

Fusion Chu Fang

MYP Personal Project

2020-2021

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Table of Content

Investigating ----- 3

Planning ----- 6

Taking Action ----- 8

Reflecting ----- 10

Bibliography ----- 14

Investigation:

Goal, Global Context, and Personal Interest:

My goal was to express unity between cultures and communities by using the element of food, by creating different recipes and bringing flavors from all around the world into a dish which will be considered fusion. I was inspired to be creative with food from the women in my family who have always shown me a variety of foods and took me to travel all around the world.

The goal was highly challenging for me as I took flavors from different countries and put them together into a fusion dish, while making it available to make in Hangzhou with the ingredients bought from within China. All the recipes were also be vegetarian as I am vegetarian myself for religious reasons.

The base country for each recipe was China because the community I shared this with had one thing in common with me, which was being settled in China. This allowed others to relate and perhaps use my recipes to bring an international touch to their food. I created ten recipes which were displayed through the form of a cookbook.

My global context in my personal project was personal and cultural expression with a focus on the ways in which we discover and express ideas, cultures, and beliefs. It also relates to the idea of our appreciation of the aesthetic by presenting the dish and recipe well and also allowing the people to appreciate it on their taste buds. After considering all the global contexts, I realized this corresponds best with my topic of interest, as it directly relates to cultures and new ideas.

Prior learning and subject-specific knowledge:

Concerning prior learning related to my project, I have watched shows that are hosted by famous chefs that require people from all around the world to bring a touch of their culture into the dishes that the contestants present. I also watched a documentary called “A Matter of Taste – Serving up Paul Leibrandt,” which included interviews of the chef and showed the audience what goes on in the mind of a chef. This prior learning was highly relevant to my personal project’s focus on creating my own recipes, and it made me realize the time and money it takes to create a well presented and delicious dish as well as meeting specific requirements.

In school, I had developed subject-specific knowledge about the daily diets of different cultures in health. This helped me understand the different needs for people around the world and why humans eat different foods from a variety of countries. I also learned about the quality of life in different parts of the world in individuals and societies, which taught me about the available resources that different people are exposed to. This is directly related to my goal of making fusion food to express different cultures as one dish as a third cultured student.

Outside of school, I already had subject specific knowledge about learning and altering recipes. I have always had a passion for cooking. In my free time, I like to find recipes online and modify them to suit them to my preferred tastes. This hobby helped me to initiate the idea for this project. Even so, I still needed to gather more knowledge and understanding about creating my own recipes and finding out about different cultures and their specialties.

Research Skills:

I used an extensive range of primary and secondary sources to inform my research including, interviews, YouTube videos, documentaries, a variety of websites, and cookbooks (See Works Cited), to be able to successfully create my product. I evaluated the relevance and reliability of all key resources by appraising the creator, intended audience, values, and limitations. I also made bullet points of the key findings of each of the sources that were directly relevant to my topic of interest. The points helped me make further decisions into the project to achieve my goal, therefore, there is a clear link between my investigation, planning, and the making of my product. (See Extract 1: OPVL)

I also used a broad range of research skills to investigate, plan, and take action on my project. Concerning information literacy skills, I found information in different media to learn the basic recipes for the chosen dishes. For example, I used the website “allrecipes.com” which allowed me to understand the basic components needed to make a hot dish. I also looked at YouTube videos to better understand the process as there are visual representations of people actually cooking the food along with teaching you. I considered the origin, purpose, values, and limitations of the source to decide if these sources would be suitable for me. Afterall, I found the allrecipes.com to be most useful because I could save the recipes and look at clear instructions at my own speed. This taught me how to make sure to use the right amount of detail when presenting my recipes in the cookbook.

