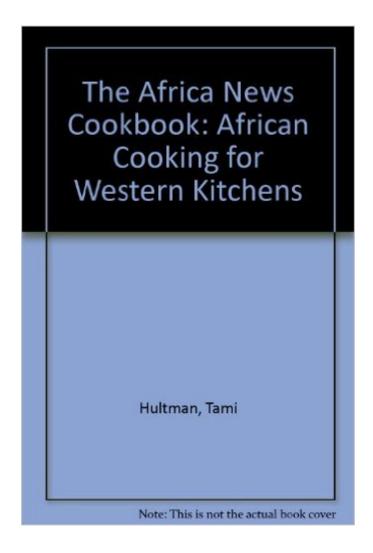
## The book was found

# The Africa News Cookbook: African Cooking For Western Kitchens





## **Book Information**

Hardcover: 175 pages

Publisher: Viking Adult (May 6, 1986)

Language: English

ISBN-10: 0670802069

ISBN-13: 978-0670802067

Product Dimensions: 20 x 20 x 20 inches

Shipping Weight: 1.6 pounds

Average Customer Review: 4.5 out of 5 stars Â See all reviews (19 customer reviews)

Best Sellers Rank: #1,167,859 in Books (See Top 100 in Books) #139 in Books > Cookbooks,

Food & Wine > Regional & International > African

#### Customer Reviews

I've had this book for years and can truly testify that it's one of the best cook books in my collection which includes classics like the Joy of Cooking by the Rombauer mother and daughter, and Cookwise by Shirley Corriher."The AFrica News Cookbook" has delicious recipes, including curry chicken, fish stew, that come from all over the continent. The book illustrates the various cultural mixes that distinguish each region and country.Plus, the recipes are easy to make.More ingredients are available since the book was published in 1986. I can buy palm oil at my local grocery store and I live in Cleveland.This book is worth the money, whether you're a novice (like I was when I bought it) or experienced with African cooking.

If only for one recipe, Doro Wat (my spelling may be off, I loaned out my copy and have never seen it again!) Chicken Stew, it is AMAZING!!!! Don't be put off by the ingredients (lots of cayenne pepper!) And making the aromatic Berbere, and Ghee yourself is a bit time consuming, but worth the experience and effort. (You can use your old coffee grinder) I made Doro Wat chicken for a party, after having some at a food festival and prying the recipe source from the chef, and it was the most well received dish I EVER served,(to a room of critics!) and I'm a great cook! Plus there are loads of other authentic African recipes,(from various countries) a cusine that gets over-looked too often!

If you can only have one cookbook of African food in your collection, this is the one I recommend. I have had it for many years, after finding it in a library. I can't even count how many times I made the

Jollof Rice recipe in this book - I've made it following the recipe explicitly, I've had chicken as the only meat, shrimp as the only meat, no meat - and it's been perfect. The recipes from Eastern Africa I know are authentic as I shared the book with a native Tanzanian while I studied Swahili, and she said that the recipes are very similar to hers. Same with a native Nigerian; in fact, she borrowed my book to make Egusi soup (Egusi is a gourd/melon whose seeds are used ground up as a thickener, which adds it's own flavor)when she misplaced her own recipe. I have made a lot of the recipes, but after the Jollof Rice, the Kuku na Nazi (koo-koo nah Nah-zee - which means Chicken in Coconut in Swahili) is my favorite recipe. I also make the Garum Masala recipe in the book. If you need a recipe for curry, there are several in the book including curry for fruit and curry for fish, and Berberé which is an Ethiopian Curry in liquid form.

The Africa News Cookbook is great. My child's school recently had a festival celebrating cultures around the world. My friend loaned me the cookbook and I shared the recipes with the other parents in the school. The recipes were fairly easy to make and the descriptions were easy to follow. We had a great time sampling food with an African influence and learned a lot in the process.I am ordering my own copy!

Have had this book since its publication in 1986. I was a parasitology graduate student waaay back then; actually a budding malariologist who's studies introduced me to people from all over the world. This exposure to folks from Ghana, Madagascar, Sierra Leone and my parents who lived in North Africa for over a decade before I came along, prompted me to get this book with my graduate pittance. Have used it ever since. Though I will never chuck my original, I am considering a second copy to better handle the kitchen abuse I subject my cookbooks to. According to my parents and African friends I have cooked from this book for over the years, the recipes are authentic and readily accessible for American cooks, even nascent ones. This book has influenced my daily home cooking by reinforcing my Southern tendencies towards greens, beans, squash, peanuts and okra with meat playing a delicious second fiddle more times than not. I heartily recommend this book for those with an interest in delicious cooking from Africa.

The recipes are easy and very good. The bread, Injera is normally very difficult to make, but this book includes an extremely easy version that anyone can make. Highly recommended!

Lots of great tasting recipes so far, good information on Africa and its foods, and nothing too exotic

that you couldn't find at a decent market. Very happy with this book.

I've used and enjoyed this cookbook for years and just bought a second copy as a gift for someone who recently returned from Africa and wanted to recreate some of the dishes.

#### Download to continue reading...

The Africa News Cookbook: African Cooking for Western Kitchens Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes How Africa Shaped the Christian Mind: Rediscovering the African Seedbed of Western Christianity (Early African Christianity Set) The Czechoslovak Cookbook: Czechoslovakia's best-selling cookbook adapted for American kitchens. Includes recipes for authentic dishes like Goulash, ... Pischinger Torte. (Crown Classic Cookbook) The Kitchn Cookbook: Recipes, Kitchens & Tips to Inspire Your Cooking History News: The Aztec News History News: The Egyptian News Good News, Bad News Simply Good News: Why the Gospel Is News and What Makes It Good African Masks Coloring Book: A Coloring Book Featuring Over 30 Images Inspired By Traditional African Masks, Cultural History, Folk Art Coloring Book, African Art Decor African Rhythm and African Sensibility: Aesthetics and Social Action in African Musical Idioms Maine Home Cooking: 175 Recipes from Down East Kitchens Cooking from Quilt Country: Hearty Recipes from Amish and Mennonite Kitchens The Best of Amish Cooking: Traditional Contemporary Recipes Adapted from the Kitchens and Pantries of Old Order Amish Cooks Cooking the Cowboy Way: Recipes Inspired by Campfires, Chuck Wagons, and Ranch Kitchens The Good News Must Go Out: True Stories of God at work in the Central African Republic (Hidden Heroes) Pillsbury: Best Cookies Cookbook: Favorite Recipes from America's Most-Trusted Kitchens The Hadassah Jewish Holiday Cookbook: Traditional Recipes from Contemporary Kosher Kitchens The Bread Machine Cookbook V: Favorite Recipes from 100 Kitchens (Nitty Gritty Cookbooks) (No. 5) Over a Fire: Cooking with a Stick & Cooking Hobo Style -Campfire Cooking

**Dmca**