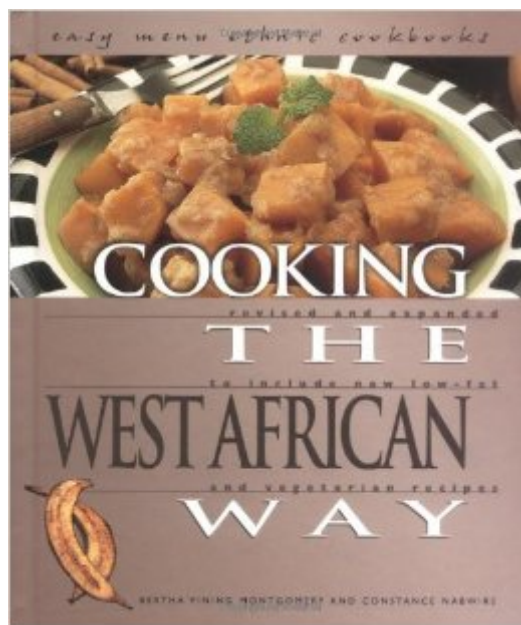


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# Cooking The West African Way (Easy Menu Ethnic Cookbooks)



## Synopsis

Book by Montgomery, Bertha Vining, Nabwire, Constance

## Book Information

Series: Easy Menu Ethnic Cookbooks

Hardcover: 72 pages

Publisher: Lerner Publications; 2 Rev Exp edition (November 1, 2001)

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Average Customer Review: 3.9 out of 5 stars [See all reviews](#) (7 customer reviews)

Best Sellers Rank: #893,815 in Books (See Top 100 in Books) #97 in [Books > Cookbooks, Food & Wine > Regional & International > African](#) #571 in [Books > Children's Books > Children's Cookbooks](#)

Age Range: 10 and up

Grade Level: 5 and up

## Customer Reviews

I checked this out from the local library, and have prepared many of the recipes in this book that are just fantastic! The Egusi Soup with Fufu and the Curry were great hits at a dinner party I recently hosted. I find the recipes in this book to be authentic, delicious, and in fact rather simple to prepare. Many of these recipes require an hour or longer to prepare, but I found the extra time well worth it as the dishes are very scrumptious. Many of these recipes are a bit spicey, and that is one thing I LOVE about African cooking, but if you cannot tolerate a bit of spice, then this might not be the book for you. There are only a few ingredients called for in this book that might be difficult to find in the typical American market, but in most cases alternate ingredients are listed. This recipe book also includes a map of the area and a some pages describing the people, culture, holidays, and cuisine. I love this book and its recipes, however, I only give it 4 stars because of the price. This book has fewer than 80 pages, and not so many recipes so I thought that \$20 and up is a bit steep. However, there are just a few recipes in there that I simply must have, even at this slightly higher-than-expected price.

Cooking the West African Way is a great introduction to cooking food from West Africa. This cookbook contains recipes from Nigeria, Senegal, Gambia, Guinea-Bissau, Guinea, Sierra Leone, Liberia, Ivory Coast, Ghana, Burkina Faso, Togo, and Benin. The authors carefully explain the food culture of West Africa. For example, how many Eat Africans only eat a couple of times a day and eat very fresh food due to the lack of electricity and refrigeration. This book is geared to Americans who want to learn to make West African recipes so the recipes use American measurements, utensils, and methods. There are two sample dinner menus in this cookbook along with the shopping list for each dinner menu. Cooking the West African Way includes basic cooking instructions and explanations of cooking equipment, terms, safety, special ingredients, along with low-fat cooking tips and metric conversions. Cooking the West African Way includes the following recipes: Fufu, Sweet Potato Fritters (Ntomo Krako), Groundnut Sauce, Akara, Groundnut Balls (Kulikuli), Coconut Crisps, Sweet Balls (From Ghana), Fruit Salad, Boiled Corn and Beans (Abrow ne Ase), Boiled, Fried, Grilled, and Baked Plantains, Egusi Soup, Fresh Fish Pepper Soup, Okra Soup, Jollof Rice, Spinach Stew, Vegetables in Peanut Suace, Casamance Fish Stew (Kaldou), Curry, Chicken Yassa (Yassa au Poulet), Ginger-Fried Fish, Yams and Squash (Futari), Chickpea Salad, Groundnut Cookies. This is a great starting cookbook for West African cooking. There are color pictures for almost every recipe along with clear instructions and cultural explanations. The fufu recipe in Cooking the West African Way is rather disappointing since the recipe calls for cream of wheat and mashed potato flakes instead of casava or yams.

If you consider the target audience and the size of the book, it is great and by no means intends to be an authority of the subject. Contains some nice recipes which are representative of the region and thought out enough to distinguish it from the other 3 African books in this series.

I purchased this for my friend who is dating an African man. She wanted something simple and this fits the bill. Intended for children, but nice for a beginner cook adult. The book is small and slim. Wish the price had been less, but the book is good.

Great recipes. The pictures helped me to visualize what my outcome should look like. I am a complete novice with African food and this was very helpful.

Authentic and wonderfully represents West African Culture and food preferences. Ingredients available most grocery stores or specialty stores. Highly recommend.

Book is overpriced and the recipes is not enough. Would not purchase again for the price.

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