

COOKING with SOUTH SHIELDS

Cookbook launch and cooking demo
Get a free cookbook and enjoy some seasonal food!

12 December, 12.30-2.00pm

City Library
South Shields

COOKING with SOUTH SHIELDS is a series of events and a new cookbook which is developed especially for South Shields. The project explores the food that local people cook at home and the backgrounds of these recipes.

4 food events, leading up to the cookbook launch, organised by Nadia Terry (born in Morocco, lives in South Shields) and will be held on Saturday lunchtimes: providing an opportunity for local residents to see a demonstration of the recipes in the cookbook and to try the food.

This project is organised by arts organisation CIRCA Projects, who have asked South Shields-based photographer Peter Fryer to interview and document local people's recipes, resulting in a new book which will be distributed for free to people living in South Shields.

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Events are free – all are welcome!

You can also learn about the new COOKING with SOUTH SHIELDS website where you can submit your own recipes!

www.cookingwithsouthshields.co.uk

A town often celebrated as exemplary of successful migrant integration, it is home to the first settled Muslim Community - a British Yemeni Community since the 1890s: who worked mainly as seamen to British merchant vessels. The Arbeia Roman Fort in South Shields (built 160AD) housed divisions including Tigris bargemen (from Persia and modern day Iraq), infantry from Iberia and Gaul, and Syrian archers and spearmen.

COOKING with SOUTH SHIELDS relates to the complicated realities surrounding the historic and contemporary migration of cultures: the ability of objects, including recipes, to reveal these complex stories.