

## The Africa Cookbook Tastes Of A Continent

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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 savannah to the curries and chutneys of the Swahili coasts, prominent scholar Jessica Harris has assembled a collection of recipes that reflects the modern innovations and rich heritage of kitchens across Africa.

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The Africa Cookbook brings the tastes of the continent to American kitchens in a kaleidoscope of flavor and color. Cook, cookbook author, food scholar and inveterate traveler, Harris has truly tasted Africa through adventure.

### The Africa Cookbook - FoodWine.com

Cooks in West Africa often use root vegetables like yams, cocoyams, and cassava, as well as cereal grains, plantains, hot spices, rice, peanuts, black-eyed peas, okra, green peas, citrus fruits, and pineapples.

### Cookbook: A Taste of Africa

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### The Africa Cookbook : Tastes of a Continent

\*Taste of Tanzania" is as good a cookbook as you will ever find on Tanzanian cooking, since most recipes are passed down by word of mouth. The recipes are genuine and tasty, though not all the ingredients are easy to find.

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The Africa cookbook : tastes of a continent. (Jessica B Harris) – Gathers information on the unique foods of Africa and the lands they come from, and provides more than two hundred traditional and new recipes.

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On the front in bold lettering it reads, The Africa Cookbook: Tastes of a Continent. This is exciting, because if there's one person I'd love to hear narrate stories of her travels through Africa...

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