

Red Velvet Underground Rock Memoir With Recipes

The Velvet Underground was one of the most influential rock bands of all time. Their music was dark, experimental, and often controversial, but it also had a profound impact on popular culture. The band's members, Lou Reed, John Cale, Nico, and Sterling Morrison, were all talented musicians and artists, and their music reflected their unique personalities and experiences.

In addition to their music, the Velvet Underground were also known for their association with Andy Warhol and his Factory. Warhol's influence can be seen in the band's album covers, stage shows, and even their music. The Factory was a meeting place for artists, musicians, and other creative people, and it was here that the Velvet Underground developed their unique sound.

This cookbook is a culinary journey through the Velvet Underground's music and history. The recipes are inspired by the band's songs and lyrics, and they offer a unique way to experience the band's music and art.



Red Velvet Underground: A Rock Memoir, with Recipes

by Freda Love Smith

★★★★☆ 4.7 out of 5

Language : English

File size : 1603 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 232 pages



The cookbook is divided into five sections, each of which corresponds to a different period in the Velvet Underground's history. The first section, "The Factory Years," features recipes inspired by the band's early years, when they were closely associated with Andy Warhol. The second section, "The Exploding Plastic Inevitable," features recipes inspired by the band's live shows, which were often chaotic and experimental. The third section, "The Loaded Years," features recipes inspired by the band's third album, *Loaded*, which was their most commercially successful album. The fourth section, "The Post-Velvet Years," features recipes inspired by the band's members' solo careers. The fifth section, "The Legacy of the Velvet Underground," features recipes inspired by the band's influence on popular culture.

The recipes in this cookbook are all easy to follow, and they use ingredients that are readily available. They are perfect for parties, potlucks, or any other occasion where you want to share the music and spirit of the Velvet Underground.

"Heroin" Heroin (Lou Reed)

Ingredients:

- 1 cup unsweetened almond milk
- 1/2 cup unsweetened cashew milk
- 1/4 cup unsweetened coconut milk

- 1/4 cup unsweetened hemp milk
- 1/4 cup raw cacao powder
- 1/4 cup maple syrup
- 1/4 teaspoon vanilla extract
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- Pinch of salt

Instructions:

1. Combine all ingredients in a blender and blend until smooth.
2. Serve chilled or over ice.

"Venus in Furs" Venus in Furs (Lou Reed)

Ingredients:

- 1 cup ripe strawberries
- 1/2 cup blueberries
- 1/4 cup raspberries
- 1/4 cup blackberries
- 1/4 cup pomegranate seeds
- 1 tablespoon chia seeds
- 1 tablespoon flaxseed meal

- 1 tablespoon maple syrup
- 1/4 teaspoon vanilla extract
- Pinch of salt

Instructions:

1. Combine all ingredients in a bowl and stir until well combined.
2. Cover and refrigerate for at least 30 minutes, or overnight.
3. Serve chilled.

"Waiting for the Man" Waiting for the Man (Lou Reed)

Ingredients:

- 1 (15-ounce) can black beans, rinsed and drained
- 1 (15-ounce) can corn, drained
- 1 (15-ounce) can diced tomatoes, undrained
- 1 (10-ounce) can diced green chiles, undrained
- 1 (15-ounce) can pinto beans, rinsed and drained
- 1 cup chopped onion
- 1 cup chopped green bell pepper
- 1 cup chopped red bell pepper
- 1 teaspoon chili powder
- 1 teaspoon ground cumin

- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup shredded cheddar cheese
- 1/2 cup chopped fresh cilantro

Instructions:

1. Combine all ingredients except cheese and cilantro in a large pot or Dutch oven.
2. Bring to a boil over medium heat.
3. Reduce heat to low and simmer for 30 minutes, or until thickened.
4. Stir in cheese and cilantro.
5. Serve hot.

