



NATIONAL ASSOCIATION
OF PROFESSIONAL WOMEN
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P R E S S R E L E A S E
— For Immediate Release —

Mrs. Ruth Milstein

Author

Awarded 2014 NAPW Professional Woman of the Year



Mrs. Ruth Milstein
B.A., M.A.

Author

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Cooking With Love
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Garden City, NY -- NAPW honors Ruth Milstein, Author, as a 2014 Professional Woman of the Year. Ms. Milstein is recognized with this prestigious distinction for leadership in cooking. As the largest, most-recognized organization of women in the country, spanning virtually every industry and profession, the National Association of Professional Women is a powerfully vibrant networking community with over 600,000 members and more than 400 Local Chapters.

Company:
Moran Creations Inc. NY

Born in Israel and raised in the ancient city of B’Nai Braq, Ruth Milstein’s fondest childhood memories are always centered around the delicious meals prepared for the family by her mother who was a natural born culinarian. All the ingredients were fresh and grown in the family garden.



Awards & Accomplishments:
Awards & Accomplishments: M.A., Tel Aviv University, Communications & Art; F.I.T, N.Y., High School for Painting and Design, Israel; Fine Jewelry Designer, U.S & Israel
www.ruthmilstein.com see my articles and interviews at:
www.BigBlendMagazines.com
www.BigBlendRadio.com

Having resided in New York for 20 years, Mrs. Milstein has written *Cooking With Love*, a cookbook comprised of the many different recipes collected from her childhood and travels throughout Europe and the United States. Her cookbook is the winner of the Gourmand World Cookbook Award 2009 and recognized as the best Mediterranean cookbook. It also contains valuable information about how to cut cholesterol and fat and make useful substitutions, and offers plenty of entertaining ideas. “All of my recipes have been updated to suit the times,” says Mrs. Milstein, who calls her food the “New Israeli Cuisine.”

Mrs. Milstein graduated from Tel Aviv University. After earning a Master's degree in Art and Journalism, she went on to study jewelry design in Israel and the United States. Although eventually pursuing a career in jewelry design, her real passion and hobby has always been food and cooking. She is currently a contributing editor and featured monthly guest on Big Blend Radio and Magazines, where she talks with hosts Lisa and Nancy about food, recipes and helpful tips in all areas of food and cooking.

Keywords:
author, chef, Israeli Cuisine, International Cuisine, Mediterranean Food, health food, nutrition, cooking tips, kosher food, gourmet food, Jewish cooking, low fat,

Now in the final stages of writing her next book, which will have recipes geared toward bringing the family back to the dinner table, Mrs. Milstein says the book will also feature food articles and helpful tips. A special treat will be the information about food and wine pairing as her husband Howard is a wine enthusiast and specialist.

Links:

- Website:** <http://www.ruthmilstein.com>
<https://www.youtube.com/user/RuthMilstein>
- NAPW:** <http://www.napw.com/profile/11289121/Ruth-Milstein/>
- Facebook:** <http://www.facebook.com/ruth.milstein>
- Twitter:** <http://twitter.com/RuthCWL>
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