



# Recipes For Life

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Inspired by the narrative folk cultural methodologies of the Tree of life, Team of Life, and Kite of Life, caterer and narrative practitioner, Natale Rudland Wood, offers here a narrative way of working based on food metaphors and recipes for life.

*Keywords: food, recipes, narrative therapy*

Ever since I can remember, cooking has been significant in my life. I was introduced to the joy of cooking in my early years and this has travelled with me ever since. Through the alone times, the joyful, the grief filled and confused times, all have been celebrated, mourned or comforted by food. If I was to think of my life as a journey of different meals, it's been a journey shared and loved with many.

There is something very interesting to me about connections between taste, smell and memory. The gentle rising and toasting of oven-topped Yorkshire puddings served with dark rich gravy takes me instantly to the cold English winters of my childhood, to the warm lights, woolly jumpers and the feeling of wanting to nuzzle in. As I taste the first mouthful of pudding, somehow it evokes the warm snuggling of my Mum and Aunty Lyn. And of course, the combination of crunchy and soft with juicy meatiness always makes me eat too much.

Whenever I smell roast pork, I am back in my nanna's kitchen. My mouth fills with juices and my heart with love. I remember walking through the long lounge room to the kitchen, the smell getting stronger on approach. My nanna would be cheeky and always say something to make me laugh. Maybe my dad or my cousin would be there and nanna would make a ball out of butter and then roll it in sugar. We would wait eagerly for our portion of buttery love. I reflect on how different my life would have been if she had not been in it. In a mixture of grateful, love and sad loss, I can either laugh or cry remembering her. I loved her so much and food takes me back to her so often. As I cook her recipes, and as I write these words, I hope she's watching me.

And it's not only personal memories that are associated with foods. History, culture, tradition, and collective memories are also passed down in our recipes, displayed in the way we prepare our food. In Australia, migrant Italian women still gather for the annual making of sauce after the ripening of the tomatoes, a ritual that then provides pleasure through the sauce over the rest of the year. In many Mexican homes, altars of sugar skulls and favourite foods are created to appease the returning souls for the celebration of the dead of 'Día de los Muertos'. And then of course there are camp fire traditions of story-telling, or chicken soup for the sick, or the evening feast after the daily fast for Ramadan, or the social festivity of Yum Cha and the meanings of Dim Sum. The realms of food are rich realms of meaning, story and connection.

At the same time, it seems vital to acknowledge that for many people, associations with food are not only positive. Many of us have experienced times of food deprivation or eating issues. I have known times when I have not had enough money to buy adequate food for me and my daughter. And most of the young people with whom we have used recipes for life have known either times of hunger or eating issues.

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## COOKING AND COUNSELLING

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There have been various contexts in which I have tried to combine cooking and counselling. One of these was while I was working in a juvenile detention centre. It seemed to me that many conversations taking place in a therapy room or group room in this detention centre involved people applying a certain diligence and regimentation to their stories, often what was told appeared to be a re-telling of a well-rehearsed script. And yet, very different sorts of conversations seemed to be possible in the kitchen. As we worked through various recipes, and as the young people and I focused on the ingredients, cooking together opened new ways for conversation. As the recipes unfolded so did people's stories. I would get to hear about people's experiences of life and their connections to loved foods, people and places.

It seemed clear that the kitchen was a place for different sorts of stories, and different sorts of conversation. Of course, this is not a new idea. Generations upon generations have grown up listening to the origins of recipes and their culture, all whilst preparing and sharing food. But how could we bring the worlds of cooking and counselling together? These experiences working in the detention centre had whetted my appetite. I found some clues within the field of narrative practice.

David Denborough (2008) has described how we can seek to return the task of 'healing to the realm of folk culture':

*Michael White (2001) invited therapists and psychologists to consider 'folk psychology' – the local meanings, preferences and ways of understanding life – that people bring to the counselling room. Following his lead, it is possible to build links between the realms of 'healing' and the realms of folk culture. Of course, in many parts of the world these links still exist. In much of the world, local people continue to make and remake folk culture*

*out of their own stories, struggles and hopes. What I wish to propose here is that, as we use collective narrative practices to richly describe people's responses to trauma, we can return the task of 'healing' to the realm of making and remaking folk culture. (p.163)*

Over the last five years, Dulwich Centre Foundation and practitioners in different parts of the world have collaborated in a number of cross-cultural inventions of collective narrative methodologies – the Tree of Life (Ncube, 2006; Denborough, 2008); the Team of Life (Denborough, 2008); and the Kite of Life (Denborough, 2010). After attending a Tree of Life workshop, and with the encouragement and support of Cheryl White and David Denborough, I began to consider the possibilities of a 'Recipes for life' methodology.