"I'm Waiting for the Man" I'm Waiting for the Man (Lou Reed)

Ingredients:

- 1 (12-ounce) package of linguine
- 1 (15-ounce) can clams, drained
- 1 (10-ounce) can diced tomatoes, undrained
- 1/2 cup chopped onion
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped red bell pepper

- 1/4 cup chopped fresh basil
- 1/4 cup olive oil
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup grated Parmesan cheese

Instructions:

1. Cook linguine according to package directions.
2. While linguine is cooking, heat olive oil in a large skillet over medium heat.
3. Add onion, green bell pepper, and red bell pepper to the skillet and cook until softened.
4. Add clams, tomatoes, basil, garlic powder, oregano, salt, and black pepper to the skillet and bring to a simmer.
5. Reduce heat to low and simmer for 15 minutes, or until clams are heated through.
6. Drain linguine and add to the skillet.
7. Toss to combine.
8. Serve immediately, topped with Parmesan cheese.

"All Tomorrow's Parties" All Tomorrow's Parties (Lou Reed)

Ingredients:

- 1 (12-ounce) package of angel food cake mix
- 1 cup water
- 1/2 cup vegetable oil
- 1/4 cup white vinegar
- 1 teaspoon vanilla extract
- 1/2 cup sprinkles

Instructions:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Grease and flour a 9x13 inch baking pan.
3. In a large bowl, combine cake mix, water, oil, vinegar, and vanilla extract.
4. Beat on medium speed for 1 minute, or until well combined.
5. Pour batter into the prepared pan.
6. Bake for 30-35 minutes, or until a toothpick inserted into the center comes out clean.
7. Let cool completely before frosting.
8. To make the frosting, combine 1 cup of powdered sugar, 1/4 cup of milk, and 1 teaspoon of vanilla extract.
9. Beat until smooth.

10. Spread frosting over the cooled cake.

11. Sprinkle with sprinkles.

"Pale Blue Eyes" Pale Blue Eyes (Lou Reed)

Ingredients:

- 1 (12-ounce) package of frozen blueberries
- 1 (10-ounce) package of frozen raspberries
- 1 (16-ounce) package of frozen strawberries
- 1 (12-ounce) can of frozen lemonade concentrate
- 1 cup of water
- 1 cup of sugar

Instructions:

1. Combine all ingredients in a blender and blend until smooth.
2. Pour into a freezer-safe container and freeze for at least 4 hours, or overnight.
3. When ready to serve, let thaw for 15 minutes.
4. Serve chilled.

"Sunday Morning" Sunday Morning (Lou Reed)

Ingredients:

- 1 cup of coffee

- 1/2 cup of milk
- 1/4 cup of sugar
- 1/4 teaspoon of vanilla extract
- 1/8 teaspoon of ground nutmeg
- Whipped cream, for topping

Instructions:

1. In a small saucepan, combine coffee, milk, sugar, vanilla extract, and nutmeg.
2. Bring to a simmer over medium heat, stirring constantly.
3. Reduce heat to low and simmer for 5 minutes, or until coffee is hot and frothy.
4. Pour coffee into a mug and top with whipped cream.

"Femme Fatale" Femme Fatale (Lou Reed)

Ingredients:

- 1 (12-ounce) package of frozen raspberries
- 1 (10-ounce) package of frozen strawberries
- 1 (16-ounce) package of frozen

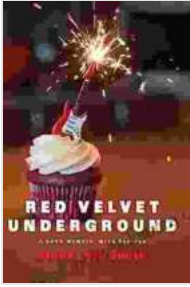
Red Velvet Underground: A Rock Memoir, with Recipes

by Freda Love Smith

★★★★★ 4.7 out of 5

Language : English

File size : 1603 KB



Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 232 pages
Lending : Enabled



Chris Hogan: The Everyday Millionaire Who Shares His Secrets to Financial Success

Chris Hogan is an Everyday Millionaire who shares his secrets to financial success. He is the author of the bestselling book "Everyday Millionaires," which has sold over 1...



The True Story of Genius, Betrayal, and Redemption

In the annals of science, there are countless stories of brilliant minds whose work has changed the world. But there are also stories of...