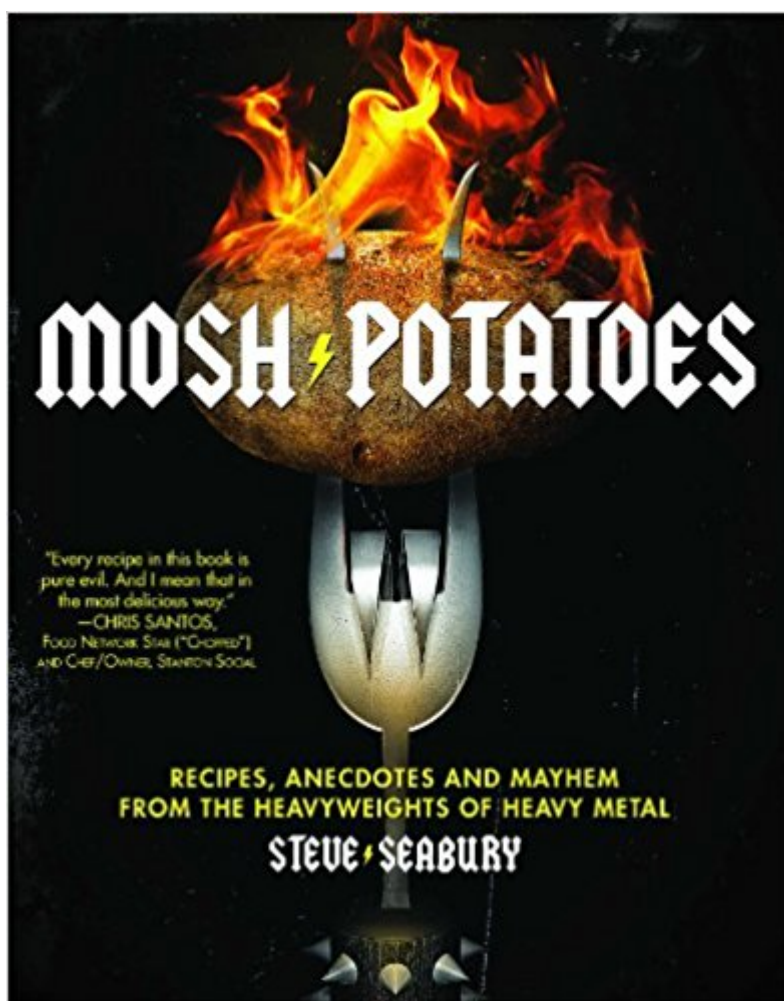


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# Mosh Potatoes: Recipes, Anecdotes, And Mayhem From The Heavyweights Of Heavy Metal



## Synopsis

Divided into "Opening Acts" (appetizers), "Headliners" (entrees), and "Encores" (desserts), *Mosh Potatoes* features 147 recipes that every rock & roll fan will want to devour—including some super-charged Spicy Turkey Vegetable Chipotle Chili from Ron Thal of Guns N' Roses, Orange Tequila Shrimp from Joey Belladonna of Anthrax (complete with margarita instructions), Italian Spaghetti Sauce and Meatballs from Zakk Wylde of Black Label Society (a homemade family dish), Krakatoa Surprise from Lemmy of Motörhead (those who don't really like surprises may want to keep a fire extinguisher handy), and Star Cookies from Dave Ellefson of Megadeth. *Mosh Potatoes* comes with a monster serving of backstage stories and liner notes, making this ideal for young headbangers, those who still maintain a viselike grip on the first Black Sabbath album, and everyone who likes to eat.

## Book Information

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## Customer Reviews

"*Mosh Potatoes* is the book I should have thought to write, but Steve beat me to it. I can do nothing but give a hearty Horns-up salute, as this book is everything I love. Kick Ass recipes from some of the biggest names in the biz, proving, once and for all, that COOKING is indeed METAL. Ice down the beer, fire up the grill, turn it up to 11, and start cooking—every recipe in this book is pure evil. And I mean that in the most delicious way." —Chris Santos, Food Network Star (*"Chopped"*) and Chef/Owner, Stanton Social "Food and music

are as important as oxygen to a musician and you should never travel without either of them. Keep a copy of Mosh Potatoes in your kitchen and your guitar case to make sure your culinary desires are well tended to, both at home and on the road.

• Dave Ellefson, Megadeth  
 “This is the book to get your ‘pit’ on, the BBQ pit! Killing in the kitchen!

• Bobby Blitz, Overkill  
 “I am thrilled to be included in this amazing peek at the world’s most extreme heavy metal cookbook. This is a must have! Seriously BASS ASS!

• Scott Rockenfield, Queensryche  
 “Mosh Potatoes is so damn hot that Satan himself would get out of the kitchen!

• Morgan Lander, Kittie  
 “Mosh Potatoes sets the stage to eat to the beat of a different drummer!

• Frankie Banali, Quiet Riot  
 “Preheat your oven, blanch your vegetables, plug in your ghetto blaster and crank up the Metal. Mosh Potatoes will be an ear-splitting dining experience.

