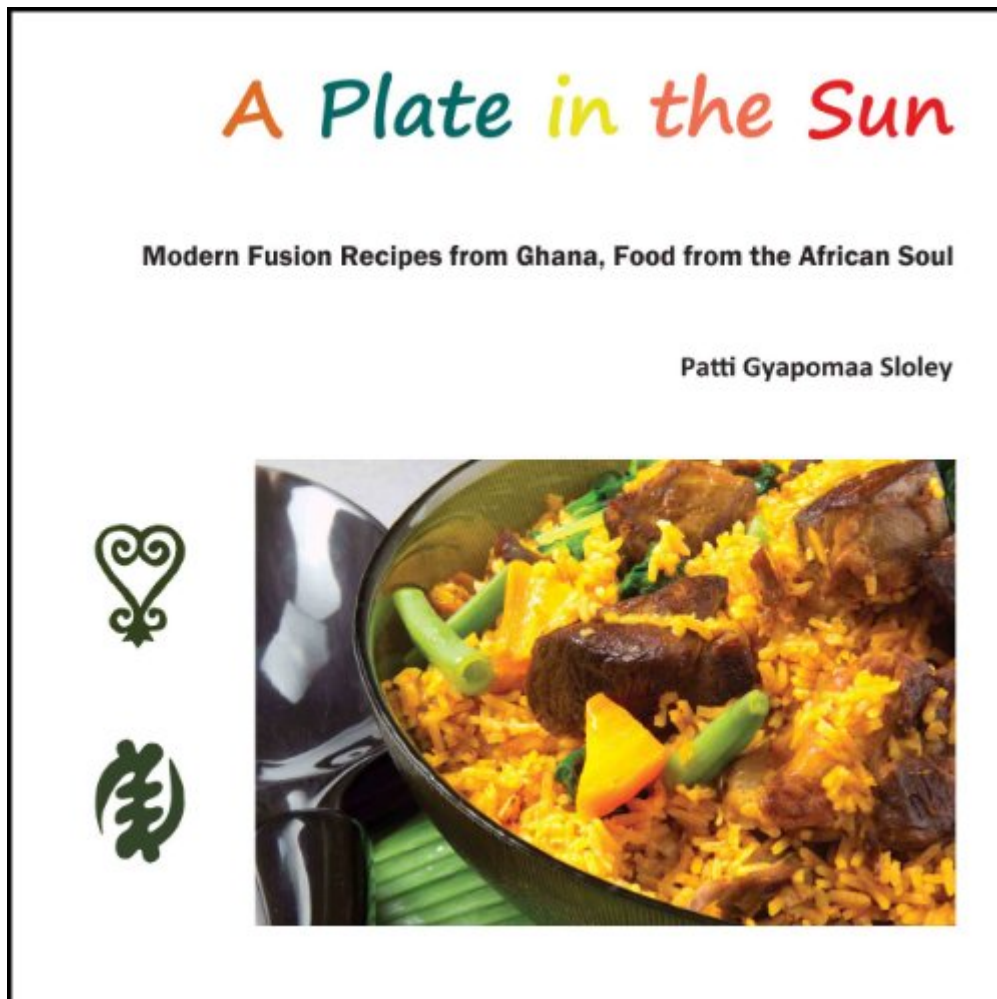


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# A Plate In The Sun: Modern Fusion Recipes From Ghana, Food From The African Soul



## Synopsis

A Plate in the Sun is a delicious fusion of Ghanaian, African and Western tastes brought together in easy to cook recipes, using readily available ingredients. Patti shares some of her favourites, from simple snacks and starters like bean fritters and kelewele, to wholesome main dishes like black-eye beans with smoked haddock and bacon. She also shares her take on classics like jollof rice and chicken peanut butter soup. Some of her creations include curried chicken-liver pie and plantain truffles. Patti is an inventive and inspiring cook who wants to light-heartedly entertain, as much as share her cooking experiences and ideas. She encourages you to relax, experiment and enjoy time in the kitchen and believes cooking good food is "50% knowledge, 50% adventure, and always fun". She is a Ghanaian with a truly international perspective and an exuberant and enthusiastic cook. Born and educated in Ghana, she spent a year in America as an exchange student and has lived in the UK since 1985. Most recently Patti is Front of House and a guest chef at the Jean-Christophe Novelli Academy Cookery School in Hertfordshire.

## Book Information

File Size: 7143 KB

Print Length: 160 pages

Publisher: Emmalily Ltd (November 11, 2012)

Publication Date: November 11, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B00A61T4ZK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #1,079,115 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #59

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > African

#68 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > U.S.

Regional > Soul Food #189 in Books > Cookbooks, Food & Wine > Regional & International >

U.S. Regional > Soul Food

## Customer Reviews

My husband and I have been enjoying the recipes in this attractive cookbook. Many of the ingredients are items I do not usually purchase, but that are easily obtainable at my local grocery store. These are items like papayas, guavas, pomegranates, squid, and plantain. Several times I used my smart phone to pull up pictures to make sure I was purchasing the right thing -- for example, which of this multitude of peppers is a scotch bonnet chili. It has been a delight to try new ingredients and use familiar ingredients in new ways. The pictures in the book are beautiful and the recipes are easy to follow. We like everything we tried -- I am especially fond of the seafood kebabs and plantain pancakes.

I love this cook book. I Was seriously scouring around, looking for presents for my friends two Christmases ago, and I came upon this publication. What a relief! It made a perfect gift. It gave my New Yorker-friends a true glimpse into who I am, and they loved every bit of it. Believe me, I have friends who are very particular and unadventurous when it comes to food, but even they are still raving about the delicious recipes. They use them often and share its richness with their own friends. Thanks Patti! your beautiful book is eloquent. It tells a cultural story I haven't found words to tell for myself. Most importantly I find myself in the kitchen often, fixing my favorite Jolof dish and still trying my hand at other recipes. Please, do yourself a favor and go grab your copy.

This book by Patti is a true winner. Besides the wonderful recipes I have tried, I have to admit that I have spent hours just LOOKING at the book....lovely photo's that make you salivate, and the next thing you know, your off to the grocery for ingredients. As my husband and I are non-meat eaters, there are still plenty of recipes to choose from. We do LOVE Patti's Chicken Peanut Butter Soup, which is very similar to my Mother's Chicken Groundnut Stew which I grew up eating, and still make to this day. Also a big hit at my house is Patti's ways with rice. Oh yes!! Have to mention another top of my list favorite. The peppercorn syrup that is WONDERFUL with just about any tropical fruit salad. (page 139) FABULOUS!!!!

Ghanaian food is "yummy" and the recepies in this cookbook mix the traditional way of cooking with an exciting new twist. The pictures of the dishes tease your tastebuds and the author has worked wonders with the usual staples to make exciting new drinks and desserts. The ingredients can easily be found at any African or Asian shop and some supermarkets. A must have for all food lovers and entertainers. Fed up with the same old food? This is for you!

This is a must-have recipe book in every kitchen. The soul of Patti comes through every recipe in this colorful easy-to-follow recipe book. We got our autographed copy about 5 weeks ago, and it has stayed on our kitchen counter-top since. We cannot stop trying out all these mouth-watering recipes - they stir up the soul. Delicious foods that guests will keep talking about for a long time. This indeed is food from the African Soul.

This is a beautiful book. I have given several as gifts. It contains stunning photography and unusual recipes that make one eager to go directly to the kitchen and prepare a feast to remember.

Excellent recipes are here as well as an interesting introduction to Ghana, a place and culture with color and flavor all its own.

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