

FOR IMMEDIATE RELEASE

Healing with Food: A Pinch of Comfort | A Dash of Hope

Recipes for a Journey of Recovery and Renewal

By Chef Joseph Goldman

**A Cookbook with a Heart | Where
Nourishment Meets Healing**

**This Book Should be in the hands of
everyone in Recovery**

Chef Joseph Goldman, executive chef and author, introduces a transformative work that blends the craft of cooking with the art of healing.

In *Healing with Food*, Chef Joseph Goldman invites readers into a space where nourishment becomes more than a daily necessity. It becomes a form of care, connection and self-discovery. Drawing from his years cooking in a recovery community, Goldman weaves together heartfelt reflections and over 160 comforting recipes & uplifting personal stories that remind readers that food heals more than hunger. It's part memoir, part cookbook, part reflection, and part meal planner. Recipes for a Journey of Recovery and Renewal.

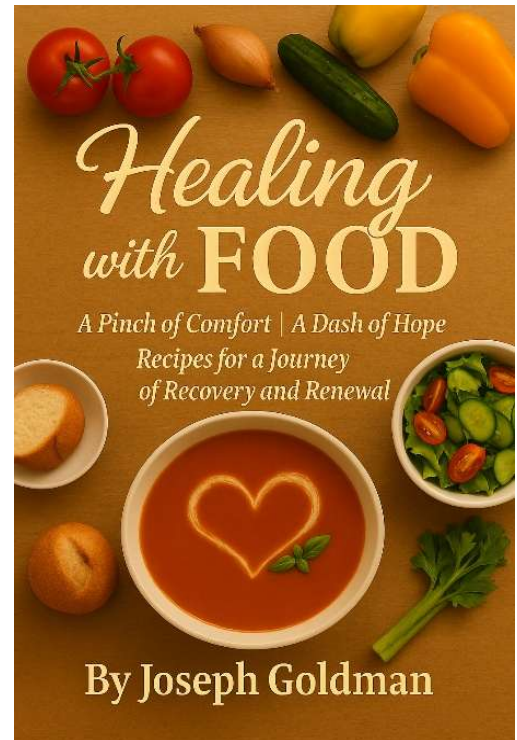
Healing with Food is a cookbook and guide to rebuilding joy in everyday meals. This book proves that the path back to yourself sometimes runs straight through the kitchen. His meal plans aren't rigid because real life requires flexibility. Everything here is designed for the reality of healing: some days you'll cook like a champion, other days you'll just try to make it through. Both days count.

“Food has the power to heal what words can’t,” Goldman says. “Every meal is an opportunity to remind someone they still belong at the table.”

Chef Joseph Goldman

Healing Through Food, Connection, and Craft

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“Cooking & connection, one meal at a time.” <https://a.co/d/dMnJYE5>



About Chef Joseph Goldman

Chef Joseph Goldman is an executive chef, author, and storyteller whose work bridges the gap between fine dining and emotional healing. After years in restaurant kitchens, he found purpose in a residential recovery setting, where he discovered that food could rebuild trust, connection, and community in ways nothing else could.

For more than three decades, He lived at the crossroads of food, healing, and human connection. The journey began in restaurant kitchens, learning the craft and discipline of culinary art and eventually led him into recovery centers, where he discovered that food can do more than nourish the body. It can restore the soul.



“After years of cooking in restaurants, I never expected that the most meaningful meals of my career would happen in a recovery kitchen. But that’s where I learned something powerful: Food can heal what words can’t.”

His debut book, **Healing with Food: A Pinch of Comfort | A Dash of Hope — Recipes for a Journey of Recovery and Renewal**, captures that journey. Part memoir, part cookbook, and part reflection on the simple act of showing up for others through food.

