

= The Cookbook =

The Cookbook is the sixth studio album by American rapper Missy Elliott , released by The Goldmind Inc. and Atlantic Records on July 4 , 2005 , in the United States . The album is notable for the fact that Timbaland , who produced the vast majority of material on Elliott 's past albums , only produced two tracks .

Three singles were released from the album ; the first , " Lose Control " , was released on May 27 , 2005 , and peaked at number three on the Billboard Hot 100 chart and charted well internationally . The second single , " Teary Eyed " , was released on August 8 , 2005 , and failed to chart on any Billboard chart and charted low in other countries . The third single , " We Run This " , was released on February 21 , 2006 , and peaked at number forty @-@ eight on the Billboard Hot 100 and charted moderately well internationally .

The album received generally favorable reviews from critics and peaked at number two on the Billboard 200 . It was certified Gold by the Recording Industry Association of America (RIAA) , selling 657 @,@ 000 copies in the United States and received a Grammy nomination for Best Rap Album , ultimately losing to Kanye West 's Late Registration . The music video for " Lose Control " , directed by Dave Meyers won the Grammy for Best Short Form Music Video .

= = Background = =

The title The Cookbook derived of Elliott feeling " no two records are going to sound alike ; each record has its own spices and herbs . Each record is cooking up a hot recipe for a hot album . " The black and white cover features Elliott posing with a vintage microphone in a 1920s juke joint . She explained the cover , saying , " I wanted people to see I was taking music back to the roots ? not just hip hop , but our ancestors . Whether they was on railroad tracks or cooking in somebody 's kitchen , they was always singing . "

In an interview with Billboard magazine , Elliott said , " I really do think this is my best album . I was in a really great space with this album . I wasn 't in a great space with some of the other albums I 've done . " She went on to say , " I played Lil ' Kim the album the other day , and she told me it was incredible and that there was not one song on it that she didn 't like . "

= = Recording = =

In January 2005 , it was revealed Elliott had been working on a new album . Two months later , Ciara confirmed she would appear on the album , singing and rapping on the potential first untitled single at the time . Elliott worked on The Cookbook with such producers as The Neptunes , Rich Harrison and Scott Storch . The album included only two songs produced by Timbaland , who produced most or all songs on Elliott 's previous albums . She explained , " Me and Tim , this like our sixth album , so if we go any further left , we gonna be on Mars somewhere . We 've done everything it is to do . I think both of us came to a spot where we didn 't know where to go with each other . " She said Timbaland was very involved with the album , supporting or opposing certain producers . Elliott went on to say , " I was eight songs deep and I let Tim listen and he was like , ' Nah , you 're going in the wrong direction . You trippin ' . ' I had to go back in the studio and come up with new records . [When he heard those] , he was like , ' This is the Missy people are listening to . ' "

= = Singles = =

The first , " Lose Control " , was released on May 27 , 2005 , and peaked at number three on the Billboard Hot 100 chart , number six on the Billboard Hot R & B / Hip @-@ Hop Songs and number two on the Billboard Pop 100 . The single also peaked at number two on the New Zealand RIANZ Singles Chart and in the top ten in four other countries . A Dave Meyers @-@ directed promotional video accompanied the song ; it was the most played video on BET and MTV2 and second most

played video in the United States . It went on to win a Grammy Award for Best Short Form Music Video , while the song itself received a nomination for Best Rap Song .

The second single , " Teary Eyed " , was released on August 8 , 2005 ; it failed to chart except in Australia and Switzerland . The music video for the song was directed by Antti J. Jokinen and was filmed " like a movie " . It features Elliott responding to a relationship that had gone wrong .

The third single , " We Run This " , was released on February 21 , 2006 , and peaked at number 48 on the Billboard Hot 100 and number 39 on the Billboard Pop 100 and peaked in the top forty in Australia , Ireland and the United Kingdom . An edited version of the song was used as the theme song for the gymnastics @-@ themed film Stick It , as well as for the music video , which was directed by Dave Meyers . The video features a cameo by gold @-@ medalist Dominique Dawes as Elliott 's gymnastics coach , with scenes from the film being used throughout the video . The song received a Grammy nomination for Best Rap Solo Performance .

