



Cozinha de afeto: Histórias e receitas de doze mulheres imigrantes no Brasil (Portuguese Edition)

Alexandra Gonsalez, Sonia Xavier

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Há mais de um século o Brasil tem sido um porto seguro para imigrantes de todos os lugares do mundo. Na bagagem, eles trazem marcas profundas de sua cultura e da terra natal em um hábito singular: a culinária. Cozinha de Afeto - Receitas e aventuras de doze mulheres imigrantes no Brasil resgata receitas de família carregadas de carinho e saudades.

Vindas de Angola, Alemanha, Argentina, Colômbia, Etiópia, Espanha, Índia, Irã, Japão, Grécia, Itália e Ucrânia, doze mulheres contam a história de suas vidas por meio dos ingredientes e das memórias das refeições em família. Embora tenham raízes geográficas variadas e pertençam a culturas diferentes, essas imigrantes dividem uma característica comum: a paixão pelos aromas e sabores que marcaram suas vidas e a consequente dedicação em mantê-los nas suas mesas. Hoje com idades entre 30 e 80 anos, elas chegaram ao Brasil trazidas por razões diversas, em épocas distintas. Em seus relatos, compartilham sensações de estranhamento e as boas surpresas encontradas no país que as acolheu.

Por meio da culinária, essas mulheres ajudam a escrever novos capítulos em nossa história, contribuindo na formação de um país multicultural, multirracial e com sabores inigualáveis. E dividem com os leitores de Cozinha de afeto os segredos de pratos como kurabie, borscht, empanadas vallunas e guisado de cordeiro com ervas frescas.

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