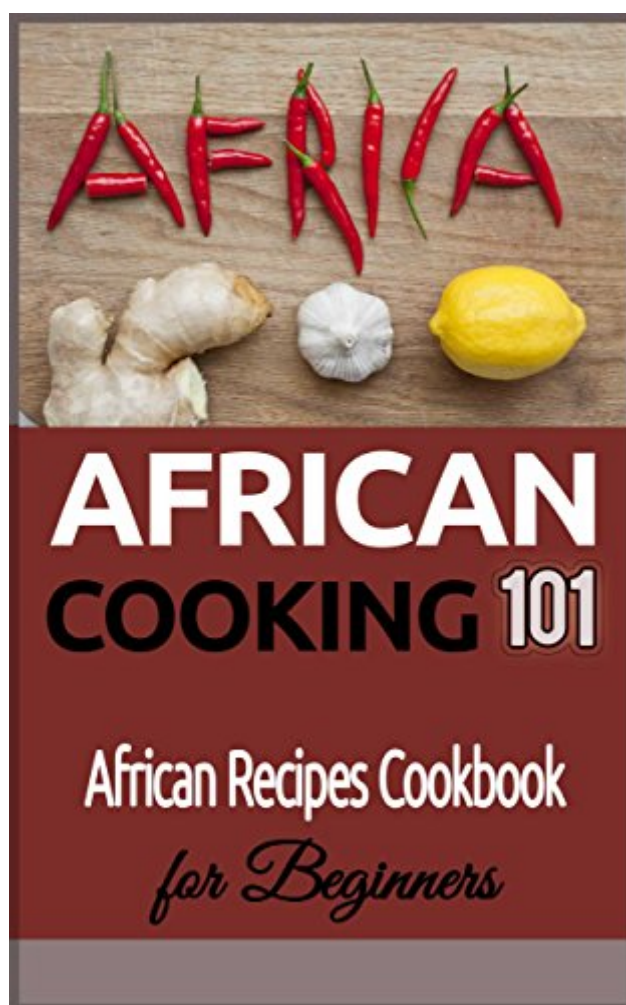


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# African Cooking: For Beginners - African Recipes Cookbook (African Recipes - African Cooking - African Food - African Meals 1)



## Synopsis

African Recipes Cookbook for Beginners: Simple, delicious and healthy recipes from all over Africa Today only, get this bestseller for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. If the topic about African cuisine mystifies you, you would not be alone. Africa is arguably the world's most diverse region. It is an entire continent with 55 recognised independent states. When it comes to the food, you would be right to assume that there is more to it than meets the eye. Is there such thing as African cuisine? Africa has got a mixture of indigenous foods, with European, Asian and Middle Eastern influences depending on what region you venture into. This can at times make it very difficult to distinguish between indigenous foods and those that have heavy external influences. At the same time, by recognising the culinary signatures of the cuisines of particular African regions, we are able to trace the outward influence African cuisine has had on other cultures and vice versa, for example the links between West African and South American foods, or even Caribbean food. There used to be no real "African Chefs" because much of the knowledge of African cuisine has not been formalised or viewed in a professional light. Things are changing fast now and some African chefs are emerging. African cuisine is also vastly distinctive from region to region, therefore pairing different types of African cuisines can prove to be tricky. This short book was designed as an introduction for beginners to the rich and blended culinary traditions from various African countries. After downloading this book, you will learn...

Chapter 1 - 12 Amazing African Meals for Breakfast

Fruits and Pecan Teff Porridge  
African Chakchouka  
Breakfast with Warm Pita  
Fufu  
Banana Bread with Cinnamon and Almonds  
African Injera Bread  
African Sweet Bran Husks  
African-Nigerian Abala Recipe  
African Achomo Doughnuts  
Nigerian Agidi Pudding  
Congo Binch Akara with Fried Plantains  
Madagascar Salady Voankazo  
Moroccan Ahouifi M'semmen  
Griddle Cake-Fried Alocos

Chapter 2 - 7 Delicious African Dishes for Lunch

African Koshari  
Vegetable Marrakesh Curry  
Traditional Cape Town Pickled Fish  
Madagascar Vary Aminanana  
Minty Lamb Moroccan Kebabs  
South African Andouille Sausage and Shrimps  
Skillet Cape Cod Clam Chowder

Chapter 3 - 8 Delicious African Dishes for Dinner

Moroccan Lamb with Tortillas and Hummus  
Roasted Lamb and Chicken Stuffed with Freekeh  
Moroccan Chick Pea and Coconut Soup  
West African Quinoa Pilaf with Carrots  
Walnuts, Onion and Peas  
Quinoa  
North African Quinoa with Tomatoes, Mint and Scallions  
Beef Quinoa with Tomatoes, Black Beans and Corn Kernel  
African Boerewurst Sausages and Chicken Stew  
Much, much more!

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## Customer Reviews

African recipes can be really yummy. I think I have tried the banana bread before. And the minty lamb and Moroccan kebabs sounded really nice.

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