



MORE Kapusta or Cabbage: A Mother and Daughter Historical and Culinary Journey

Jennie T S Choban, Apri-Ria Qureshi

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In the sequel to "Kapusta or Cabbage" you will love the tips on how to cook cabbage rolls and how to make the best Ukrainian healthy recipes including: cabbage rolls recipes, cabbage soup, sauerkraut, borscht (Ukrainian beet soup), kielbasa recipes and many fascinating recipes and ways to cook with cabbage, cornmeal and beets.

But... this is not your every day, run of the mill cookbook!

MORE Kapusta or Cabbage: A Mother and Daughter Historical and Culinary Journey continues with life where the original Kapusta or Cabbage left off.

During World War II, Jennie Choban was just a 4 year old child when her family fled Ukraine as Stalin's Communists burned the homes in her village. As they ran for the Carpathian Mountains, they prayed they would not be caught running away or worse, shot dead. Even all these years later, she can still picture her elderly grandmother sitting by the fire, and often thinks of how hard that must have been for her father to leave his mother behind.

It's Jennie's stories of life as a refugee and later, her new life in Canada, that make this book so much more than "just a cookbook." Her stories are witty and poignant and often laugh-out-loud funny.

Jennie and her daughter April-Ria, a trained chef, share family Ukrainian recipes and mother-daughter stories that will make you both laugh and cry.

The recipes throughout the book are not only true Ukrainian family favorites but also included are more modern classic recipes contributed by April-Ria. The tips on how to make perfect cabbage rolls are worth the price of the book alone!

More Kapusta or Cabbage is a mother and daughter historical and culinary journey that invites you into their kitchen and warms your heart.

PRAISE for Kapusta or Cabbage:

"...quips that fly, cross-cultural and cross-generational come alive."

Marney Beck, Toronto Star

"...is a funny adventure in day-to-day living...sort of an ethnic Erma Bombeck."

Vicki Gilhula, Northern Life

"...irony so well conceived, I didn't know whether to laugh or cry."

Roy Green, The Era-Banner

OTHER GREAT TITLES IN THIS SERIES...

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