

Who is Alicia?



Alicia Shea is a self-trained home cook. She learned to cook by cooking, cooking and cooking some more. She is not a celebrity, but she sure is famous among friends and family, whom she has either taught to cook, helped to cook, or cooked for on a regular basis.

She is passionate about cooking and wants to help others to develop their cooking skills and to build their own passion for cooking. She wants people to feel comfortable and confident in their kitchens and to help them enjoy the same satisfaction she gets when family and friends tell her how good a meal is. She wants busy moms to experience the reward of having the kids say "Hey Mom, this is good!"

Friends and family often seek out Alicia's assistance. One of the reasons why people ask for her help is because she is very detailed about what to do, and offers help in a way that makes cooking less complicated. She doesn't use cooking terms that home cooks may be unfamiliar with, but explains things in a simple, conversational fashion. She cares that people understand what to do, and she enjoys watching people improve.

While she can certainly cook up some fancy gourmet meals, Alicia understands that most home cooks like to prepare easy, basic meals, but, on occasion, they also want to try something new that would make them feel better about themselves. She is always happy to get a call or email that says "I cooked that and it came out great. The family loved it and it wasn't as hard as I thought!"

Alicia is also the innovator of the *integrated recipe* and a leader in developing "nearly foolproof" recipes. She has developed a web-based method that presents step-by-step instructions that incorporate all information needed to prepare a recipe, including ingredient descriptions, technique instruction, and tool descriptions and sources. Each integrated recipe is also fully supported by tons of pictures, grocery lists, recommendations for substitutions, cautions about mistakes and more.

Finally, Alicia is a self-proclaimed computer "geek" and has designed, developed and programmed everything you see on the CookingwithAlicia.com website. And she and her husband personally prepare and photograph every recipe on the site in their kitchen in Belmont, Massachusetts.