I will now share the outline of this way of working that we've developed and a number of examples that have already been cooked up!

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## RECIPES FOR LIFE

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Before I begin, it's important to note that 'The Recipe of Life' is adaptable. The process varies depending on with whom it is being used. I've found that the process can work well with individuals in counselling situation, with small groups, or in workshops with larger groups.

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### PART ONE: FOODS AND MEMORIES – EXPLORING POSITIVE ASSOCIATIONS

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To introduce both the program and the presenter, it helps to talk about positive associations with certain foods and the memories these evoke. This might be a sensory memory or an association to a time and a place.

Some questions to stimulate our thoughts and taste buds might include:

- Do you have a favourite food or meal?
- Do you remember the first time you tasted it?
- What makes it a favourite?
- Who cooks it?
- Does it make a difference if you cook it or someone else cooks it?
- Can you cook anything?
- Can you think of a time when you made something delicious?
- Do you cook alone or with other people?

- When you think of a favourite food or dish, what sorts of memories come to mind? Is it a time or a place, or a special event?
- What does this food mean to you?

I have used a variety of different processes to stimulate people to think about food and their memories around food. These have included bringing in samples of foods to smell and taste. The sense of smell is so linked with memories and feelings. Certain aromas instantly reconnect us to previous events. Bringing in samples has worked extremely well in my work with people experiencing memory-associated issues such as Alzheimer's. Many day-to-day occurrences are hard to hold onto, yet when we have worked with recipes, the process has stirred lucid memories as well as forgotten stories and favourite foods:

*'In the summer I would gorge myself on apricots, sitting under the tree, my mouth dripping, my fingers sticky with juice. We were poor but we always ate so well from our garden, it was important to my parents.'*

Sometimes this initial conversation leads to a sharing of favourite food recipes. Depending on the context in which you are working, it may also be possible to cook these and share food together.

From the very beginning we are looking to create the possibility to share special moments, to connect in new ways, as well as to share and collect valued stories and cooking recipes.

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### PART TWO: RECIPES FOR OUR OWN LIVES

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In the second part of the process we begin to consider not only recipes for food, but recipes for life, for instance the recipe you use for 'getting through hard times', or the recipe for 'making a transition in life', or a 'recipe for happiness', or for 'good relations in the family', and so on. This is not a recipe for describing one's whole life, but a way of speaking about special skills, knowledge's and ways of dealing with certain experiences of life. Every recipe is different.

Often, to help clarify the process and get a general idea of how it will look, I begin by sharing a recipe from a previous group. This would normally be a light-hearted recipe, the focus is on assisting people to understand the process rather than on the content of the recipe.

Here's an example of a 'Recipe for getting through hard times' by Anita Yap, Lanny Santoso and Lena Low from Singapore.

### **RECIPE FOR GETTING THROUGH HARD TIMES**

#### **Key ingredients**

Hope  
Irrational optimism  
Word of God  
Cold water  
Resilience  
Prayer  
Perseverance

#### **Method**

1. Use a pot that has seen through hard times
2. When the fire is burning and pot gets hot, pour in cold water
3. Stir in 2 large scoops of hope and irrational optimism
4. When the water is boiling over, turn down the fire with the Word of God
5. Mix in 3 tablespoons of perseverance, prayer and resilience
6. Dish is ready to serve when you see the light at the end of the tunnel

#### **Serving suggestion/ritual**

Serve with grandmother's presence and family's support

As with all recipes, 'Recipes for Life' consist of a number of different sections. The sections provide the framework for the process. We flow from one section to the next.

The sections of each recipe include:

- Ingredients
- Sourcing
- Method
- Techniques/tips, and
- Serving suggestions/ritual.

I will now outline each section and how we use these to spark rich story development in relation to people's skills, knowledge, and what they give value to in life.

### **INGREDIENTS**

To make a good dish, it's important to have the right ingredients. The ingredients are the foundation on which our recipes are based. Think about your favourite dish to eat in life. What are its ingredients? What makes it special?

