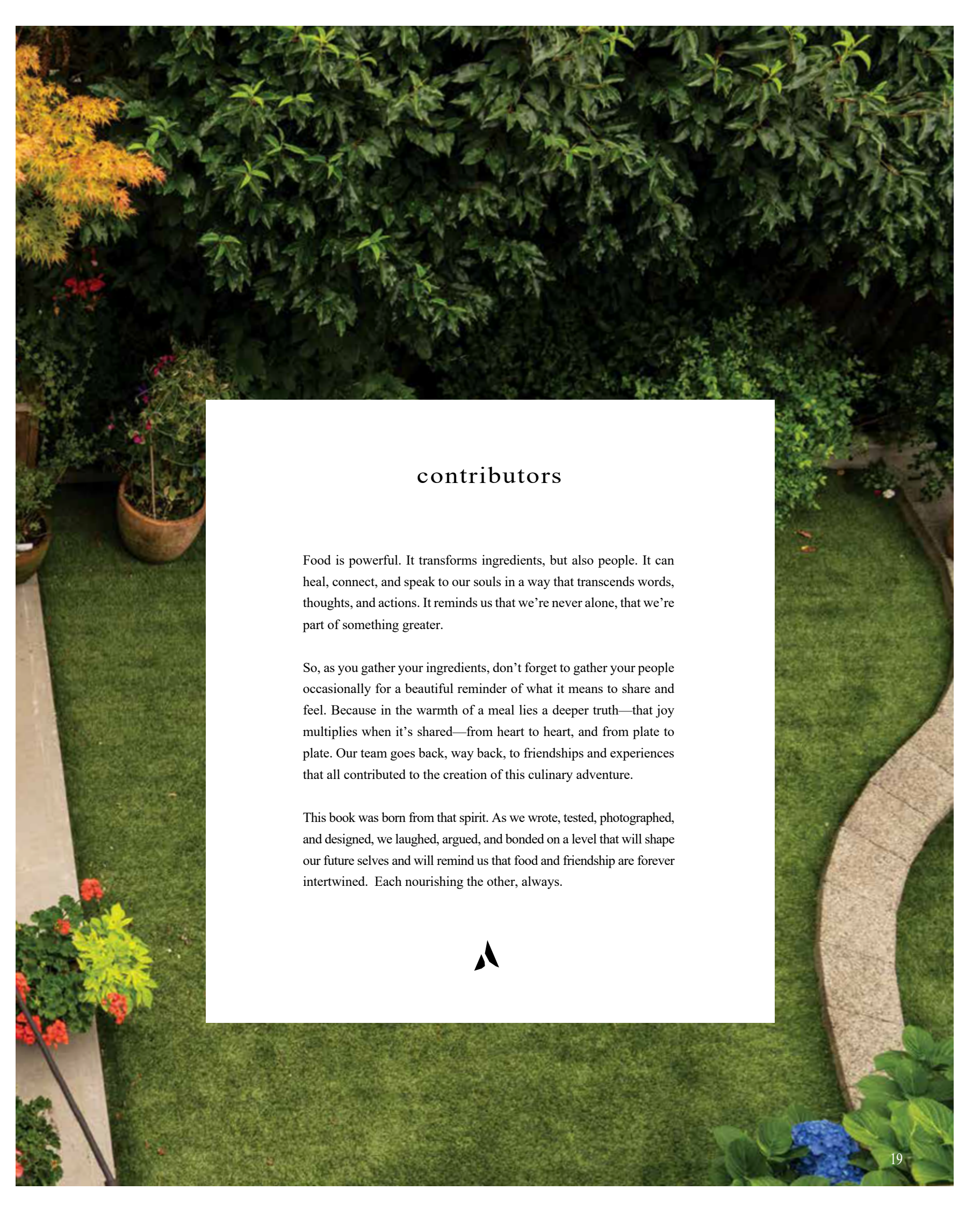






contributors

Food is powerful. It transforms ingredients, but also people. It can heal, connect, and speak to our souls in a way that transcends words, thoughts, and actions. It reminds us that we're never alone, that we're part of something greater.

So, as you gather your ingredients, don't forget to gather your people occasionally for a beautiful reminder of what it means to share and feel. Because in the warmth of a meal lies a deeper truth—that joy multiplies when it's shared—from heart to heart, and from plate to plate. Our team goes back, way back, to friendships and experiences that all contributed to the creation of this culinary adventure.

This book was born from that spirit. As we wrote, tested, photographed, and designed, we laughed, argued, and bonded on a level that will shape our future selves and will remind us that food and friendship are forever intertwined. Each nourishing the other, always.

