



30 Minutes Is All It Takes

Growing up in a family that worked in restaurants and loved to cook, it might have been inevitable that Rachael Ray was to become host of The Food Network's *30 Minute Meals*. And while her culinary talent is obvious to anyone who's seen her show or read any of her cookbooks, the passion she brings to all her meals and recipes might just be the real secret to her success.

Rachael didn't go to a fancy gourmet cooking school, but started learning to cook in restaurants her mother managed. Her first lesson came at age four, when she burned her thumb trying to imitate her mother's spatula technique. As she puts it, she was also taught by all the wonderful cooks she's ever worked with. "Cooking is about sharing, so if you don't share food and recipes with the people in your life, you won't be much of a cook no matter where you trained," she says. "Besides, I'm not patient enough to be a chef."

That practical, down-to-earth approach is evident in everything Rachael does. In fact, the 30 minute meal concept began as one of several classes she taught to attract customers at a large gourmet market in Albany, NY. The class became such a hit with Albany's cooks on a tight schedule, it was featured in a story by a local reporter. That led to Rachael's being offered a regular segment on the evening news, which, in turn, took her to *The Today Show*, where she was spotted by the president of The Food Network. See the results you can get in just thirty minutes?

Rachael's celebrity status hasn't changed her love for cooking or the way she tests new recipes. (Her dog, Boo, still gets to eat the "mistakes.") Her enthusiasm is as contagious as always and attracts fans wherever she goes. "They just come up to chit-chat and swap recipes," she laughs, "I guess that way I don't have to worry about running out of new menu ideas!"

- Jeff Silver

You'll find some of Rachael's timesaving recipes inside!

In This Issue

- 30 Minutes Is All It Takes
- Time Is On Your Side
- Time Saving "e"-recipe



click on this symbol throughout this e-newsletter for interactive simple solutions

Short On Time? Use Circuit Training!

Want to exercise but time is short? Then circuit training may be for you. Many fitness centers, including some designed exclusively for women, offer programs that combine cardiovascular activity, toning, and resistance training into a 30-minute workout. Plus, you can go at your own pace within each workstation so it's great for all fitness levels!
