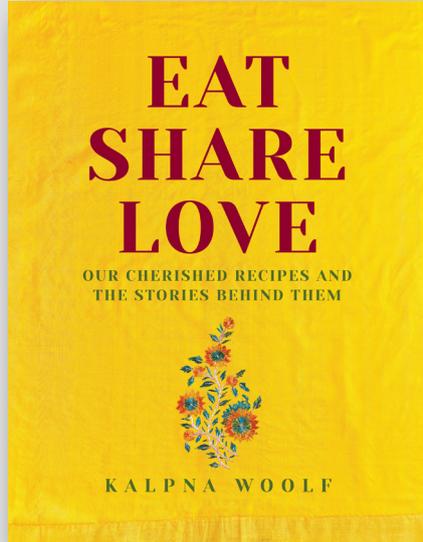




EAT, SHARE, LOVE

Our cherished recipes and the stories behind them

by Kalpna Woolf



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“Shiny red and gold glass bangles clinking on the side of the pan, the smell of a warm, spice-filled kitchen, my mum smiling... I am transported back to this every time I cook dal.”

Each of our favourite recipes have a story to tell. They connect us to our past, to our culture, to our happiest, saddest and most memorable times – to who we are.

Eat, Share, Love is a unique collection of recipes from Bristol’s 91 language communities, celebrating the city’s diversity by giving voice to Bristol home cooks who share their heartfelt and intimate personal stories behind their favourite dishes.

Eat, Share, Love includes 91 recipes from communities across the city - from Amina, sharing her Somali rice dish Lamb Houris, to Sana whose heritage is Sudanese, and recalls how her mother taught her to make falafels which she now makes with her children to continue the tradition. Ola shares a Polish chocolate and orange Easter cake recipe, whilst Dino the recipe for little sweets cakes in the shape of peaches from Bosnia and not forgetting a few Bristolian recipe from local chefs. Every recipe tells a personal story, but they are also the story of our contemporary multicultural city. This book is a tribute and a legacy for Bristol.

Food author and campaigner Kalpna Woolf founded 91Ways to Build A Global City in 2015 to break down barriers and unite Bristol’s communities using the power of food. Kalpna is a former Head of Production for the BBC’s factual and natural history departments in Bristol and in 2018 she also founded BeOnBoard to advance broader representation in company leaderships.

She has created and curated the book and contributed several of her own family recipes and stories and says: “the joy of this book is in reminding ourselves just how much our favourite foods actually mean to us, and that by the simple act of sharing our food and stories we can make unexpected connections with each other which can bridge our cultural, religious and ethnic divides and bring us all closer together. All proceeds from the book will go to the 91Ways charity. our cultural, religious and ethnic divides and bring us all closer together.”



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Kalpna Woolf is an award-winning food writer, entrepreneur and charity campaigner. Her love of food comes from her Indian heritage and from managing food TV series at the BBC with Nigella, Nigel Slater, Rick Stein and the Hairy Bikers. She brought her passion and expertise in spices and health into her first food book – *Spice Yourself Slim* – which is now in paperback as *Spice Diet*.

She is well-known and highly respected on the food circuit as a festival chef, food writer, storyteller and seasoned food awards judge. Kalpna’s many achievements have been recognised by a clutch of national awards, including The Guild of Food Writers Inspiration Award, BBC’s Food and Farming Food Hero Award, Crumbs Food Magazine Food Hero and the Asian Women of Achievement Award. She was also featured in Waitrose Food Magazine as one of “20 people Making the World a Better Place to Live and Eat in 2020

Meze Publishing launched in 2013 and is the brainchild of specialist cookbook designer Paul Cocker and experienced publisher Phil Turner. The company specialises in cookbooks and has already published books for Scottish Chef of the Year Adam Handling, Great British Menu’s Colin McGurran and MasterChef champion Simon Wood as well as creating a series of regional cookbooks showcasing food and drink throughout the UK.