



# Cooking With The Bears

Healthy Recipes by Hairy Men

Preface by Mike Enders

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- Italy's hirsute hunks share their best recipes
- From Gramigna with Sausages to Guinness Cake, and from Folktronic Spaghetti to Alternative Caponata, the 32 distinctive recipes in this cook-book offer an entertaining insight into cooking in the bear's den
- Features a foreword by Mike Enders, the founder of AccidentalBear.com, the benchmark for gay art, culture, fashion and music

That's right: Bears just got their very own cookbook. ***Cooking with the Bears*** is the first and only book that uniquely captures bears creating delicious Italian dishes in their own kitchens. "Giving a middle finger to accepted body standards and homophobia at home," writes *Vice*, "***Cooking with the Bears*** is dedicated to these furry fellows and the food they love to eat, and I'll be damned if it isn't delightful."