

FOREWORD

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The idea for this cookbook was born, of course, while eating, specifically while enjoying breakfast with staff from the Centre for Augmentative and Alternative Communication. Who knew that from those first tentative conversations, a creation of such deliciousness would emerge from our colleagues in the Faculty of Humanities? Many of these recipes were sourced during the COVID-19 pandemic lockdown when cooking and baking seemed to present a welcome distraction from the uncertainties going on in the world. With this publication, the Faculty of Humanities has shown that there is more to being an academic than just teaching and research and that some wonderfully creative foodies are occupying our spaces. I hope, like me, that you can't wait to test some of these decadent delights.



