



ADVANCE UNCORRECTED PROOF
FOR PROMOTIONAL USE ONLY

THE INTERNATIONAL TABLE

RECIPES FROM THE SEATTLE SISTER CITIES

Introduction by Chef Kristi Brown





INTRODUCTION

CHEF KRISTI BROWN

In 2019, I traveled to Vietnam on a search for the greatest secrets to amazing soup. I have been a chef for many years and it has taken me a while to figure out what my favorite food is to both eat and prepare....Soup won! So I set out for what I have come to appreciate as one of the greatest food cultures in the world: Southeast Asian Cuisine. When I arrived, I knew that I would be in a country of people who spoke very little English. So I was prepared, my translation app ready to communicate with whomever, whenever. What I quickly came to realize was that my sincere eye contact and my smile would get me farther than any app ever could.

In my opinion, Sister Cities are most important for one sole reason: to help us know that we are connected in very real ways. Traveling does that, but food ... does it better. One of *That Brown Girl Cooks* mantras is “Everybody Gotta Eat” because I understand first-hand that a meal can transcend any barriers. Over a life-giving soup, that smile of agreement is all we need to feel connected to one another.

I am grateful for the opportunity to introduce you to this amazing cookbook, first and foremost because I have spent my life’s work showcasing how food brings people together! What better way is there to see the intricate connections we have than when we realize that someone who seems light years away uses the same ingredients as we do?

On my journey, food and travel have felt like a calling to connect in a deeper way. It is my prayer that you are able to see and be inspired by the connections among not only the foods showcased in this cookbook but also their original cultures.

Seattle native Chef Kristi Brown has been part of Seattle’s vibrant culinary industry for nearly three decades. Starting in a small cafe and working at such notable restaurants as the beloved but departed Kingfish Café, she opened That Brown Girl Cooks! Catering in 1996 and quickly amassed a devoted following.

In 2020 Chef Brown, with her son Damon Bomar, opened Communion Restaurant and Bar, focusing on Seattle Soul: traditional American soul food with innovations, improvisations, and riffs based on the experiences and influences of living in the Pacific Northwest. In 2021 the restaurant was named one of the top 12 best new restaurants in the world by Condé Nast Traveler.

In addition to the restaurant and catering, Chef Brown runs Everybody Gotta Eat, a community kitchen that provides food to people in need.

THATBROWNGIRL.COM • COMMUNIONSEATTLE.COM



GALWAY • IRELAND

Perched on the shore of the Atlantic at the edge of Europe, Galway is a county of unparalleled natural beauty: from the dramatic coastline, off-shore Aran islands, and rugged mountains to bright-green stone-walled fields inland. Galway City, population about 80,000, is one of the fastest-growing cities in Europe. The capital of West of Ireland, it is a thriving city with a university, regional technical college, shipping port, and airport. Galway City was named a European Capital of Culture in 2020 and is known as the Festival Capital of Ireland. It is Ireland’s first bilingual city and the county is home to the largest official Irish-speaking community in the country. The lively city center with traditional medieval streets, a fast-developing craft beer scene, a youthful population, and a living culture of music, theater, and language all ensure its enduring appeal.

In 2018, Galway was named a European Region of Gastronomy in recognition of its exceptional local food scene, from Michelin-starred restaurants to sustainable fishing and rare livestock breeding. Saltwater fish are front and center, fresh as well as cured, smoked, and salted, as well as freshwater fish with two of the most important brown trout lakes in Europe nearby. Galway hosts the world’s oldest and largest oyster festival, first held in 1954. Seaweed has been harvested for centuries, providing a food source rich in vitamins and minerals. The ancient culture of mountain and hill sheep-grazing is exemplified by the black-faced mountain sheep, which is indigenous to the region and has Protected Geographical Status from the EU. Rare breeds of Irish cattle such as Dexter and Moiled are raised on the rich grasslands. Pork, especially bacon, is a central ingredient in the traditional cuisine and game is popular, particularly snipe, woodcock, wild grouse. and deer.