Planning:**Product Criteria:**

After doing sufficient research to assemble a basic foundation of fusion cooking knowledge. I developed a product criterion that consists of six requirements. These requirements include aesthetics, audience, function, materials, and size/content. Another requirement was cost, although this was added onto the product criteria after looking through the brainstorm and ingredients to make a suitable budget. (See Extract 2: Product Criteria) To establish these expectations, I had to consider the level of each requirement ranging from a score one to eight. This helped me understand the complexity of each task that needs to be completed to finish my product. I made a conscious decision to present my product criteria in the form of a rubric because it was a well-structured format with clear requirements.

Action plan and record of development:

My product criteria were informed by research. For example, in order to set the cost requirements, I needed to do some research on the ingredients available in Hangzhou. This helped me understand the average budget that I would need to set for myself, in terms of each recipe.

I developed an action plan at the start of my project and kept a corresponding record of development, including information about the major changes that I made as I worked through the whole process (see Extract 3: Action Plan). Creating an action plan was critical to my success. It required me to create small goals for myself throughout the project. These small

goals helped me achieve my assignments at the best standard possible. Keeping a record of development was very useful as well. I kept track of my changes to make sure I am still meeting all the requirements. By writing these notes, I stuck to my plan as I was always aware of what I have accomplished and what is yet to be done.

Self-Management Skills:

I practiced effective time- and task-management to plan and complete my project. Concerning my organization skills, I planned out how much time it may take to create one recipe and made sure to get all ten in beforehand. This way I left time to write the recipes in a neat format most edited version. I then created smaller tasks to finish each recipe to manage my time well.

Concerning affective skills, I had to edit my recipes many times. This is because I needed to make the perfect recipe including both the Chinese culture, and the culture from the other country which makes the fusion dish. I had many opportunities to keep editing the recipes, although I had to find a place to stop. This was not an issue as the more I edit the recipe the less convenient it became to create in Hangzhou.

Concerning reflective skills, I always looked back at my planning and made sure to follow it with all the requirements. I also had to make more time for myself through my free time to finish all my work. I realized that I underestimated the amount of time it would take to accomplish each goal. Due this I needed to constantly make changes in my action plan.

Taking Action:**My product:**

My final product was a fusion cookbook consisting of 10 different recipes connecting a foreign culture to a Chinese dish. Each dish portrayed a mixture of two cultures bringing in the concept of unity. The book was professionally printed, but still stayed in the budget. As I was assembling all the ingredients and tools for the making of the dishes, I kept close attention to my project criteria, so I aim for the top band. I was very pleased of the end outcome shown at the exhibition, as it reached the highest standard of the criteria that I set for myself. (See extract 4: photo of exhibition). My initial goal was to build connections between different cultures, and I have successfully done that through each one of my recipes and presenting them through the exhibition. About 70 people tried the food that I prepared and served for the exhibition, the Vada Bao Zi, Hummus with Corn Bread, and the Chinese Burrito. My product relates to personal and cultural expression, because I expressed multiple cultures while portraying my personal connection to the international community. Overall, my product as a whole depicted me and my community in a new and innovative way. (See extract 5: cookbook).

Thinking Skills:

All the valuable research I learned from my research I applied to my product, combining both the new knowledge I learned and my prior knowledge of fusion cooking. Doing an evaluation of my research allowed to me choose specific and reliable sources that would directly help me with my project. I looked at the quality of the source, as well as listed out a few key points that were needed to take my project further. (Refer to Extract 1) My original plan was to create a sit-

down formal dinner for different cultured people to try my food and give me feedback. From the research about my community, I realized that this may not be possible. Facing this obstacle allowed me to demonstrate critical thinking skills and needed me to change my plan. Instead of having a ten-course meal, I created one dish per day, and delivered the dish to the corresponding people. This was a great part of my learning, because I used the feedback from my tasters, and modified my recipes over and over again to find the perfect measurements. (See Extract 6: draft recipe).