To spark conversations about ingredients, we ask people to think about one of their best memories which includes food. This might relate to eating, cooking, growing food, or any events which included food. The possibilities are diverse, from feeding a baby, to being out to dinner with friends, to eating your favourite dish, to learning to cook, to eating after doing exercise, to foods you have when you are sick or sad, to drinking cool water on a hot day, to a special pot your grandmother might have used, or something funny. At these moments I often share the story of the time my father put washing salts in the kitchen and my nanna used them in the dinner! Or when she showed me how to flip a pancake in the pan and it stuck on the ceiling before falling onto my cousin!

Some questions we use to guide this part of the process then include:

- What were the added ingredients that made this a good memory? This might include company, laughter, and friendship
- What are some of the ingredients that you (and your family/friends) use to make up your life? These may be skills, beliefs, hopes or dreams. They might include: spirituality, honesty, patience, kindness, persistence, imagination or being different. Some further examples that children have offered included pig-headedness, fearlessness, instinct and adventure.
- Which of these do you particularly turn to in order to get through difficult times?

Sometimes we might offer prompts. We might ask, 'Have you used any of these ingredients at those times:

- Patience
- Kindness
- Resourceful
- Flexibility
- Discipline
- Hardworking
- Honesty
- Spirituality
- Bravery
- Perseverance?

It's important to be able to measure your ingredients. They can be measured in relation to each other, or by recognised importance. Some measures we have used in Recipes for Life have included: kilo, cup, litre, season to taste, a splash or sprinkle, to tonnes and truck loads!

Very quickly, by speaking through the metaphors of food and recipe, we start to hear significant stories. In a workshop with a group of elderly people, one of the recipes created was inspired by their experiences during World War II:

*This is a 'recipe for hope' that came from the war. One of the ingredients is 'strength'. We didn't know at first that we had this ingredient, but before long we had tonnes of the stuff.*

Sometimes we also get to hear very specific measurements of ingredients, such as in this example of a 'recipe for getting through hard times' from Brazil:

*Four cups of hope*

*Seven eggs*

*– separate conviction from courage and whip courage*

*A bit of unity*

*A dash of humour*

*A cup of granulated co-operation*

*200g of optimism (or as much as you have at the moment)*

*One spoonful of confidence so as to make the dough rise*

*We learnt this recipe from our parents, grandparents, and people who were important to us, and we try to pass it on to our children. There have been many changes throughout the years but the aroma and taste have remained the same. We hope you enjoy it!*

*From Ligue Pimenta, Cecilia Lemos and Sylvia Fontes  
Sao Paulo, Brazil.*

## SOURCING

By sourcing we mean: Where did the Ingredients come from? Narrative practice is vitally interested in tracing the storylines, the histories, of people's skills, knowledges, hopes, and dreams (White, 2007). Richly tracing and describing these histories/stories can contribute to people having a renewed sense of identity. It can also assist people to reconnect what they care about with those who introduced them to these values in the first

place. In this section, we ask people to tell us stories about how and when some of the Ingredients they have named came into their life.

Questions we might ask include:

- Where did your ingredients come from?
- What is your earliest memory of this ingredient?
- Do you gather different ingredients? Or borrow from friends?
- Do you share them with others? Has someone shared them with you?

Some of the metaphors people have used in relation to the sourcing of their ingredients have included:

- Home grown
- Imported
- Borrowed
- A gift
- Shared
- Supermarket
- Pantry
- Found
- Stolen
- From the market place

For example:

*'Carefulness came into my life in 1953 ... it was shown to me by my mother, she had buckets of it but I only needed 3 cups of it!'*

Sourcing locates us. In this section we tell the stories of how treasured ingredients have come into our lives. Our sourcing stories may involve:

- Important people: Family of origin, family of choice, special people who have influenced us, friends, neighbours, heroes or pets
- Cultural history or identity: Race, culture, language, nationality
- Family History: Ancestry, family name, origins, extended family
- Locality: Village, town, country, environment
- Spiritual Beliefs: Belief systems, religion, spiritual practices
- Folk culture: Dance, songs, sports, meditation, prayers, stories
- Physicality: Our physical abilities, health, age.

