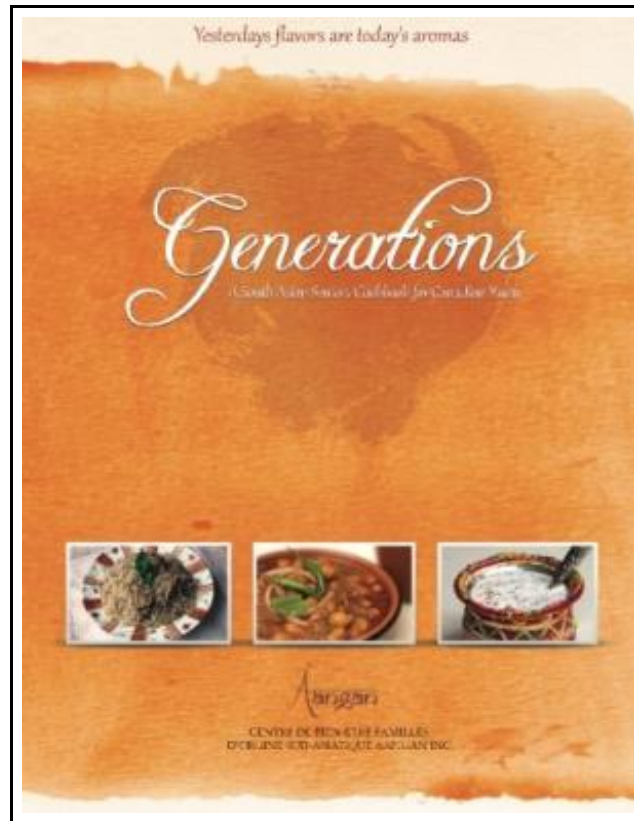


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GENERATIONS: A SOUTH ASIAN SENIORS COOKBOOK FOR CANADIAN YOUTH



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Createspace, United States, 2012. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.This cookbook is the result of the contributions by our wonderful seniors and their amazing stories. They were very happy and eager to teach their culinary skills to our youth and young adults. They feel that each migrated person leaves something behind in their country of origin as they board the plane or the boat, be it family, a well-known life, the soil, or unspoken memories. Each immigrant has stood at a crossroad, facing mystery from familiar surroundings in hope of a better life. The ancestral voices have stayed close to their hearts throughout this passage of time. Though some things got lost in the process of migration, the experience and knowledge traveled invisibly along. Memory has the ability to recall in a flash, a moment, a flavor or a childhood memory. Most seniors agree that home cooked foods provide a real comfort that keeps them culturally connected and emotionally content. Many feel food is also a tool which helps them remember places, fun festivities or spiritual rituals which can cause homesickness or nostalgia. A big part of their day still seems to be devoted to the kitchen. To see the delight in our seniors telling their stories along with these immigrated food recipes was beyond joy. This cookbook by Aangan, is a small tribute to all those who have traveled this journey. We hope they feel a pride for imparting this meaningful part of their culture and heritage to younger generations.



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