= = Reception = =

= = = Critical response = = =

The Cookbook received positive reviews from most music critics . At Metacritic , which assigns a normalized rating out of 100 to reviews from mainstream critics , the album received an average score of 74 , based on 28 reviews , which indicates " generally favorable reviews " . Rich Juzwiak of Stylus Magazine gave the album an A rating , stating " Her adventurous and , yes , massive , persona is allowed to wander wherever it wants on The Cookbook , be it avant or common . " Alexis Petridis of The Guardian wrote , " The Cookbook is a convincing return to form Sounding as unique and startling and formidable as ever , Missy Elliott is clearly not a woman to be messed with . " John Bush of AllMusic noted that " Elliott forces a few rhymes , plays to type with her themes , and uses those outside producers to follow trends in hip @-@ hop What 's different here is how relaxed Elliott is , how willing she seems to simply go with what comes naturally and sounds best . " Q stated " If not Elliott 's most inventive album , The Cookbook is certainly her most colourful and entertaining " .

However , Ben Sisario of Blender wrote , " For every killer raise @-@ your @-@ hands hook there is a snoozer of an SWV @-@ esque torch ballad , and she can 't seem to tell the difference . " He went on to say , " Almost half the songs are treacly Kleenex soul ballads ; even the titles ... bring a cringe . " Los Angeles Times writer Natalie Nichols found that " her souffle of hip @-@ hop , soul , R & B , funk and dance music falls a bit flat " . Rolling Stone 's Brian Hiatt called The Cookbook Elliott 's " least cohesive , most conventional album yet . " Entertainment Weekly 's Margeaux Watson viewed that " she 's clearly lost without Timbaland " , calling him " the main ingredient of her original flavor " . Steve Horowitz of PopMatters noted that it " does have a few duds " and found some of the " offensive lyrics " as flaws , but wrote that " While not every cut is a winner , Elliott does a fairly consistent job of gaining the listener 's attention through her outrageous lyrics and performance style " .

Pitchfork Media 's Ryan Dombal found the album " Even more bipolar than usual " , with Elliott " jolting from uber @-@ hypeness to soul @-@ crushing balladry . Fortunately , supported by an array of producers both grizzly and green , her invaluable unpredictability is alternately harnessed and given new life on this album , despite its uneven and transitional nature . " Joan Morgan of The Village Voice complimented Elliott 's " ability to capture the ain 't @-@ afraid @-@ to @-@ sweat flava " and stated " Elliott mines the best of hip @-@ hop 's old @-@ school elements for throwback tracks that are engagingly sparse and elemental " . In his consumer guide for The Village Voice , critic Robert Christgau gave The Cookbook an A- rating , indicating " the kind of garden @-@ variety good record that is the great luxury of musical micromarketing and overproduction " . Christgau called it a " benchmark album " and commented that " Elliott showcases the musical health of African American pop [...] Elliott 's disinclination to give it up to gangsta 's thrill cult or black pop 's soft @-@ focus porn , plus her proven ability to work a good beat when she gets one , leads her

naturally to a collection that ebbs and flows , peaks and dips , and pokes fun at any canon of taste you got " .

The album was nominated at the 2006 Grammy Awards for Best Rap Album , but lost to Kanye West 's Late Registration .

= = = Commercial performance = = =

The album debuted at number two on the Billboard 200 , selling 176 @, @ 000 copies in the first week of release . It has sold 657 @, @ 000 copies in the United States and has been certified Gold by the Recording Industry Association of America . The Cookbook peaked in the top thirty in Australia , Belgium , Germany , the Netherlands , New Zealand , Norway and Switzerland .

= = Track listing = =

= = = Sample credits = = =

" Partytime " contains a sample from " Whammer Jammer " by The J. Geils Band

" Irresistible Delicious " contains a sample from " Lick the Balls " by Slick Rick

" Lose Control " contains a sample from " Clear " by Cybotron and " Body Work " by Hot Streak

" My Struggles " contains a sample from " What 's the 411 ? " by Mary J. Blige

" We Run This " contains a sample from " Apache " by The Sugarhill Gang

= = Personnel = =

= = Charts and certifications = =

= = Release history = =