

footsteps Grandmothers' » Family recipes

One Anglo-Indian writer had no idea how fulfilling her journey would be when she started to trace her family roots.

Jenny Mallin's earliest memories are of her mother in the kitchen, tapping a wooden spoon against the side of the metal dekshi and then tasting her curry sauce. From that moment, Jenny was hooked and her mother continued to nurture her love of cooking. The kitchen, a wonderfully warm and intoxicating environment, became an indoor playground filled with new experiences, challenges, and the end result – something delicious on a plate. She took such a pride in helping her mother that it wasn't seen as a chore, but as a special time together. Consequently, that love of cooking coupled with a desire to please someone with food has never left her.

The outcome has been a labour of love – a memoir called *A Grandmother's Legacy* that mingles the history of her family when they lived in India with her grandmothers' recipes passed down the generations. Each recipe has been lovingly researched, leading Jenny on a road of discovery about her ancestors.

Jenny, who has worked as a PA and has also had a

colourful career as a travel buyer and in television production at the BBC, also found that the story came remarkably close to home.

"It's a story about these extraordinary ladies, my grandmothers, who were brought up during the reign of Queen Victoria and King George, fiercely loyal to Queen (and King) and country, yet living 6,000 miles away in India," says Jenny. "My grandmothers loved to cook not only Anglo-Indian food, but also British – there are recipes in the 1844 book which include old British puddings, such as Chester Pudding, Cabinet Pudding and another one called Fair Rosamund Pudding. After lots of research, I discovered Fair Rosamund was the much-adored royal mistress of Henry II, King of England in the 12th century. She lived in a bower (a country retreat) called Freemantle Park in Kingsclere, where my husband and I have lived for more than 20 years... Serendipity!"

● To find out more and to buy the book, visit www.facebook.com/agrandmotherslegacy



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