Recipe For Hate

Clawfinger

first of all I make sure I've got the right ingredients
before I heat up the pan
I take a little bit of bitterness to grease it up
and keep everything close at hand
then I add a few ounces of fresh frustration and half a cup of attitude
A rush of adrenaline to spice things up
and then half a spoon of bad mood
one bottle of my sweat one bottle of tears,
a few drops of my own blood
it all blends together like a cat and dog
and the result is as clear as mud
I pick the worst situation out of the bunch
and throw it right into the mix
and last but not least I add a little bit of spit,
just a few little nasty cliquesThat's my recipe for hateI turn up the heat to 400 degrees and go to work on the attitude
I shake it all up in a provocative way to make sure it comes out rude
Then I grind down the frustration hard so that all of the scents can blend
I pour the sweat on top and then the tears
to make sure that I don't make friends
when the mood is wrong, everything is right, I can add the adrenaline
but I've got to be careful with the dose I use,
the effect shouldn't wear to thin
the blood comes last cos' it always has a tendancy to cool and coagulate
so I calculate and make no mistakes,
it's so fresh that it still pulsatesThat's my recipe for hate.....When the meal is done you get a spoiled appetite
and a dish full of disagree some ignorance on the side,
a plate full of hate, served with a fistful of me

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