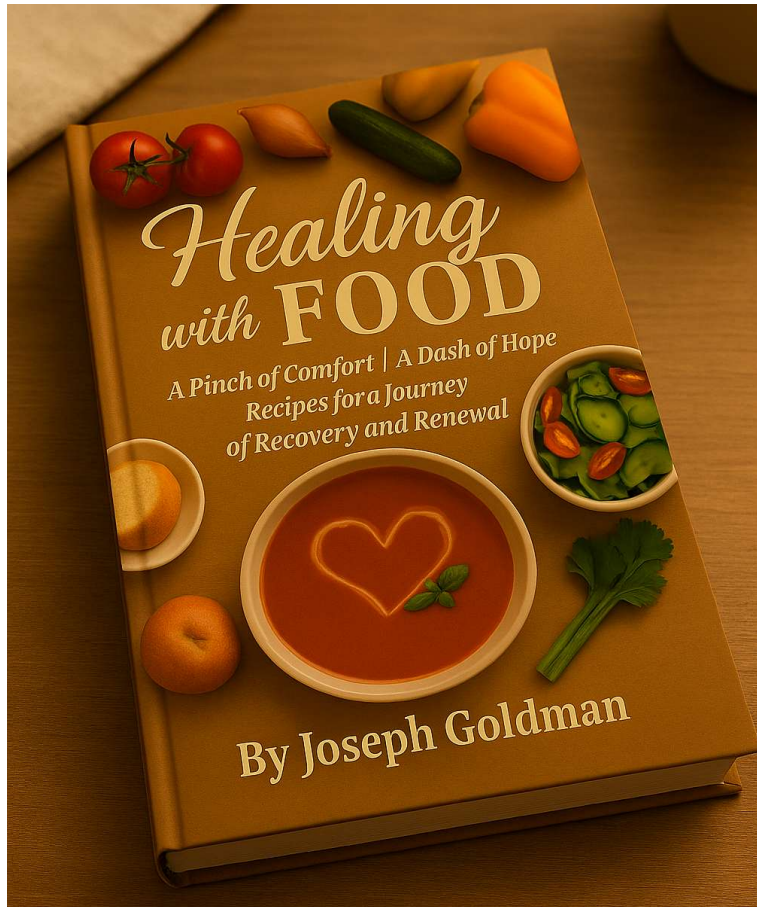
Whether he is behind the stove or behind the pen, the mission stays the same: to help people rediscover joy, purpose, and self-worth through the simple, universal language of food.

Through every plate he serves and every page he writes, Joseph reminds readers that nourishment isn’t just about flavor. It’s about care, belonging, and the quiet rituals that help people heal.

Let’s connect, because healing, creativity, and community all start with one thing: sharing what we have at the table.

Featured Work

Healing with Food: A Pinch of Comfort | A Dash of Hope — Recipes for a Journey of Recovery and Renewal



After years of cooking in restaurants, I never expected that the most meaningful meals of my career would happen in a recovery setting. But that's where I learned something powerful: Food can heal what words can't.

Healing with Food was born from that truth. It's part memoir, part cookbook, part reflection, and part meal planner. Recipes for a Journey of Recovery and Renewal. Every page is written in my own kitchen voice. Like I'm right there beside you, guiding, encouraging, and reminding you that good food doesn't demand perfection, just presence.

Over the years, I've learned that cooking isn't just about feeding people. It's about connection. A warm plate and a shared table can bridge distances that conversations can't. This book was shaped by those moments: the laughter between strangers, the quiet gratitude after a meal, the way a simple dish can remind someone they still belong here.

Inside, you'll find 165 comforting recipes and two flexible meal planners. Not rigid diets, but adaptable guides that meet you where you are. Each reflection draws from my experiences as a chef in recovery spaces, blending technical know-how with real emotion. Because sometimes it just looks like sitting down and giving yourself permission to eat, rest, and try again.

Healing with Food is more than a collection of recipes. It's a companion for anyone learning to care for themselves again. One meal, one story, one moment of grace at a time.

My Mission

My mission is to bring joy, connection, and confidence to as many people as I can through food. I believe every dish has the power to teach, comfort and inspire. Cooking should never feel intimidating. It should feel alive, creative and personal. My goal is to share knowledge, practical skills and stories that make people smile and laugh while helping them find purpose and peace in the kitchen. A meal shared at the same table can turn strangers into friends in the span of a single course, reminding us that food connects us to ourselves, to others and to something bigger than both.

Chef Joseph's Reflections from the Kitchen

"The road to recovery sometimes runs straight through the kitchen. Where hands find purpose and hearts find peace."

"Food can be the anchor in the storm. Steady, familiar, and strong enough to keep us from drifting."

"Every shared meal is a small act of healing. The table doesn't judge; it simply welcomes you back."

"You don't have to fix everything today. Sometimes, healing starts with stirring the pot and tasting what's possible."

"Every meal carries a message. You matter, you're seen and you still belong."

"The kitchen isn't therapy, but it heals in ways words sometimes can't."

"Cooking for others teaches patience, compassion and the quiet art of showing up."

Interview & Media Talking Points

- How food and routine restore a sense of safety and purpose in recovery
- From professional kitchens to healing spaces: redefining what it means to "serve"
- The emotional side of cooking. Why feeding others heals both ways
- The intersection of culinary craft and storytelling
- What it means to cook with intention and how that transforms lives
- How comfort food can bridge isolation, trauma and hope

Introduction to Included Materials

Below you'll find the introduction, preface, and a selection of sample recipes and reflections from *Healing with Food: A Pinch of Comfort, A Dash of Hope – Recipes for a Journey of Recovery and Renewal*.

