



THE  
INTERNATIONAL TABLE  
RECIPES FROM THE SEATTLE SISTER CITIES

Introduction by Chef Kristi Brown



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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), kalgu-sku (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.