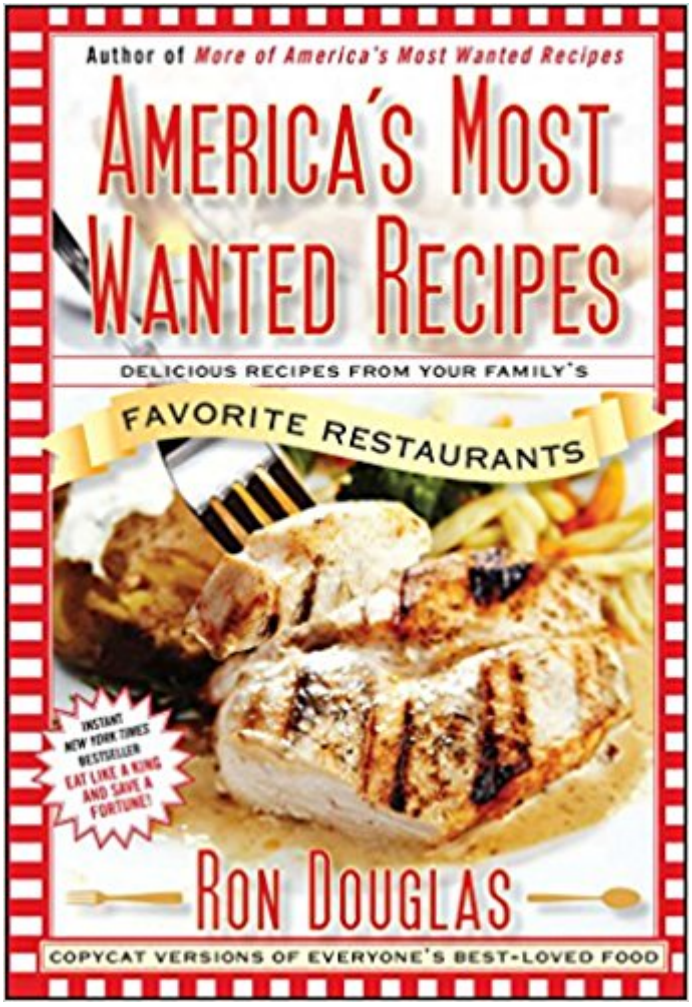
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# America's Most Wanted Recipes: Delicious Recipes From Your Family's Favorite Restaurants (America's Most Wanted Recipes Series)




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## Synopsis

Ron Douglas reveals the secret recipes from AmericaÃ¢â ¬â„¢s restaurantsÃ¢â ¬â •The Cheesecake FactoryÃ¢â Â¢, The Olive GardenÃ¢â Â¢, P.F. ChangÃ¢â ¬â„¢sÃ¢â Â¢, Red LobsterÃ¢â Â¢, and many moreÃ¢â ¬â •and shows readers how to make them at home for a fraction of the price.The average American family eats out three or more times per week, which translates into hundreds of dollars spent on food each month. In these hard economic times, families simply canÃ¢â ¬â„¢t afford to keep paying these high prices. And Ron Douglas has spent the past five years of his life ensuring that we wonÃ¢â ¬â„¢t have to. With the help of a test kitchen and more than 45,000 tasters, he uncovered the carefully guarded recipes of the most popular meals at restaurants across the country. With his easy-to-follow steps, families can now enjoy the meals they love most at a price they can actually afford. KFCÃ¢â ¬â„¢s Famous Fried Chicken, ChiliÃ¢â ¬â„¢s Southwest Chicken Chili, Olive GardenÃ¢â ¬â„¢s Breadsticks, and Cheesecake FactoryÃ¢â ¬â„¢s Oreo Cheesecake are just a few of the many famous and delicious recipes included. And because each recipe has been tested by RonÃ¢â ¬â„¢s incredible network of tens of thousands of testers, they are indistinguishable from the originals. These best-kept secrets can save you thousands of dollars a year and will put delicious meals on the table that the whole family will enjoy.

## Book Information

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## Customer Reviews

Ron Douglas is a former finance director at JP Morgan and founder of the #1 copycat recipe website, RecipeSecrets.com. He lives in New York with his wife and two children.

