

# Recording of the week: Exotic food? Exotic through whose perspective?

*This week's selection comes from Niamh Dillon, National Life Stories Project Interviewer.*

Rosamund Grant was born in Guyana and moved to London as a young woman in the 1960s. Here she discusses challenging European stereotypes of Caribbean food and how she defines herself through her cooking.

[Rosamund Grant\\_Not just Caribbean Stew](#)



The recording is part of the [Food: from Source to Salespoint](#) collection which documents changes in the production, manufacture, retail and consumption of food in Britain in the twentieth and twenty first century.

Follow [@BL\\_OralHistory](#) and [@soundarchive](#) for all the latest news.