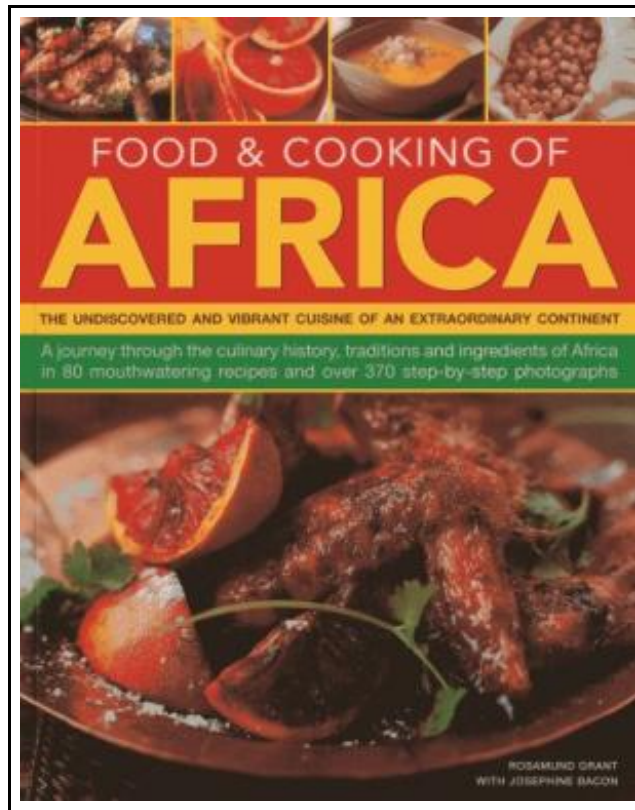


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Anness Publishing. Paperback. Book Condition: new. BRAND NEW, Food & Cooking of Africa: The Undiscovered and Vibrant Cuisine of an Extraordinary Continent, Rosamund Grant, Josephine Bacon, This is the undiscovered and vibrant cuisine of an extraordinary continent. It is a journey through the culinary history, traditions and ingredients of Africa in 80 mouthwatering recipes and over 370 step-by-step photographs. It includes recipes from Egypt, Sierra Leone, Nigeria, Cameroon, Ethiopia, Kenya, Tanzania and Mozambique, containing hidden classics and new treasures. An authoritative introduction covers the geography, history and traditions of the continent and its cuisine, with advice on using common and unusual ingredients. This is enticing dishes for every occasion, such as Yam Balls, Chicken Kdra, Cameroonian Suya, Nigerian Lobster Piri Piri, Tanzanian Fish Curry, and Ghanaian Prawn and Plantain Salad. Complete with over 370 photographs, including stage-by-stage sequences and shots of every finished dish, as well as full nutritional information throughout. This book brings together an enticing collection of recipes from the vast treasure of African cuisine. This massive continent embraces many countries with diverse cultures and climates, which has created an enormous variety of cooking and eating habits - a selection of which are brought together in this volume. The book begins with an introduction on the history, geography and traditions of the continent, and also gives advice on ingredients, equipment and techniques. The 80 recipes that follow give a vibrant insight into the countries from which they come, with delicious, sustaining meals from spicy appetizers and nutritious mains to unusual sides and exotic desserts.



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