Seattle and Galway formalized their Sister City relationship in 1986. To mark the relationship, a stone monument was unveiled in Galway in 1993 exhibiting the geophysical data of Seattle. A companion monument carrying the geophysical data of Galway was unveiled in June 2000 on Seattle’s waterfront, opposite Pier 66. An annual student exchange between the University of Washington and University College Galway, a Law Fellowship program, celebrates this relationship.

IRISHCLUB.ORG



TOP LEFT: Galway Cathedral, started in 1958 and completed in 1968, is one of the last stone cathedrals built in Europe. TOP RIGHT: A holiday night market. CENTER LEFT: The causeway between Galway City and Mutton Island. PHOTO: Gabriel Ramos. CENTER RIGHT: Claddagh Quay. BOTTOM LEFT: A festive market street. PHOTO: Rudy Doan. BOTTOM RIGHT: Irish sheep in Connemara National Park, just north of Galway. PHOTO: Julian Schiemann.



MUSSELS AND CLAMS

WITH SEA HERBS

Any sea herbs will do for this recipe, such as samphire* or sea beet*. **Serves 4.**

INGREDIENTS

- 1 Tbsp canola oil
- 1 Tbsp butter
- 1 lb clams, cleaned
- ½ tsp ground dillisk, also called dulce*
- 1 cup good quality hard apple cider
- 2 shallots, diced
- 1 lb mussels, cleaned
- a small handful of orache*
- a small handful of sea purslane*
- sea salt

* See pages 70–71 for additional information.

DIRECTIONS

In a pot large enough to fit the shellfish, warm a little oil and butter. When the butter starts to foam add the shallots and dillisk.

After a few minutes, add the cider. Cook for 2–3 minutes until the alcohol is burned off. Add the mussels and the clams. Cook until they all open. Discard any that do not open.

At the last minute, add the sea herbs and toss together with the mussels and clams.

Serve immediately.

Recipe and photo courtesy Jp McMahon.



POTATO AND DILLISK SOUP

Dried seaweed adds a delightful briny undertone to the classic potato and leek soup. **Serves 4.**

INGREDIENTS

4 Tbsp butter
2 onions, sliced
2 leeks, sliced
2 garlic cloves, crushed
sea salt
1 ½ lbs potatoes, peeled and chopped
1 tsp dried dillisk, also called dulse*
6 ½ cups vegetable stock
½ cup cream

* See pages 70–71 for additional information.

DIRECTIONS

In a large pot, melt the butter. When it foams add the onions, leeks, and garlic. Fry gently on a medium heat for 10 minutes. Season with sea salt.

Add the potatoes and the dillisk. Fry briefly and then add the vegetable stock. Bring to boil and then reduce heat to a simmer.

When the potatoes are soft, blend the soup. Add the cream and check the seasoning. If the soup is too thick, add a little water to thin it out.

Warm thoroughly and serve.

Recipe and photo courtesy Jp McMahon.



LIMBE • CAMEROON

The Atlantic port city of Limbe, formerly known as Victoria, is on the southwest coast of the Republic of Cameroon (West/Central Africa) and has a population of 84,000. Limbe is located on a beautiful bay against the backdrop of a major mountain range. Cameroon is world famous for its tea and agriculture production and Limbe is the center of its oil industry. Two hundred and thirty languages are spoken in Cameroon and both English and French are the national languages.

The Seattle-Limbe Sister City Association has organized exchanges, humanitarian projects, and trips, furnished books and magazines to the Limbe Public Library, secured pharmaceuticals for the Limbe Clinic, organized a bike tour led by Seattle residents, and hosted visitors from Cameroon. SLSCA was awarded the Sister Cities International Award for program revitalization in 1989. Currently, the Seattle-Limbe Sister City Association is working with the government of Limbe to improve Senior Center Services in Limbe. SLSCA works with a variety of organizations in the Seattle community to create feminine care kits for school girls in Cameroon. Over the past five years, delegates have delivered more than 2,700 of these care kits.

