

The Board of Trustees and Members of the Governing Body
of

The K R Cama Oriental Institute
invite you to attend a presentation of the book

Sea, Salt and Spice
A History of Mumbai Through Food

by

Ms Meher Mirza

Mrs Sooni Taraporevala
Screenwriter, Photographer and Filmmaker

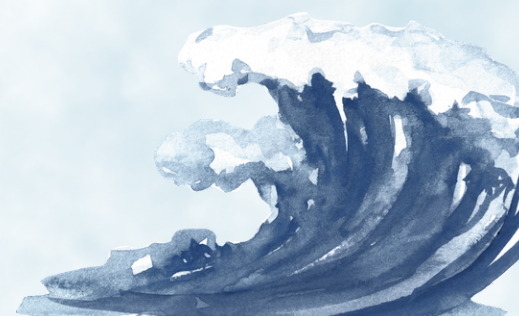
will Chair the event

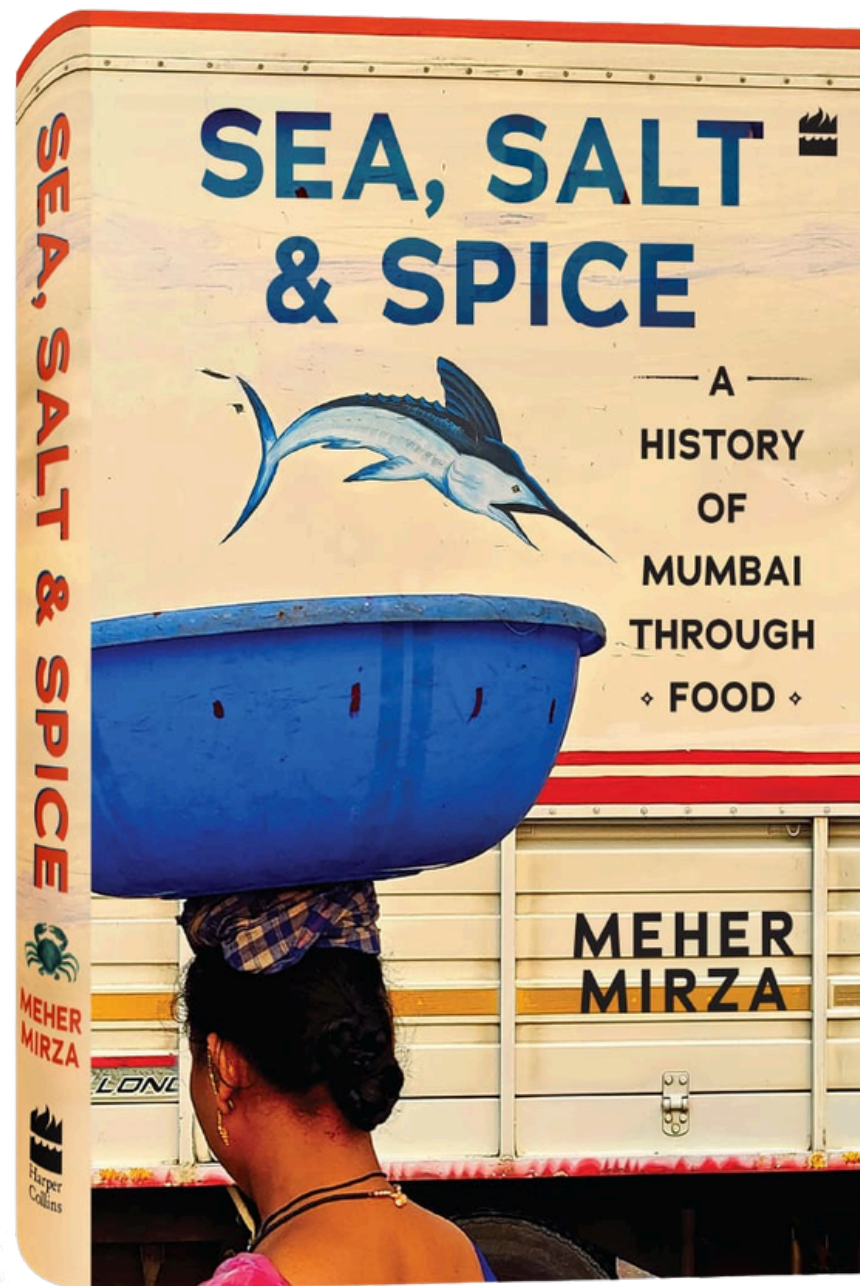
Friday, 30 October, 2026
5:30 pm

**At the Dr Sir J J Modi Memorial Hall of the K R Cama Oriental Institute
Building, Ground Floor 136 Bombay Samachar Marg, Opposite Lion Gate,
Fort, Mumbai - 400023**

Do join us for tea at 5:00 pm

RSVP:- +918879253893





About the Author

Ms Meher Mirza completed her Masters in English Literature from University of Mumbai and specialised in Contemporary English Studies from Goldsmith's University of London. She is a Mumbai based writer and editor whose writings have been published in magazines including *The Guardian*, *BBC Travel*, *CNN Travel*, *Saveur*, *Condé Nast Traveller India* and *Roads & Kingdoms*, among others, and in books by Lonely Planet and Fodor's. She has been the chief copy and features editor at BBC Good Food India and is presently the Senior Editor of *The Moment* magazine. She writes about the intersection of food, culture and history, with a particular interest in Mumbai.

About the Chairperson

Sooni Taraporevala is a Film Director, Screenwriter and Photographer. Her most recent work is a nine-episode series named as 'Waack Girls' released worldwide in 2024 which was created, directed and written by her. Her directorial debut, 'Little Zizou', won the National Award from the Indian government. Sooni Taraporevala's Screenplays known as 'Salaam Bombay' and 'Mississippi Masala' with Mira Nair earned her many awards like the Lillian Gish Award from Women in Film, Los Angeles and Osella Award for Best Screenplay at the Venice Film Festival. She has adapted several books titled *The Namesake*, *Such a Long Journey*, *My Own Country* and a biopic on *Dr Babasaheb Ambedkar*. Her photographs are in collections and museums worldwide including the National Gallery of Modern Art in Delhi and the Metropolitan Museum of Art, New York. She was conferred the Padma Shri, one of the highest civilian honours in the country, by the President of India in 2014.

Abstract

In this book discussion, Meher Mirza will trace the history of the great metropolis, Mumbai, through what was cooked, preserved, traded and eaten. Ranging light-footedly across centuries, she will excavate the hidden details of the city's life, showing how geography, gender and caste, religion and commerce worked their way into the city's everyday meals.