



## Make a Literary Meal

One of the things people often forget to do when stressed is to nurture themselves by eating properly.

It's so easy just to quickly shovel in some junk food, especially if you're watching the clock. But there's something gratifying and meditative about making time to prepare your own meals.

I'd like you to fix yourself a nutritious meal – or some home-made treats, if you prefer - based on classic literature.

Why not try an Alice in Wonderland-themed lunch, with goat-cheese and watercress sandwiches, strawberry lemonade and lemon pudding? Or you could have a feast of chowder and beer from Herman Melville's *Moby Dick*?

I've gone with Sylvia Plath's recipe for crabmeat-stuffed avocado from *The Bell Jar*, below, as it can easily be whipped up and scoffed in 15 minutes.

[The Little Library Café](#) has loads of literary recipes that you can search either by type of food or by book title, so there's lots to get your teeth into.



## **Crabmeat-stuffed avocado**

### **Ingredients**

- \*128g (1 cup) cooked crabmeat
- \*2 ripe avocados
- \*64g (1/2 cup) chopped celery
- \*2 teaspoons lemon juice
- \*57g (1/4 cup) mayonnaise
- \*2 hard-boiled eggs
- \*4 green olives
- \*2 iceberg salad leaves

### **Method**

Cut the avocados in half lengthways and remove the stones before sprinkling the lemon juice inside.

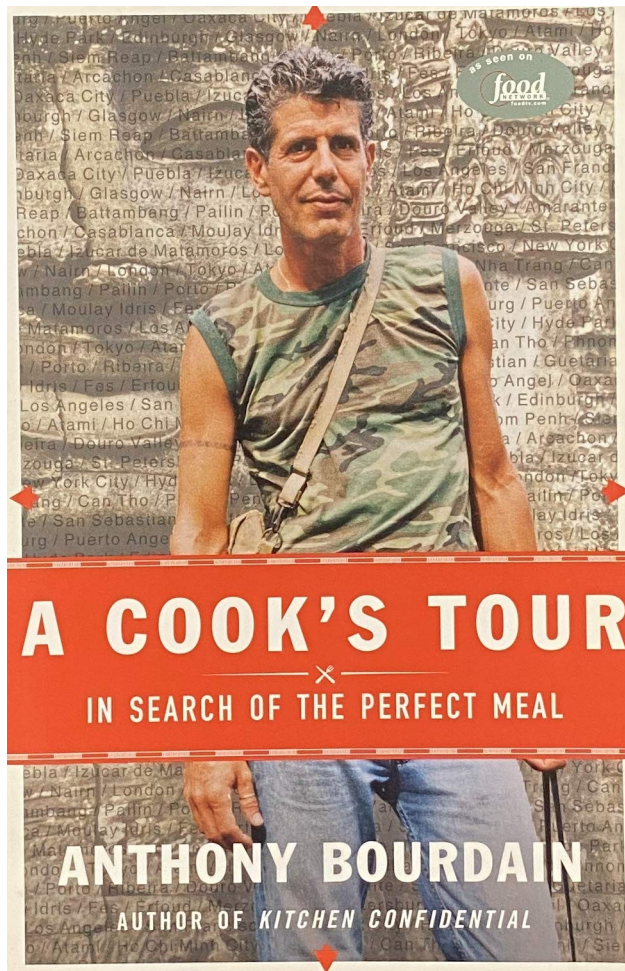
Peel the eggs, remove the yolk, and chop the egg whites.

Mix the egg whites, mayo and olives together and season to taste.

Stir in the crabmeat.

Spoon the mixture into the avocado halves and top with finely-chopped salad leaves.

\* Do share your literary culinary masterpieces on [@thebookholiday](https://www.instagram.com/thebookholiday) on Instagram. Did yours turn out better or worse than expected? Did you read the book before, during or after the meal? I'd love to hear your stories!

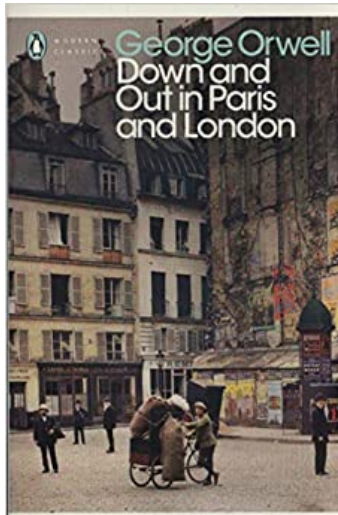


## Culinary Travelogues

A great meal can be as wonderful a departure from the everyday as an international adventure.

Here are just some beloved books with which you can take a trip abroad from the comfort of your own kitchen.

1. *A Cook's Tour* by Anthony Bourdain
2. *My Life in France* by Julia Child
3. *Climbing Mango Tress* by Madhur Jaffrey
4. *A Moveable Feast* by Ernest Hemingway
5. *Down and Out in Paris and London* by George Orwell



6. *Rice, Noodle, Fish* by Matt Goulding

7. *A Fork in the Road* by James Oseland

8. *Shark's Fin and Sichuan Pepper* by Fuschia Dunlop

9. *Trail of Crumbs* by Kim Sunée

10. *A Tramp Abroad* by Mark Twain

