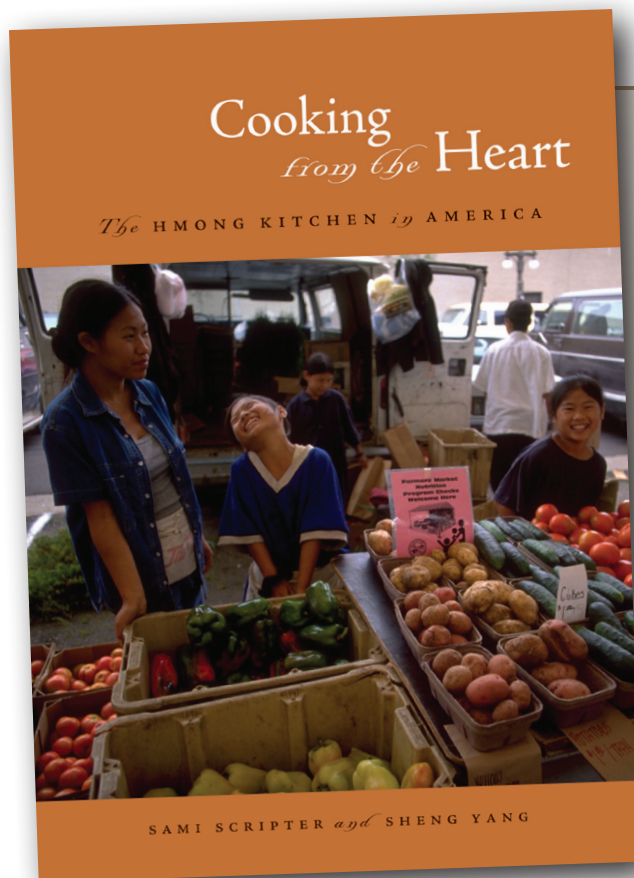


AVAILABLE IN BOOKSTORES

OR AT WWW.UPRESS.UMN.EDU



MEET THE AUTHORS

**Talk and book signing
with Sami Scripser and Sheng Yang**

When: 3:00-5:00 p.m. Thurs., May 21, 2009

Where: Hmong Cultural Center
995 University Ave. W., Suite 214
Sunrise Market Building
St. Paul, MN 55104
(Parking available in back of building)

Details: 651-917-9937 or 612-627-1932.

Food samples and refreshments will be served. The Hmong Cultural Center's Dancers and Qeej players will perform. Books will be available for purchase.

Event sponsors include: University of Minnesota Press, Hmong Cultural Center's Hmong Resource Center Library, the Immigration History Research Center, the University of Minnesota's Asian American Studies Program, Hmong ABC Bookstore and The Hmong Archives.

Cooking from the Heart

The Hmong Kitchen in America

Sami Scripser and Sheng Yang

Simple, earthy, fiery, and fresh, Hmong food is an exciting but still little-known South Asian cuisine. With more than 100 recipes from Hmong-American kitchens, *Cooking from the Heart* is the first cookbook to clearly set out the culinary traditions of the Hmong people as well as the cultural significance such traditions hold. The recipes are accompanied by anecdotes, aphorisms, and poems that demonstrate the importance of food and cooking in Hmong culture and offer a dramatic perspective on the immigrant experience. The dishes featured range from well-known items such as egg rolls and green papaya salad to more unfamiliar dishes such as Nqaij Qaib Hau Xyaw Tshuaj (Chicken Soup for New Mothers) and Dib Iab Ntim Nqaij Hau Ua Kua (Stuffed Bitter Melon Soup).

"This book is a wonderful blend of the Hmong American experience. The recipes feature not only traditional Hmong foods but also tastes from our journeys through China, Vietnam, Laos, and Thailand." —**Senator Mee Moua**

"A comprehensive look into the Hmong community kitchen and a valuable key for so many born within it—for the return home." —**Kao Kalia Yang**, author of *The Latehomecomer*

"This is a gem." —**Lynne Rossetto Kasper**, Host, *The Splendid Table*®

MINNESOTA

\$29.95 | hardcover | ISBN 978-0-8166-5326-3 | 248 pages | 42 photos | 2009