

# COOK'N TO KEEP HIM

“For anyone thinking of starting the flames or keep them burning in their relationship, this book is a must read!”

— **THEREZ FLEETWOOD**  
Author, *The Afrocentric Bride: A Style Guide*

*Make Your Relationship Sweeter, Passionate, and More Delicious*



By **CHERYL MAYFIELD BROWN**



**Cheryl Mayfield Brown**, also known as “The Wedding Diva,” is the CEO and Founder of **Twice is Nice Encore Bridal Creations** — a wedding consulting firm exclusively for second marriages.

Her company is based in Charlotte, North Carolina, and is one of the most sought after wedding designers in the world. ♥ Twice is Nice Encore Bridal Creations and “The Wedding Diva” have been profiled in *The New York Times*, *Entrepreneur Magazine*, *The Chicago Tribune*, *The Charlotte Observer*, and *The Charlotte Business Journal*. Cheryl has shared her expertise with travelers on Carnival Cruise Lines, and worked on a variety of wedding projects with Pietown Productions, NBC-TV and Paramount Domestic Pictures in Hollywood, California. ♥ Cheryl has been whipping up delicious dishes in her kitchen for over 20 years. Now she brings her lip-smacking, relationship secrets to your table.

## FREQUENTLY ASKED QUESTIONS:

**You are a wedding planner by profession, why did you write a cookbook?**

After planning encore weddings for a number of years, my clients (who have become my friends) would often ask me the secret to my happiness with my husband. I would always tell them that you have to turn your home into a “one stop shop.” In other words, create excitement in your surroundings where he will ultimately never want to leave your side.

**What makes *Cook'n to Keep Him* different from other cookbooks?**

We offer suggestions and recipes wherein the next time you prepare a meal for your partner, the pots won't be the only things that boil over. We help you make him taste the temptation!



4040,  
Cheryl Mayfield  
Brown

### FREQUENTLY ASKED QUESTIONS (continued)

#### What are your most essential ingredients for whipping up a sexy meal?

Well, you'll need my cookbook, of course. Be sure to add exciting lingerie, good music, and sweet aromas to the mix. Try my signature [Chocolate Praline Layer Cake](#). Your kitchen will fill with the most mouth-watering scents ... your partner will reel with pleasure!

#### Who should read *Cook'n to Keep Him*?

*Cook'n to Keep Him* should be read by anyone who is mature enough to know that in order to have a successful relationship you must bring new experiences to the table. Use your imagination to rejuvenate your relationship.

#### How many recipes do you include in your book?

I include 212 of my most titillating recipes. My spicy [Cajun Chicken Jambalaya](#) will turn up the heat, and my [Cream Cheese Pancakes](#) promise to make hearts melt.

#### Describe the recipe chapters?

- ♥ **Afternoon Delight** (*Salads and Sandwiches*)
- ♥ **Going Down South** (*Southern Dishes*)
- ♥ **Hot Licks** (*Spicy Foods*)
- ♥ **Hot, Wet and Tasty** (*Hot Drinks*)
- ♥ **Just Wet** (*Beverages*)
- ♥ **Light and Luscious** (*Vegetarian Dishes*)
- ♥ **Love Dem Balls** (*Food Shaped into a Ball*)
- ♥ **My Deep Dark Secret** (*Chocolate Recipes*)

- ♥ **Nuts and Nibbles** (*Appetizers*)
- ♥ **Rise and Shine...or Just Rise** (*Breakfast Foods*)
- ♥ **Savory Spreads** (*Spreads and Dips*)

#### Why are the recipe chapters "suggestive in nature"?

A little tease will often get you desirable results!

#### What are the benefits of combining food with romance?

It is human nature to be loved, needed and wanted, and food is a necessity. Just as you can't live for long without nourishment, you can't live without loving or being loved!

#### Does *Cook'n to Keep Him* offer recipes for the more health conscious reader?

Yes, in the chapter entitled *Light and Luscious* there are meatless meals, low fat recipes and recipes for strict vegetarians. Try my delectable [Saffron Rice Pilaf with Apricots and Almonds](#).

#### Where can I get a copy of *Cook'n to Keep Him*?

- Order toll free **1.866.742.6656**
- [www.Cookingtokeephim.com](http://www.Cookingtokeephim.com)



**"Such a book  
is long overdue."**

— **BRUCE PARSON**  
Publisher, *For You Magazine*