

FLAVOURS OF

FOSTERING:

Love Beyond Kinship



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Volunteer and Fostering Service
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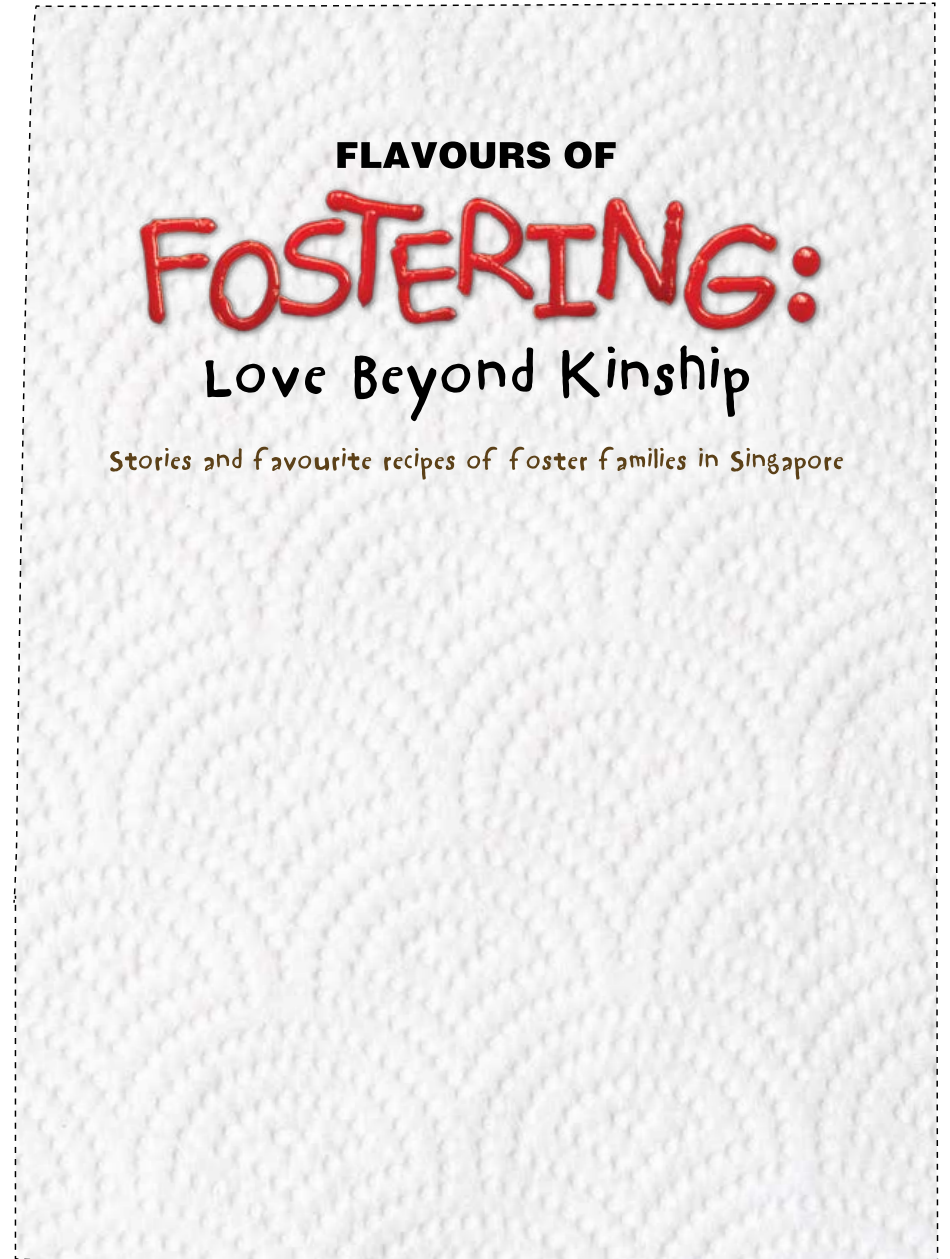
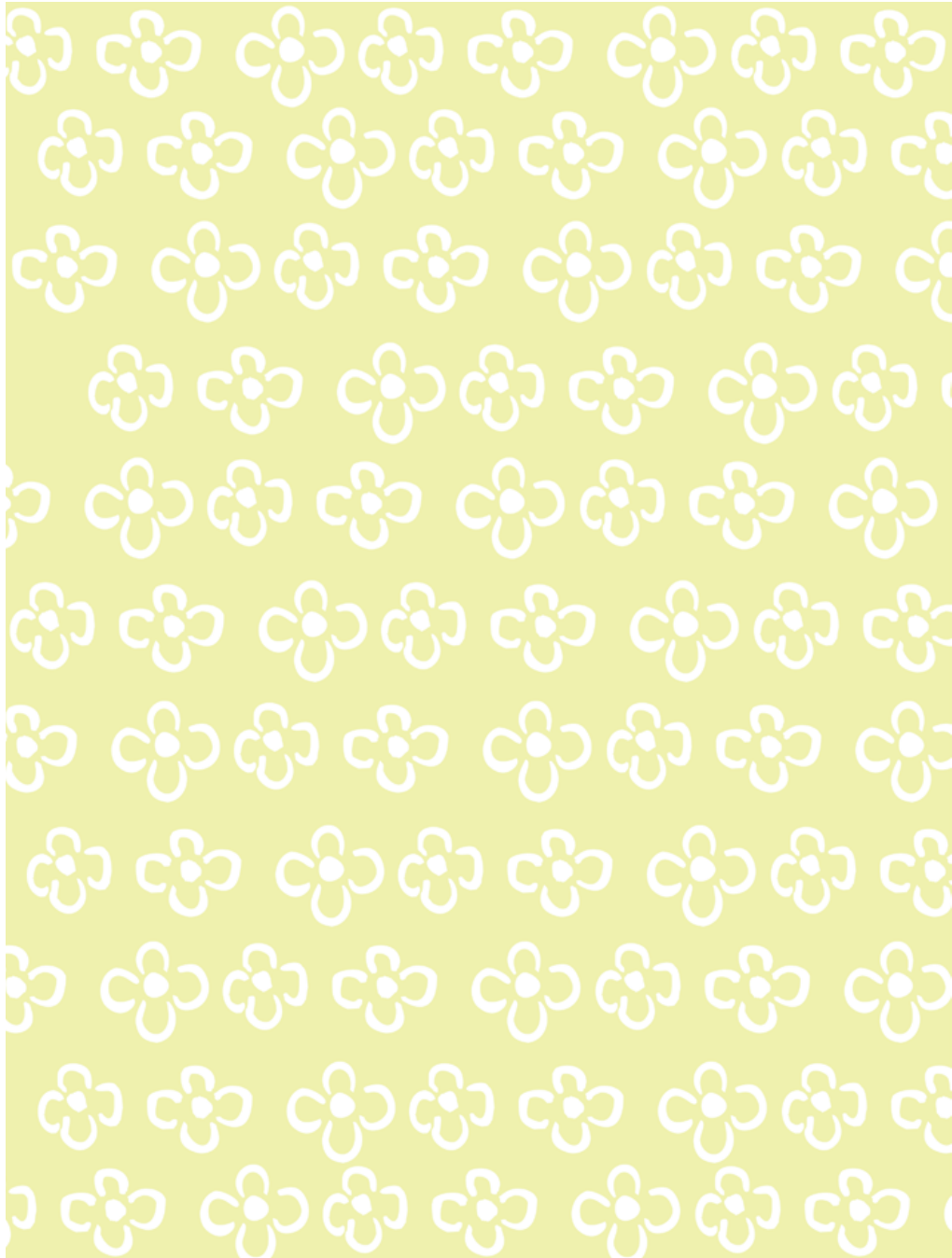
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Stories and favourite recipes of foster families in Singapore



