

The Africa Cookbook Tastes Of A Continent

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recipes, The Africa Cookbook is a unique window into the long culinary history of a diverse continent. From the savory stews of the western savannah to the curries and chutneys of the Swahili coasts, prominent scholar Jessica Harris has assembled ...

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The Africa Cookbook: Tastes of a Continent. By Jessica B. Harris. From Capetown to Cairo Mombasa to Monrovia, the African continent is laden with tastes and aromas that are at the same time familiar and yet exotic. Fresh fish still glistening with sea water await grilling over hot coals and baskets of fragrant mangoes perfume the air with the musky scent of the tropics until time for dessert.

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A very interesting cookbook for the serious African/African American cook or for the researcher of the native foods of Africa. There is a lot of compelling information in the book. But, I would rate this book from a cook's point of view as challenging.

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The Africa Cookbook . Tastes of a Continent. Jessica B. Harris. Paperback. List Price: 20.00* * Individual store prices may vary. Description. With more than two hundred traditional and contemporary recipes, The Africa Cookbook is a unique window into the long culinary history of a diverse continent. From the savory stews of the western ...

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Written by Ghanaian bon vivant and storyteller Dorinda Hafner, A Taste of Africa not only provides over 100 delicious recipes (all easy to follow and adapted for the Western cook) from over 15 countries, with tempting full-color photographs, but also gives a fascinating insight into the incredible cultural diversity and influence of Africa. A Taste of Africa

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Potatoes with Mint Leaves and Garlic from Algeria and Senegal ' s classic Theibou Dienn are among the many flavorful dishes that offer a change of pace for contemporary North Americans. Illustrated with archival photographs and peppered with history and anecdote, The Africa Cookbook

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