



With Our Own Hands: A Celebration of Food and Life in the Pamir Mountains of Afghanistan and Tajikistan

Frederik van Oudenhoven, Jamila Haider

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Winner of the Gourmand World Cookbook Award 2016

"A revolutionary cookbook"

With Our Own Hands is an intimate portrait of the Afghan and Tajik Pamiri people and the forbidding mountains that are their home. Through the lens of ancient recipes, stories and essays, and accompanied by the work of three award-winning photographers, the book tells about Pamiri food and agricultural traditions, people's daily lives, their struggles and celebrations.

It is also a book about the origins of food. In the mountainous cradle of one of the world's least known and most isolated civilizations, many of the foods that are found on Western fields and dinner tables are cultivated and invented here in an enduring quest for survival. In a context where poverty, conflicts and political upheaval have made it difficult and often dangerous for people to express and define their identity, food becomes a powerful tool for its survival.

With a foreword by HRH The Prince of Wales

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With Our Own Hands appears in a single three-language edition, with English, Dari and Tajik. The choice to make a book in which these three languages are combined was inspired by the authors' commitment to return a copy to each of the 1800 communities, schools and libraries in the Pamirs.

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