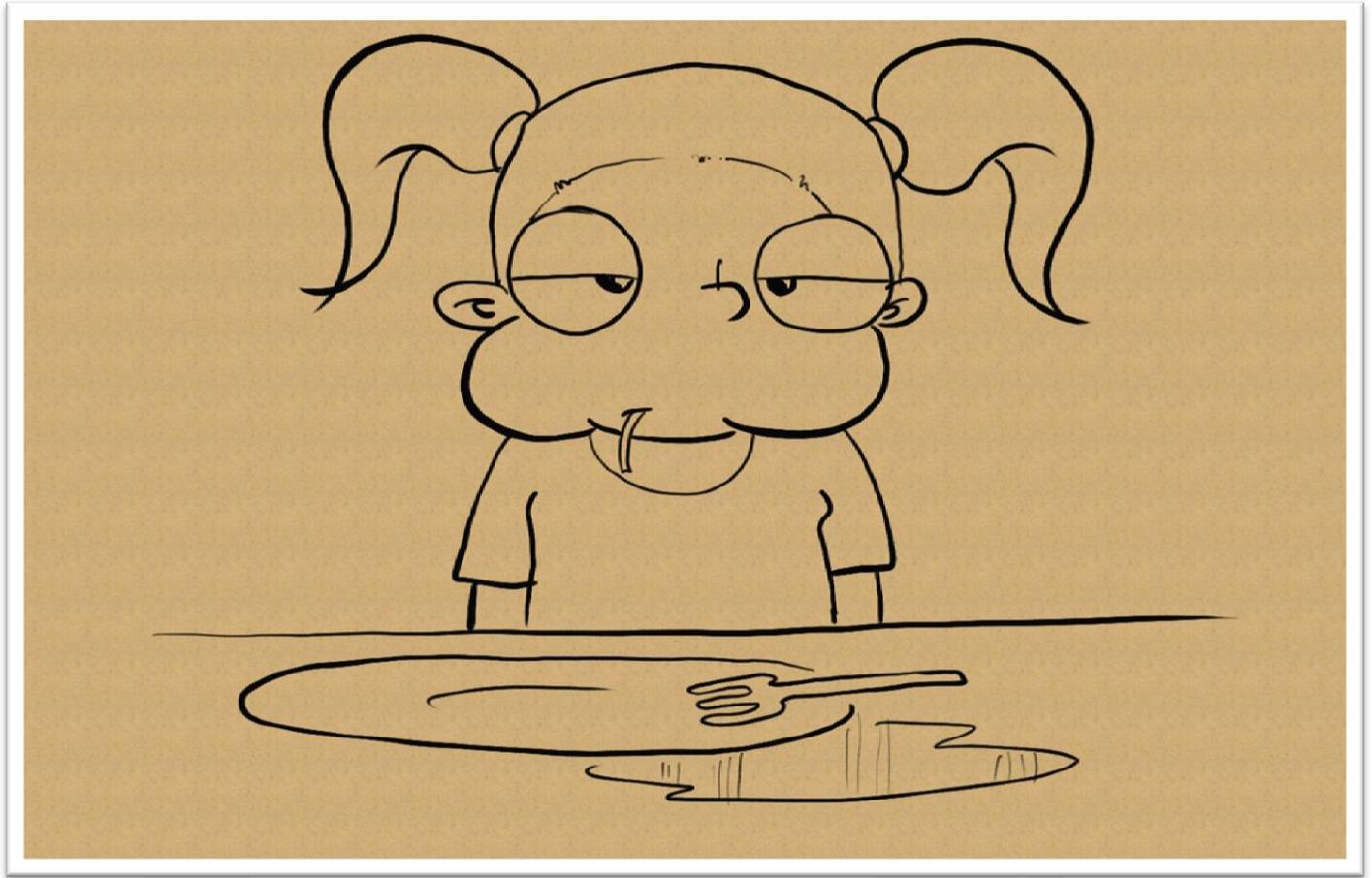


The noodles were ready to eat soon enough, and I was quite happy with myself. We eagerly filled our bowls with what would surely be the best meal we have ever had.

