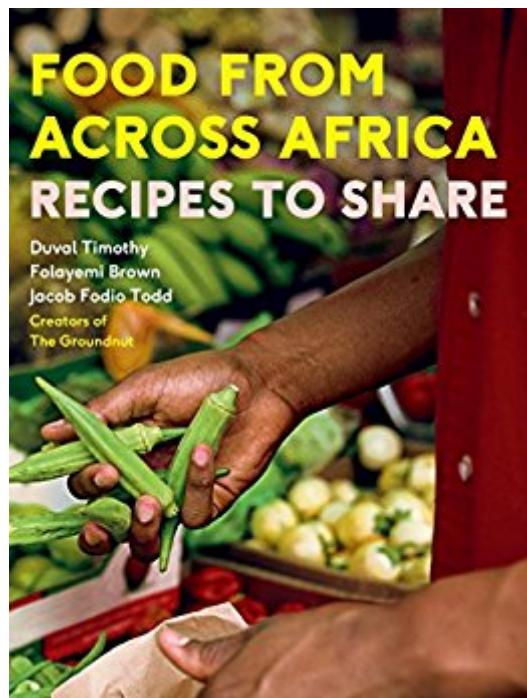


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# Food From Across Africa: Recipes To Share



## Synopsis

Discover the amazing cuisine of Africa with this beautiful full-color cookbook featuring classical and modern African dishes. With its diverse, delicious flavors, African food is œsome of the best on the planet, yet remains little known to many in the wider world. To introduce this wonderful cuisine, Duval Timothy, Jacob Fodio Todd, and Folayemi Brown started their popular bi-monthly London supper club The Groundnut to showcase the food of their childhoods, dishes that reflect their heritage in Western and Eastern Africa. Based on their sold-out events, Food from Across Africa features both traditional recipes, many of which have been passed down through the generations, as well as experimental dishes using new ingredients and combinations: from the fragrant and ubiquitous West African dish, jollof rice, to innovative modern offerings like aromatic star anise and coconut chicken served in a steaming plantain leaf. Food from Across Africa includes nine complete menus with dishes that complement and enhance one another "from cocktails and juices to main courses, vegetables, sides, and desserts. Instead of making explicit distinctions, the menus represent the way these dishes fit together, whether attached by season, dominant flavors, or by another unifying point of inspiration. Easy to follow and cook, each recipe includes a short history and uses ingredients found in local markets. Pork in Tamarind, Mustard Prawns, Baked Broccoli Falafel, Pineapple Jam, Spinach & Green Bean Salad with Peanut Pesto, Banana Almond Cake, Pickled Peppers, Baked Plantain, and much more "the mouthwatering fare in Food from Across Africa is meant to be eaten communally, with family, friends, and neighbors, and enjoyed with all the senses. œOur food encourages tactility, with influences from our childhoods growing up eating freshly picked mangoes sprinkled with salty chili powder, being served juice in a peeled, cored, and squeezed orange and hand rolling and dunking balls of eba into okra soup then straight into your mouth. A celebration of a fascinating and flavorful culture, bursting with dozens of gorgeous full-color photos, Food from Across Africa is a bounty of delights, presenting food that is simple, balanced, beautiful, and fabulous to share.

## Book Information

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## **Customer Reviews**

These recipes remind me of home (Jamaica). Everything is very clearly described, lovely pictures, instructions easy to follow, and the stories throughout the book are a pleasure to read. I own a copy on kindle but I'll be buying the hardcover as a gift for someone from Sierra Leone. She taught me how to make groundnut stew, but with the recipe from this book, I was able to tweak it a bit and create something I am more in tune with. Another great plus was seeing the dairy free options! This is book that anyone can enjoy, from omnivores to vegans, there is truly enough for everyone to enjoy. Well done. These recipes are truly better shared with loved ones.

You rarely see a cookbook that incorporates such a variety of African recipes. A lot of cookbooks that say they are African contain junk you wouldn't really want to fix for friends. This one has a lot of meals that you would look forward to. Add it to your Caribbean and Mediterranean books that you pull out for a change of pace from standard fare.

I am really enjoying this cookbook!

Good recipes

It was fun to read -- & very interesting. I did not have time to try the recipes because I had bought it as a birthday present & had to send it on to my brother, who had been stationed in Africa with the Peace Corps & really loved receiving it!

I received one of these cookbooks and I can say that it is amazing. The quality of the pictures is astounding and the recipes are easy to follow.

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