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For Immediate Release

Hmong Cookbook Shares Culture and Cuisine

EAU CLAIRE, WISCONSIN - Looking to expand your knowledge of Hmong cuisine and culture? A new *Hmong Cookbook* features specialty dishes from Hmong cooks in the Chippewa Valley. Edited by Julie Keown-Bomar, Nancy Coffey and Kong Vang, it is one of the few Hmong cookbooks ever produced.

Project organizers hope that this cookbook will spark interest in buying and cooking with locally grown Asian vegetables and sharing and preserving Hmong cultural heritage. Few of the recipes contributed had ever been published before.

This full-color, fully illustrated cookbook includes:

- 15 easy to read, step-by-step recipes.
- an introduction to Hmong culinary culture
- profiles and photos of each contributor and dish, and
- nutritional analysis of each recipe.

Dishes include beef salad (*laj*), curry noodles (*kebob poon*), and Hmong egg rolls (*keab yaub*). Each page is enlivened with traditional *Paj ntau* or *Paj ntaub* geometric designs.

Proceeds from the sale of the cookbook will support Hmong business, entrepreneur grants and scholarships in the Western Wisconsin area.

"This is an innovative project that we hope will benefit generations to come," says Editor Julie Keown-Bomar. "For this book we worked with the community – learning from the cooks' culinary experiences and collaborating with partners from local non-profits and the University of Wisconsin-Stout to help with nutritional analysis, food styling and photography."

Cost of Hmong Cookbook is \$8.00 plus \$2.00 each for shipping and handling. Make checks and money order payable to *Eau Claire County Treasurer*.

Checks and Money Orders can be sent to:
Eau Claire County Extension Office
227 1st Street West
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To learn more about the project, call Julie Keown-Bomar or Nancy Coffey at the Eau Claire County UW-Extension Office at (715) 839-4712.