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## ELISE JOHNSON SAYS YOU NEVER COOK ALONE

*Elise Johnson wants families and friends to rediscover the power of cooking and eating together. Johnson's first cookbook blends recipes, menus and personal stories to help guide the way. Drawing from her childhood in a Portuguese immigrant family, Johnson teaches others to cook with her grandmother's secret ingredient – love.*

RALEIGH, NC, June 4, 2012 – Elise Johnson is often called the “Portuguese Paula Deen.” The comparison instantly lights up Johnson's million dollar smile.

Born Elise Arruda, she grew up in a Portuguese immigrant family that lived in Fall River, Massachusetts. A speech impediment, however, kept her from talking until she was sixteen years old. Embarrassed, she retreated to her Portuguese grandmother's kitchen, which soon became her place of refuge and comfort. Vavo, Portuguese for Grandma, spoke little English. Still she taught her granddaughter the secret of cooking with the most important ingredient of all – love.

In turn, Johnson put that same love into the meals she created for her own family. After numerous requests, Johnson began teaching friends, their children and college students to cook. Johnson now shares that love through personal appearances, cooking classes, her Cooking with Elise blog and TV segments, and her brand-new cookbook, *You Never Cook Alone*.

The book's sub-title, *Stirring Memories, Feeding Souls and Building Legacies – A Cookbook for the Well Fed Family*, reflects Johnson's life mission. She wants to help families capture the amazing energy generated by cooking and eating together.

*You Never Cook Alone* delights cooks from novice to expert. Far more than a collection of recipes, *You Never Cook Alone* stirs in delightful, humorous and heart-warming stories from Johnson's childhood and kitchen.

“Even though my own love language is food,” says Johnson, “it's not about the food!” She laughs, lighting up that trademark smile all the brighter. “It's about using food to build healthy families and lasting friendships.”

Step-by-step Johnson shows how to create eventful meals that fit into the busy schedules of soccer moms and corporate CEOs. Recipes and menus span from 1950s nostalgia to the latest ethnic and international cuisine.

In an amazing transformation, the child-who-never-spoke her own name has become the funny, passionate, outspoken Chef Elise — the chef more and more people are calling the “Portuguese Paula Deen”. *You Never Cook Alone* invites readers to enjoy Johnson's well-fed world and make it their own.