Preface  This cookbook is a compilation of the most beloved restaurant dishes in America based on research and consumer surveys. These recipes generate billions of dollars for the restaurant industry every year. But while everyone enjoys eating out, there's nothing like a home-cooked meal made from scratch. Why not have the best of both worlds? With these "secret recipes," you can enjoy your favorite restaurant dishes at home and save money in the process!  To give you a little background, I grew up in a family of people with southern roots who loved to cook. As a kid, I used to be my grand-mother's "personal assistant," helping her at the grocery store and in the kitchen as we prepared dinner for the family. The best feeling came from the smiles on their faces and the quiet in the room as they enjoyed the meal.  It is no wonder that I'm a foodie today. But it wasn't until my wife challenged me to make KFC's famous fried chicken for her that I became hooked on the idea of recreating restaurant recipes that tasted just like the originals. The first place I went to research recipes was the Internet, which was a frustrating experience at the time. I found lots of recipes that were either incomplete or not even close to the originals. But I also discovered that there were thousands of people who were into "recipe cloning" and were searching the Internet every day for new secret recipes to try at home. Having been in ecommerce at the time, I thought it would be a great idea to set up a community Web site where these people could share their results and work together to create accurate clone recipes. The Secret Recipe Forum was launched and became the research hub and "virtual think tank" that inspired this cookbook. Today, RecipeSecrets.net has more than 70,000 recipe cloners and over 179,000 newsletter subscribers. Each week, I would try to clone a new restaurant recipe and share the results with my members. Needless to say, I became a regular at many of the restaurants and was on a first-name basis with a lot of the servers.  Members of the Web site would also try the recipes and add their feedback and recommendations. As the Web site grew, it became more than just a hobby. Cooking experts and even professional chefs began getting involved with our recipe-cloning movement.  For many people, recreating restaurant recipes at home was not just a fun way to impress their family and dinner guests, it was also a great way to save money.  How Much Money Can You Save?  Studies show that nearly half of all U.S. adults are eating out each day. According to Nielsen Consumer Research:  The restaurant industry in the U.S. is projected to top $558 billion in food and drink sales in 2008, an average of over $1.5 billion a day. Approximately 133 million Americans are food-service patrons on any given day, making the average check size nearly $12 per person. This

level of spending is a 13-fold increase in sales since 1970 and today accounts for about 4% of total U.S. GDP. There are nearly 950 thousand places to eat in the U.S., employing over 13 million people. Nearly one in five persons (18%) visits quick-serve restaurants ten or more times per month, and 19% visit sit-down restaurants six or more times per month. Eating out is typically more expensive than preparing a home-cooked meal because restaurants have to price their food to pay high overhead expenses such as salaries to chefs, managers, and servers, and rent and advertising. By making these dishes at home, you can cut out all the excess costs and prepare each meal to your liking. The table shows the potential savings per serving for a sampling of ten restaurant dishes featured in this cookbook. Let's consider the following example of how much you can save over time (assuming an average restaurant bill of $25 and an average athome cost of $10) if you prepare these dishes at home instead of eating out three times per week: Approximate savings per week = $45 Approximate savings per month = $180 Approximate savings per year = $2,160 Of course, preparing these dishes at home isn't a substitute for the restaurant dining experience, but for those looking to save a few bucks, it's well worth it. A Healthier Alternative If you need another reason for making these dishes at home, consider the fact that the foods many people eat when dining out are much higher in calories than foods prepared at home. And children in particular consume substantially more calories when eating a restaurant meal than when eating a meal at home. The higher caloric density of restaurant food was much less of a factor for obesity when Americans ate out less. Today, though, with nearly half of all persons eating out each day, high-calorie restaurant meals are making much more of an impact. A University of Minnesota study found that children who never eat at quick-serve restaurants during the week average 1,952 calories per day, while those who average one or two visits per week average 2,192. Children who frequent quick-serve restaurants three or more times per week average 2,752 calories per day, over 40 percent more than those who never eat there. This level of consumption, combined with falling levels of physical activity among children, has helped to drive the doubling obesity rate seen for children in the past twenty years. And teens have seen a tripling of the rate over the same period. With this cookbook, you can replicate your favorite restaurant recipes at home, and you have complete control over the serving sizes and the ingredients you use. About America's Most Wanted Recipes Each recipe in America's Most Wanted Recipes has been tested and tweaked to taste just like the original. Although I can claim to offer only "clones" of these famous dishes, I am confident that if you follow the instructions, you won't be able to tell the difference. There are tips throughout the book in which I share my personal experience and suggestions for making these dishes as well as tips for saving money, saving time, and preparing healthier alternatives. I encourage you to put

the book to good use and make these famous dishes yourself. Once you've tried the recipes, you'll see what makes them so special and why I have so many satisfied customers.  I hope this cookbook brings enjoyment to you and your family and friends for years to come.  Ron Douglas Copyright Ã Â© 2009 by Verity Associates LLC --This text refers to an alternate Paperback edition.

I bought this book years back for our daughter. I went to copy a recipe from it and loved too many more of the recipes that I decided to order my own...which is very helpful seeing we live out of the country right not.

Well researched and well written and presented.Can't wait to try out all the recipes inside.Only thing is now I have to track down a pressure fryer in order to ensure its finger licking good. Next purchase I think.Arrived earlier then expected which was also great.Wonderful addition to the very large collection of cooking books I have already.I first found out about this book from Oprah and I can now Highly recommended it.

We've tried several of the recipes and they were perfect.

Good cookbook of copycat recipes.

So far we've had the Hard Rock Cafe Baked Potato Soup and the Red Lobster Cheese Biscuits. I served the soup at a women's luncheon and everyone wanted the recipe. It is definitely the best potato soup I've ever had or made. The recipes are easy to follow and both items came out exactly as I would expect them. I highly recommend this book. If I were forced to leave some negative comment I guess it would be that they don't have the recipe for PF Chang's garlic noodles. Seriously, it is a terrific book. I gave three away for Christmas and everyone who received them is also raving. Good job!

I do love this book. It had a lot of american food that i didnt know before.. i do like it

Great read and recipes!!! Great service!!!!!

I was so excited to get a copy of many of the recipes we so enjoy in the restaurant. I have already tried some and plan to make even more. I also shared them with my daughter so she can prepare

some of them for the grand-kids. Everyone needs a copy of at least one of the books.

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