



# The Africa Cookbook

*Jessica B. Harris*

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## **The Africa Cookbook** Jessica B. Harris

Africa, with all its conflicting images, is a continent of diversity, and nowhere is this diversity better expressed than in the Africa that is a continent of cuisines. In **THE AFRICA COOKBOOK** Jessica Harris returns to 'the mother country', travelling from nation to nation, talking to home cooks, recording the recipes of the continent, and setting them in their cultural and historical context. From the sophisticated cuisine of Senegal to the basic foods of Kenya, from the creolised food of Mauritius to the Afrikaner barbecues of South Africa - they're all featured here in this authentic cookbook, illustrated with wonderful archival photographs from the author's private collection. These delectable recipes are both traditional and contemporary, and are easy to reproduce in any kitchen. Highlights from over 200 recipes include Spicy Fried Oysters with Peanut Sauce and Togo and Mango Cream from Cameroon - all the best dishes collected from home kitchens across the Continent.

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