



Monday Morning Cooking Club: The Food, the Stories, the Sisterhood

Merelyn Frank Chalmers, Natanya Eskin, Lauren Fink, Paula Horwitz, Jacqui Israel, Lisa Goldberg

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In 2006 a group of Sydney Jewish women came together to share recipes and talk about food. They cooked, ate, drank endless cups of tea and—often heatedly—discussed the merits of different recipes. After just a few weekly meetings, the Monday Morning Cooking Club was born and a legacy of food and recipes spanning many cultures and generations began to take shape. Five years and hundreds of dishes later, six members of the sisterhood have handpicked their favorite recipes for publication in their first book of the same name. More than 100 culturally diverse recipes from more than 60 cooks have been tried, tested, and refined for inclusion in the *Monday Morning Cooking Club* book. Each recipe begins with a short story of the cook and their history of the dish. These stories, interweaved with amazing recipes, narrate the rich and personal history of far-flung communities and families who find a deep connection through food and the memory of generations that have gone before.

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