

Contents

Introduction	ix
Section 1: Culture	1
Chapter 1: Food Sustainability	3
Chapter 2: Inequality in the Food System	16
Chapter 3: Biodiversity in the Food System	21
Chapter 4: Ancestral Agricultural Land Loss	23
Chapter 5: The History of Recipes	25
Section 2: Stories	37
Haifiridzi with Sadza (Zimbabwe)	39
Iroquois Corn Soup (Iroquois—Indigenous United States)	44
Kapustnica (Slovakia)	50
Sarawak Laksa (Borneo)	54
Dograma (Turkmenistan)	60
Squid Ink Risotto (Italy)	65
Bacalhau à Brás (Portugal)	71
Ful Medames (Egypt)	74
Barbagiuan (Monaco)	79
Kisir (Türkiye)	83
Gravlax (Sweden)	87
Coq au Vin (France)	92
Borekas (Israel)	97
Cullen Skink (Scotland)	103
Kanga Pirau (Maori—Indigenous New Zealand)	107
Buuz (Mongolia)	111
Callaloo (Jamaica)	117
Indio Viejo (Nicaragua)	122
Bakabana (Suriname)	127
Pemmican (First Nations—Indigenous Canada)	133
Tadka Dal (India)	139

Chupe de Maní (Bolivia)	143
Seswaa (Botswana)	147
Beshbarmak (Kyrgyzstan)	151
Injera with Zigni (Eritrea).	156
Istrian Fuži (Croatia)	161
Nasi Lemak (Malaysia)	166
Chicken Tikka Masala (United Kingdom).	171
Amok Trey (Cambodia)	175
Ćevapi (Bosnia)	180
T'beet (Iraq)	185
Stuffat tal-Fenek (Malta).	190
Kokoda (Fiji).	194
Jollof Rice (Ghana).	198
Kewa Datshi (Bhutan)	203
Shakshouka (Tunisia).	208
Poi (Hawaiian—United States/Polynesia)	214
Ash-e Reshteh (Iran).	219
Locro (Argentina).	224
Pinakbet (Philippines)	229
Paella (Spain)	233
Muamba de Galinha (Angola)	238
Kimchi Fried Rice (Korea)	242
Okonomiyaki (Japan).	247
Poc Chuc (Mexico).	251
Musakhan (Palestine).	255
Green Fig and Saltfish (Saint Lucia)	260
Sarmale (Romania).	266
Satay (Singapore)	270
Seco de Pollo (Ecuador)	274
Conclusion.	279