Sometimes the sourcing stories are unexpected. A dear family friend of mine created her 'Recipe for survival' in relation to dealing with the challenges of memory loss. One of the key ingredients in her recipe is adventure. She traced the source of 'adventure' back to a small airport close to where she grew up as a child. *'Not many people flew back then. I would follow the planes across the sky wishing that one day I would be travelling on one'*. When I asked her where she thought 'adventure' would be in the future she said, *'It will definitely be with me because I have to carry on and I have to be strong'*.

## METHOD

The method is how we use our ingredients. The process is creative, directive, and sequential. It is also transformative and alchemical. It is here in the recipe that we look at how to bring out the best in our ingredients. Blending, mixing separating, combining, rolling, kneading and proofing are all words that we might use in relation to bringing ingredients together. It is also a time to reflect on qualities and skills that assist us in life.

The questions we might ask include:

- How do you use your Ingredients?
- Would you use them again?
- Would you change their sequence?
- Would you change combination?
- Would you get different results if you put things in different combinations?

I will include here my own recipe for spirituality.

### NAT'S RECIPE FOR SPIRITUALITY

#### Ingredients

Honesty	2½ cups
Patience	2 cups
Kindness	Season to taste
Bravery	250g or as much as you can muster
Strength	1 tbsp (it's like yeast you start with a little, it expands & grows)
Surrender	a small cup full
Peacefulness	a handful

## Sourcing

*Honesty:*

*Its origins are home-grown from my mum. But some was also imported from Sissy & Harry.*

*Patience:*

*A Gift from Sissy. She would say 'all things pass'. She was old and generous with time. She gave me things to do that would take a long time.*

*Kindness:*

*Generously borrowed from the kindness of old people.*

*Strength:*

*Home-grown. I discovered it growing in the back garden. I might have thought it was a weed.*

*Bravery:*

*You might not know how much you have. It comes out in the cooking, building on the character of the other ingredients. As do salt and sugar.*

*Surrender:*

*A rare import from Sissy and nanna which they initially needed to melt and force into the mix.*

*Peacefulness:*

*A gift from Sissy – 'Pray every night, talk to God and be reflective'.*

## Method

*Combine honesty and patience*

*Include a dash of Desperation*

*Sprinkle with kindness*

*Stir in a tiny bit of strength*

*This will need resting or proofing.*

*To proof it, cover in a warm, quiet place, where it will not be disturbed and leave for as long as it needs.*

*The strength will expand, reinforce and soften the mix.*

*The ingredients are now ready to be blended with surrender.*

*Rest ingredients together to generate spirituality.*

*Taste as the ingredients may produce bravery.*

*Season to taste.*

*Bake*

## TECHNIQUES/TIPS

In this section we discuss special techniques and tips. These may be special practices we have learned over time that result in something special. Or they may be special tricks or advice given to us by someone who has cared about us. Or, they may be special knowledge that comes in handy when you need to adapt a recipe to suit a particular situation. We might not know where they came from or the special techniques or where they came from or the special people involved until we reflect on them.

These techniques or tips are often handwritten notes tacked into recipe books or written in pencil along the margins of recipes. For example – if dealing with 'this sort of' hard time ... add an extra pinch of ... or 'change courage for bravery and a handful of humour'.

It's relevant to note that sometimes techniques are the result of a mistake or mishap. Sometimes in life very important knowledge comes from our mishaps. This is true in the world of cooking too! If no-one had ever burnt sugar we would never have had caramel flavour or toffee!

Here are some of the questions we may ask in this section:

- Throughout your life in trying to make this recipe, have you discovered any special techniques/tips?
- If someone else was going to try this recipe, are there any tips you would offer them?
- From where do you think you learned this tip? From who did you learn it?
- If someone passed this knowledge onto you, why do you think they gave this to you? What do you think they appreciated in you to give you this?
- If they could see you now, what do you think they would say to you?
- Can you see yourself one day giving these gifts/tips to others?
- Have you ever made any mistakes from which you have learned things?
- Are there any learnings from past mistakes that would be good to include as a tip alongside your recipe?

Within my 'Recipe for spirituality' part of the method included:

*To proof it, cover in a warm quiet place where it will not be disturbed, and leave for as long as it needs.*

My special tip or technique would elaborate on this. When times are too much, you might need extra proofing. This involves rest and surrender.

So my special tip in very tough times involves retiring to a warm undisturbed spot to rest and grow. For me, this special tip is linked to what Sissy used to say to me 'this too shall pass', and to the kindness of old people.