These excerpts were chosen to give a sense of the book's tone and purpose. Blending warmth, guidance, and lived experience from years spent cooking in recovery settings. Each page reflects the central message that food can be a bridge between nourishment and healing. Not just for the body, but for the spirit and the community gathered around the table.

Introduction to Healing with Food

Food is more than fuel. Sure, it keeps the body running, but if that's all it did, we'd be fine chewing vitamins in silence. Instead, food carries us somewhere else. A smell, a taste, a bite can drop you straight back at grandma's table, remind you of a friend you haven't seen in years or make a room full of strangers suddenly feel like family.

I've seen it happen. In recovery, where emotions can be raw and walls are high, food often sneaks in through the back door of the heart. A plate of warm biscuits, a pot of chili on a cold night or just the smell of something roasting in the oven softens people, makes them breathe a little easier. Sometimes the first real smile of the day isn't in group therapy; it's over a plate of mac and cheese. That's not just dinner. That's medicine.

And here's the aha moment: healing doesn't always announce itself with fireworks. Sometimes it shows up as a second helping. Because if you're willing to get up and go back for more, you've already tasted a reason to keep going. That's the power of food. It gives you something small, real and joyful right now, when tomorrow still feels too heavy.

I remember watching Will, a guy who'd been in treatment for three weeks without showing much interest in anything, suddenly perk up when he smelled cornbread baking. He wandered into the dining room an hour before mealtime, just following his nose. "Smells like my mama's kitchen," he said and for the first time since he'd arrived, he looked relaxed. When dinner was served, he took a piece of that cornbread, closed his eyes on the first bite and smiled. Really smiled. Not the polite, surface smile he'd been wearing to get through his days, but something real and unguarded. Later, he told me it was the first time in months he'd remembered what it felt like to be happy.

That's what food does. It bypasses our defenses, sneaks past our carefully constructed walls and reminds us of who we were before life got complicated. It connects us to memories of safety, love and being cared for. In a world that often feels harsh and demanding, food offers gentleness. In a culture that profits from our dissatisfaction, food offers contentment. In moments when everything else feels uncertain, food offers the reliable pleasure of taste, texture and satisfaction.

Of course, food is also funny. Sloppy joes will forever remind us that dignity takes a back seat when sauce is dripping down your chin. Potato salad is basically proof that mayonnaise can hold a family reunion together. And no matter how tough your day was, one whiff of fresh baked cookies has a way of convincing you the world isn't such a bad place after all. Healing works better when you can laugh while the soup simmers.

There's something about the absurdity of food that keeps us humble. You can be the most sophisticated person in the world, but put a plate of ribs in front of you and suddenly you're making caveman sounds and reaching for extra napkins. You can be having the worst day of your life, but if someone offers you warm chocolate chip cookies, you're probably going to take one. Food levels the playing field in the most democratic way possible.

I've watched people in the depths of serious depression crack a smile because they got powdered sugar all over their shirt while eating a donut. I've seen grown men giggle because they couldn't figure out how to eat a particularly messy burger without embarrassing themselves. Food gives us permission to be imperfect, to be messy, to prioritize pleasure over propriety. In recovery, where perfectionism and shame run deep, this permission can be revolutionary.

This book is about all of that. It's about comfort foods that patch up rough days, nourishing meals that remind you self care can taste amazing and budget friendly recipes that prove you don't need deep pockets to feel deeply cared for. But mostly, it's about what happens when you sit down and share those meals with family, with friends or with people you're just starting to trust.

The recipes in this book aren't just instructions for preparing food. They're invitations to slow down, to pay attention, to create moments of peace and pleasure in ordinary days. They're suggestions for how to show love to yourself and others through the ancient act of providing nourishment. They're reminders that healing happens not just in therapy sessions and support groups, but also around kitchen tables and over shared plates.

Some of these recipes will remind you of your childhood, of being young enough to believe that someone else would always take care of your basic needs. Others will challenge you to try new flavors, to expand your definition of comfort, to discover that nourishment can come in forms you've never considered. All of them are designed to bring you back to your body, to the present moment, to the simple truth that you deserve to eat food that makes you feel good.

So welcome to *Healing With Food: A Pinch of Comfort, a Dash of Hope, Recipes for Recovery and Renewal*. These recipes are here to feed your body, yes, but also to stir your memories, spark connection and maybe even give you a few reasons to smile when you weren't expecting to. Pull up a chair. Bring your appetite. And don't be shy about seconds because sometimes, healing tastes best when you go back for more.

Recipe Samples

Morning Gratitude Oatmeal

Simple breakfast that starts the day with thankfulness.

