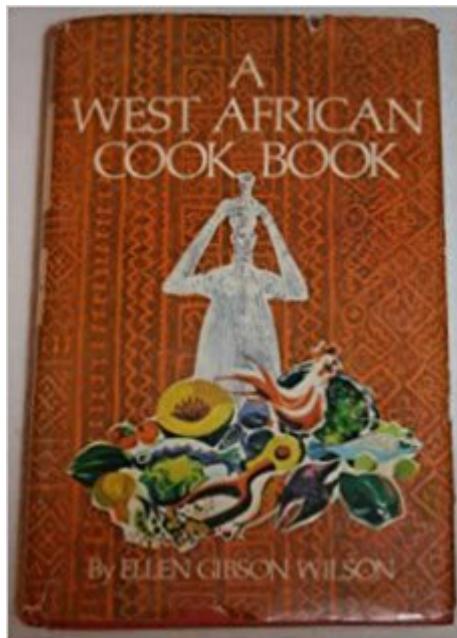


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A West African Cook Book



Book Information

Hardcover: 267 pages

Publisher: M. Evans & Company; 1St Edition edition (January 1971)

Language: English

ISBN-10: 0871311038

ISBN-13: 978-0871311030

Package Dimensions: 8.3 x 5.7 x 1.3 inches

Shipping Weight: 1.1 pounds

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #1,016,996 in Books (See Top 100 in Books) #129 in Books > Cookbooks, Food & Wine > Regional & International > African

Customer Reviews

Ellen Gibson Wilson first encountered African food when she married a British man who had lived in Western Africa. "A West African Cook Book: Good Food From Ghana, Liberia, Nigeria and Sierra Leone" is an excellent cookbook, one of the best African cookbooks ever. By focusing on these four countries Ms. Wilson has produced a wonderful book, probably better than if she had tried to cover the entire continent (as many African cookbooks try to do). It contains not only 150 recipes, but also lots of information about cooking, food, and life which helps put the recipes into a cultural context. It is a pity it has been out of print; it is highly recommended and worth searching for. Chapters include: "In Praise of Pepper and Other Characteristics of West African Food

These are authentic recipes... I lived in West Africa for most of my "growing up" years, and ate regional foods there, prepared in the traditional manner. Thank you for the opportunity to recapture the flavors and recipes of another time and place.

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