Focusing on who is linked to our tips and techniques is another way of acknowledging the contributions and memories of those people who are travelling with us through our recipes.

## SERVING SUGGESTIONS / THE RITUAL

The final part of creating the recipe involves describing the 'serving suggestions' or the ritual at which we would like our recipe to be delivered. This involves planning a celebration of our recipes and our lives. This might be a ceremony which involves gratitude and remembering all those who have contributed, shaped and influenced us. In my experience, this can be very moving. We can be creative about our celebration. It might be an intimate dinner or a great banquet. It could be a sunset feast on the beach with music and dancing, or a relaxed afternoon picnic by a stream. It might be an elaborate red carpet event.

As well as the setting, we must choose the guests for this ritual. These are often friends and family, heroes, dead or alive, whoever we want to celebrate or give gratitude to. This ritual might also involve special words or a tribute to people involved in the meal in some way. It might correspond with a time of year or celebration. It might also include gratitude to the earth, animals, farmers, fisherman, growers, teachers, carers.

Questions we might ask include:

- Who would you invite to share your meal?
- Are there any rituals or ceremonies that you appreciate? These could range from formal to informal rituals, from spiritual to sporting, and everything in between.
- What do you like about these rituals or ceremonies?
- What aspect would you like to include in your ritual?
- Is there anyone or anything that would like to appreciate or express gratitude towards in this ritual? If so, what would this look like? How do you show gratitude? How does gratitude feel?

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## THE RITUAL FOR MY OWN RECIPE

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*I would like my recipe to be served with lots of other delicious delicacies on assorted hand-painted china, placed on a long blossom-decorated banquet table, with an embroidered starchy white tablecloth. The ritual would take place on a warm summer day that would drift into a warm summer night. The lulling scent of jasmine would mingle with laughter, dancing and music.*

*Within this ritual I would like to honour the gratitude I feel towards those who have shared their wisdom with me and their generous grace.*

*I would invite Sissy, Harry, Mum, Nanna, Dad, Michael, Stephanie, Dom, Tom, Joyce, Adrian, Leonie, David D, Cheryl, Sissy's spiritual group, family & friends.*

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## PART THREE: PRESENTING AND RE-PRESENTING THE RECIPES

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Once we have been through these sections, we make sure that each participant has a written record of their own recipe! We present these to participants in a formal acknowledging manner. Depending on the context, we may also re-present these recipes within certificates or placemats or recipe books! Sometimes we include a pictorial record of our past journey, and also where we would like to go to in the future. We speak together about how these recipes may fit with special hopes and dreams they have for themselves and for others.

Ideally, we also cook and eat together. We bring together our favourite food recipes with our recipes for life!

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## AN EXAMPLE OF USING THE RECIPE OF LIFE

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We've recently run a six-week Recipe of Life program alongside a cooking project designed for working in shelters with children experiencing homelessness. Combining cooking, artwork, storytelling and recipes for life has made it possible for children and young people to give voice to the strength in their stories, and their skills and knowledges, where previously there was silence. This project was inspired by a Kaurna Elder, Katrina Power, who was providing consultation about ways of working with Aboriginal people's experience of being in shelters. After talking with Katrina, it was also decided that we would mark this event by making our own recipe books.

These would include the children's recipes, artwork and photographs of the food that was made, and of children doing the cooking. As Katrina Power describes: *'Too often our children are made invisible, especially in these situations. The only pictures you see are kids with bruises on posters. Those negative images don't speak of our strengths or of our stories. Too often our images are lost.'*

Building on Katrina's idea, we have begun to create recipe books with young people in a variety of shelters. The following examples were developed with a group of children from a wide range of cultural backgrounds who were living together, with their mothers, in a shelter in Adelaide. There were two brothers from Sierra Leone, two white Australian sisters, one Aboriginal boy, and one white Australian boy. The group was quite unruly at times and we wondered whether it would ever be possible to create recipes. But gradually, the following recipe was developed to convey how they work together as a team in the shelter:

### RECIPE FOR TEAM AWESOME CREW

<b>Ingredients</b>	<b>Measure</b>
Sweetness:	110%
Courage:	5 parts
Confidence:	Ton
Respect:	Ton
Friendship:	3 bowls
Fearless:	1 cup
Love	1 pinch
Humour	10000000010000000 Tons
Patience with self-respect	1 pinch
Tolerance	2 and a bit cups
Co-operation	Infinity symbol x 10
Integrity	6571 kg
Leadership	

