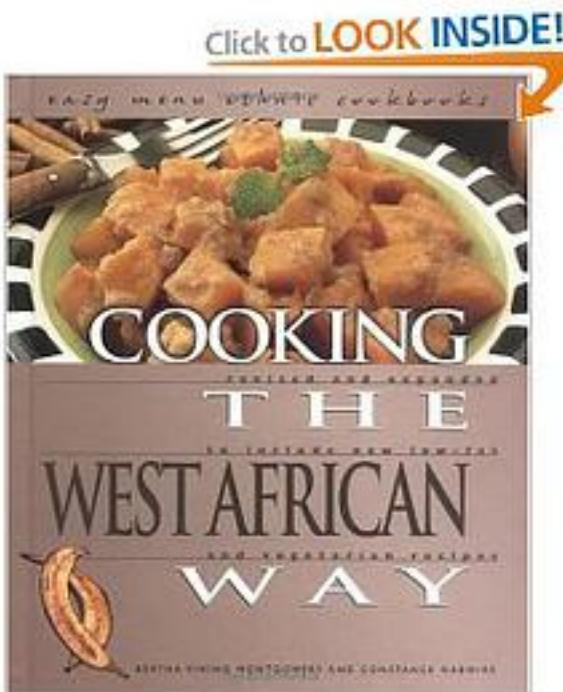


# Cooking the West African Way



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出版者:Lerner Pub Group

出版时间:2001-11

装帧:LIB

isbn:9780822541639

Completely revised and updated, the Easy Menu Ethnic Cookbooks series serves up tantalizing recipes for countless dishes. Seasoned with vibrant, color photographs and easy, step-by-step directions, many of the recipes are low in fat and call for ingredients you may already have at home. Also included are new vegetarian recipes, complete menu suggestions, and an expanded cultural section highlighting each country or region's people, customs, holidays--and of course, food. Supports the national curriculum standards Culture; People, Places, and Environments; Production, Distribution, and Consumption; and Global Connections as outlined by the National Council for the Social Studies.

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