



*Dear Reader,*

Welcome to the Greek kitchen of my mum Sia and I. This is a book made with love and heart, passion and purpose. I have donated every dollar I have made from this book to provide food security to families seeking asylum at the ASRC. So far, I've raised \$211,780 from pre-order sales. I believe everyone deserves a seat at the table of dignity and welcome and I hope my books helps make this more possible for refugee families.

This is a book entirely cooked in my mum's kitchen with produce I grew in her garden. I wanted this book to feel like home, like family that invites you in to be curious and confident you can make everything within it. It is a love letter to my parents, a celebration of their love, sacrifices and what they have made possible for me and my sister to dream and follow our aspirations. My mum never even had a chance to go to high school and to see her now as a published author makes me proud.

Philoxenia means to welcome the stranger, to show love for the stranger and it is at the heart of Greek culture. It is an understanding that with the change of the wind it could be us seeking refuge and welcome. Food is a powerful tool of activism and resistance for refugee and migrant communities. It is both the one thing they can carry with them when they have to leave everything behind and what enables them to be humanised and welcomed into a new country.

What kept me going while writing this book was realising how lucky I was to have such an opportunity to document my mum's recipes and tell her stories. I lost my dad when I was just 27 and till this day I am filled with regret with the stories I never asked him and the memories never shared. With this book I wanted to protect my mums stories and share those memories with her.

You will find in here not just 100 vegan and vegetarian recipes celebrating the beautiful food culture that is Greek food, but 9 essays on everything from justice for refugees, to climate change and body image. I wanted it to not just feel like another cookbook. There are also incredible tips from my parents on how to live more sustainably and stretch what you have in your kitchen if you are living on a low income.

I hope you enjoy what you find within these pages and connect in a way that is meaningful to you. Thanks for taking the time to have a look at our cookbook that is helping power hope, welcome and change in our community.



*Kon & Sia Karapanagiotidis*