Kelis Cookbook Interview: My Life on a Plate

Kelis Rogers is a singer, songwriter, and chef known for her diverse background in the music industry and her passion for cooking. In her first cookbook, "My Life on a Plate," she shares her culinary journey and her love for food, which has been influenced by her Puerto Rican heritage and her experiences as a mother and wife.

Kelis was born in Brooklyn, New York, and grew up with a love for music. She started her career as a singer and went on to release several successful albums, including "Kaleidoscope" in 1999, which became a fan favorite and helped establish her as a pop star.

Despite her success in the music industry, Kelis always had an interest in cooking. She started experimenting with different cuisines and flavors, which eventually led her to write her first cookbook. "My Life on a Plate" is a collection of recipes that reflect her love for food and her experiences as a mother and wife.

The book is split into 5 sections: Party Starters, Soups & Stews, Sides & Salads, Main Dishes, and Sweet Treats. There are also notes on where to find Kelis first album "Kaleidoscope" released in 1999. "My Life on a Plate" is the result of her love affair with food that started as a child, and her desire to share her culinary creations with the world.

Kelis' book is not only about recipes, but also about her personal journey. She shares stories about her family and friends, and how cooking has been a source of comfort and joy for her. The book is a reminder that good food can bring people together and create lasting memories.

"My Life on a Plate" has received positive reviews from critics and fans alike. It has been praised for its vibrant recipes, beautiful photographs, and Kelis' engaging writing style. The book has been a bestseller and has helped Kelis establish herself as a successful cookbook author.

In conclusion, "My Life on a Plate" is a delicious read for anyone interested in cooking, music, or Kelis herself. It is a book about the joy of making and sharing food, and it is sure to inspire home cooks everywhere.