



Meridian presents:

# THE WAY OF THE SAUCEPAN

Magic Recipes From the Rest of the World



Taste buds are wonderful little things. We, at Meridian, cherish these little things that grow on our tongues and in various mysterious parts of our mouths, bringing us the marvels of taste. Day after day, we try to serve them nothing but the most delightful combinations of sweet, salty, bitter, sour and — yes, *umami*<sup>1</sup>. And believe us if we say we are not afraid of adventure!

Aside from the mere gustative aspect of gastronomy, we have always felt a deep fascination from everything that surrounds the arts of cooking and of tasting, placing them at such an essential position within so many cultures throughout the world... After all, while eating gives us energy and pleasure, it is also a ritual.

What hidden meanings and symbols might lie in the way of preparing of a certain recipe? Was this dish invented for the pleasure of kings or emperors of old? Does it grant strength, wisdom, a keen eyesight? Or is it just a tasty old recipe your grandmother knew by heart, and taught you how to prepare?

**We want to know about it!**

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<sup>1</sup> If you don't know what *umami* means, please grab the nearest Japanese-speaking person and ask them.

## WHAT ARE WE LOOKING FOR?

"The Way of the Saucepan" is a new series of cookbooks initiated by Meridian, in cooperation with NewStar Press. Each book is to contain the recipes of delicious dishes from various parts of the world, and various cultures, with photos illustrating the cooking process step by step; interesting background information should also be included about each and every one of these recipes.

We are looking for authentic recipes, of the kind transmitted from generation to generation since the dawn of times; of the kind that always work, no matter how often they have been prepared, over and over again. Recipes with a long and glorious history, deeply rooted in the hearts (and stomachs) of a people, in a certain place.

To be even more precise, what we are looking for would be:

- A text version of such recipes, including complete list of necessary ingredients, and careful step-by-step description of each stage;
- At least one photo for each important stage of the recipe, as taken by the cook (or, for more convenience perhaps, a friend or relative of theirs able to use a camera) — including, if possible, one's visit to a local market to buy all ingredients;
- Some background information about the dish. For instance, legends connected to it or to its name, explanations regarding its place in the food culture where it was invented, or even the author's own stories and memories as related to cooking and/or feasting on this dish.
- Finally, a portrait photo of the author, along with a brief personal introduction.

All text should be sent in English, if possible!

## WHO CAN PARTICIPATE?

Everyone! But especially:

- Epicurians, gastronomers and *bon vivants*;
- People who know how to cook, or know someone who does;
- Those with a knowledge of old family recipes, keen on sharing them and their stories with the rest of the world.

## HOW TO PARTICIPATE?

1. Pay a little visit to an interesting, characteristic local market, and find all you need to prepare your recipe(s). Pictures and a description of that market, as a landmark of the place you live in, would be highly appreciated!
2. Go back to your kitchen and start to cook! Having someone helping you take the photos while you are cooking would be a great advantage.

3. Write down some interesting things about this dish. For example, legends related to it, or its significance in people's diet where you come from, or even a personal story or memory of yours about it...
4. Send us all this with a portrait photo, and maybe also a brief introduction of yourself.

## **WHAT DO WE OFFER YOU?**

If your contribution is selected to be a part of Meridian's "The Way of the Saucepan" collection (including the pictures and text), we will offer you the sum of **150 Euros** as first author's remuneration.

"The Way of the Saucepan" will be published as a creative cookery book in China (Chinese edition), and as an online e-book (English edition).

As the contributor, we will send you a copy of the book (in PDF format) as well!

**SO NOW...  
TO YOUR SAUCEPANS!  
(OUR TASTE BUDS CAN BARELY WAIT)**

Scrumptiously yours,  
**The Meridian Team**

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