

HOME MADE

It was a mug of Rooibos tea that one day triggered a strong feeling of familiarity in me.

My parents moved my sisters and I to South Africa as young children. I was only 2 when we came back to the UK, and I have no memory of being there. Something as insignificant as a sip of tea brought back some memories just out of reach, and I didn't know why.

Apparently whilst living in South Africa my mum would give us Rooibos tea, a tea grown in the western Cape province. The taste brought back more memories of existing in a time I wasn't aware of than my eyes could capture.

War, poverty and climate change among many things have led to increased levels of migration in the last 10 years. People are forced to flee their homes only with a few objects on their person. This small publication explores the significance of food in the life of a refugee and explores the recipes that many bring with them, to give them a little piece of home wherever they are.





Mo's cooking is inspired by his upbringing in the mountains of Ain al-Fijab where fresh vegetables, fruit & herbs grew on his doorstep.

Mo created his recipe in the 'Jungle' refugee camp. Making & sharing food was his way of giving back.

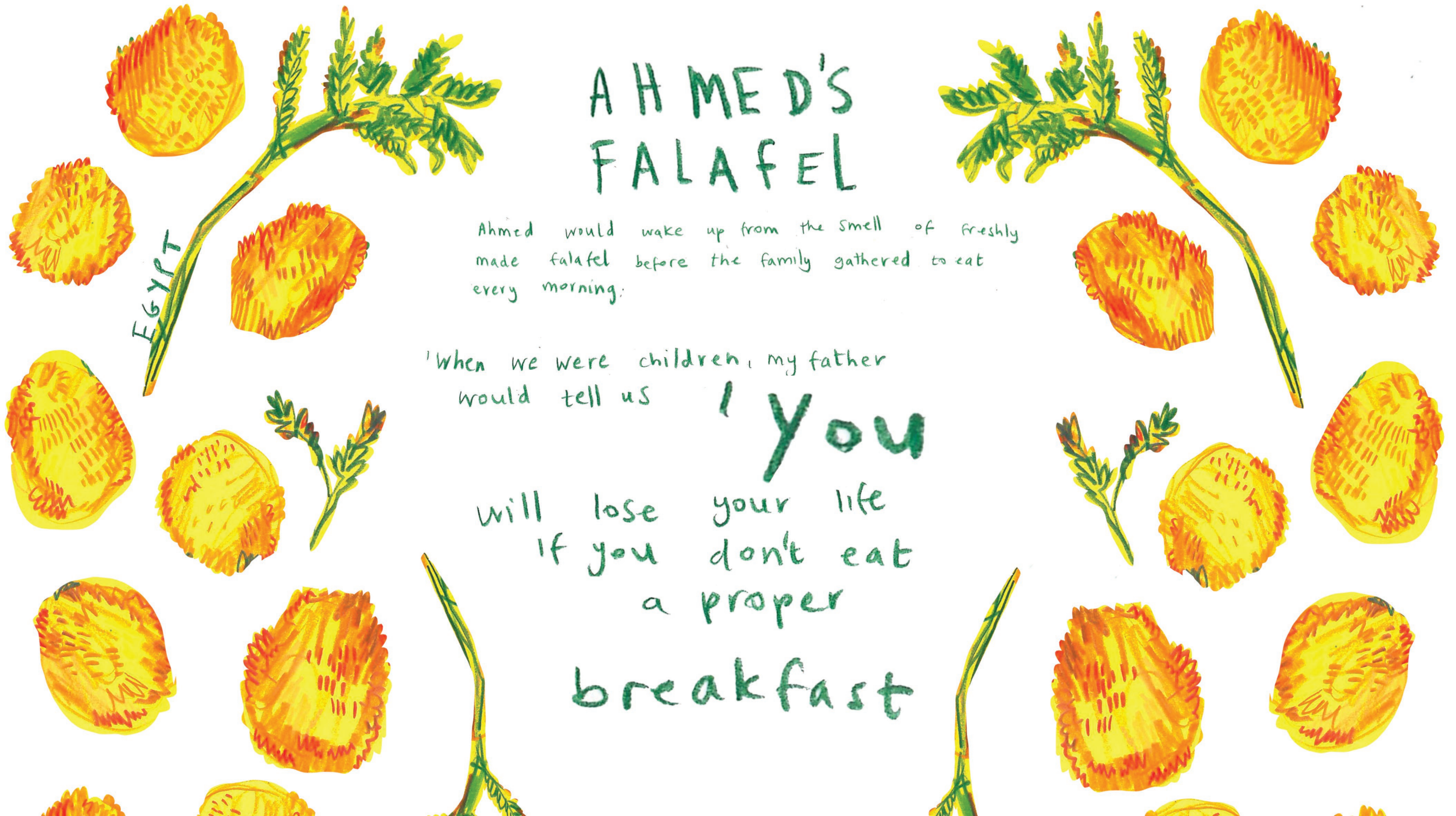
AHMED'S FALAFEL

Ahmed would wake up from the smell of freshly made falafel before the family gathered to eat every morning.

