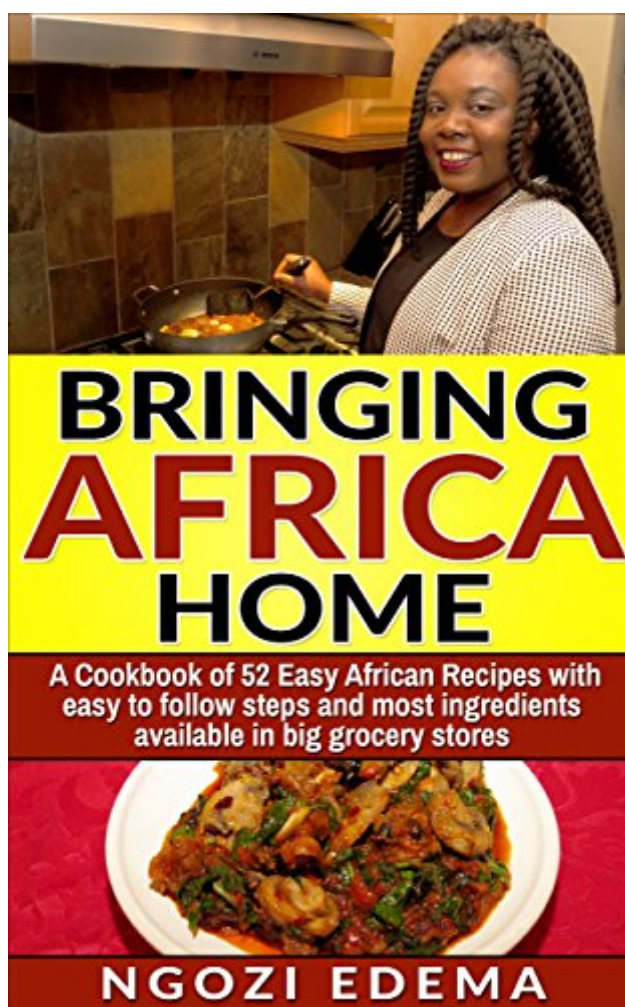


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Bringing Africa Home: A Cookbook Of 52 Easy African Recipes: With Easy To Follow Steps And Most Ingredients Available In Big Grocery Stores





Synopsis

Bringing Africa Home: A Cookbook of 52 Easy African Recipes

An African Cookbook that offers you the opportunity to create great healthy meals with unique African flavors in your kitchen. Learn how to prepare simple African meals. Cooking has always been my passion. Nothing compares to eating well cooked homemade food prepared with love. This book, Bringing Africa Home - 52 Easy African Recipes, provides a step-by-step process of preparing some of the most popular authentic African food recipes eaten across the continent. You would find food recipes from Nigeria, Ghana, Morocco, Egypt, Kenya, Algeria and many other African countries. I have also included vegetarian recipes, slow-cooker recipes and kids meals, catering for a wide audience and types of taste buds. I truly hope these recipes bring you a most amazing culinary delight.

Most Ingredients Are Readily Available in Your Local Grocery Stores

The recipes have been carefully selected to include recipes with ingredients that would not be difficult to find in most big food stores both in and outside Africa. Some spices and ingredients may require a trip to your local African food shop. There are several of these stores or shops in major cities around the world these days, so please ask around.

This Cookbook Has Been Written With Very Detailed Explanations

Detailed explanatory notes have been provided so readers can follow the recipes easily. You could also reach the author through her contact us page at <http://www.africanfoods.co.uk>.

Pictures and Videos

I do understand that pictures say a thousand words and most of us do our best when we have a picture and video guides available. I am working on those and readers would get an update published, as soon as these are ready.

About The Author

Ngozi Temitope Edema was born in Lagos, Nigeria. She was exposed to cooking from an early age. She grew up in a culture where young girls learnt to cook from their mothers or from any other older family member. She enjoys cooking because it gives her the control over what she and her family eats. She also loves the flavours and aromas of homemade food. She moved to Europe in 2004 where she called home for over a decade, but now lives in North America. Moving abroad, she soon realized that her ethnic cuisines were generally largely unknown to the majority of her friend from other cultures. Food often creates conversations and friends frequently ask her for recipes of what she cooked and could not point them to any major well known authentic African cookbook. Ngozi also get questions from people who are curious to know what African food is like from her website, www.africanfoods.co.uk. She started documenting and investigating recipes from across the African continent to build a repertoire of true African recipes, prepared with unrefined original ingredients. Where some original ingredients would not be easily available, she looked for and tried out the closest alternative to such ingredient. Her style of cooking has been influenced from her interactions with various cultures. Ngozi Edema is married with four lovely

children and enjoys travelling and trying recipes from across the globe. She holds a degree in Architecture from the University of Jos, Nigeria and a Certificate in Project Management from the Open University, London.

Book Information

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Customer Reviews

good

Actually I wanted to Paper back book thank you

Ngozi Edema, Has done a fantastic job of bringing the flavor of Africa to you home cooking. She guides you with steps necessary to make these dishes at home. She has broken them down in many categories that something will appeal to you.

African cuisine, for some reason, has not gotten the exposure or credit it deserves. Ngozi Edema's cookbook takes a great step towards changing this. Her recipes are written with wit,

clarity, and insight. I made we want to go out and buy all the ingredients that day and start cooking. I'm fond of slow cooking (because I like to cook and be in the kitchen in the mornings) so I was very glad she included slow cooker recipes, along with several other categories. There are a lot of recipes in this book, and some of them may seem intimidating, but fear not. Ngozi will guide you through African cooking with ease and pleasure.

Excellent

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