



Where Are The Stars: Fragments of a Blind Cooks Life

Ian Firman

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'Where are the Stars' is primarily a cookery book interspersed with the memoirs of the author (ex restaurateur and teacher) as he gradually comes to terms with the onset of blindness and its affects on his life, work and relationships. The book's title refers to when he first registered that there was something wrong with his sight whilst walking with his father, who commented on the night sky full of stars, which he realised he could not see. It might, however, just as easily have described his culinary ambition were it not for the early curtailment of his restaurant days. The 337 recipes contained in the book reflect Ian's love of the pleasure of cooking quality food using affordable ingredients.

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