



Hellbent for Cooking: The Heavy Metal Cookbook

Annick Giroux

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From the blazing stovetop of Montreal's Annick Giroux comes an inspired international heavy metal cookbook full of favorite recipes from members of Thin Lizzy, Mayhem, Anthrax, Kreator, Sepultura, Destruction, Possessed, Obituary, Accept, Doro, Gwar, Toxic Holocaust, Saint Vitus, Amebix, Uriah Heep, Budgie, and many more. Hellbent for Cooking features ravishing recipes for ravenous appetites with a varied menu of over a hundred recipes from thirty countries, including Yorkshire Pudding from England, Beer Pizza Crust from Germany, Spaghetti Barracuda from Italy, Farikal from Norway, Country Lamb Exohiko from Greece, Churrasco from Brazil, and Mushroom Steak a la Jack Daniel's from the United States.

The dishes are legendary, and so are the bands. Feel the heat of thrash metal pioneers Sepultura, Kreator, Anthrax, and Nuclear Assault; devour the proto-metal heavy rock of Thin Lizzy, early Judas Priest, and Uriah Heep; savor the slow-cooked doom of Pentagram and Saint Vitus; and revel in the extreme cuisine of underground pioneers Autopsy, Death, Repulsion not to mention Norway's infamous black metal chefs Mayhem and Gorgoroth.

Afterwards, Doro Pesch of Warlock serves her Black Forest Cake, and Richard Christy from Death pours his trademark cocktail, the mighty Viking Testicle.

The full flavorful menu of appetizer, breakfast, lunch, dinner, vegetarian, seafood, dessert, and drink recipes includes contributions by members of:

Abigail, Abscess, Accept, After the Bombs, Alcoholic Rites, Amebix, Anthrax, Anvil, Armored Saint, Arphaxat, Atomizer, Autopsy, Bastardator, Beehler, Blackfire, Blasphemy, Brutal Truth, Budgie, Bulldozer, Cauldron, Children of Technology, Control Denied, Countess, Cruachan, Dantesco, Deadmask, Death, Death SS, Deiphago, Denial of God, Desolation Angels, Destruction, Devastation, Dissection, Doro, Dusk, Electric Wizard, Elixir, Envenom, Exciter, Eyehategod, Faustcoven, Funerot, Goat Horn, Gorgoroth, Grimorium Verum, Gwar, Hidden Hand, Holocausto, Impaler, Inepsey, Judas Priest, Killers, Kreator, Lamp of Thoth, L Impero Delle Ombre, Lord Vicar, Mantak, Master, Master's Hammer, Mayhem, Melechesh, Messiah, Midnight, Minotaur, Mortal Sin, Mutilation, Necromantia, Necrosadist, Nuclear Assault, Obituary, Obscurity, Orodruin, Pagan Altar, Pentagram, Piledriver, Possessed, Procession, Repulsion, Reverend Bizarre, Rigor Mortis, Rotting Christ, Sadistik Exekution, Saint Vitus, Sepultura, Shackles, Sigh, Sir Lord Baltimore, Skyforger, Slaughter, S.O.D., Spirit Caravan, Stiny Plamenu, Tankard, Thanatos, The Gates of Slumber, The Obsessed, The Rods, Lord Weird Slough Feg, Thin Lizzy, Toxic Holocaust, Trench Hell, Trouble, Tygers of Pan Tang, U.D.O., Uriah Heep, Warlock, Warpig, Weapon, Wino, Witchfynde, Witchtrap, Xibalba, and Zemial.

For anyone with a taste for metal: The kitchen gates are open, so grab your weapons of mass nutrition, and let the feast begin!

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Eric Kyler:

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