Communication and Social Skills:

Afterall, I established thorough communication and social skills. I definitely demonstrated the ATL skill of Communication in the Exhibition, as I needed to talk to a variety of people of different ages. I had a set outline of what to present about, but I kept on making alterations as new people came to take a look at the outcome of my project. Some people needed simpler explanations because of their age or ability to speak English. For young children, I changed my body language and bent down to make them feel welcomed. Due to these skills, my audience always stayed engaged. From my experience of visiting the exhibition in the previous year, I knew that I needed to add a fun element to catch the audience's eye. I created an eye catching and big banner in the shape of a food truck while attaching photos and parts of my process. (See Extract 7: Food truck). Another example regarding my communication skills is that I would arrange meetings with my supervisor to discuss what my next steps are and taking feedback on the process that I already made. This helped me to achieve at the highest level as I could. I used formal emails to communicate and confirm timings. I developed my use of formal language

while speaking to different teachers and parents (adults) to ask for permission or advice. (See Extract 8: formal email).

Reflecting:**Product Evaluation:**

While evaluating my product, I compared the final outcome to each specific criterion that range from grades 1 to 7, which I set for myself. In the exhibition I made surveys to get feedback from people who are looking at my project with no previous context. (See Extract 9: Surveys) These surveys let me see the first impression of the viewers. From this, I can make minor changes to my product to strive more perfection. I have stated both strengths and weaknesses, along with improvements that could impact my product in a beneficial way.

1. Regarding the aesthetics of my product, I graded myself a 7 rather than an 8, because I have colored, and hard copied cookbooks and a digital cookbook, although my digital cookbook is not available to the public. To strive for the 8, I should have created a QR code to access the cookbook on a digital device.
2. As stated before, I had set a budget for myself in each dish and the printing of my books. I gave myself an 8 because I constantly stayed under the budget, I set for myself. This taught me to be minimalist and yet do the best.
3. In the user/audience section of, I used my surveys (referring to Extract 9) to evaluate myself. I awarded myself a 7 because most of the surveys gave full 10 marks for the question, "On a scale on 1-10, how clear and understandable is the cookbook." This proves that the cookbook as a whole well-crafted and easy to understand by the

majority of the audience. To improve and reach the 8, I can use the effective feedback and make small changes to make a more appealing and inclusive cookbook.

4. I produced a product that is definitely meeting all the functions that were originally intended. Due to this, I gave myself an 8 for as I met all the expectations that I set for myself. I know I met these expectations, because I asked a customer to take my cookbook and choose a recipe to create. The dish turned out exactly like I wrote the recipe for which was a sign of success. Not only does this show my success through the final dish, but also shows that the customer completely understands the instructions.
5. I awarded myself an 8 on "Material" as I achieved my goal of using all ingredients that can be found within Hangzhou. One of my reasons that made this project highly challenging was that all the ingredients need to be vegetarian which includes, no egg, meat, or seafood. I fully accomplished this part of my goal giving more points to reach the level 8. The quality of my material was also at the highest level but still under the budget.
6. On the subject of size and content, I allotted myself a 7 because I mostly reached all the specifications that I aim for. Some of the feedback that I got from the surveys in the exhibition, is that the cookbook may be slightly long when opened to a page, which could make it less convenient to work with in the kitchen. If I were to consider this beforehand, I could perhaps allot myself an 8.

Overall, my product was highly successful according to the criteria, because it hit the highest levels in all aspects (7-8), and I was personally satisfied with the outcome.

Reflection: topic and global context

In the process of this project, my understanding of the global context “cultural and personal expression” and my topic of interest has most definitely increased. Prior to this project, I had always had an interest in fusion cooking, although never attempted it, allowing me to learn a lot in entire course. As my focus was on the ways in which we discover and express ideas, cultures, and beliefs, I clearly understand its impact on my product because I used my research to combine two cultures in which I learnt the beliefs behind different cultures. I learnt how to express new ideas in unique ways such as one simple dish. As a result, from this observation, I can conclude that multiple, simple, steps and ideas can create a greater, more thorough concept as a whole. The idea of fusion cooking was a challenge for me at the beginning of the project, but as I understood the meaning and method behind the process, it became less challenging.

