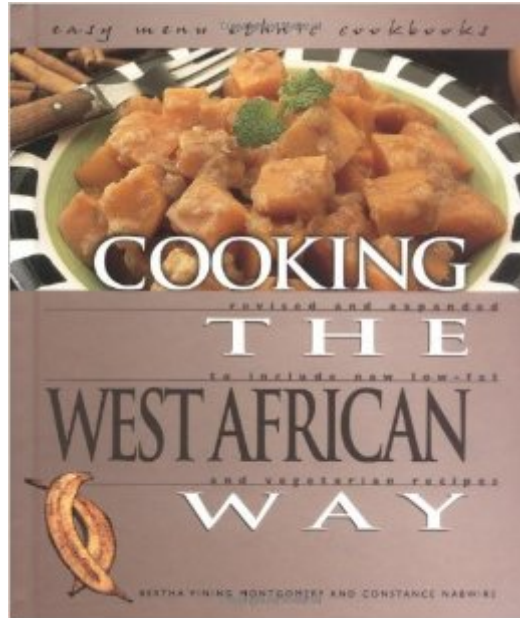


The book was found

Cooking The West African Way (Easy Menu Ethnic Cookbooks)



Synopsis

Book by Montgomery, Bertha Vining, Nabwire, Constance

Book Information

Series: Easy Menu Ethnic Cookbooks

Hardcover: 72 pages

Publisher: Lerner Publications; 2 Rev Exp edition (November 1, 2001)

Language: English

ISBN-10: 0822541637

ISBN-13: 978-0822541639

Product Dimensions: 9 x 7.3 x 0.4 inches

Shipping Weight: 13.6 ounces

Average Customer Review: 3.9 out of 5 stars [See all reviews](#) (7 customer reviews)

Best Sellers Rank: #893,815 in Books (See Top 100 in Books) #97 in [Books > Cookbooks, Food & Wine > Regional & International > African](#) #571 in [Books > Children's Books > Children's Cookbooks](#)

Age Range: 10 and up

Grade Level: 5 and up

Customer Reviews

I checked this out from the local library, and have prepared many of the recipes in this book that are just fantastic! The Egusi Soup with Fufu and the Curry were great hits at a dinner party I recently hosted. I find the recipes in this book to be authentic, delicious, and in fact rather simple to prepare. Many of these recipes require an hour or longer to prepare, but I found the extra time well worth it as the dishes are very scrumptious. Many of these recipes are a bit spicy, and that is one thing I LOVE about African cooking, but if you cannot tolerate a bit of spice, then this might not be the book for you. There are only a few ingredients called for in this book that might be difficult to find in the typical American market, but in most cases alternate ingredients are listed. This recipe book also includes a map of the area and some pages describing the people, culture, holidays, and cuisine. I love this book and its recipes, however, I only give it 4 stars because of the price. This book has fewer than 80 pages, and not so many recipes so I thought that \$20 and up is a bit steep. However, there are just a few recipes in there that I simply must have, even at this slightly higher-than-expected price.

Cooking the West African Way is a great introduction to cooking food from West Africa. This cookbook contains recipes from Nigeria, Senegal, Gambia, Guinea-Bissau, Guinea, Sierra Leone, Liberia, Ivory Coast, Ghana, Burkina Faso, Togo, and Benin. The authors carefully explain the food culture of West Africa. For example, how many Eat Africans only eat a couple of times a day and eat very fresh food due to the lack of electricity and refrigeration. This book is geared to Americans who want to learn to make West African recipes so the recipes use American measurements, utensils, and methods. There are two sample dinner menus in this cookbook along with the shopping list for each dinner menu. Cooking the West African Way includes basic cooking instructions and explanations of cooking equipment, terms, safety, special ingredients, along with low-fat cooking tips and metric conversions. Cooking the West African Way includes the following recipes: Fufu, Sweet Potato Fritters (Ntomo Krako), Groundnut Sauce, Akara, Groundnut Balls (Kulikuli), Coconut Crisps, Sweet Balls (From Ghana), Fruit Salad, Boiled Corn and Beans (Abrow ne Ase), Boiled, Fried, Grilled, and Baked Plantains, Egusi Soup, Fresh Fish Pepper Soup, Okra Soup, Jollof Rice, Spinach Stew, Vegetables in Peanut Suace, Casamance Fish Stew (Kaldou), Curry, Chicken Yassa (Yassa au Poulet), Ginger-Fried Fish, Yams and Squash (Futari), Chickpea Salad, Groundnut Cookies. This is a great starting cookbook for West African cooking. There are color pictures for almost every recipe along with clear instructions and cultural explanations. The fufu recipe in Cooking the West African Way is rather disappointing since the recipe calls for cream of wheat and mashed potato flakes instead of casava or yams.

If you consider the target audience and the size of the book, it is great and by no means intends to be an authority of the subject. Contains some nice recipes which are representative of the region and thought out enough to distinguish it from the other 3 African books in this series.

I purchased this for my friend who is dating an African man. She wanted something simple and this fits the bill. Inended for children, but nice for a beginner cook adult. the book is small and slim. Wish the price had been less, but the book is good.

Great recipes. The pictures helped me to visualize what my outcome should look like. I am a complete novice with African food and this was very helpful.

Authentic and wonderfully represents West African Culture and food preferences. Ingredients available most grocery stores or specialty stores. Highly recommend.

Book is overpriced and the recipes is not enough. Would not purchase again for the price.

[Download to continue reading...](#)

Cooking the West African Way (Easy Menu Ethnic Cookbooks) Cooking the African Way (Easy Menu Ethnic Cookbooks) Cooking the Turkish Way (Easy Menu Ethnic Cookbooks) Cooking the Italian Way (Easy Menu Ethnic Cookbooks) Cooking the Russian Way (Easy Menu Ethnic Cookbooks) Cooking the Korean Way (Easy Menu Ethnic Cookbooks) Cooking the Hungarian Way (Easy Menu Ethnic Cookbooks) Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes Cookbooks for Fans: Dallas Football Outdoor Cooking and Tailgating Recipes: Cookbooks for Cowboy FANS - Barbecuing & Grilling Meat & Game (Outdoor ... ~ American Football Recipes) (Volume 3) African Masks Coloring Book: A Coloring Book Featuring Over 30 Images Inspired By Traditional African Masks,Cultural History,Folk Art Coloring Book,African Art Decor African Rhythm and African Sensibility: Aesthetics and Social Action in African Musical Idioms The African Kitchen: A Day in the Life of a Safari Chef (Cookbooks) Learn Russian | Easy Reader | Easy Listener | Parallel Text Audio Course No. 1 (Russian Easy Reader | Easy Learning | Easy Audio) 500 Cupcakes: The Only Cupcake Compendium You'll Ever Need (New Edition) (500 Series Cookbooks) (500 Cooking (Sellers)) Cooking Healthy with a Food Processor: A Healthy Exchanges Cookbook (Healthy Exchanges Cookbooks) 500 Tapas: The Only Tapas Compendium You'll Ever Need (500 Series Cookbooks) (500 Cooking (Sellers)) Over a Fire: Cooking with a Stick & Cooking Hobo Style - Campfire Cooking The Everything Guide To Cooking Sous Vide: Step-by-Step Instructions for Vacuum-Sealed Cooking at Home (Everything: Cooking) Making a Way Out of No way: A Womanist Theology (Innovations: African American Religious Thought) 21 Songs in 6 Days: Learn to Play Ukulele the Easy Way: Ukulele Songbook (Learn Ukulele the Easy Way)

[Dmca](#)