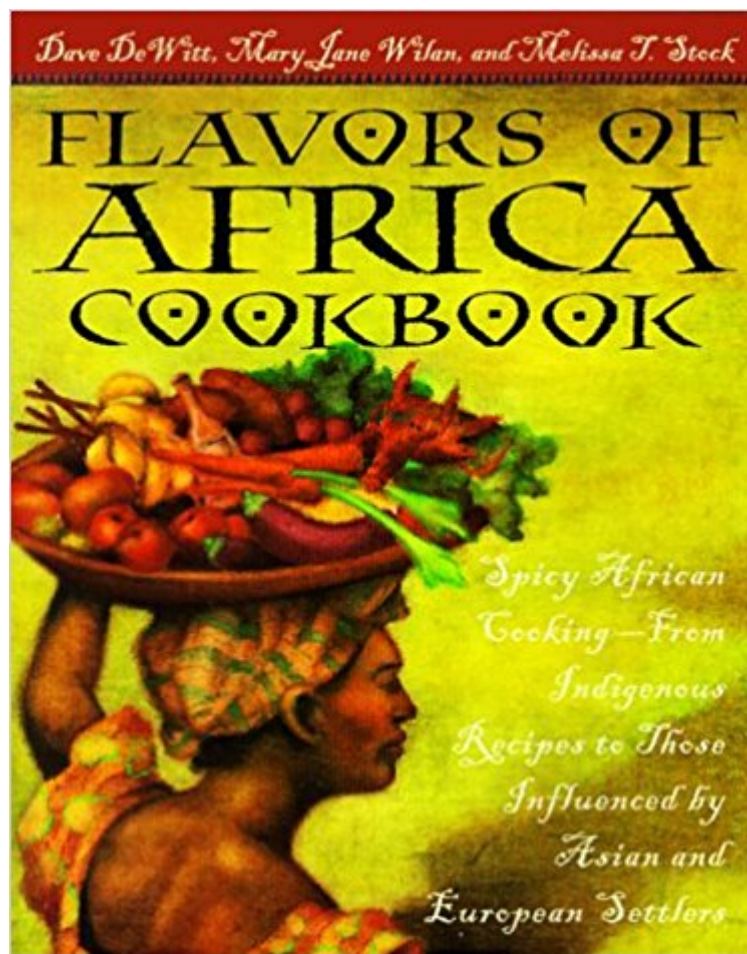


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# Flavors Of Africa Cookbook : Spicy African Cooking - From Indigenous Recipes To Those Influenced By Asian And European Settlers



## Synopsis

Journey to this most fascinating of continents and taste its delightfully unique and aromatic flavors. From spice-laden Arabic dishes of the north to the indigenous dishes of Africa's tropical center to the blended flavors of the "Old Cape Cookery" in the south, this book introduces you to a world of culinary wonders. Enjoy such tantalizing cuisine as: Cape Town Curried Capsicum Prawns, West African Banana and Chile Fritters, Sweet-Hot Corn Cakes, African Gumbo, Ethiopian Chicken Stew, Lamb Couscous with Onions and Raisins, Peppered-Peanut Beef Kababs, Curried Coconut Soup, Papaya Ginger Beef with Piri Piri, Sidi's Tamarind and Coconut Chicken, Seafood Strudel with Sweet and Hot Pepper Sauce. Includes glossary, mail-order sources, and more! About the Authors Dave DeWitt and Melissa T. Stock are the editors of Fiery Foods Magazine and, along with Mary Jane Wilan, are the co-authors of the Hot & Spicy series of cookbooks (all from Prima). DeWitt is also the author of Hot Spots and the co-author of Just North of the Border.

## Book Information

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## Customer Reviews

The title of this book and a look at the other books by the authors would lead one to think that this is a cookbook of spicy-hot recipes . . . and one would be right. Despite focusing on the hot chile pepper in Africa, the "Flavors of Africa Cookbook" does provide an overview of African cooking in about 160 recipes; from the North African tajine to the South African bobotie and all the sauces, soups, stews and curries in between. There are authentic traditional African recipes featuring such ingredients as plantains, yams, and groundnuts (peanuts) as well as African-inspired fusion cooking

from in and out of Africa. But the African pili-pili, peri-peri, and piri-piri (all African words for chile peppers and dishes made with them) is the star here. The book's introduction is a history of the chile pepper in Africa. There is much related to spicy-hot African cookery throughout the book, including advice on exactly which hot chiles to use to obtain the most authentic results. There are just a few things I noticed and wondered about: The general consensus among scientists is that Capsicum (peppers) are native to America and were spread throughout the world in the early years of the age of European exploration. This book states that chile peppers first appeared in North Africa, but were spread to the rest of the continent by Europeans, but there is no further explanation. Perhaps there is some confusion of the Capsicum with the Aframomum melegueta (or grains of paradise, a pepper-like spice that is native to Africa) or other spices native to Africa. Poulet (chicken) Gnemboue (or Nyembwe) is a chicken stew made with palm nuts, the fruit of the African oil palm. It is a dish made in equatorial West Africa, especially Gabon.

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