Reflection: An IB learner

As an IB learner, I have developed in several skills including such as the thinking and communications skills as I mentioned before. Other than those, I have also developed as a risk taker, as an open-minded person, and being reflective. Firstly, I have been a risk taker, because I needed to take two dishes and cultures that were never thought of together and make well appreciated dish. Secondly, I have improved as an open-minded person because I accepted different cultures and understood their eating habits through my research. I also appreciated all the feedback, positive comments, negative comments that came from the community, who I allowed to try my food. Keeping an open mind let me use these comments to my advantage

and make my product to its best standards. Lastly, I have been highly reflective throughout my entire process creating the cookbook. Referring to extract 8, the amount of changes and drafts made to my final recipe is shown. This shows that I used feedback and my own experience to modify the recipes all the time until I reach the perfect and final result. An IB learner profile that I can improve on is to be able to show my skills of being knowledgably. I have gained these skills throughout the project but could not express them enough. To conclude, the personal project has developed my skills in many aspects preparing me to face the challenges in DP and my future.

Word Count: 3278

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Extracts

Extract 1: Source Evaluation

Cite & Creator	Target Audience	Key Findings	Impact on PP	Values	Limitations
Gillen, K. (2020, February 14). 15 Traditional Chinese Food Dishes You Need to Try, According to a Chinese Malaysian Chef. Retrieved October 08, 2020, from https://www.purewow.com/food/traditional-chinese-food Katherine Gillen is Chinese-Malaysian. She joined <u>PureWow</u> in 2017, after a brief stint in the culinary world.	People who are not a part of the Chinese culture.	-Shows the traditional dishes of Chinese cuisine -Informs other communities and societies which dishes they must try -I can refer to the ingredients when making my own recipes, so I use the correct flavors in the Chinese part of the fusion dish.	-I need to know the significant dishes of China, as I will be incorporating other cultures into Chinese food, to show unity between my community. As the creator is mixed from another culture (Malaysian), she can suggest others which dishes to try in the Chinese cuisine.	The website uses simple language and shows the Chinese dishes, as if they were read by a foreigner. It also leads to other sights that tell you the recipe of the dish including all the ingredients needed with measurements per serving.	The website is biased towards her the creator's taste buds. These dishes may not always be the "must try" dishes for everyone. The creator being half Malaysian, also shows the fact that a traditional Chinese person may not completely agree with Katherine Gillen.
Francesca Yukari Biller / 15 Aug 2012. (n.d.). Blending Recipes <u>And</u> Cultures. Retrieved October 09, 2020, from http://www.discovernikkei.org/en/journal/2012/8/15/blending-recipes-cultures/ Francesca Yukari Biller has grown up with a Jewish Grandfather and a Japanese Grandmother. A quote that she wrote about herself in the website is "As a child, I felt I was a misunderstood ethnic rarity, I never knew other children with the same exotic genre of cultural mixture and background."	The website is targeted to people who are from singular cultures to show that the meaning of food when you are in a family with mixed cultures, whether they are from different countries, or different parts of the same country.	-Shares stories from many different people about their eating habits -Blending two cultures requires some sacrifice on both sides -The food may seem more of one culture than the other, not always the same amount of culture from each side.	-I will understand how to bring two cultures together by learning from other people's experiences. -Not everyone will not appreciate the dish at first sight, at they are not used to fusion ideas, therefore the dish needs to look and sound appealing to gain attractions.	The website has shown a few recipes of how they have combined two cultures. The information is formatted in a story and shows viewpoints from many different people from different cultures and families. These viewpoints make the tone personal and relatable for the readers.	The website lacks credibility to the people who shared their stories. Lacks a contrast story from the perspective of singular cultured families.
Appadurai, Arjun. "How to Make a National Cuisine: Cookbooks in Contemporary India." <i>Comparative Studies in Society and History</i> , vol. 30, no. 1, 1988, pp. 3-24. <i>JSTOR</i> , www.jstor.org/stable/179020 . Accessed 10 Oct. 2020. Arjun Appadurai was born and raised in Mumbai, India and went to USA to obtain a PHD at the university of Chicago. He was a big part of Chicago's globalization as he was the head of many societies in different colleges like Yale, NYU, University of Chicago, etc.	The target audience for this website is for historians who look at culture from the past and think of what we can enhance into the future.	-The greater idea and viewpoint on national cuisine cookbooks -Includes factors like culture, history, globalization, ideologies, virtues, society, literacy, class, hierarchy, etc. -Cookbooks reflect the kind of technical and cultural elaboration we grace with the term cuisine. -More and more historians are interested in reading and using cookbooks as we let globalization take a lead.	-Understanding the reason behind making cookbooks for costumers. -Allows me to make a bigger picture of the ideas behind creating fusion recipes for a mixed cultured community. -Will help me to write the report with sophistication by letting me refer to the website for term (like mentioned in the key findings).	The origin of this source was published first for the university of Pennsylvania, which earmarks its credibility. Uses vocabulary and terms that refer to both the future and the past, therefore, shows the change over time for significance of cookbooks.	The website does not include specific ideas of how to create a cookbook. It mostly emphasizes on the bigger pictures. It lacks examples of cookbooks that may have been the reason that they are becoming so popular.