SEATTLELIMBE.ORG

TOP LEFT: Limbe sits on the coast of Cameroon. Sunset on the Atlantic Ocean. TOP RIGHT: Bordered by jungle, ocean, and mountains, Limbe's topography is full of surprises. BOTTOM: The Limbe Wildlife Center and Limbe Botanic Garden are working to conserve Cameroon's diverse wildlife. LEFT: A male mandrill. RIGHT: A village weaver, making a nest above the crocodile enclosure, safe from predation. PHOTO: Julie Langford, Creative Commons.



PEANUT BUTTER SOUP

Peanut-based soups — also known as groundnut or granat soups — are popular in West Africa. Rich, savory, and spicy, this warming soup will fill you up. Many variations of this soup exist — depending on the country or region — so don't be afraid to experiment. Accompanying proteins include lamb, chicken, beef, or smoke-dried fish; use crimini mushrooms and vegetable stock for a flavor-filled vegetarian alternative. **Serves 4–6.**

INGREDIENTS

- 1–2 Tbsp palm oil or canola oil
- 2–3 garlic cloves, minced
- 1 lb boneless beef or chicken, cut in small pieces, or 3 pints of diced crimini mushrooms
- ½ tsp ground ginger
- 2 carrots, peeled and sliced into medallions
- 2 cups of chicken or vegetable stock
- 1 onion, finely sliced
- 1–3 scotch bonnet or habanero peppers, sliced; remove the seeds and pith to reduce the spiciness (optional)
- 1 Tbsp peanut oil
- 1 cup unsweetened peanut butter
- 1 ½ tsp dried crayfish powder* (optional)
- salt and ground black pepper, to taste
- garnish with dry-roasted peanuts and cilantro

* See pages 249–252 for additional information.

DIRECTIONS

Combine oil, garlic, meat or mushrooms, ginger, carrots, and stock in a Dutch oven or stock pot with a heavy bottom and simmer, covered, for about 20 minutes, until meat is tender.

Fry onion and chili pepper in peanut oil until soft but not browned. Add to the meat along with the peanut butter, crayfish powder, and salt and ground black pepper to taste. Simmer for 5–10 minutes.

Garnish with peanuts and cilantro and serve with rice.



BANGA

Banga is a rich soup popular in Ghana, Nigeria, and Cameroon. With palm fruit nuts as its base, this versatile soup can be made with a variety of seafoods and cuts of beef. Cameroonians generally stick to fish; catfish is a popular option. Enjoy this caloric powerhouse with a neutral starch like kwacoco (page 127) or fufu. **Serves 4.**

INGREDIENTS

- 1 1/2 lb beef, cut into large chunks (optional)
- 1 onion, chopped
- 2 tsp Cameroon pepper*, or cayenne pepper
- 2 tsp bouillon powder or one beef bouillon cube, cut in two
- 2–6 cups of unsalted fish stock
- 1 800g can of palm nut paste*
- 1–3 scotch bonnet or habanero peppers, minced (optional; remove the seeds and pith to reduce the spiciness)
- salt, to taste
- 1 Tbsp dried crayfish powder*
- 1 Tbsp banga spice mix*
- 1 banga stick* (licorice root), whole, or 1 tsp powdered licorice
- 1 lb fresh fish, cleaned and cut into bite-size pieces, or 1 smoke-dried fish, rehydrated and bones removed
- 1–2 Tbsp dried beletientien (sometimes sold as atama) leaves*, bitter leaf*, or tarragon
- 4–6 cups of water

* See pages 249–252 for additional information.

DIRECTIONS

In a large pot over medium-high heat, stir together the beef (if using), onion, Cameroon pepper, and half of the bouillon, slightly browning the beef and sweating the onions.

If using beef, add enough fish stock to just cover the mixture (4–6 cups) and cook until the beef is tender (20–30 minutes).

If skipping the beef, add 2 cups of fish stock to the onions and spices and cook for 10 minutes.

Strain the stock mixture, reserving both the stock and solids separately.

Pour the palm nut paste into the pot, add one cup of water and the stock. Cover and leave to cook over medium heat until the oil begins to float to the top (about 10 minutes).

Add the scotch bonnet or habanero pepper, remaining bouillon, crayfish powder, banga spice, banga stick, reserved stock solids, and fish. Mix until fully incorporated, taking care to not break apart the fish. Cover and cook for 10 minutes.