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FOREWORD

It is my pleasure to pen a few words for this very special publication – a collection of favourite recipes of MCYS' foster mothers and heart-warming stories of their experiences caring for foster children. This cookbook, the brainchild of Ms Juthika Ramanathan, Chairperson of the Committee on Fostering, is a wonderful idea as it provides readers a glimpse into the lives of foster families in Singapore.

All of us have favourite or signature dishes that we enjoy at home. Family meals are ultimately a labour of love, and an opportunity for members to bond with one another, creating lasting memories of time spent together. These recipes, I am certain, form the basis of many wonderful meals and fond memories our foster mothers share with their foster children.

Beyond the recipes, this book documents the collective journeys of foster families in Singapore. While their social, cultural, religious and racial backgrounds may differ, what binds them together is a dedication to making a difference in the lives of children who are not their own, but whose lives remain touched by the care and nurturance provided.

I hope that their stories inspire many more to consider opening their homes to children who are in need, and to join the Fostering Scheme. It leaves me to thank all the foster mothers and MCYS volunteer who have contributed to this publication, and more importantly, to the lives of all our foster children.

Mrs Yu-Foo Yee Shoon,
Minister of State
Ministry of Community Development, Youth and Sports



INTRODUCTION

Fostering: Adding spice to your life

What you are holding in your hands right now is more than just a regular cookbook. It is a tribute to foster parents in Singapore, past and present, and another way of recognising the foster mothers' contributions to the community.

In this cookbook, you will find recipes contributed by 14 foster mothers – 13 current and 1 retired. Mdm Indraneel Nadisen (retired from the Fostering Scheme), who has cared for 43 children over a span of 32 years, shares with us a family favourite, chilli chicken with tomatoes, a must-have for her weekly Sunday family gathering.

The recipes are as varied and diverse in nature as the foster families themselves. This cookbook contains Singaporean staples, such as 'mee goreng' and fish curry, as well as recipes from other parts of the world. Foster mother Mrs Mona Phua-Lim shares the recipe of an all time favourite, Japanese sushi, while an expatriate foster mother, Mrs Candy Madeley who is British, shares with us the traditional English shepherd's pie. There is even an African dish, monkey-gland beefsteak, contributed by foster mother Mdm Susanna Daniels, who is from Africa before settling here in Singapore, as well as a chicken soup recipe, Filipino version, contributed by Mrs Yolanda Lee. To top it up, MCYS volunteer, Mrs Catherina Hosoi, who runs a cooking school and conducts cooking classes for foster mothers, has contributed three soya bean recipes.

More importantly, the recipes are accompanied by stories about the foster families who have shared about their experiences garnered over the years of fostering. Just like their backgrounds and parenting styles, each story is unique and reflects the family's challenges and triumphs of caring for children not their own.

Through these stories, we hope that you will be inspired by the dedication of these families in providing a safe and loving home for the foster children to grow up in. You can find out more about the Fostering Scheme at this website www.mcys.gov.sg/fostering.

We hope you enjoy the book just as much as we have in putting it together.

Mrs Corinne Koh
Director,
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