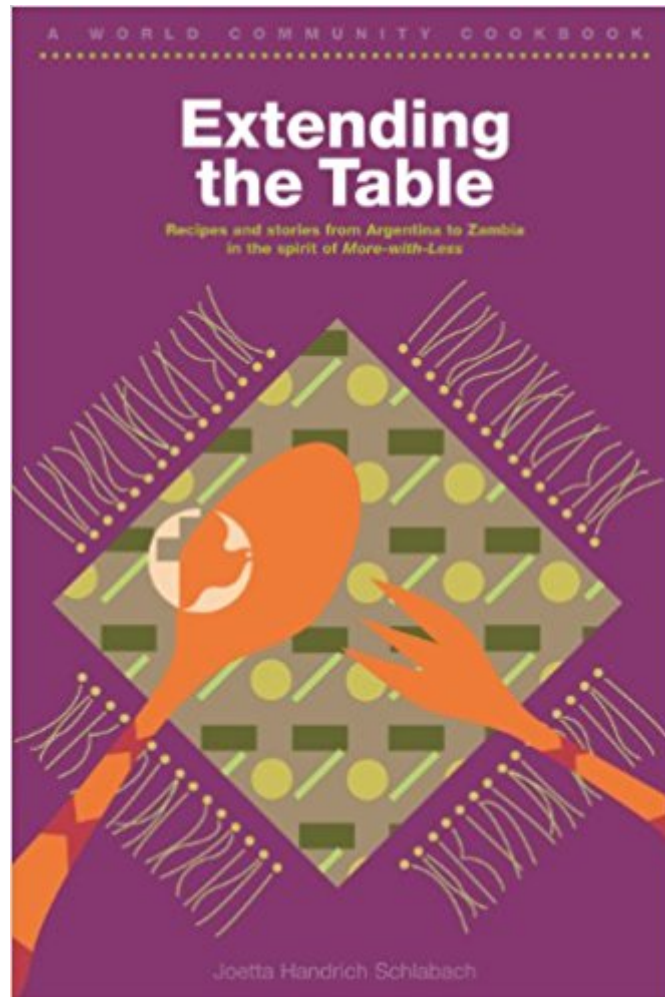


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# Extending The Table: A World Community Cookbook



## Synopsis

From the Foreword: Extending the Table is an invitation...to enjoy the gifts of people from Argentina and Bangladesh to Yugoslavia and Zambia. The stories and recipes help us enter into the lives and situations of these people and to be changed by them in significant ways. Food is a medium of communication, but it is more; in a mysterious way, it is part of the message, as Jesus so vividly portrayed in the breaking of bread and distribution of the cup. Extending the Table follows in the tradition of Doris Janzen Longacre's *More-with-Less Cookbook*, especially her *Living More with Less*, which I, as her husband, completed after her death. Both books challenged us to learn from the world community, to celebrate with joy, and to care for the earth. Extending the Table presents recipes and stories of people around the world. Many of them live with few material resources, yet they share gifts which point us toward a different and freer way of life. Extending the Table is much more than a cookbook. It will most often be found on the kitchen shelf, but it could just as well fit comfortably on the bedside stand or coffee table for inspirational reading. Let it also find its way onto the pastor's shelf for its excellent sermon illustrations and stories. For all of us, it provides repeated opportunities to take part in the lives of people around the world and to delight in the wealth they have to offer. As we are able to treat other peoples and traditions with respect and tenderness, we too are changed.â "Paul Longacre, December 1990

## Book Information

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## Customer Reviews

The recipes from all over the world, mainly third-world nations, are delicious, easy-to-prepare, healthy, and can be made from inexpensive ingredients after an initial investment in spices. My

husband and I were unemployed students and this cookbook gave us an endless variety of ideas for how to prepare lentils, at 50 cents a meal! I buy fresh garlic and ginger and keep both in my freezer. No need to peel the ginger if you've washed it before freezing it, and it breaks apart easily when it has been frozen. Though seasonings can be expensive, they can make the most basic ingredients--dried beans, lentils, grains--savory and satisfying! If you don't have the ingredients the recipe calls for, improvise! These recipes are extremely versatile. There is an index for the recipes origin, so you can decide to have a complete dinner featuring a particular nation or region. Many meals can be prepared with one or two pots on your stove, as many kitchens in the world contain only a wood-fired stove. If you buy this book, spend some time just reading it-- it is filled with stories and observations from MCC volunteers who lived in community with the poor of the world and experienced generosity and hospitality of their neighbors. Some stories will bring you to tears. You will never think of food in the same way again.

My husband and I cook almost exclusively from this cookbook and its companion, More with Less. But I love this one! A few of the recipes are too spicy for me, but by and large it's taught me whole new ways to "do" food that I never would have thought of. It's important to us to live lightly on the earth and not overconsume, so we are delighted to have this resource to help us eat "low" on the food chain while also saving money and eating some of the tastiest dishes we've ever made! I really like that it's a cookbook not just about eating, but about everything from farming and environmentalism to poverty and hunger to fellowship and sharing to energy use in cooking. It really helps us make conscious choices about our cooking - after all, food is a moral choice. But most of all, the recipes are all delicious, hearty, nutritious, inexpensive, and easy to make, even for a cooking klutz like me!

I have been searching for a cookbook since I moved to an area with limited international restaurants. Specifically, I was searching for a cookbook with Ethiopian recipes which I particularly love. This book is it! Everything that I have made has tasted authentic--Ethiopian and Indian. I have even tried some recipes of which I am not familiar (Dominican Republic and South African), all were delicious. I plan on giving this as a gift to my friends in the future.

This is positively the best cookbook I own! I bought it while living in Belize, where specialty ingredients are scarce, and I was cooking all the time. Every single recipe I have made from this book (and I've made a few!) turned out perfect and amazingly tasty the very first time. The authors

and testers have clearly done their work well. This book is worth buying for the (very-simple-to-prepare) Korean spinach salad recipe alone. People who \*hate\* spinach will love it! Hope you enjoy this cookbook as much as I have.

I've collected hundreds of books - from philosophy to mysteries to cookbooks. And, I'm a philosophy teacher who reads (lots of) fiction for pleasure. But if I were to save only one book for eternity, it would be this one. The recipes are presented clearly and are simple to prepare. But the book is more than the recipes. It is also a collection of inspiring stories from around the world. For those of us in the US, with luxuries and overabundance the norm, it is a humbling look at how the rest of the world struggles with the simplest needs. I have no particular religious affiliation but this is the book I turn to (at least once a year) for a spiritual overhaul and reality check. I can't recommend it enough.

We've had this book for several years now, and still use it frequently. We like foods from all over the world, we don't have much time to cook but like dishes made from scratch, cholesterol is a concern in our household, and unusual ingredients are a problem with some ethnic-y cookbooks. This book is very good on all these fronts. Other pluses: It's modestly sized and spiral-bound, so it doesn't take up much counterspace and stays open to the desired page. The interspersed black-and-white photos of people cooking in other cultures, along with the quotes from the Americans who contributed the recipes after living overseas, make the book fun - and thought-provoking - to browse thru.

Great cookbook for living on a budget, but having gourmet tastes. Interesting, tasty and low cost meals that are easy to prepare. Uses alot of basics - beans, rice, etc.

This is a lovely cookbook and general user-friendly guide to world conditions. It is inviting and the recipes are clear and tasty -- or at least authentic. You get the impression that you would like to have the authors over for dinner.

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