



## A FEELING FOR FOOD

### LIS COWEY

'a sweet and tart love letter to family, food and cooking'  
— Redmer Yska

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food memoir and recipes

If you ever forget that cooking is important, read  
this book and you'll remember all over again.

— Lois Daish

*A Feeling for Food* began as a letter to two sons leaving home, giving them the recipes of the food they'd grown up with so they could feed themselves, but Lis Cowey soon realised she was giving them another kind of nourishment that was all about who they were, where they'd come from and the adventures awaiting them. For behind every recipe there's a story about where Lis found it, who cooked it and why, and each story provides a thread linking a table of food in front of her with a table of food in the past made by other hands, or one on the far side of the world. From Great-Granny Nelson's relish to their uncle Paul's fluffy pancakes, from the bacon and egg pie that always goes on picnics to the bagels Lis ate in New York and the tarte Tatin in France that she simply had to learn to make, Lis asks Fred and Carlo and her other readers to pay attention as a way to discover their own food stories and fortify themselves body and soul in a big wide hungry world.



Lis Cowey grew up in Ōtautahi Christchurch and is of Scots/Northern English descent. Trained as a language teacher, with an MA in comparative politics, she has spent much of her adult life juggling parenthood and pen-wielding within the Government public-

policy machine. She has two adult sons, Fred and Carlo, with her partner, Ben Schrader. Lis calls Te Whanganui-a-Tara Wellington home, dividing her time between the inner city and Ōtaki Beach.

At first glance, Lis Cowey has penned a sweet and tart love letter to family, food and cooking. But in her deft hands this book becomes so much more: an adroitly woven exploration of home, community and the still-burning flames of ancestry. — Redmer Yska

Lis's gorgeous book is a testament to how things grow. Good food itself, of course, but also love: families who through generations pass on the best recipes and the best care of each other. It's both utterly readable and wonderfully practical. I challenge anyone who reads this delicious book to put it down without feeling absolutely starving. — Linda Burgess



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