Extract 2: Product Criteria

	Aesthetics	Cost	User/Audience	Function	Materials	Size/Content
Rubric:	Appearance, style, color, shape, pattern, form, texture, finish, layout	Is there a maximum cost? Is this a material cost / time cost?	Who is it for? Consider age, gender, socioeconomic background	What is its purpose? What will it do? How easily can it be used / maintained?	What materials will be used? What properties do the materials need to have?	Are there any specific sizes that need to be considered? Is there a particular amount of content required?
7-8: Rigorous	The cookbook should be in color. There should be hard copies of good quality as well as a digital copy.	Stay under the budget for each recipe and the printing of the cookbook.	Young adults should be able to clearly understand the cookbook and the directions and ingredients given.	The cookbook should allow the audience to use new recipes with ease and see the international aspect to the community. The cookbook should be able to be maintained with no issues and the book should look new at all times.	All the ingredients are available in Hangzhou. All the ingredients are vegetarian (no egg, meat, or seafood). The quality of the cookbook is professional and hard copied.	There are 10 recipes in the cookbook. The cookbook its self is not too big or small. The recipe methods are easily followed with the right amount of steps.
5-6: Substantial	The cookbook is in color and there are hard copies of good quality.	Stay at the budget for each recipe and the printing of the cookbook.	Young adults should be able to understand the cookbook and the directions and ingredients given.	The cookbook should allow the audience to use new recipes and see the international aspect to the community. The cookbook should be able to be maintained and the book should look new at all times.	Most of the ingredients are available in Hangzhou. Most of the ingredients are vegetarian (no egg, meat, or seafood). The quality of the cookbook is professional and hard copied.	There are less than 10 recipes in the cookbook. The cookbook its self is about the right size. The recipe methods are easily followed with the right amount of steps.

