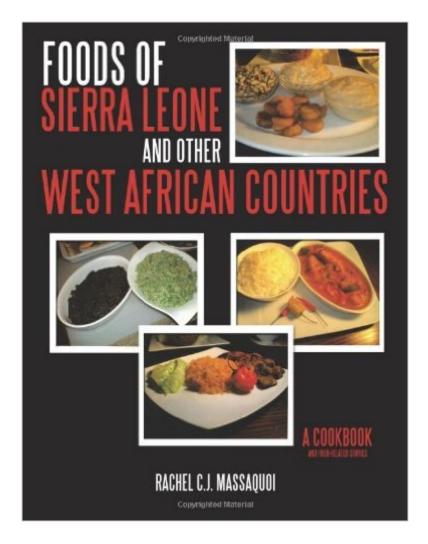
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Foods Of Sierra Leone And Other West African Countries: A Cookbook





Synopsis

Foods of Sierra Leone and other West African countries is a unique cookbook focusing on West African foods many of which have a global appeal. It is loaded with overwhelming details about these foods as well as interesting personal food stories that will delight children and adults alike. In addition, the book exposes the reader to many delectably tasty recipes for dishes like joloff rice, various soups and stews, the fascinating groundnut soups and stews, the delicious cassava leaf sauce, okra sauces, beans sauces, other mixed sauces and many more including vegetarian variations of some of the sauces. Food lovers will learn how traditionally Western vegetables like spinach, collard green, swiss chard and many others can be cooked using West African recipes. All these are lavishly presented by a West African national who was born and brought up in the region, and has lived in the region cooking and eating these foods for more than 50 years.

Book Information

Paperback: 168 pages Publisher: AuthorHouse (April 27, 2011) Language: English ISBN-10: 1449081541 ISBN-13: 978-1449081546 Product Dimensions: 8.5 x 0.4 x 11 inches Shipping Weight: 1.2 pounds (View shipping rates and policies) Average Customer Review: Be the first to review this item Best Sellers Rank: #1,665,331 in Books (See Top 100 in Books) #192 in Books > Cookbooks, Food & Wine > Regional & International > African

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