'When we were children, my father would tell us

You
will lose your life
if you don't eat
a proper
breakfast

EGYPT



Elahé's

KASHK

AUBERGINE

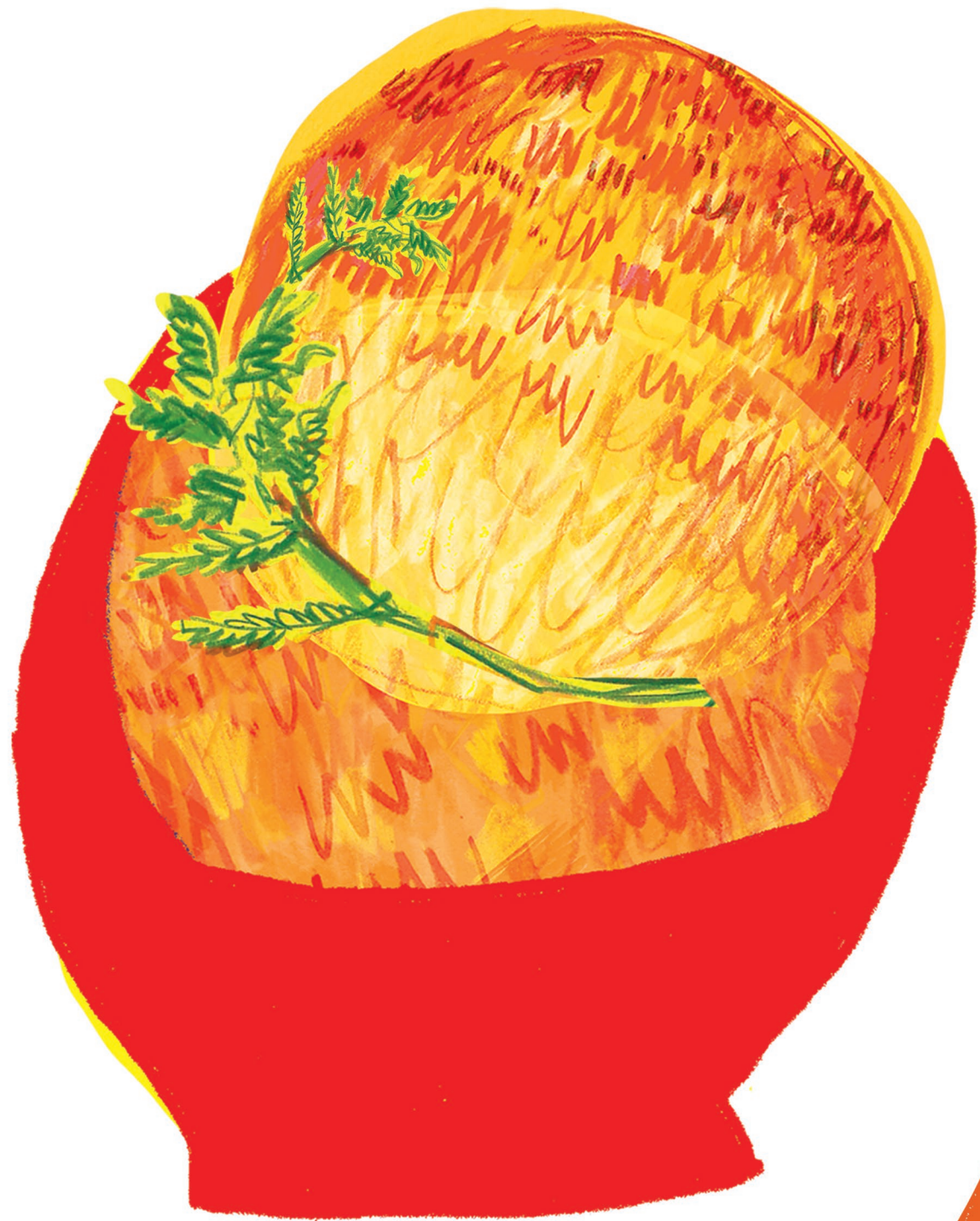
Food is an important way for me to stay

connected

to my past & country

IRAN





SHAKIRAT'S YAM BALLS

"Eating these dishes here in London evokes all the beautiful memories of the carefree & independent life I lived in Lagos"



TOBI MEUWISSEN