

Sun Jin Moon's online cooking show Food is Love and Life honored Mother's Day

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WFWP International Senior Vice President, Mrs. Sun Jin Moon, hosted an online cooking show with the theme "Food is Love and Life" in honor of Mother's Day, with over 100 women invited from around the world to partake - fifteen of which were invited from Europe.

Prior to the show, there was a 13-page manual explaining the background of the show, instructions for preparing the workplace in the kitchen, recipes and list of ingredients. Sun Jin Moon wanted to organize this online cooking show as a Mother's Day gift for her own mother and for all mothers, and she explained that every woman can have a motherly heart for others, even if you don't have children of your own.



She chose her parents' favourite menu, along with the personal head chef of the W.E. in Hawaii, Mr. Sanno. She currently lives in Hawaii with her husband and her dogs due to COVID-19. She encouraged us not only to cook for ourselves, but possibly for neighbours, friends, or people around us who may need some extra love on this Mother's Day, in these times of social distance. She had calculated all the recipes for four people, as she and her husband wanted to share the menu with the chef Mr. Sanno and his wife, according to the motto "Living for the Sake of Others." To understand this concept, there was a reading of excerpts from the book "A Life for World Peace," Chapter 1, "Food is Love."

The preparation of the workplace took a few hours, because we (Magda Haugen) wanted to participate in the live cooking show. In addition, Miriam Baron and others were also active in Germany, with the link of Rita Seewald, with whom they shared their menu. We chose the recipe: beef steaks with potato croquettes and green salad. Some of the preparation had to be done before the official start, also the cake (cheesecake with strawberries) had to be baked the day before.

Just in time at 8 PM we had placed the laptop clearly visibly in the middle of the kitchen and were "let in" by the host. Mrs. Sun Jin Moon presented herself in a large comfortable kitchen at a very long work table with all the prepared ingredients. She greeted us all in an apron and explained that she would first prepare the vegetarian menu, for "Mother Earth," and at the same time the menu with the steaks. She herself would prefer vegan food, but her parents would have preferred to eat steak in the morning, noon and evening.



Mrs. Moon told a little story about the croquettes: her mother had attended a cooking class for French cuisine at a young age, and the first thing she cooked for her husband after the wedding was French croquettes! And they would have tasted very good! Even the large number of siblings with whom Mrs. Moon grew up always liked to eat "korokett," as they were called, though somewhat Japanese-changed. Mrs. Moon was also very active in her pots and pans during the storytelling, explaining that they had been preparing since 3 AM and that her husband had been working very diligently on everything. During her cooking show she was greeted with chat messages from all over the world, which were read to her by the WFWP office.

She greeted the women from different countries with waves and greetings. While she was cooking, stirring, and talking, we also tried to mix the dough for the croquettes according to the rules, with braised mushrooms, onions, minced meat, etc., to roll and fry them in flour, egg and breadcrumbs. The beef steaks were also fried according to the instructions, and the sauces were mixed.

Thanks to the professional instructions, we had finished together with Mrs. Moon and could serve our "guests." Mrs. Moon first served steaks at the large table and explained the table decoration and organization. She then served her guests, Mr. Sanno and wife outside on the terrace, with a mask on, at an extra table, with stunning sea views in the background! Other guests were served at another table by her, strictly arranged according to social distance rules. Then the dogs received some of the delicious gifts, and finally she served her husband and herself.

During the meal, the "SuperMoms" we proposed from different regions and countries were presented. Natasha Huish was elected from Europe: young mother of 7 children, with the 8th on the way. She home educates all her children, is wife of Matthew Huish, a pastor in London. She was allowed to talk about her life briefly, along with the other "SuperMoms" who we had proposed from the various regions and countries from all over the world: Korea, Japan, USA, Oceania, Lebanon, Africa, Russia – all were allowed to give a testimony, and Mrs. Moon and we all listened to them during the meal. The "Super-Moms" received a prize of Hawaiian Queen-Kona-Coffee.

It turned out that in some countries it was in the middle of the night. We were lucky that in Europe it was only 8 in the evening! It was a very warm atmosphere, during these 2 hours of being together.

Mrs. Moon was highly praised for this idea and for her professionalism; it has been really a great pleasure to participate actively in it. She was even asked if she could offer a regular cooking show! It was also possible to participate passively, many just watched and listened and the comments were really nice to hear. We were 6 people at the dinner, and we had Mrs. Moon on a laptop together with us, which was in itself a special Mother's Day gift!

As we ate the cheesecake with strawberries, Mrs. Moon hinted that her mother loves desserts, and that especially cheesecake was eaten in all the years of her own childhood, especially when one of her sisters, Un Jin Moon, had baked it.

As you can see, on this evening we received many very loving insights into the life of this special family and this special woman, our Founder of WFWP International: Dr. Hak Ja Han Moon, who is now lovingly known as the "Mother of Peace" all over the world. Dr. Moon was very, very happy about this special original Mother's Day gift.

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