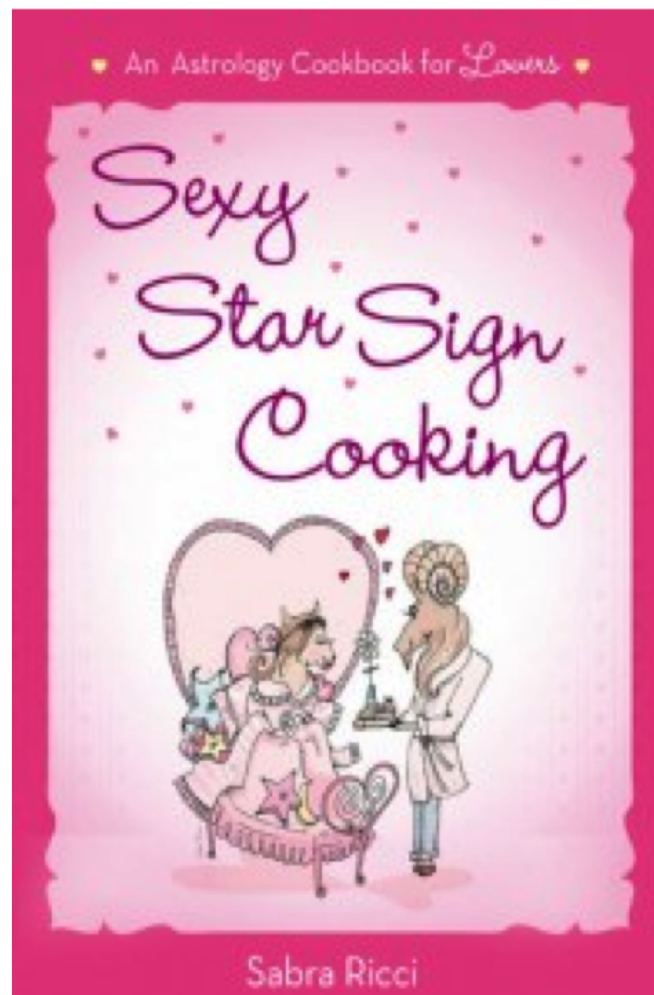


# Sabra Ricci Couples Astrology with Food in 'Sexy Star Sign Cooking'



By Whitney Baker

Learning your sweetheart's favorite foods is something that takes a lot of trial and error – and it may even involve throwing your hard work in the trash. However, celebrity chef and acclaimed astrologist Sabra Ricci knows a secret: if you pay attention to your partner's astrology sign, you'll have a better chance of pleasing his or her picky palate. Her newest book, *Sexy Star Sign Cooking*, which was released on January 8, 2013, is the perfect guide if you're hoping to impress your girlfriend or boyfriend and make your next date night unforgettable. As Jenny McCarthy said of the book, "Sabra Ricci's passion for cooking for Hollywood stars and her lifelong fascination with astrology come together."

Ricci took some time out of her busy schedule to share why astrology and cooking go hand in hand as well as her tips for cooking a romantic meal.

**Your first book, *Lobster for Leos, Cookies for Capricorns*, told readers how to use star signs to prepare delicious and healthy meals. Why is your new book, *Sexy Star Sign Cooking*, a logical follow-up?**

While health is important, everyone is interested in improving his or her love life. So I wanted to provide a fun and entertaining guide to help people find their perfect match.

**Can you define "foodstrology" for our readers?**

"Foodstrology" is a word I coined for combining food and astrology. Each sign rules different parts of the body, so I created recipes based upon foods that support each part.

**How do you determine the "romantic foods" for each sign?**

The romantic foods are aphrodisiacs. I chose aphrodisiacs that support each part of the body – brain, heart, immune system, etc. – to put any sign in the mood for love.

**Are there any astrological signs that are most compatible when**

## **cooking together?**

Generically speaking, like attracts like, so all three fire, water, earth, and air signs are compatible with each other. Opposites also attract, but if you really want the magic formula for compatibility, have your chart done by a professional.

**Related Link:** [Wolfgang Puck of 'Top Chef: Seattle' Says Taste Is the Most Important Part of Cooking for Your Loved Ones](#)

**Let's say a couple is on their second date – what's the safest bet if the man decides to cook for the woman? Is it important that he know her sign before determining the night's menu?**

We've been playing it by ear for most of our lives, sticking with the following formulas: candlelit dinners of steak and champagne, lasagna and wine or some other delicious meal. If he knows her sign beforehand, he will be more assured of cooking what she will love, but it is not crucial.

**What about a woman who is hoping her long-term boyfriend proposes? What should she cook for dinner?**

They always say the way to a man's heart is through his stomach. So by choosing the right aphrodisiacs for his sign, he will be putty in her hands, and she will soon have a big rock on her ring finger!

**What's your all-time favorite meal to cook for your husband?**

Ossobuco, a Milanese specialty of cross-cut veal shanks braised with vegetables, white wine and broth.

**Related Link:** [Celebrity Nutritionist and Trainer Jackie Keller Says, "Those Who Exercise With Support From Their Partners Do Better Overall"](#)

**Have you ever been a chef for celebrity couples (like Julia Roberts and Danny Moder or Jenny McCarthy and Jim Carrey**

**before they split)? Any fun stories to share?**

I've actually worked for both couples several times. They are amazing, and it's always a memorable experience. One occasion that comes to mind was Julia and Danny's third anniversary party with twins in tow and 10 of their best friends for a tropical extravaganza.

**And finally, do you have any plans for future books?**

Yes, there will be additional books as part of the series. In conjunction with the cookbooks, there will be an exciting announcement too, so stay tuned!

*To purchase 'Sexy Star Sign Cooking,' visit Amazon. For more information on Ricci, visit her [cookinproductions.com](http://cookinproductions.com) or follow her on Twitter.*