



Jail House Cuisine: From the Right Side of the Bars

Louise Mathews

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How did a nice girl like her wind up behind bars for 21 years feeding inmates? She chose to go there and never regretted it; in fact she had a blast! Louise Mathews takes you behind bars to show you what it is like cooking and eating in jails, all without the mess and pain of being booked and strip searched. Since 97% of the riots are over food, it should be good! This is the first book to take a look at what it is like to cook and eat behind bars, examining in detail the many unusual events which occurred each day. Unique, funny and entertaining, from naked men in her kitchen on her first day to having a day named after her on her retirement, the story of her 21 years behind bars, as Chief with the San Diego Sheriff, details her "one woman crusade" to improve the food served in jails. It is filled with delicious recipes from San Diego such as Easy Chocolate Cake with Mocha Frosting, Thai Chicken Curry, Cream of Broccoli Soup, Miss Marie's Fried Chicken, and Ugly Duckling Cake. Throw in Tilapia Jambalaya from New Orleans, Chicken and Rice with Pigeon Peas from Puerto Rico, Alligator Stew from Florida, Cramique from Belgium, Tea Cakes from Canada, Country Collard Greens with Ham Hocks and Awesome Brownies from Alabama and you have a good idea of what to expect wherever you go to jail. This is a "must have book" for foodies everywhere.



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