Add beletientien leaves and allow to simmer for a few minutes. Remove the banga stick.

Serve hot with kwacoco (page 127), fufu, flat bread, rice, potato, or yam.

SURABAYA • INDONESIA

Surabaya is the capital of the Indonesian province of East Java and the third-largest city in the country. The city had a population of 2.89 million within its city limits in 2019 and 9.5 million in the extended Surabaya metropolitan area, making it the second-largest metropolitan area in Indonesia. Located on the northeastern border of Java island, on the Madura Strait, it is one of the earliest port cities in Southeast Asia.

The word Surabaya is a combination of *sura* meaning shark and *baya* meaning crocodile.

The city was settled in the 10th century by the Kingdom of Janggala, one of the two Javanese kingdoms that formed in 1045. In the late 15th and 16th centuries, Surabaya grew to be a duchy, a major political and military power, probably under the Majapahit empire. At that time, Surabaya was already a major trading port, owing to its location on the river Brantas and the trade route between Malacca and the Spice Islands via the Java Sea. During the decline of Majapahit, the lord of Surabaya resisted the rise of the Demak Sultanate and only submitted to its rule in 1530. Surabaya became independent after the death of Sultan Trenggana of Demak in 1546.

From the 18th century until the mid-20th century, Surabaya was the largest city in the Dutch East Indies, and the center of trading in the Indonesian archipelago, which was then a competitor to Shanghai and Hong Kong. The city is known as Kota Pahlawan (the city of heroes) due to the importance of the Battle of Surabaya during the Indonesian National Revolution. The city is one of the important financial, commercial, industrial, transportation, and entertainment hubs of the archipelago, arguably second only to Jakarta. The Port of Tanjung Perak is Indonesia's second-busiest seaport located in northern Surabaya; it is considered the economic and trading center of Eastern Java as well as home to the nation's navy.

The city also is known for being one of the cleanest and greenest in Indonesia.

[FACEBOOK.COM/SEATTLESURABAYA](https://facebook.com/seattlesurabaya)

TOP LEFT: Dancers at the Bujang Ganong Festival, celebrating Indonesian arts and culture, organized by the Simo Budi Utomo Muhammadiyah University of Ponorog. TOP RIGHT: Surabaya Bridge. BOTTOM LEFT: Street-food vendor, cooking satay. CENTER RIGHT: Colorful fishing boats at sunset. BOTTOM RIGHT: Tugu Pahlawan National Monument.



PECEL LELE

FRIED CATFISH WITH SAMBAL

This simple, affordable dish is a popular street food served in Lamongan and Surabaya. The spicy and flavorful sambal — a common condiment in Indonesian cooking — is a must. If you prefer, you can use chicken instead of catfish. **Serves 5–10.**

INGREDIENTS

MARINADE

- 1 Tbsp ground coriander
- 5 garlic cloves, pureed
- 1 tsp salt
- 2 Tbsp lemon juice
- 1" piece turmeric, grilled and pureed, or 1 tsp ground turmeric
- 1 ¼ cup water

FISH

- 10 small catfish, or 10 chicken legs
- sambal (see below)
- cooking oil for frying

SAMBAL

- 7 red Thai chilies, chopped
- 10 cayenne peppers, chopped
- 2 tomatoes, roughly chopped
- 5 garlic cloves, chopped
- 4 medium white onions, chopped
- 4 candlenuts*, or 6 macadamia nuts, chopped
- oil for sautéin
- 1 tsp lime juice
- 1 tsp salt

* See pages 249–252 for additional information.

FISH DIRECTIONS

- Prepare the marinade by mixing together all the ingredients.
- Clean the catfish, add to the marinade, and let it stand for 15–20 minutes.
- Fry the catfish in oil over medium heat.
- Serve with sambal.

SAMBAL DIRECTIONS

- Over medium heat, sautée all the ingredients except the lime juice and salt, until browned and soft.
- Place into a food processor, add lime juice and salt, and blend until smooth.

