



# Mosh Potatoes: Recipes, Anecdotes, and Mayhem from the Heavyweights of Heavy Metal

*Steve Seabury*

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Divided into “Opening Acts” (appetizers), “Headliners” (entrees), and “Encores” (desserts), *Mosh Potatoes* features 147 recipes that every rock ‘n’ roll fan will want to devour—including some super-charged Spicy Turkey Vegetable Chipotle Chili from Ron Thal of Guns N’ Roses, Orange Tequila Shrimp from Joey Belladonna of Anthrax (complete with margarita instructions), Italian Spaghetti Sauce and Meatballs from Zakk Wylde of Black Label Society (a homemade family dish), Krakatoa Surprise from Lemmy of Motörhead (those who don’t really like surprises may want to keep a fire extinguisher handy), and Star Cookies from Dave Ellefson of Megadeth.

*Mosh Potatoes* comes with a monster serving of backstage stories and liner notes, making this ideal for young headbangers, those who still maintain a viselike grip on the first Black Sabbath album, and everyone who likes to eat.

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