3-4: Adequate	The cookbook is partially in color and there are hard copies printed unprofessionally	Going slightly over the budget for each recipe and the printing of the cookbook.	Young adults should be able to somewhat understand the cookbook and the direction and ingredients given.	The cookbook should allow the audience to use recipes and somewhat see the international aspect to the community. The cookbook should be able to be maintained.	A few the ingredients are available in Hangzhou. A few of the ingredients are vegetarian (no egg, meat, or seafood). The quality of the cookbook is professional.	There are less than 5 recipes in the cookbook. The cookbook its self is too big or small. The recipe methods are somewhat easily followed with the about the right amount of steps.
1-2: Limited	The cookbook is not in color and the recipes are not displayed in the form of a book.	Way over the budget for each recipe and the printing of the cookbook.	Young adults are not able to understand the cookbook with limited directions and ingredients.	The cookbook should allow the audience to use recipes. The cookbook is not able to be maintained.	No ingredients are available in Hangzhou. No ingredients are vegetarian (no egg, meat, or seafood). The quality of the cookbook is not professional	There are 1-2 recipes in the cookbook. The cookbook its self is not the right size. The recipe methods are not easily followed.

Extract 3: Action Plan

Date	Type	Description	Checklist	Changes
Before Friday 25/09/20	Meeting with supervisor	Intro meeting	Done: Tue/08/09/20	No changes
		introduction		
		vision of project		
		advice from supervisor		
Fri/09/10/20	DEADLINE	Source evaluation		Could not upload to managebac
		Upload to managebac		**Uploaded to teams folder
		OPVL		Did not use OPVL style
		at least 3 sources	5 sources	Used example from website for reference
Before Friday 23/10/20	Meeting with supervisor	Meeting #1	Done: Thu/22/10/20	Did not discuss Academic Honesty form 1
		Discuss Criteria	Next step: reseach about the flavors and ingredients of each country : refer to recipe brainstorm	
		obstacles/problems		Discussed crteria but not completed
		ATL skills		
		Academic Honesty form 1		
		Next steps		

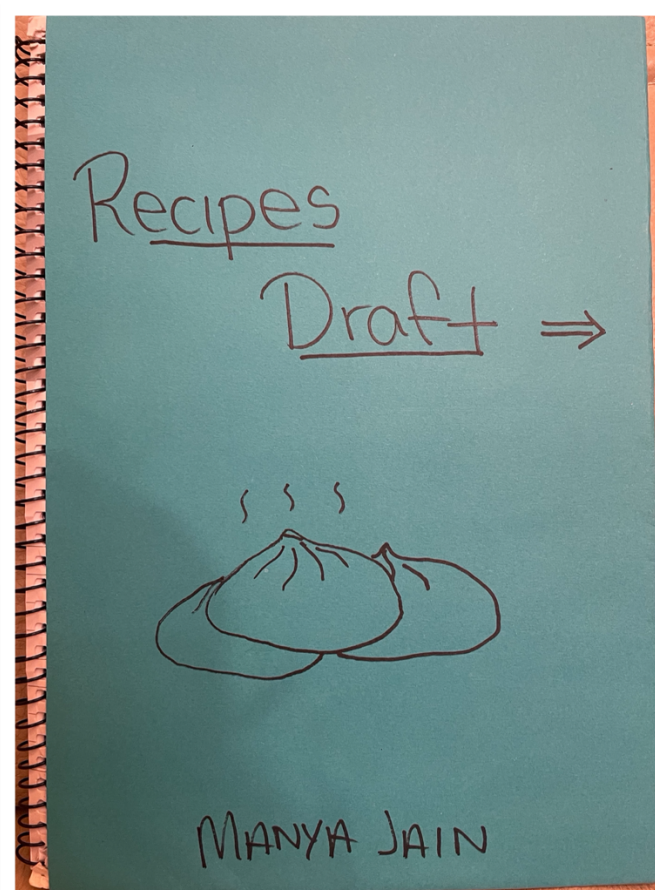
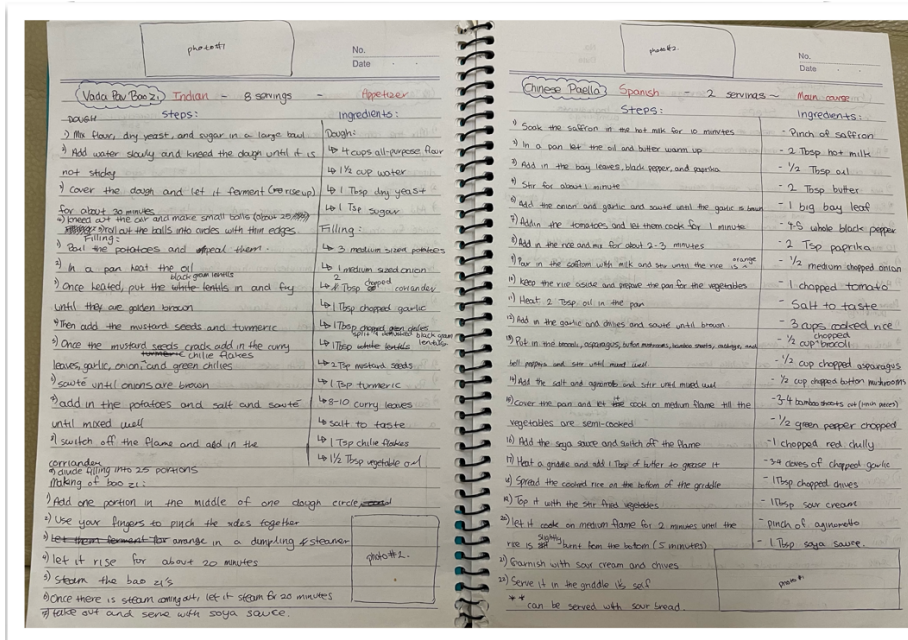
Extract 4: Final Outcome at Exhibition



