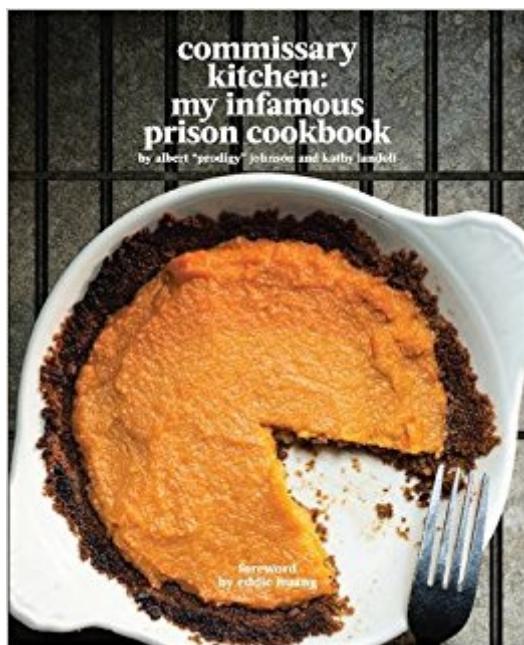


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Commissary Kitchen: My Infamous Prison Cookbook



Synopsis

Meals are perhaps the most important aspect of prison life. They keep inmates alive, both physically and emotionally, as mess halls and common areas provide a level of social interaction in an otherwise lonely situation. Albert "Prodigy" Johnson served three and a half years in prison, and during that time his focus was on his health—an almost impossible feat behind bars, where many inmates often enter the prison system healthy, but leave with diabetes and hypertension. Commissary Kitchen provides a deeper perspective of what it's like to consume meals in prison. While recipes are provided, Prodigy and co-writer Kathy Iandoli also tell various anecdotes about situations in prison involving food. Meal prep in prison is very limited, so while this work appeals to anyone who has served time or is curious about prison life, it also speaks to those who prepare food with limited access to various cooking luxuries (such as college students in dorms). While the work is informational, above all it humanizes the prison experience in a way that has never been done before. Albert "Prodigy" Johnson is a multi-platinum recording artist and member of the legendary hip-hop duo Mobb Deep. In 2006, Prodigy was arrested for gun possession and served a three-year prison term. In 2011, he released his first memoir, the critically-acclaimed *My Infamous Life*. Since then, Prodigy has continued to release both solo projects and albums through Mobb Deep, touring worldwide. When he isn't touring, Prodigy is traveling the United States, lecturing at venues like MIT about the prison system and offering insight on changing the quality of inmates' lives. Kathy Iandoli is a critically-acclaimed journalist and author. Her work has appeared in publications such as *Pitchfork*, *VICE*, *Maxim*, *Cosmopolitan*, *the Village Voice*, *Rolling Stone*, *Billboard*, and many others.

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Customer Reviews

Albert Prodigy Johnson: Albert “ProdigyÃ¢ ¬Â• Johnson is a Multi-Platinum recording artist and member of the legendary Hip-Hop duo Mobb Deep. In 2006, Prodigy was arrested for gun possession and served a three-year prison term. In 2011, he released his first memoir, the critically acclaimed *My Infamous Life*. Since then, Prodigy has continued to release both solo projects and albums through Mobb Deep, touring worldwide. When he isnÃ¢ ¬â„¢t touring, Prodigy is traveling the United States, lecturing at venues like MIT about the prison system and offering insight on changing the quality of inmatesÃ¢ ¬â„¢ lives. He is currently working on his follow-up memoir, *The State Vs. Albert “ProdigyÃ¢ ¬Â• Johnson*.Kathy landoli: Kathy landoli is a critically acclaimed journalist and author. Her work has appeared in publications such as Pitchfork, VICE, Maxim, Cosmopolitan, The Village Voice, Rolling Stone, Billboard, and many others. She is also a professor of Music Business at New Jersey City University in Jersey City, New Jersey.Eddie Huang: Eddie Huang is the author of the NY Times Bestseller "Fresh Off the Boat". A sitcom based on the book, is airing on ABC. Huang is the host of Vice food show "Huang's World" and MTVÃ¢ ¬â„¢s "Snack-Off". Huang's new book, *Double Cup Love*, will be published in May 2016.

Fun recipes to try and interesting prison stories by one of my favorite rappers of all time. Really had a good time reading it.

This book's value is in its insight into the prison system, not as a cookbook. It will show the reader what human beings do to keep themselves sane (and healthy) in prison, on spite of the system's pronounced lack of concern for either of those things.

Ain't no such thing as half way cooks.

This was such a great read! Loved it from front to back. If you're a fan of Prodigy/Mobb Deep and a fan of great writing (by great writers such as Kathy landoli, etc) I highly recommend getting this!

Something different. Enjoyable read.

Fiance loved the gift. Rip Prodigy

Excellent reading material

Real cool book. Definitely for the hip hop fans out there. Excellent production quality.

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