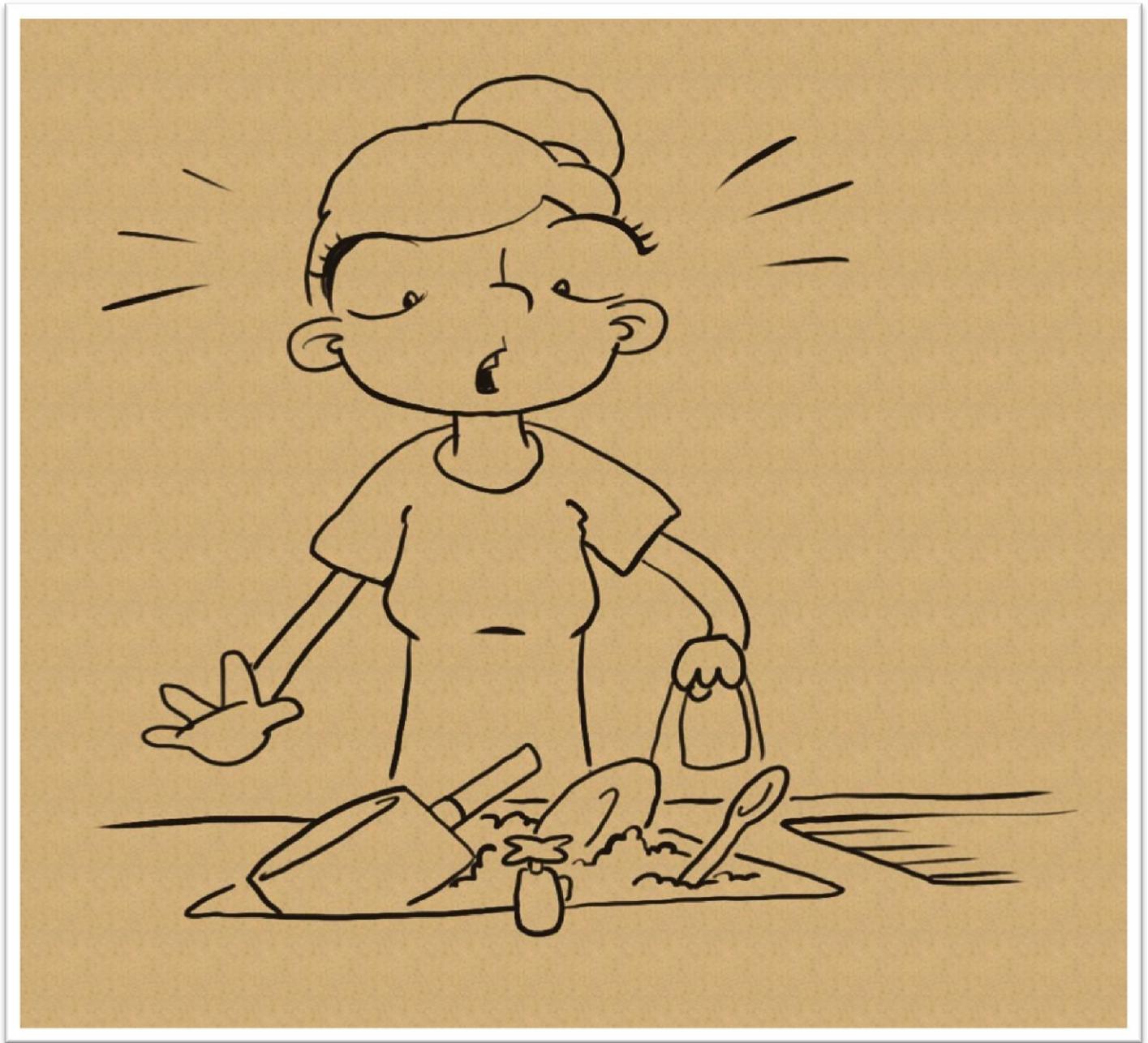


I tasted the noodles and...nothing. There was no flavour at all! We tried to save our meal by adding every seasoning we could find in the kitchen: salt, pepper, soy sauce, and even tomato sauce! I was finally happy with my noodles.