Topped with whatever fruit brings you joy.

Prep time 5 minutes, cook time 5 minutes, serves 2.

Ingredients

1 cup rolled oats

2 cups milk or water

1 tablespoon honey or maple syrup

1/2 teaspoon cinnamon

1/2 teaspoon salt

Toppings: sliced banana, berries or nuts

Instructions

1. In a saucepan, bring milk or water and salt to a boil. Add oats and stir.
2. Cook 5 minutes over medium heat, stirring often, until creamy. **Stirring is the secret weapon. Skip it and you get lumpy oats.**
3. Remove from heat. Stir in honey and cinnamon. Sweetness makes mornings better.
4. Top with fruit or nuts. **Pause, smile and take the first bite like a thank you note to yourself.**

Oatmeal Tips

- Use steel cut oats for more texture.
- Add peanut butter for protein.
- Make extra and reheat with milk during the week.

Community Casserole

Dish meant for sharing that brings people together.

Layers of ingredients that meld into something greater.

Prep time 20 minutes, cook time 40 minutes, serves 8.

Ingredients

- 1 pound ground beef or turkey
- 1 onion, diced
- 2 cups mixed vegetables
- 1 can cream of mushroom soup
- 3 cups cooked pasta
- 2 cups shredded cheese
- 1 teaspoon salt
- 1/2 teaspoon pepper

Instructions

1. Preheat oven to 350°F (175°C). Grease a 9x13 inch baking dish.
2. Cook ground meat and onion in a skillet until browned. Drain excess fat.
3. Stir in vegetables, soup, pasta, salt and pepper. Mix like you are inviting everyone to the party.
4. Spread mixture in baking dish. Top with cheese.
5. Bake 30 minutes until bubbly and golden. The smell alone might bring neighbors over.

Casserole Tips

- Use whole wheat pasta for more nutrition.
- Swap soup with tomato sauce for a red version.
- Top with breadcrumbs for crunch.

“A good casserole doesn’t belong to one person. It’s built to be shared. Layers of flavor, stories and small acts of care, all melting into something greater than the sum of its parts. You bring what you have, someone else brings theirs and somehow it all comes out whole.”
— Mariah, reminded that healing always tastes better together

Meal Planner Insite

Monday – New Flavor Adventure

Breakfast: Overnight oats with berries and chia seeds (prep the night before)

Lunch: Pot roast sandwich on a hoagie roll with horseradish mayo and pickles

Snack: Baby carrots with ranch dip

Dinner: Shrimp tacos with cabbage slaw, avocado and lime. Use prepped vegetables for the slaw.

Cooking Challenge: If you've never cooked shrimp before, tonight's the night. They turn pink and curl when done. That's it. You got this.

Prompt: Try a new seasoning tonight. Cumin, paprika or chili powder. Smell it before you add it. That's how you learn.

When Cooking Feels Hard: Buy pre-cooked shrimp from the deli. Warm them up and assemble your tacos. Still counts.

Book Details

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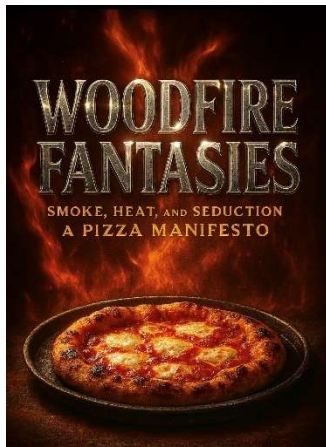
Follow Chef Joseph Goldman on:

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Beyond the healing kitchen lies another world of flavor, fire and imagination.

Chef Joseph Goldman's writing reaches across the full spectrum of what food can mean. From comfort and renewal to passion and play. Each project explores a different side of nourishment, showing how cooking connects us to creativity, emotion and story.

These works come from ***Kitchen Kink, a deliciously deviant cookbook collection*** where food and storytelling collide in their own energy and voice. The series invites readers to taste the wilder edge of the culinary world. Where recipes flirt with fantasy, craftsmanship meets desire and the creative spirit of the kitchen burns bright.



Woodfire Fantasies: Smoke, Heat, and Seduction — A Pizza Manifesto

Where heat, patience, and creativity meet in the language of flame. This book dives into the art and alchemy of pizza, exploring the balance between technique and intuition.
<https://a.co/d/fdXKPxl>



Balls Deep: A Meatball Manifesto — Where the Flavor Gets Dirty, Hands Get Saucy, and the Balls Rule the Table

Bold, humorous and deeply flavorful. The unapologetic side of comfort cooking. Equal parts irreverence and discipline, this book celebrates the tactile, passionate process of cooking.
<https://a.co/d/bP3ROfz>