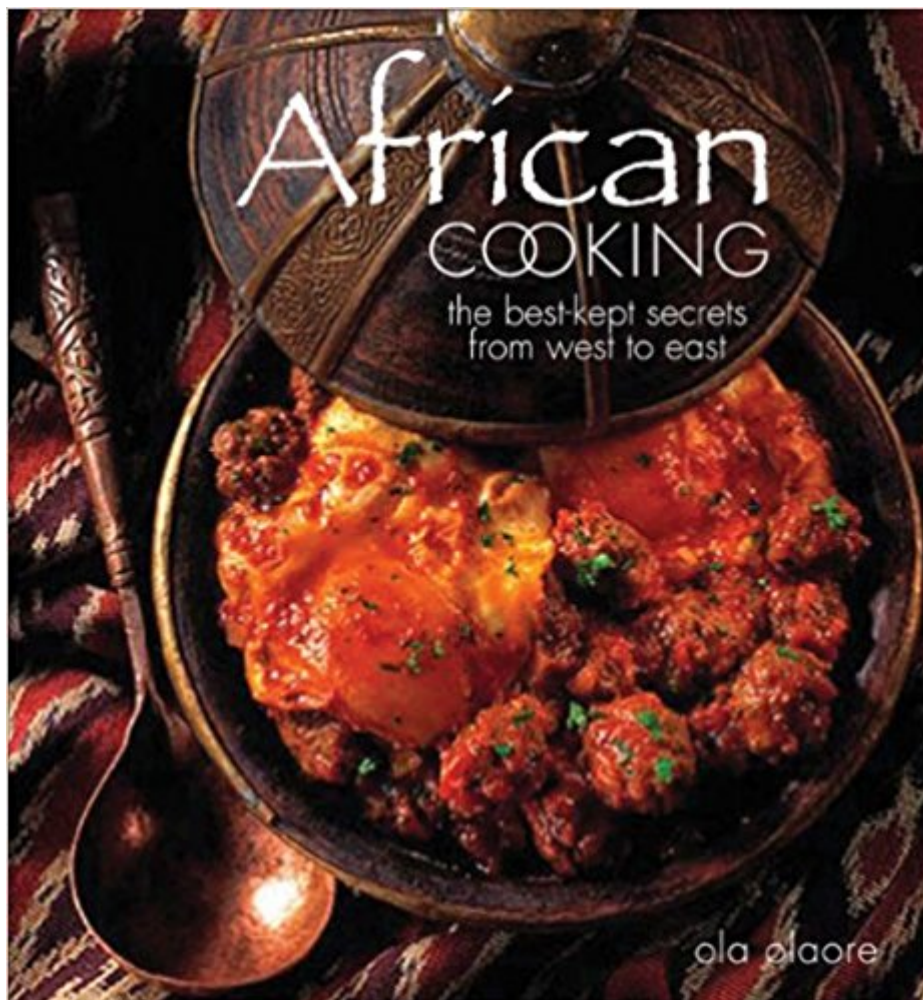


The book was found

African Cooking



Synopsis

Good food is at the heart of African social life. African cuisine is described as Soul Food and has been created using wonderful meats, fish, fowls and vegetables. The traditional African meal is most usually produced around a single course. A rich casserole seasoned with exotic spices. These are meat or fish based and quite often accompanied by a pepper sauce. Here is a cornucopia of African culinary arts all skilfully adapted to the Western kitchen. The wide range of herbs, spices, oils and maize now available in our cities make African food easy to create in a European kitchen. You can now experience a whole new world of cookery. Not all African cookery would be familiar to Western palates - or sensibilities for that matter! But here are the best of the truly traditional African recipes that will appeal to our more Westernised tastes and bring an intriguing new culinary culture into our kitchen.

Book Information

Paperback: 96 pages

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Average Customer Review: 4.5 out of 5 stars 4 customer reviews

Best Sellers Rank: #986,245 in Books (See Top 100 in Books) #127 in [Books > Cookbooks, Food & Wine > Regional & International > African](#)

Customer Reviews

Born and raised in Nigeria. Highly regarded journalist throughout Africa Ola moved to London to pursue her writing and has lived there for several years

I first bought this book around 1984 and enjoyed making many of the recipes for my family. They were easy to follow and tasted really great. My favorite is the recipe for coconut rice. I lost many pages of my original book and felt the need to replace it. That should be an indication of how I love this cookbook! I would highly recommend it to anyone who likes African food and wants to experiment with making a wide range of food from that continent.

Excellent for African cuing

love it

This book gives a good overview on such a vast continent of cuisines. The book is divided into dishes found continent wide and regional specialties. It also handily divides ingredient quantities into american, metric and imperial. The recipes are pretty simple and sometimes use exotic ingredients which are hard to come by. The results are nice enough but do seem authentic. A major gripe however is the use of something called mixed spice in this book. What this is is unknown as the book never defines it, so you are left wondering what the hell to do with this seemingly vital ingerdient. It is also used for recipes across many nations and I severely doubt all these different countries use the same 'mixed spice' blend, indicating lazy editing and research. Overall I much prefer other African cookbooks like Dorinda Hafners book or the best of african cooking. And what the hell is with the \$1500 new book price on here at the time I typed this review!

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