RAWON

BEEF IN BLACK GRAVY

Rawon’s characteristic black gravy is thanks to peucang nuts (sometimes called keluwak). These nuts, from the kepayang tree, are toxic until they are made edible by a process of fermentation. Their unique woody and smoky flavor adds a perfect earthiness to this unusual dish. **Serves 4–6.**

INGREDIENTS

SPICES

- 1 cup shallots, diced (about 2 bulbs)
- 4 cloves garlic, peeled
- 5 peucang nuts*, pre-processed and shelled
- 6 candlenuts*, or 8 macadamia nuts, toasted
- 3 red Thai chilies
- 4" segment fresh ginger
- 2" segment turmeric root
- 1" segment fresh galangal*
- 1 ½ Tbsp coriander seeds, toasted
- ¾ tsp ground black pepper
- ½ tsp cumin seeds, toasted

- 1–2 Tbsp oil for sautéing
- 4 bay leaves
- 3 kaffir lime leaves*, whole
- 2 stalks lemongrass, crushed, top half removed
- 1 ½ lb beef brisket, cubed
- 3 Tbsp tamarind water or paste*
- 2 Tbsp brown sugar
- 2 Tbsp granulated sugar
- ¾ Tbsp beef bouillon powder
- 6 cups water
- 2 scallions, cut into ½" pieces
- 2 tsp salt, or to taste
- garnish with 2 quartered limes, 1 thinly sliced scallion, 2 oz short (mung bean) sprouts, 2 Tbsp fried shallot

SAMBAL

- 5 red Thai peppers, boiled
- 10 cayenne peppers, boiled
- ½ Tbsp shrimp paste

* See pages 249–252 for additional information.

RAWON DIRECTIONS

Blend spices in a food processor until smooth.

In a large frying pan over low heat, sauté spices until fragrant. Add the bay leaves, lime leaves, and lemongrass and cook for a couple more minutes.

Add beef, tamarind, sugars, and bouillon powder. Cook covered until the meat begins to brown.

Add water and scallions and bring to a boil. Add salt and adjust to taste.

Garnish and serve with sambal, white rice, and salted eggs.

SAMBAL DIRECTIONS

Place ingredients in a food processor and blend until well-mixed.





TASHKENT • UZBEKISTAN

Tashkent, with a population of 2.5 million, is the largest city in Central Asia and the capital of the Republic of Uzbekistan. Tashkent is a desert city on the legendary “Silk Road” trade route that connected China and Europe for thirteen centuries. It has experienced a tumultuous history as part of a succession of empires and khanates, destroyed by Genghis Khan, rebuilt by the Timurid Dynasty, then briefly an independent city state, and ending up in the Russian Empire in 1865. With the breakup of the Soviet Union in 1991, Tashkent became the capital of independent Uzbekistan. The official language is Uzbek, but many residents are native Russian speakers. In 1966 an earthquake destroyed most of the city. Now it is an industrial and cultural hub in Central Asia with a diverse economy. Irrigation projects have turned desert land into fields that produce vegetables, cotton, and some of the best fruit in the world, including apples (which originated in Central Asia), cherries, peaches, apricots, grapes, melons, pomegranates, and persimmons.

Plov, the national dish, is a mixture of rice, meat, and vegetables garnished with horse-meat sausage and hard-boiled eggs that is not only nourishment but a symbol of hospitality, community, and celebration. To really experience plov, head to Tashkent’s Central Asian Plov Center, to watch the chefs make it in huge cauldrons set over wood fires that can serve up to 1,000, people and then find a seat in the cavernous dining hall with the locals. Or enjoy plov and tea in a park on a tapchan, a raised platform with cushions that seats 4–8 people around a table.

The Seattle-Tashkent Sister City Association, established in 1973, was the first US-Soviet sister city affiliation. Over the years it has organized exchanges with school children and teachers, mountain climbers, physicians, chefs, lawyers, broadcasters, and folk dancers. In 1988 the association and Plowshares Peace Corps volunteers organized the entire Seattle community in the design and creation of the Seattle Peace Park in Tashkent. There is also a Tashkent Park in Seattle’s Capitol Hill neighborhood. The association maintains an active program with its many friends and organizations in Tashkent.

