

Lunch at 10 Pomegranate Street

Felicita Sala

Title: Lunch at 10 Pomegranate Street

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THEMES

- * Cooking
- * Food
- * Community
- * Friendship
- * Culture

PLOT

Something smells good at 10 Pomegranate Street! Delicious, actually!

In each apartment, someone is preparing a special dish to share with their neighbours. Mr Singh is making coconut dahl with his daughter while Maria mashes some avocados for her guacamole. Will everything be ready on time?

Written and magnificently illustrated by Felicity Sala, this glorious celebration of community is filled with recipes from all over the world and simple instructions perfect for young chefs. *Lunch at 10 Pomegranate Street* is a visual feast to share and delight in.

DISCUSSION TOPICS

Before you read the book, what do you think the story will be about?

How do you feel after reading the book?

Have you eaten any of the meals that the characters in the book make?

What are some meals you like to share with your friends and family?

In the dedication at the start of the book, the author Felicity Sala says: "For my mother, whose door is always open, whose table is always full." Discuss what you think this means, and the way that food is connected to family.

Teaching Notes



AUTHOR BIOGRAPHY

Felicita Sala is a self-taught illustrator and painter. She graduated in Philosophy from the University of Western Australia. She has illustrated many picture books, as well as a huge amount of illustrated food for magazines and newspapers, and has also worked on papercut stop motion animations.

As a child she was a super picky eater, but now loves to eat and cook as many different foods from all around the world. Some of her favourite foods include thai green curry, bitter broccoli from Naples and Nutella.

She loves to travel and can speak four languages, but wishes she could speak Japanese. Felicity lives in Rome with her husband and their daughter Nina, whose favourite food is Green Rice.

Do you help your parents to make dinner? What is your favourite thing about cooking or making food?

What foods remind you of your home? What makes a meal special to you?

All the people in this book live in an apartment building. Have a discussion about different ways people can connect in their community.

ACTIVITIES

Literacy

Write and illustrate your own recipe. Do you have a favourite dish that you eat or make with a parents or grandparent? Draw all the ingredients, label them for clarity and write down all the instructions so your friends can make it at home!

Geography

Can you identify which countries or regions around the world that these dishes came from?

Using a map, globe, atlas or Google Maps, find India, Turkey, and Spain.

Creative

Take a big A3 or A2 piece of paper and draw, paint, or make collages of your favourite fruits and vegetables.

Make food faces: using a dinner plate as the face, you can use lots of different foods to create a funny face. Perhaps broccoli for hair, a slice of melon for a big smile, a carrot nose and some grapes for eyes. You can choose whichever foods you like to create your face!

Write a story about someone who lives at 10 Pomegranate Street. What do they do when they aren't cooking a delicious meal?

Active

Host a lunch at your school, or in your neighbourhood. Send invitations to all your friends and ask them to make and bring along their favourite dish. Something smells good at your house!

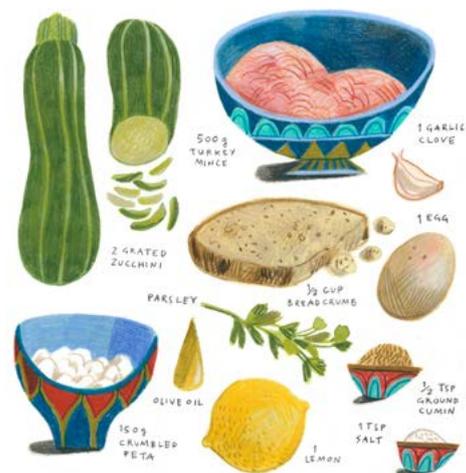
Teaching Notes

ABOUT LUNCH AT 10 POMEGRANATE STREET: AN INTERVIEW WITH FELICITA SALA

The book was born upon a reflection of how my foods habits changed by moving to Australia as a child, and coming in contact with a very varied food community. And upon how people find reassurance and joy in food from their home country. My own curiosity in different foods and passion for cooking for family and friends contributed to the recipe collection.

I have been making illustrated recipes for a few years, so the food illustration part came easily. The main research went into the characters and their home space, the palette of each apartment matched the palette of the recipe. I researched different recipes, but most are familiar classics. It was difficult to narrow down the list to the corresponding characters. To find the right dish for each one.

The first recipe, Salmorejo, is one of my fondest memories from the time I lived in Cordoba, in the south of Spain, we used to eat it in the main square with a cold beer and a group of friends. Some of the names and characters are inspired by real people I've met over the years, and the settings by my own travels around Europe, Australia, Morocco, Israel and South east Asia.



MEATBALLS (with Turkey, zucchini & feta)

PREHEAT OVEN TO 200°C. IN A PAN, COOK THE ZUCCHINI WITH A LITTLE OIL AND A PINCH OF SALT UNTIL SOFT. SOFTEN THE BREAD CRUMBS WITH MILK OR WATER AND SQUEEZE OUT EXCESS LIQUID. MINCE THE GARLIC AND FINELY CHOP THE PARSLEY. PLACE THE MINCE IN A LARGE BOWL AND ADD THE ZUCCHINI, BREAD, GARLIC, PARSLEY, CUMIN, SALT, EGG, FETA, AND THE JUICE OF 1 LEMON. MIX WELL WITH YOUR HANDS. THEN MAKE SPOON SIZED BALLS. HEAT UP A LARGE PAN AND FRY THE MEATBALLS WITH SOME OLIVE OIL UNTIL GOLDEN BROWN (5 MINUTES). PLACE IN A ROASTING TRAY LINED WITH OVEN PAPER AND BAKE FOR 6-7 MINUTES UNTIL COOKED. SERVE WITH A LITTLE LEMON JUICE.