• Joel Grind, Toxic Holocaust  
 “I’m really excited to be a part of Mosh Potatoes. After all Metal Heads have to eat too!

• Jason Bittner, Shadows Fall  
 “Finally, a cookbook worthy of the metal militia. In this kickin’ compendium of horn-throwing eats, the baddest boys (and girls) of heavy metal dish up their favorite recipes.

• The Press Democrat (Santa Rosa, CA)  
 “The message here: Metal gods get hungry, too. And if they can cook, so can you.

• Ft. Lauderdale Sun-Sentinel

Steve Seabury has an extensive history in the music industry from performing, working at various record and marketing companies, interviewing major acts, and hosting events – most recently ZZ Top’s anniversary DVD release at the Hard Rock Cafe. He began his career at Mayhem Records, where he helped launch such acts as Cradle of Filth and Nothingface into stardom. At Spitfire Records/Eagle Rock Entertainment, Steve was the National Sales Director and A&R and had the opportunity to work with rock legends Testament, Zakk Wylde, Ronnie James Dio, Alice Cooper, Ted Nugent, and new developmental acts like Dog Fashion Disco and Sixty Watt Shaman. At Concrete Marketing, Steve orchestrated and initiated several marketing campaigns for numerous platinum artists, including Metallica, Velvet Revolver, Iron Maiden, Avenged Sevenfold, Breaking Benjamin, Damageplan, Judas Priest, and many more. He has taken his experience and recently formed two new companies: Barley & Hops Management and a new record company called Giddy Up! Records that is distributed through Sony/Red. You can also see him thrashing like a maniac with his new metal band, Moth Eater. Steve lives in Queens (home of the New York Mets) with his wife Lisa. This is his first book.

This book is an absolute must for heavy metal lovers, even if they are not avid cooks. Most of the recipes sound great and the few that are left have amusing stories with them (even though they're for things like cheese toast). Almost every recipe has a blurb from the recipe provider and many of the recipes are written with quite a lot of personality to them. The mix of artists is fantastic too. Off the top of my head, there's: Anthrax, Cattle Decapitation, Lamb of God, Whitechapel, Psychostick, Lita Ford, Guns n Roses, Strapping Young Lad, Genitorturers, Cancer Bats, Testament, Dillinger Escape Plan, Shinedown, Motorhead, Ozzy Osbourne (band, not him), Alice Cooper (band, not him), 3 Inches of Blood, Black Label Society, Dog Fashion Disco, El Creepo/Polka Dot Cadaver (lead singer for all of them provided a recipe), Megadeth, Testament. More I can't remember. There are only a few artist repeats (Anthrax I know provided at least two), so there is plenty of variety. With that being said, these recipes are NOT the height of cuisine. I knew that going into it, but some of the reviews suggest that others were expecting more. There are a few surprisingly sophisticated dishes, but almost everything is good, rib-sticking comfort food- the kind you would expect a heavy metal band to chow down on after a show. Get this book because you love the music. The quality of the book is just fine. The pictures are a bit low quality (black and white), but that's hardly a big deal.

As a fan of heavy metal, I always wanted to see a book like this. It provides some recipes known throughout the cooking world with a little metal twist on them by some well metalheads I'm familiar with as well as a few I'm not. Although I might not try most of the recipes listed, it's interesting to see what some of my favorite metalheads like to eat. My biggest disappointment with this book is there are no photos and other images to compliment it. Otherwise I recommend this book for any would-be cook and heavy metal fan.

As someone whose been to cooking school, cooks all the time as I don't have a microwave and I don't eat processed food. Get this book for the enjoyment of it. Don't get it to show off your culinary attributes. The few 'real' recipes that are more than slap together cooking are the vegetarian ones. The only recipe I really felt myself urged to do was by Lemmy ... if you've read the book you'll understand. I've never laughed so hard.

Bought this as a Christmas present for my metal loving roommate, who hopes to be a chef in his lifetime. It hit the spot perfectly, and I've actually got as much entertainment from it as he has. The recipes are all fantastic, and almost all from well known musicians, and the quips and humorous

parts are even better. I'd highly suggest it for any one that enjoys headbanging while they're in the kitchen, be it at home or professionally.

My daughter is in love with her cookbook turned out to be her fave Xmas gift

In the Perfect Metal Universe, everyone would have a copy of this book. It's an entertaining and interesting read in general, with some fascinating anecdotes. And the recipes are pretty awesome, too. Haven't tried Lemmy's recipe yet, but Max Cavalera's chicken barbecue, ad Mathias Nygard's planked salmon are totally horns-up!

I bought this for my son who had requested it as a Christmas gift. After receiving it I decided to look through it. There are lots of great recipes and stories from the individual musicians. Some of the recipes are simple and basic, but I was really surprised to find that some of them were chef inspired and very nutrient rich.

I bought this for my brother because he's passionate about cooking. I also wanted to infuse a little metal and humor into his daily routine. :) He absolutely loves the recipes! And seeing everyone else in the family having to loosen belts by a notch, I think it's safe to say that the rest of us love 'em, too.

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