

Home



GETTING SAUCED is now a multi-award winning book!

Here's a taste of what it's all about:

As executive producer of EMERIL LIVE during its glory days, Karen Katz witnessed all the backstage chaos and drama as the show's growing pains were splayed out like a butterflied leg of lamb. Grab a seat at the VIP table and go behind-the-scenes into the wild world of food television production in Karen's memoir, GETTING SAUCED.□

Karen's culinary journey, from a childhood of Mrs. Paul's Fish Sticks to Michelin 3-star dinners, is a glutton-to-glamour ride. Expanding her food experience from Sunday family take-outs of Moo Goo Gai Pan to the Swiss Alps for spit-roasted wild boar, she eventually finds her way into the Food Network kitchens uncovering all the secrets of how to prep a turducken for television.□

Along the way she encounters a culinary Who's Who: Emeril Lagasse, Julia Child, Bobby Flay, Susan Feniger, Jacques Pépin, Jean Georges Vongerichten, Buddy Valastro, Martha Stewart... to name a few. Watch as each, in their own way, teaches Karen, not only how to cook, but how to cook with love and enthusiasm.

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For the past thirty-plus years as a television producer, I've traveled the world sharing stories about food, culture and the people who are passionate about both. Now I'd like to share those experiences with you. I hope you enjoy my blog, and if it makes you hungry, I've got plenty of recipes that will satisfy any pangs.

Click below to subscribe and you'll be alerted to all new posts and updates. Thanks for stopping by!

Karen

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W.T.F.?



Hungry? Try My recipes



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DESSERTS

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MY BOOK IS FEATURED TODAY IN
PEOPLE.COM!!!!!!





A Moment in Time

Tuesday Tales

thekatztales.com

A photograph of several hands of different skin tones reaching up from the bottom and sides to form a heart shape with their index fingers. The background is a light, neutral color.

Love is in the Air



EASY

Dim Sum



FEED ME FRIDAYS

RECIPE AT

[THEKATZTALES.COM](https://www.thekatztales.com)

A close-up photograph of a round chocolate orange ricotta cake. A single slice has been removed and is placed on a white plate in the foreground. The cake is dusted with powdered sugar and topped with chocolate shavings. The background shows the rest of the cake on a dark metal baking pan, resting on a wooden surface.

CHOCOLATE ORANGE RICOTTA CAKE

*Feed Me
Fridays*

GET THE RECIPE:
THEKATZTALES.COM

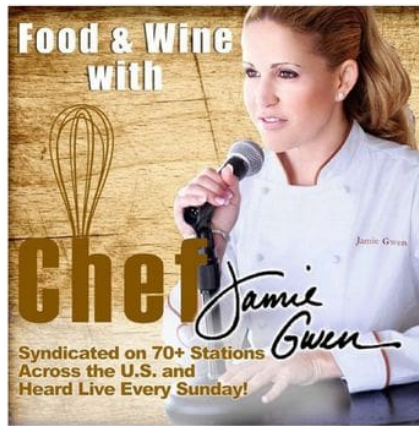


TUESDAY TALES

**LIONS AND RHINOS
AND SCARES,
OH MY!**

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GETTING SAUCED



How I Learned Everything I Know
about Food from Working in TV

KAREN S. KATZ