

Home cooking through the generations since Chinese Women Settled in New Zealand over the last 100 years

This book contains over 140 recipes and 15 Chinese women's life stories.

Reviewed by:

Margaret Agnew, Journalist, Past editor of The Christchurch Press, Weekend Supplement.

"Food is one of the strongest ties to our culture and this unique cookbook is an important link to the culinary past and present of our multi-generational New Zealand-Chinese community. The women (and men) have been cooking up a taste of home since they arrived from mainland China in the early 1900s. Modern Kiwis of Chinese descent will find this book especially fascinating for a taste of our Porpor's past. A poignant and piquant slice of culinary history."

Kuan Meng Goh (ONZM, JP, Ph D, FRSNZ), Emeritus Professor, Lincoln University; Canterbury Branch President and Past National President, New Zealand Chinese Association

"It is widely known that few other cultures are as food oriented as the Chinese. According to the famous Chinese scholar and archaeologist, K.C. Chang, "Chinese people are especially occupied with food and food is at the centre of, or at least it accompanies or symbolizes, many social interactions." Traditionally, in Chinese culture, there is always an important relationship between food and health. This book adds a new dimension to the relationship by linking the experiences of Chinese grandmothers to their recipes. The recipes as presented are not only home-proven to succeed but are also authentic and achievable. Most people enjoy Chinese food and the recipes provide the opportunity to cook these delicious dishes."

Meilin Chong, NZCA, Auckland Branch Committee Member.

"This is a beautiful, well presented and illustrated Chinese cook book which is informative combined with family stories. It brings back fond memories of childhood days and the foods that our mothers and grandmothers cooked for us."

POR PORs COOKBOOK



Carolyn King

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