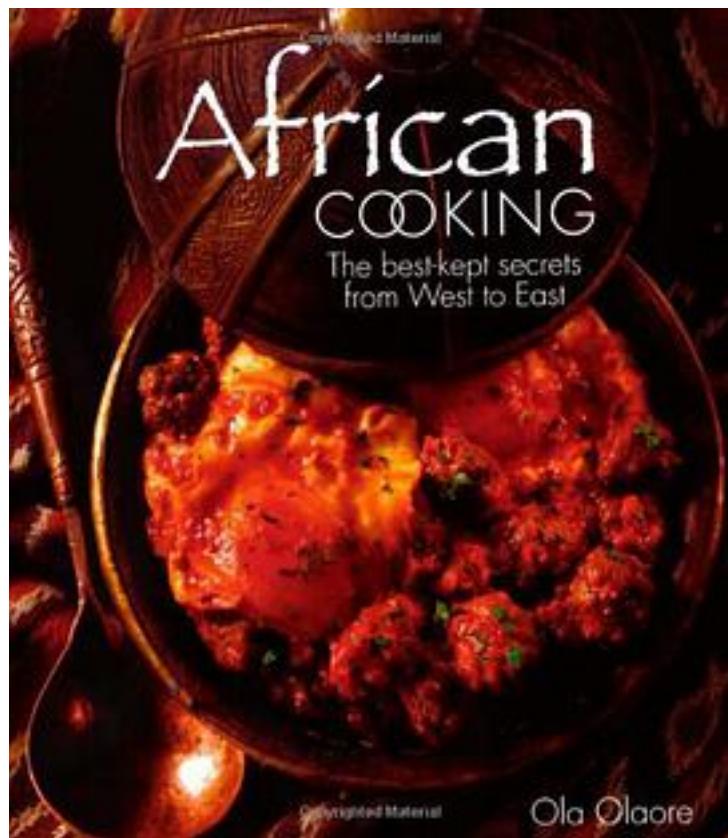


# African Cooking



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Good food is at the heart of African social life. African cuisine is described as Soul Food and has been created using wonderful meats, fish, fowls and vegetables. The traditional African meal is most usually produced around a single course. A rich casserole seasoned with exotic spices. These are meat or fish based and quite often accompanied by a pepper sauce. Here is a cornucopia of African culinary arts all skilfully adapted to the Western kitchen. The wide range of herbs, spices, oils and

maize now available in our cities make African food easy to create in a European kitchen. You can now experience a whole new world of cookery. Not all African cookery would be familiar to Western palates - or sensibilities for that matter! But here are the best of the truly traditional African recipes that will appeal to our more Westernised tastes and bring an intriguing new culinary culture into our kitchen.

作者介绍:

目录:

[African Cooking 下载链接1](#)

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