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Feed Me a Story: Sau Ying Lai Makes Sancocho

By Ed Litvak | August 2, 2014 | 18 | 0



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In the past couple of months we have been posting a weekly video installment from "Feed Me a Story," a project created by multimedia artists Theresa Loong and Laura Nova, featured on The Lo-Down in [May](#). It was part of the [FABLES](#) Public Art project produced by FABnyc.



Sau Ying's Sancocho from [Feed Me A Story](#) on Vimeo.

Here is the [eighth and final recipe](#), in which Sau Ying Lai teaches us in Spanish, Chinese and English how to make sancocho. It is a stew that is popular in many Latin American countries. Sau Ying learned how to make this dish while she was living in Cuba.

Along with [a giant mural](#) (at First Street Green Park) highlighting eight different family dishes selected from seniors on the Lower East Side, the project includes videos of the residents preparing the recipes and sharing their personal histories. The dishes were made by Jewish, Italian, Chinese and Puerto Rican families based in the neighborhood.

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