

Bula Vinaka,

We celebrate Colin's appreciation for the Fijian Ka Kana, and his documentation of the cultural importance of food and family. This cookbook offers a practical and tasty approach to using local sustainable produce rather than imported products.

Colin has been a life-time friend, we've shared many adventures in the culinary scene. As a chef in Hawaii, New Zealand, and throughout the Pacific Islands, he has accumulated a rarely seen expansive knowledge.

Here in Fiji, he has spent years researching the many ways we can validate the importance of sustaining local produce by creating menus with a cuisine that is unique to the Pacific.

All will benefit from this amazing collection of recipes, and visitors to Fiji will greatly appreciate sampling these foods that are special to our islands.

Congratulations Colin!

Rob and Lynda Miller
Kaibu Island
Fiji

I am personally very pleased that Fiji has launched her cookbook, *Kana Vinaka*, and I extend my sincere congratulations to Greg Cornwall and Colin Chung for this milestone achievement! SPTO has had the privilege of working with Colin on two regional culinary workshops that were organised for South Pacific chefs in 2014 and 2015, both held in Fiji. I witnessed firsthand his expertise and skills, from choosing fresh produce at the market, cooking meals in the kitchen, to the presentation of the dishes.

I can definitely see SPTO promoting Kana Vinaka at global events and marketing exhibitions promoting Fiji as a culinary destination. Colin has a lot of passion for the Pacific, he is down to earth, very practical and has the immense drive to help the 'farm to table' concept happen in our region. Wananavu, Colin!"

Christopher Roy Cocker
chief executive officer, South Pacific
Tourism Organisation
(SPTO)

KANA VINAKA

Contemporary Island Cuisine

Colin Chung

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