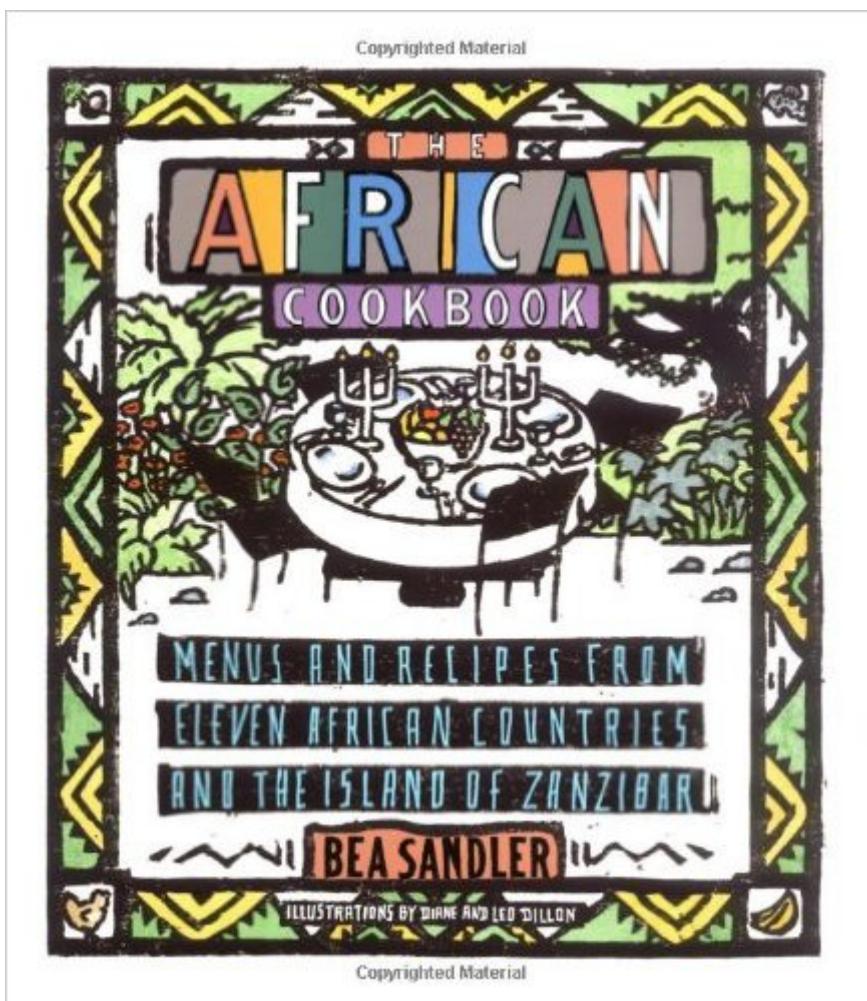


The book was found

The African Cookbook



Synopsis

A national food magazine editor for years, gifted cook, lecturer, and restaurant consultant, the late Bea Sandler traveled throughout Africa collecting recipes and learning about African eating customs and methods of food preparation. Here are menus for complete meals from 11 African countries: Senegal, the Sudan, Mozambique, the Malagasy Republic, Ethiopia, Kenya, Liberia, South Africa, Morocco, Ghana, and Tanzania. She has devoted a chapter to each country, telling something about the food and serving customs and offering suggestions on how an American might present an African meal with some degree of authenticity and arranged by courses.

Book Information

Paperback: 256 pages

Publisher: Citadel (February 1, 1993)

Language: English

ISBN-10: 0806513985

ISBN-13: 978-0806513980

Product Dimensions: 8.4 x 0.6 x 9.4 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 3.5 out of 5 starsÂ See all reviewsÂ (8 customer reviews)

Best Sellers Rank: #957,790 in Books (See Top 100 in Books) #112 inÂ Books > Cookbooks, Food & Wine > Regional & International > African #389263 inÂ Books > Literature & Fiction

Customer Reviews

"The African Cookbook" was initially published in 1970 and represented one of the first widely available cookbooks to explore the cuisine of Africa. Author Bea Sandler (who is now deceased) traveled extensively in Africa, and this cookbook was her attempt to introduce regional African food to America. Chapters cover different countries, including Ethiopia, Morocco, and Senegal. Some of the recipes are likely to be familiar to many cooks who have never before read an African cookbook (e.g., chapattis, couscous), but some are refreshingly unfamiliar. Each chapter describes how to put together an entire meal typical of that country, which is likely to appeal to many readers.