Extract 5: Final Product - Cookbook



Extract 6: Process Journal – Draft Recipes



Extract 7: Food Truck Poster at Exhibition



Extract 8: Form of communication

From: Manya Vishal Jain <jaim55601@his-student.org>

Date: Friday, September 4, 2020 at 9:51 AM

To: Andres Sanchez <asanchez@his-china.org>

Subject: Personal Project

Dear Mr. Sanchez,

Thank you so much for being my supervisor for the personal project this year. This is a short introduction to what my project may look like.

My goal is to express unity between cultures and communities by using the element of food, by creating different recipes and bringing flavors from all around the world into a dish which will be considered fusion. I was inspired to be creative with food from the women in my family who have always shown me a variety of foods and took me to travel all around the world. This is highly challenging for me as I will be taking flavors from different countries and putting them together into a fusion dish, while making it available to make in Hangzhou with the ingredients bought from within China. All the recipes will also be vegetarian as I am vegetarian myself for religious reasons. The base country will be China because the community I will share this with has one thing in common with me, which is being settled in China, and have some international background. This will allow others to relate and perhaps use my recipes to bring an international touch their food. I will create ten recipes and create a cook book.

Can we please arrange a meeting sometime before the October break? Could you please let me know which time will suit you best?

Best Regards,
Manya Jain

Extract 9: First Impression Surveys

Do you taste two different cultures in each dish?
 Yes ☒ No

On a scale of 1 – 10 how clear and understandable is the cookbook?
 1 2 3 4 5 6 7 8 ☒ 10

Is there a recipe you would like to try?
Yes

Are there any improvements or suggestions?
Limit Packaging

Are there any improvements or suggestions?
more spice

Are there any improvements or suggestions?
Make sure each recipe is ready

Are there any improvements or suggestions?
Try to keep less white and more color in your cookbook.

Are there any improvements or suggestions?
Maybe add more color.

Are there any improvements or suggestions?
Indicate levels of spiciness

Name: Vidya
 Grade: 9.2

Do you taste two different cultures in each dish?
☒ Yes ☐ No

On a scale of 1 – 10 how clear and understandable is the cookbook?
 1 2 3 4 5 6 7 8 9 ☒ 10

Is there a recipe you would like to try?
Thai Hotpot

Are there any improvements or suggestions?
Leave more space between words !!