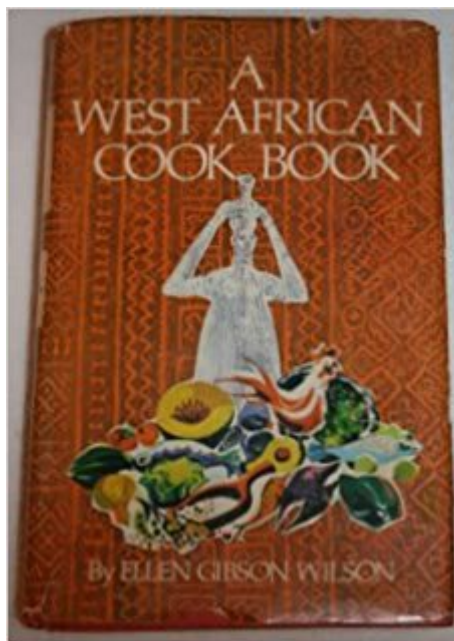


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A West African Cook Book



Book Information

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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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