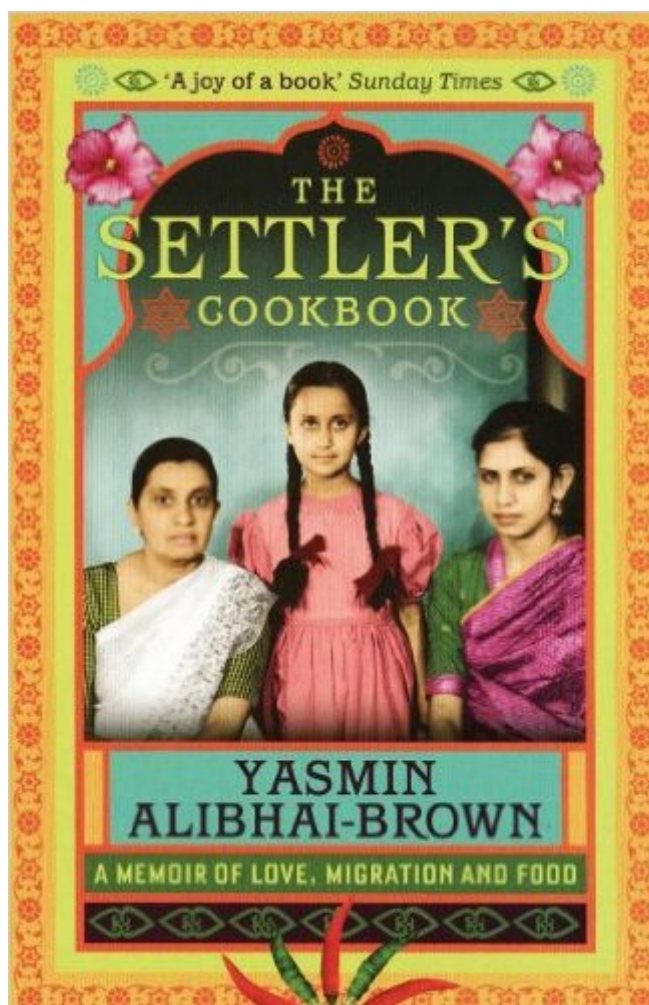


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# The Settler's Cookbook: Tales Of Love, Migration And Food



## Synopsis

"Full of rich delicious prose, and even more delicious recipes, this wonderful story of one Indian family, and the memories and meals they shared over generations, gives fresh meaning to the term 'soul food'" Meera Syal Through the personal story of Yasmin's family, food, and recipes they've shared together, *The Settler's Cookbook* tells the history of Indian migration to the UK via East Africa. Her family was part of the mass exodus from India to East Africa during the height of British imperial expansion, fleeing famine and lured by the prospect of prosperity under the empire. In 1972, expelled from Uganda by Idi Amin, they moved to the UK, where Yasmin has made her home with an Englishman. The food she cooks now combines the traditions and tastes of her family's hybrid history. Here you'll discover how shepherd's pie is much enhanced by sprinkling in some chilli, Victoria sponge can be enlivened by saffron and lime, and the addition of ketchup to a curry can be life-changing.

## Book Information

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## Customer Reviews

This book is a welcome addition to my food memoir bookshelf which is heavy in Western influenced food/countries. The author goes into great detail about growing up in Uganda and eventually going to Oxford in the middle of London's own chaotic environment. She also covers the tension between the Asian community and the Africans. TSC is part history, and takes the reader (if you are an average American with the basic American education) into a history of a country which is largely ignored. Her most memorable passages are those when she describes the generational tensions,

including her own beating by the hands of her family when she dared to kiss a black African boy in a production of Romeo and Juliet, and the section detailing her failing marriage. Although I enjoyed the whole book. The recipes look delicious and authentic (although since I am kitchenless at the moment I have not had a chance to try them out) She does try to make concessions for the availability of ingredients. Very well formatted for the kindle.

The book surprised me very pleasantly in that I did not expect to read such an accurate description of a country where I lived during the three years before Amin took over the country. Of course many of the topics are not pleasant about those dark hours of Ugandan history. The Asian experience in Uganda needed to be told. I enjoyed reading the recipes and will try some. Uganda was my first intro to Indian curry and I have loved eating Indian dishes ever since. The author's coming of age story in such turbulent changing times is compelling. My only disagreement with the author is that I loved eating Matoke and miss that fruity plantain taste it gave curries.

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