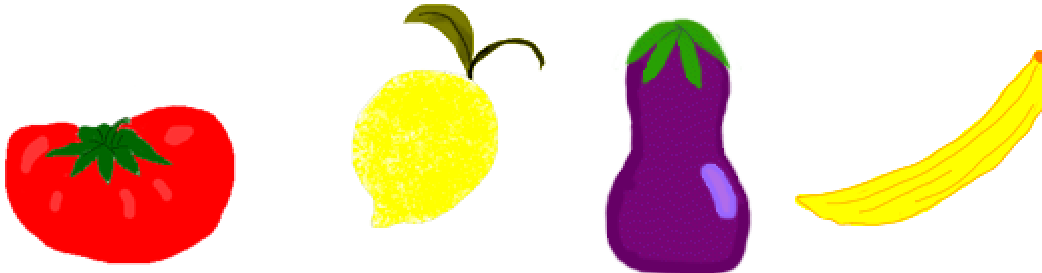


Food With No Name

By M. Elaine Murphy



Forward

Food With No Name is a collection of dishes Elaine has created over the years, “on the fly.” She simply loves to cook, and she’s an artist – she don’t look back. I, on the other hand, like to look back, especially if it means that I get to enjoy one of her unique culinary masterpieces more than once! Over the years, after stuffing myself with one of these gems for the palette and belly, I have often pestered her to record the recipe. At first, I wrote them down, but that proved too cumbersome, and Elaine ultimately made a computer file to store them in. The file grew over time, until it sprang forth as a cookbook, spontaneously - just like food with no name. I hope you have tons of fun with this book, and will love the dishes as much as I do.

Rob Wood, March 2005

Introduction

Food With No Name is a book for people who love to cook – and for people who love to eat the meals prepared by people who love to cook. It’s not a book that will teach you how to cook, and it’s not a book for people who only cook because they have to. If you love to cook, and if you love to be creative in the kitchen, then this book is for you. Don’t worry if you don’t have the exact ingredients for a particular dish on hand – just improvise! That’s what *Food With No Name* is all about.

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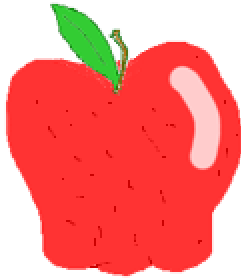
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The Origin of Food With No Name

Probably I was influenced by Clint Eastwood's so-called Spaghetti Westerns in which he played a Man With No Name, and possibly by an old 60's song titled "Horse With No Name." Both were wonderful, and I hope you will feel the same way about my food.

I call it *Food With No Name* because much of it is made up of one-dish meals that are the result of putting together ingredients available at the moment from the pantry and fridge. People would ask me what it was they were eating, and since it had sprung into being spontaneously, I really had no answer. I suppose if I'd been from France instead of Texas, I'd have called it *Food du Jour*.

I have loved to cook since I was allowed to do things in the kitchen at the age of 8 years. 50 years later, the time I spend in the kitchen is still some of my favorite time, and I hope you will be inspired by my book to create your own, unique *Food With No Name*.

Colleen