[FACEBOOK.COM/SEATTLETASHKENT](https://www.facebook.com/seattletashkent)

TOP LEFT: Photo by Artem Bryzgalov. CENTER LEFT: Colorful spices sold in Chorsu Bazaar. PHOTO: Zuyet Awarmatik. BOTTOM LEFT: Muqimiy Theatre. PHOTO: Sher Khan. RIGHT: Tashkent Television Tower. PHOTO: Jalal Payab.

UZBEK SAMSA

LAMB TURNOVERS

Samsa — known as samosas in some places — are popular in Uzbekistan and Central Asia. They are sold on street corners, in fancy restaurants, and are enjoyed at large family gatherings. The variety of fillings is endless. You may want to double this recipe — they will go quickly.

INGREDIENTS

PASTRY

2 cups all-purpose flour
 ½ tsp salt
 1 Tbsp softened butter or ghee
 ½ cup warm water + more as needed
 3 Tbsp melted butter or ghee

FILLING

½ lb ground lamb with 15–30% fat
 1 large onion, finely chopped
 1 tsp kosher salt
 1 tsp ground black pepper
 1 tsp cumin seeds, lightly crushed
 2 Tbsp mint leaves, finely chopped
 1 tsp minced garlic

TOPPING

1 egg

DIRECTIONS

Sift the flour and salt together in the bowl of a stand mixer. With the dough hook, knead in the butter or ghee and the warm water. Add more water as necessary to make a soft and very pliable dough.

Form the dough into a ball, cover, and set aside to rest for 20 minutes to 1 hour.

Divide the dough into 3 equal portions. On a lightly floured surface, roll out one portion of the dough into a thin rectangle, about ⅛" thick. Generously brush some of the melted butter or ghee over the rectangle. Roll out the next portion of dough into a similar rectangle. Place it on top of the first rectangle. Brush liberally with butter or ghee. Repeat the process with the remaining dough. Roll the stacked rectangle starting at the longer edge to form a log. Wrap in plastic wrap and chill for at least 30 minutes.

Preheat oven to 375°F.

To make the filling, combine all ingredients.

Remove dough from the refrigerator. Slice into pieces about ¼" thick. On a floured surface, flatten each piece of the dough into a circle about 4" in diameter. The edges should be thinner than the center.

Place a spoonful of the filling in the center of a disc. Imagine a triangle around the filling. Pick up two sides of the imaginary triangle and start pinching them close to the center.

Pick up the third side and close all sides by pinching. All three sides should meet at the center.

Line a baking tray with parchment paper or coat with oil. Place the samsas on the tray with the seam sides facing down. Beat the egg with 1 teaspoon water and brush it over the tops of the samsas. Bake for about 30 minutes or until the tops are golden brown. Serve warm.

UZBEK SHURPA

LAMB AND VEGETABLE SOUP

Warming and hearty, this rich combination of lamb and simple vegetables will fortify and comfort. Enjoy with a side of samsa (see page 243). **Serves 6–8.**

INGREDIENTS

1–2 lbs lamb ribs
 salt and ground black pepper,
 to taste
 1 Tbsp oil
 water, enough to cover the lamb
 2 medium carrots, roughly chopped
 3 medium yellow onions, sliced
 1 sweet onion, sliced
 1 Tbsp sugar
 2 Tbsp lemon juice
 3 medium potatoes, peeled and
 halved
 1 Tbsp ground coriander
 1 tsp ground cumin
 1 Tbsp dried basil
 1 red bell pepper, sliced
 1 chili pepper, sliced
 2 medium tomatoes, roughly
 chopped
 ½ cup cilantro or basil, chopped

DIRECTIONS

Season lamb with salt and ground black pepper. Heat the oil in a Dutch oven or thick-bottomed pot over high heat and brown meat on all sides, about 5 minutes. Cover the meat with water and bring to a boil. Skim off any foam that comes up.

Reduce heat to low and cook partially covered for 30 minutes. Add water as necessary to keep meat covered.

Add carrots and yellow onions to the soup and cook for 20 minutes.

