



## CAN YOU TAKE THE HEAT?: The WWF Is Cooking!

By Jim "J.R." Ross

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**CAN YOU TAKE THE HEAT?: The WWF Is Cooking!** By Jim "J.R." Ross

**Things are starting to sizzle in the kitchen. Can you take the heat?**

Want to know what's in The Rock's Famous Rock-Bottom Pancakes? What Chyna eats to make her the Ninth Wonder of the World? What dishes can make even Stone Cold Steve Austin smile? Here's your chance to find out. If you think you can handle it, you too can eat like a World Wrestling Federation Superstar. Champion wrestlers need fuel -- lots of it -- and quick and delicious meals are a priority, not an option.

In *Can You Take the Heat?*, the Superstars of the World Wrestling Federation serve up their favorite meals...with a whole lot of "Attitude." And to make it even better, each mouthwatering recipe is introduced by good ol' J.R., who offers the behind-the-scenes "dish" on each meal and the wrestlers who love it, peppering the book with plenty of down-home Federation flavor.

Get started with out-of-this-world appetizers like Sgt. Slaughter's Mess Hall Dip, Mick Foley's Knuckle Sandwiches, and Chyna's Guacamole Salad.

Move on to the main-event recipes: Stone Cold's Rattlesnake Rib Rub, the Hardy Boyz' Chicken-Fried Steak, Triple H's Swordfish a la Helmsley, J.R.'s Tex-Mex Stew, Big Boss Man's "Pepper" Steak, Rikishi's Rump Roast, and Mean Street Posse Potpie. And if you're watching your waistline, you'll even find some lighter fare like Ivory's One-Pan Fish Dinner and Tori's Maple Barbecue Chicken.

Now throw on some killer tag team side dishes: Too Cool's "Home Boy" Fries, Al Snow Peas, Billy Gunn's Grilled Badd Ass-paragus, and Acolytes' Beer Bread.

Getting full? Well, don't tap out, because we've saved the best for last: Smackdown desserts like Kane's Red Velvet Cake, McMahon Millionaire Pie, and Stone Cold Cinnamon Ice Cream.

A hardcore cookbook that will have all those fancy-pants recipe books running for cover, *Can You Take the Heat?* dishes up delicious, stick-to-your-ribs meals that will satisfy even the biggest appetites.

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## **CAN YOU TAKE THE HEAT?: The WWF Is Cooking! By Jim "J.R." Ross Bibliography**

- Sales Rank: #264461 in Books
- Published on: 2000-10-24
- Released on: 2000-10-24
- Original language: English
- Number of items: 2
- Dimensions: 9.13" h x .80" w x 7.38" l,
- Binding: Hardcover
- 224 pages

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### Editorial Review

Amazon.com Review

*Can You Take the Heat?* offers something seldom found in a celebrity cookbook: a WWF-style announcement for each recipe. This is important, both to give the book the raucous flavor so crucial to the entertaining identity of the World Wrestling Federation, and to introduce some of its worthy names that might be unfamiliar to the culinary world. The announcer, Jim "J.R." Ross, gives the personal background of each dish. Thus, Sgt. Slaughter is represented both by the specifics of his Mess Hall Dip (the secret is the 12 ounces of sour cream, "or more if desired") and by Ross's reminiscence about the night he and Sarge shared an \$8 room in Baton Rouge and Sarge introduced Ross to a local restaurant's best menu item, Sweet and Sour Chicken. "After a sake or two, Sarge could damn near balance an entire egg roll on his chin!" Sarge orders you to enjoy his dip, and regrets that if he were to yield to the impulse to share with you his secret recipe for Slaughter Steak, he'd be forced "to use the Slaughter Cannon and the Cobra Clutch on you."

Though lots of the entries exist to be silly--you can live without Mick Foley's Knuckle Sandwich recipe--the book isn't just a gag. You really can make J.R.'s Slobberknocker Pork Chops and Stone Cold Steve Austin's "Stomp a Mud Hole in Your Steaks and Ribs" Simmering Sauce. Do try this at home, folks!

About the Author

Jim "J.R." Ross has been involved in the sports-entertainment business for more than twenty-five years. In addition to being the "voice" of the World Wrestling Federation, he currently serves as senior vice president of talent relations and wrestling administration. The proud father of two daughters, he lives in Norwalk, Connecticut, with his wife, Jan.

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**Anthony Russell:**

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