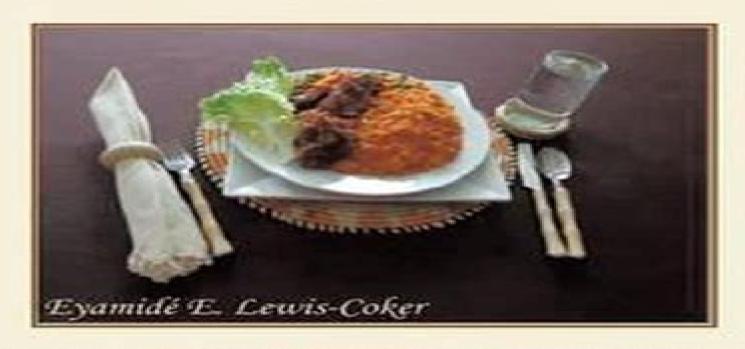
GOURINIET'S GUIDE TO AUTHENTIC AFRICAN COOKING



A COLLECTION OF OVER 400 FAVORITE AUTHENTIC TRADITIONAL SIERRA LEONE PALATABLE AND NUTRITIOUS RECIPES MODIFIED FOR MODERN CUISINE

Gourmet S Guide To Authentic African Cooking

G Orfield

Gourmet S Guide To Authentic African Cooking:

Gourmet's Guide to Authentic African Cooking Eyamidé E. Lewis-Coker, 2014-12-16 The purpose of this cookbook Gourmet's Guide to Authentic African Cooking is to introduce the art of Sierra Leone cooking to those interested in preparing and eating cuisine around the world Hopefully this book will also be used by Non Sierra Leoneans as a source and guide for preparing foods which are common to Sierra Leoneans but also different and interesting to those seeking to learn the art of Sierra Leone Cookery Gourmets will find this book fascinating while others will use this cookbook as a guide to traditional Sierra Leone African cooking Great pains were taken to collect and prepare this cookbook with more than four hundred authentic traditional Sierra Leone recipes It is one of the largest in the world and the only true authentic traditional Sierra Leone African cookbook Most of these recipes have never been written or published My grandmother and mother passed them down solely by word of mouth At age eight I learned to prepare real authentic traditional Sierra Leone meals by watching helping and observing as my grandmother and mother felt the texture and tasted the food a pinch of this and a pinch of that and slow cooked their meals at low temperature to achieve palatable lip smacking and nutritious meals My passion for preparing authentic traditional Sierra Leone dishes started at a young age while watching and assisting my grandmother and mother preparing meals from fresh organic ingredients Later I decided to prepare these authentic traditional Sierra Leone meals from quality fresh produce I have modified and transcribed these dishes committed to my memory in well written and organized format to preserve promote and share Sierra Leone's rich Cultural Heritage Adults utilizing these meal recipes will acquire lifelong cooking skills In addition they will be inspired to prepare delicious and healthy authentic traditional Sierra Leone meals and will be able to pass on their lifelong cooking skills to future generations Thank you for purchasing this cookbook Now take your time to read through it and prepare your favorite and healthy traditional meals for your family and friends Remember once you have actually mastered this cookbook the art of preparing exotic flavored palatable delicious and nutritious authentic traditional Sierra Leone meals will become yours I wish you and your loved ones a good and hearty appetite *The food & drink guide for South Africa* ,2025-09-25 The food & drink The Rough Guide to Namibia (Travel Guide eBook) Rough guide for The Central African Republic ,2025-09-25 Guides, 2017-07-06 The most up to date and comprehensive travel book to a country that promises great adventures Covering everything from the wildlife rich Etosha National Park to the giant sand dunes at Sossusvlei Perfectly set up for independent travel Namibia is the second least densely populated nation in the world the vast area hosts just 2 3 million people and you ll often have Namibia all to yourself Self drive here is safe and manageable meaning the country can easily be included in a longer trip to Victoria Falls which has its own chapter in The Rough Guide to Namibia Whether you admire German colonial architecture in L deritz indulge in fresh oysters at Walvis Bay marvel at ancient rock art or take a sunset cruise along the Zambezi The Rough Guide to Namibia covers everything you need to know to make the most of your time in this wild

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World Cookbook Jeanne Jacob, Michael Ashkenazi, 2014-01-15 This is the only world cookbook in print that explores the foods of every nation state across the globe providing information on special ingredients cooking methods and commonalities that link certain dishes across different geographical areas Increasing globalization modern communication and economic development have impacted every aspect of daily life including the manner by which food is produced and distributed While these trends have increased the likelihood and expansion of food influences variations of the same popular dishes have been found in regions all over the world long before now This book is an ecological historical and cultural examination of why certain foods are eaten and how these foods are prepared by different social groups within the same and different geographical region The authors cover more than 200 countries and cultural groups featuring each nation s food culture and traditions and providing overviews on foodstuffs typical dishes and styles of eating This revised edition features in excess of 400 new recipes several new countries and additional sidebars with fun facts explaining unique foods and unfamiliar ingredients More than 1 600 recipes for popular appetizers main courses desserts snack foods and celebration dishes are provided allowing readers to construct full menus from every country of the world Insight Guides France (Travel Guide eBook) Insight Guides, 2019-11-01 Let us guide you on every step of your travels From deciding when to go to choosing what to see when you arrive Insight Guide France is all you need to plan your trip and experience the best of France with in depth insider information on must see top attractions like sophisticated Paris the elegant Loire Valley ch teaux lavender scented Provence picturesque Dordogne and hidden cultural gems like the picture perfect villages of Alasace along the German border This book is ideal for travellers seeking immersive cultural experiences from exploring the Paris and Provence that inspired and hosted the likes of Matisse and Monet visiting the battlefields and memorials to remember the war heroes of World Wars I and II to discovering the joys of the various culinary and wine regions as well as the flurry of picturesque hill towns dotted around the country In depth on history and culture explore the country's vibrant history and culture and understand its modern day life people and politics Excellent Editor's Choice uncover the best of France which highlights the most special places to visit around the country Invaluable and practical maps get around with ease thanks to detailed maps that pinpoint the key attractions featured in every chapter Informative tips plan your travels easily with an A to Z of useful advice on everything from climate to tipping Inspirational colour photography discover the best destinations sights and excursions and be inspired by stunning imagery Inventive design makes for an engaging easy reading experience Covers Paris and surroundings the Nord Champagne Lorraine Alsace Normandy Brittany the Loire Valley Poitou Charentes Burgundy the Rh ne Valley the Alps Auvergne the Limousin Aquitaine the Midi Pyr n es Languedoc and Roussillon Provence the C te d Azur and Corsica About Insight Guides Insight Guides is a pioneer of full colour guide books with almost 50 years experience of publishing high quality visual travel guides with user friendly modern design We produce around 400 full colour print guide books and maps as well as phrase books picture packed eBooks and apps to meet different travellers needs

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