While the soup is cooking, combine sliced sweet onion with sugar and lemon juice in a small bowl. Set aside to marinate.

Add potatoes, spices, and salt and ground black pepper, to taste, to the pot and simmer until potatoes are almost cooked through, about 10 minutes. Add peppers and tomatoes and cook for another 10 minutes. Add marinated onion and its juices to the soup and cook for a few minutes more.

Serve garnished with cilantro or fresh basil.



THE INTERNATIONAL TABLE

RECIPES FROM THE SEATTLE SISTER CITIES

Introduction by Chef Kristi Brown



\$34.99 cover price
254 pages, full-color
8" x 10", hardcover
ISBN 978-1-68396-497-1
carton quantity: 14

WHOLESALE DISCOUNTS

1-13: 30% (\$24.49 each)
1 carton: 40% (\$20.99 each)
2-4 cartons: 45% (\$19.24 each)
5+ cartons: 50% (\$17.50 each)

CONTACT

Justin Allan-Spencer
justin@justinallan.com

Introducing

THE INTERNATIONAL TABLE

RECIPES FROM THE SEATTLE SISTER CITIES

"In my opinion, Sister Cities are most important for one sole reason: to help us know that we are connected in very real ways. Traveling does that, but food ... does it better Over a life-giving soup, that smile of agreement is all we need to feel connected to one another."

— Chef Kristi Brown, from her Introduction

The Seattle Sister City Association is pleased to announce the publication of *The International Table: Recipes for The Seattle Sister Cities*, a new cookbook highlighting recipes, anecdotes, and photos from across the globe. It collects over 100 dishes suitable for the home chef, including hallmark dishes from each of Seattle's twenty sister cities.

The broad range of dishes offered includes everyday foods as well as treats for special occasions. Try shakshuka (Be'er Sheva, Israel), kalgusku (knife-cut noodle soup; Daejeon, Republic of Korea), or bigos (hunter's stew; Gdynia, Poland) for a hearty meal. Delight dinner guests with pavlova (Christchurch, New Zealand), oysters with trout roe (Galway, Ireland), or poulet DG (chicken for the Director General; Limbe, Cameroon). All recipes are accompanied by lush photography and an engaging and historical description of the city of origin. The text is peppered with anecdotes on family and local traditions, cooking tips and tricks, and indispensable information on the expansive array of ingredients.

Some flavors will be familiar to American home chefs, while others will fling open the doors to international culinary adventure. Travel to the jungles of Cameroon, the chilly tundra of Iceland, and the bustling streets of China, the tantalizing smells and tastes leading the way. There is no more delicious way to learn more about the diverse population of Seattle and its many connected global communities.

**Includes recipes from: Be'er Sheva, Israel • Bergen, Norway
Cebu, Philippines • Chongqing, China**

**Christchurch, New Zealand • Daejeon, Republic of Korea
Galway, Ireland • Gdynia, Poland • Hải Phòng, Vietnam
Kaohsiung, Taiwan • Kobe, Japan • Limbe, Cameroon
Mombasa, Kenya • Nantes, France • Pécs, Hungary
Perugia, Italy • Reykjavík, Iceland • Sihanoukville, Cambodia
Surabaya, Indonesia • Tashkent, Uzbekistan**

In addition to the many recipes contributed by the dedicated amateur chefs of Seattle's sister cities, many professional chefs contributed to the project, including **Jp McMahon**, author of *The Irish Cookbook* (Phaidon Press, 2020); **Marialucia Luongo**, author of *Cucinaria: Lettere dalla cucina* (*Cucinaria: Letters from the Kitchen*; 2018); **Letizia Mattiacci**, author of *A Kitchen With A View* (RDJ, 2016) and *Festa Italiana* (Madonna del Piatto, 2020); and **Narin Seng Jameson**, author *Cooking the Cambodian Way: The Intertwined Story of Cooking and Culture in Cambodia* (JSRC Printing House, 2016).

The dishes in *The International Table* sing of home and hearth, family and history. Be sure to share them with your friends — established and new, local and distant.

All proceeds benefit the Seattle Sister City Associations and its affiliated organizations.