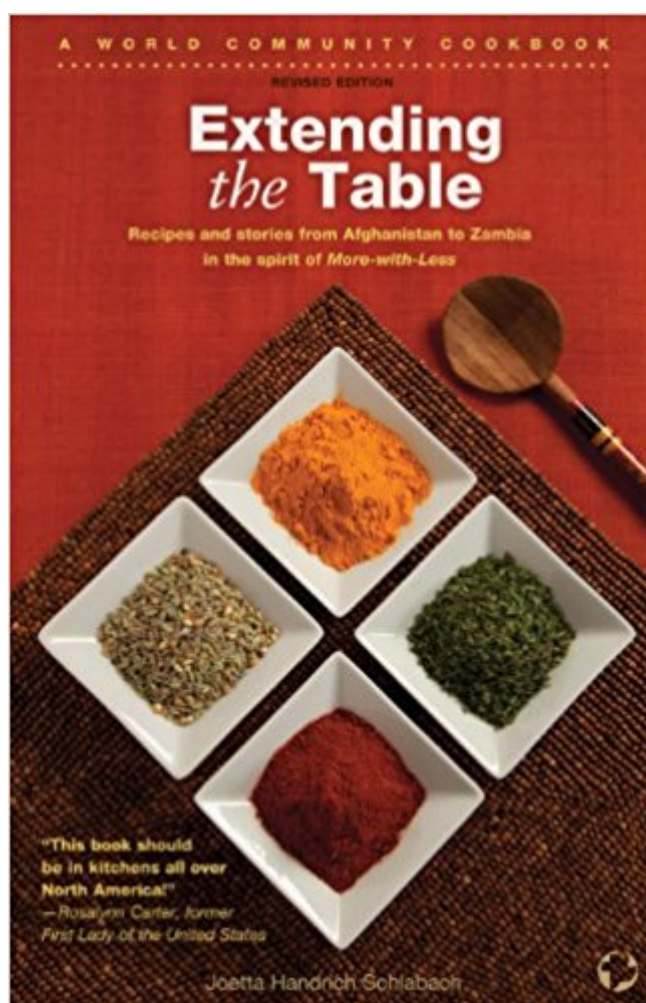


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# Extending The Table: Recipes And Stories From Afghanistan To Zambia In The Spirit Of More-With-Less (World Community Cookbook)



## Synopsis

Cook with neighbors from around the world as you prepare flavorful dishes and feel the warmth of their kitchens. This revised edition of *Extending the Table* simmers together the best-loved recipes from the first edition of this global cuisine cookbook with the enticing flavors of new recipes. *Extending the Table* contains stories, proverbs, and recipes from more than ninety countries. Extend your table in the spirit of the *More-with-Less Cookbook* by experiencing the gratitude, hospitality, and foodways of friends near and far. *Book Two of the World Community Cookbook series*. Royalties fund global relief, peace, and community efforts. **What is New in the Revised Edition:**-Colorful photographs of mouthwatering dishes and of people from around the world that tell the story of cooking and cultures.-New recipes and stories from places like Afghanistan, South Sudan, Thailand, and Cambodia.

## Book Information

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## Customer Reviews

This book should be in kitchens all over North America! This is a cookbook full of good recipes from cultures around the world but more than that, it is full of inspiring stories about the people themselves. It is for those of us who love our neighbors on every continent and enjoy the rich variety of ways they prepare food. I hope you'll get a copy, like it as much as I do, and help spread the word. --Rosalynn Carter, former First Lady of the United States. *Extending the Table* is a global journey for the palate and the heart into resource-poor areas that are rich in cultural heritage, diverse in exquisite foods, overflowing with hospitality, generous in spirit, and rooted in a sense of

community. --Jo Luck, former president and CEO, Heifer International, 2010 World Food Prize Laureate  
Extending the Table is a treasury of recipes from our global community that celebrates the diversity of traditions. It keeps us mindful that food is both a necessity and a way to gather families around the table. --Lovella Schellenberg, founder, Mennonite Girls Can Cook  
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Cook with neighbors from around the world as you prepare flavorful dishes and feel the warmth of their kitchens. This revised edition of *Extending the Table* simmers together the best-loved recipes from the first edition with the enticing flavors of new recipes. *Extending the Table* contains stories, proverbs, and recipes from more than ninety countries. Featuring photographs that tell the story of cooking and cultures. The recipes in this book tell stories of ingredients, landscapes, cultures and communities; remind us of people who prepare and share food in the midst of scarcity; and nourish households with everyday fare and festive cuisine from many cultures. Cook your way around the globe. Learn from the world community. Extend your table.

We run a wilderness retreat and utilize many of these recipes because they taste great, they're cheap, and they can feed a lot of folks. Almost every recipe is a keeper.

A minimal, but nice, update of my favorite cookbook ever (so far).

I have followed these books for many years and find the series very interesting and helpful. This one is great.

*Extending the Table: Recipes and Stories from Afghanistan to Zambia* in the spirit of *More-With-Less*. This World Community Cookbook is written in the spirit of the American Junior League Cookbooks of old. In it are recipes that characterize the daily fare of various locations in the community that our world has become. And, because of the miles and oceans that separate the various nations of this community, stories accompany the recipes, thus placing them in the context

we all need to understand one another on this planet. This book is a revision of one published in 1991 when many of the ingredients were difficult to find in the United States. It was initially a sequel to the book *More-With-Less* which was the first cookbook I ever had that implied that the way things are done in other cultures could actually improve on the way we Americans do things. It was a radical thought in the early 90s. Today, not so much. We are learning to learn from other cultures as I believe we must in order to survive. Buy this book, find a recipe to try and do it. The flavors are often new and refreshing to the American palate dulled by hamburgers and fries. The ingredients may require a trip to the supermarket, but mostly you will find what you need to prepare the dishes. Share the story that accompanies the recipe with the kids, encourage them to find the country of origin on the globe. In America, we have the luxury of finding ingredients with ease and, most often, within the family budget. Take a chance and learn something in the kitchen. I double-dog dare you to try!

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