

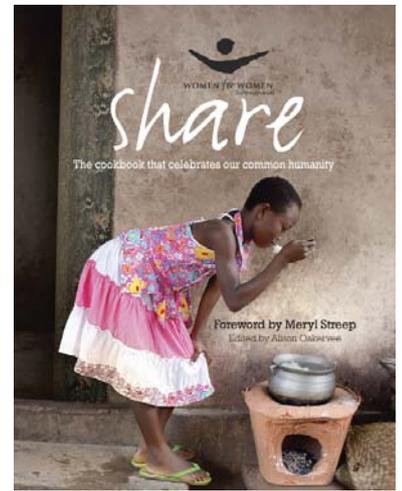
Nothing conveys our interdependence more compellingly than the food we eat. It builds our physical resilience, brings us joy, and strengthens our bonds with family and friends. The recipes in this uplifting book celebrate this truth. They come from the women living in the war-torn countries in which Women for Women International (WfWI) operate. Recipes also come from renowned international chefs such as Alice Waters, Maggie Beer and Hugh Fearnley-Whittingstall, and humanitarians such as Aung San Suu Kyi, Nelson Mandela, Desmond Tutu, Emma Thompson, Richard Branson, Paul McCartney and Mia Farrow.

Illustrated with stunning photography of the countries as well as the food, they cover everyday dishes, family meals, and recipes perfect for sharing and celebrating. They range from traditional Afghani bichak pastries and Congolese sticky doughnuts, to spicy cashew and tomato soup, beef rendang and orange-scented almond cake. Interspersed throughout are inspiring stories from the women whose lives have been changed through the intervention of WfWI.

All the royalties from the book will support WfWI's farming and food training initiatives, as well as provide micro-financing in the eight countries in which WfWI operate - Afghanistan, Bosnia and Herzegovina, the Democratic Republic of Congo, Iraq, Kosovo, Nigeria, Rwanda and South Sudan.

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Photography: Philip Webb



Leek and potato soup *Serves 4*

2 tablespoons olive oil
 2–3 leeks, about 250g, finely chopped
 1 litre vegetable stock
 2 floury potatoes, about 350–400g, diced
 ½ teaspoon caraway seeds (optional)
 double cream, to serve (optional)
 salt and freshly ground black pepper

- 1 Heat the oil in a large pan or flameproof casserole over a medium heat and gently fry the leeks with a splash of the vegetable stock for 5 minutes, or until translucent.
- 2 Pour in the remaining vegetable stock and bring to the boil. Add the potatoes and caraway seeds (if using) and season.
- 3 Simmer for 25–30 minutes, or until the potatoes are tender. Pour into a blender or food processor and blend until smooth. Taste and adjust the seasoning, then allow to cool for 3–4 minutes before serving. Serve with a swirl of cream, if liked.



'In a society where the rights and potential of women are constrained, no man can be truly free. He may have power, but he will not have freedom.' Mary Robinson

Sautéed chicken and mushrooms in a Marsala and sage sauce *Serves 4*

4 boneless skinless chicken breasts, halved
plain flour, for coating
2 tablespoons olive oil
25g unsalted butter, plus 25g chilled butter, diced (optional)
2 small shallots chopped
1–2 garlic cloves, crushed
150g crimini or button mushrooms, sliced
60ml dry Marsala
225ml chicken stock
2 tablespoons chopped fresh sage
1 teaspoon soy sauce
salt and freshly ground black pepper

1 Place each chicken breast half between 2 sheets of cling film and pound with a meat tenderiser or a rolling pin until $\frac{1}{2}$ cm thick. Cut each flattened piece into 3 or 4 medallions. Season each medallion and dip both sides into the flour to coat.

2 Heat the olive oil in a large frying pan over a medium-high heat. Fry the chicken medallions, in batches, if necessary, for 1 minute on each side, or until lightly browned and cooked through. Transfer to a plate and cover with foil to keep warm.

3 Add the unsalted butter to the pan and melt over a medium heat. Add the shallots and cook for 1 minute. Add the garlic and cook for 1–2 minutes. Add the mushrooms and $\frac{1}{4}$ teaspoon salt, and cook for 4 minutes or until the mushrooms are softened. Spoon the mushrooms out onto a plate and keep warm.

4 Add the Marsala to the pan, bring to the boil and cook until reduced by half. Pour in the chicken stock and add the chilled butter cubes (if using). Cook for 5–10 minutes or until the sauce reaches a consistency that will coat the back of a spoon. Return the mushrooms to the pan and remove from the heat. Stir in the sage and soy sauce. Serve the chicken on warmed plates with the sauce spooned over.



'I'm helping to create an economic system that will respect and protect the earth – one which would establish a global network of local living economies. Business is beautiful when it's a vehicle for serving the common good.' Judy Wicks