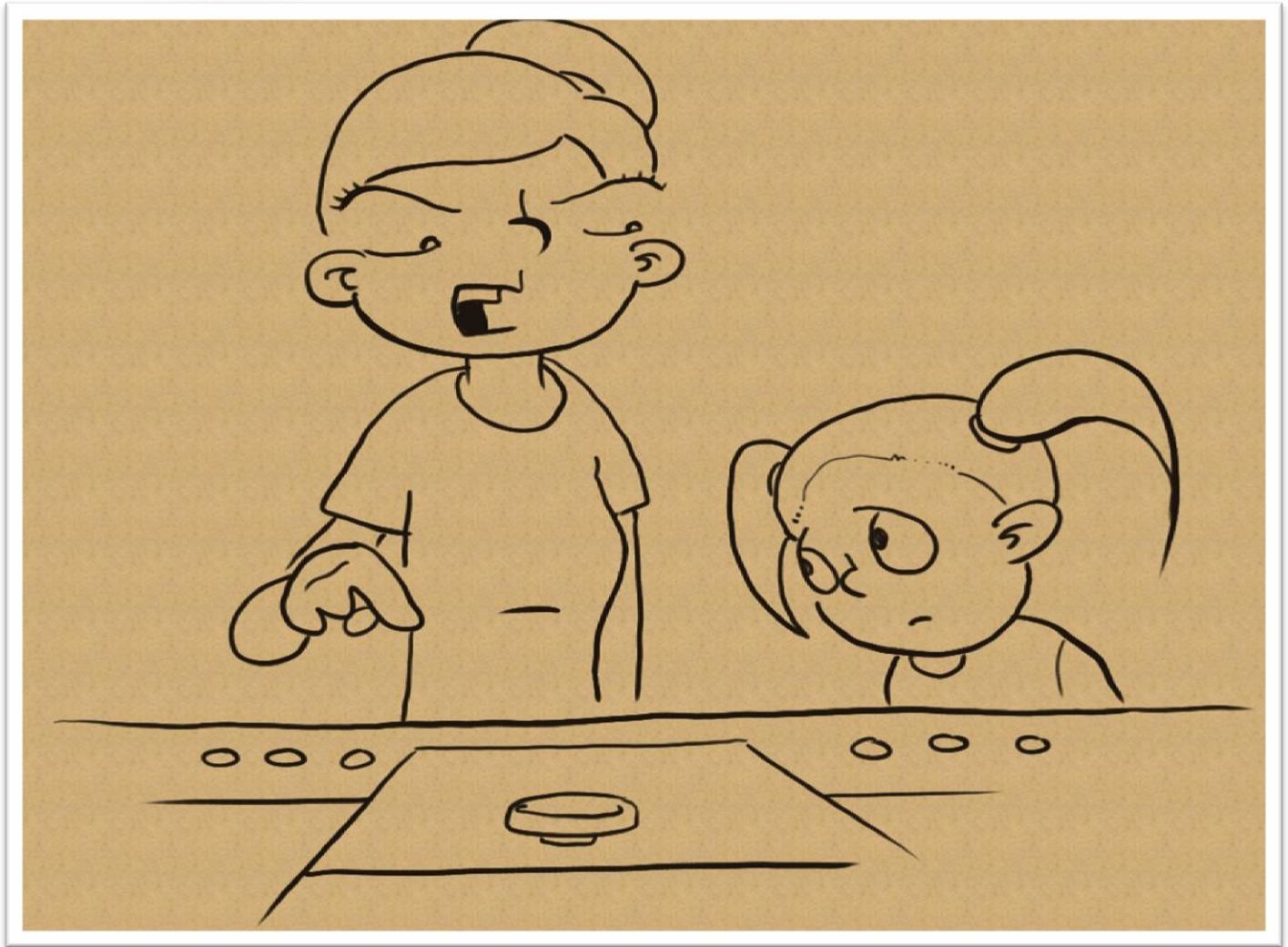
But guess what...



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 ~

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