### Sourcing

- Sweetness, comes from your family
- Courage comes from heroes, Bear Grylls (the star of an outdoor adventure survival TV show called Man vs. Wild) and Mum
- Confidence comes from Andres (Andres has never been teased and has always been treated kindly)
- Respect comes from friends
- Friendship comes from friends
- Fearless ... not sure where this comes from



- Love is all around you
- Humour comes from friends
- Patience with self-respect is a gift from happy people
- Tolerance comes from parents to their kids
- Co-operation comes from insects and ants
- Integrity is home-grown, you just have it
- Leadership comes and goes, you borrow it when you need it.

#### **Method**

- Mix courage and confidence together (you might need some leadership and respect)
- Add a pinch of love
- Pour in patience and respect
- Pour in friendship and humour, add tolerance and another pinch of patience
- Blend it together with the sweetness and friendship.
- Use co-operation to achieve integrity

#### **Tips**

Ants have this recipe

After this 'Recipe for Team Awesome Crew' had been created, each member of the crew then made their own. As the young people made their recipes, we facilitators constantly checked in with them to see how their recipe was unfolding for them. This is similar to cooking in the kitchen. As you are cooking, you constantly taste the food to see how the flavours are building and the recipe is developing. We've found it's really important to keep checking in with participants about their experience of the process and making whatever adjustments might be necessary.

One member, Liam, had recently learned that he was soon to leave the shelter and his newly found friends. This was potentially devastating for Team Awesome and for Liam. Building on the recipe metaphor, Liam embarked on creating his recipe for a new start:

#### **LIAM'S RECIPE FOR A NEW START**

##### **Ingredients**

- Good messages to yourself, like 'You are kind, important, smart' or 'I have integrity'
- Sing music in your head – music is my medicine

- Look for inspiration in things around you
- Friends – figures, soldiers
- Things that feed your soul
- The potential to push on
- Care, look after you, love, friends
- Punctual: be considerate, don't put people out
- Giving and sharing mojo around

#### **Sourcing**

- Home-grown: Some of this stuff I worked out for myself, because we've moved around a lot.
- New starts: It's not always bad to have to start again. Sometimes you get a fresh start and you get to meet lots of new people and keep the ones from before.
- My friends from the mount [a place Liam used to live], they told me lots of good things about myself and I like how they treat each other.
- My Mum: she tries really hard
- Insects: watching how determined they are

#### **Method**

- Tell yourself nice messages at the beginning of the day. This sets you off to a good start.
- Remind yourself that you are kind and smart. This is important.
- When other people tell you different, remind yourself 'you have integrity', smile and move on. Don't think more about it as that can mess with your head.
- If times are hard, sing music in your head, it helps and makes you feel better.
- Look after yourself and do nice things for yourself. Be around people that look after you and, if you're alone, think about your friends from before and it's like they are with you.
- Look at ants. They are inspiring. They work and help each other for the greater good and they have a special way of communicating to each other. That's like giving and sharing your mojo around too.

#### **Tips**

- Listen
- Be nice
- Be supportive

#### **Serving suggestions**

- With everybody

The process of generating this recipe transformed Team Awesome's experience of Liam's eminent departure. It also transformed Liam's experience. He realised that he had a lot of knowledge of what it takes to make 'a new start' and could draw upon this. Other young people who have created their recipes have gone on to use these as reference points as to how to act in school, how to get through hard times, and how to work together.

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## FUTURE POSSIBILITIES

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Now we are really looking forward to seeing how other people might start to use Recipes for Life in different contexts. We have various projects planned here in Australia and in the UK, and various Chinese practitioners in Hong Kong are also trying it out. If you create Recipes for Life with the people you are working with, please let me know or contact Dulwich Centre Foundation so we can share recipes! Over time, I hope to create cookbook style reference books of stories and recipes of people in different contexts. The possibilities are very exciting.

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## FURTHER READING

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My favourite books that explore the cultural and personal meanings of food are:

1. 'Falling cloud berries: A World of Family Recipes' by Tessa Kiros (Murdoch Books, 2009)
2. 'Secrets of the Red Lantern: Stories and Vietnamese Recipes from the Heart' by Pauline Nguyen (Andrews McMeel Publishing, 2008)
3. 'Green Papaya' by Lien Yeomans (Random House, 2001)

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