Additionally, Sandler includes some nice anecdotes, such as the use of pieces of bread as a "tablecloth" of sorts that was common in Ethiopia. Thus, the reader gets some idea about the country's culture (or at least the culture circa 1970). Although the all-meal approach is interesting and likely to appeal to many readers, it does have a drawback. Specifically, the author seems to expect that readers will make all the recipes in a particular chapter. The result is that many of the

dishes made alone do not have much flair of Africa. For example, I made the braised cabbage, which consisted of cabbage and onion simmered in beef broth with some crushed red peppers. The dish was fine, but it didn't exactly sweep me away to Africa or make me feel like I was making anything unusual. I'm sure that the dish makes more sense in the context of the full meal. The recipes are also presented in a confusing format - specifically, each ingredient is listed when it is to be added to the recipe.

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

African: African Recipes - The Very Best African Cookbook (African recipes, African cookbook, African cook book, African recipe, African recipe book) African Cooking: for beginners - African Recipes Cookbook (African recipes - African cooking - African Food - African Meals 1) Cooking with Harissa: Delicious Recipes with a Spicy North African Style (Harissa Cookbook, Harissa Recipes, North African Recipes, Tunisian Recipes, Algerian Recipes, Moroccan Recipes Book 1) Right to Ride: Streetcar Boycotts and African American Citizenship in the Era of Plessy v. Ferguson (The John Hope Franklin Series in African American History and Culture) They Came Before Columbus: The African Presence in Ancient America (Journal of African Civilizations) The African Presence in Santo Domingo (Ruth Simms Hamilton African Diaspora) Black Genius: African-American Solutions to African-American Problems Crock Pot: Everyday Crock Pot and Slow Cooker Recipes for Beginners(Slow Cooker, Slow Cooker Cookbook, Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, ... Low Carb) (Cookbook delicious recipes 1) Traditional South African Cookbook Foods of Sierra Leone and Other West African Countries: A Cookbook The African Cookbook Flavors of Africa Cookbook : Spicy African Cooking - From Indigenous Recipes to Those Influenced by Asian and European Settlers Island Style Cookbook: Guam's Favorite Soups, Tasty Guam Recipes, Wonderful Chamorro Island Food , Exotic Guam Cookbook Of Soups, Enjoy Awesome Chamorro Guam Food From This Island Cookbook Easy Vietnamese Cookbook: 50 Authentic Vietnamese Recipes (Vietnamese Recipes, Vietnamese Cookbook, Vietnamese Cooking, Easy Vietnamese Cookbook, Easy Vietnamese Recipes, Vietnamese Food Book 1) Chinese Cooking: No Wok Takeout! 80 Amazingly Delicious 3 Steps Or Less Chinese Recipes Revealed (Chinese Cookbook, Cooking For One) (cookbook for beginners, ... meals cookbook, easy meals for one 2) Crockpot Recipes: 30 Delicious, Dairy & Gluten Free, Low Carb Recipes For Busy People (Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, Gluten Free ... Cooker Recipes, Low Carb Cookbook Book 1) Easy Tomato Sauce Cookbook: 50 Delicious Tomato Sauce Recipes (Tomato Sauce, Tomato Sauce Cookbook, Tomato Sauce Recipes, Italian Cookbook, Italian Recipes Book 1) Salads - Top 200 Salad Recipes Cookbook (Salads, Salads Recipes, Salads to go, Salad

Cookbook, Salads Recipes Cookbook, Salads for Weight Loss, Salad Dressing Recipes, Salad Dressing, Fruit Salad) Rice Cooker Recipes: The Ultimate Rice Cooker Cookbook: The Best Quick And Easy Rice Cooker Recipes You Can Make At Home Tonight (Rice Cooker Cookbook, ... Recipes, Rice Cookbook, Rice Recipes) CROCK POT: 450 Easy Crockpot Recipes (crockpot cookbook, slow cooker recipes, crock pot meals, paleo, vegetarian, crock pot, crock pot cookbook, crockpot freezer meals, slow cooker cookbook)

[Dmca](#)