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In the blink of an eye, Bob Spitz turned fifty, finished an eight-year book project and a fourteen-year marriage that left him nearly destitute, had his heart stolen and broken on the rebound, and sought salvation the only way he knew how. He fled to Europe, where he hopscotched among the finest cooking schools in pursuit of his dream. The urge to cook like a virtuoso, to unravel the mysteries of the process, had become an obsession.