



The Settler's Cookbook: A Memoir Of Love, Migration And Food

Yasmin Alibhai-Brown

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Through the personal story of Yasmin's family and the food and recipes they've shared together, The Settler's Cookbook tells the history of Indian migration to the UK via East Africa. Her family was part of the mass exodus from India to East Africa during the height of British imperial expansion, fleeing famine and lured by the prospect of prosperity under the empire. In 1972, expelled from Uganda by Idi Amin, they moved to the UK, where Yasmin has made her home with an Englishman. The food she cooks now combines the traditions and tastes of her family's hybrid history. Here you'll discover how shepherd's pie is much enhanced by sprinkling in some chilli, Victoria sponge can be enlivened by saffron and lime, and the addition of ketchup to a curry can be life-changing ...

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