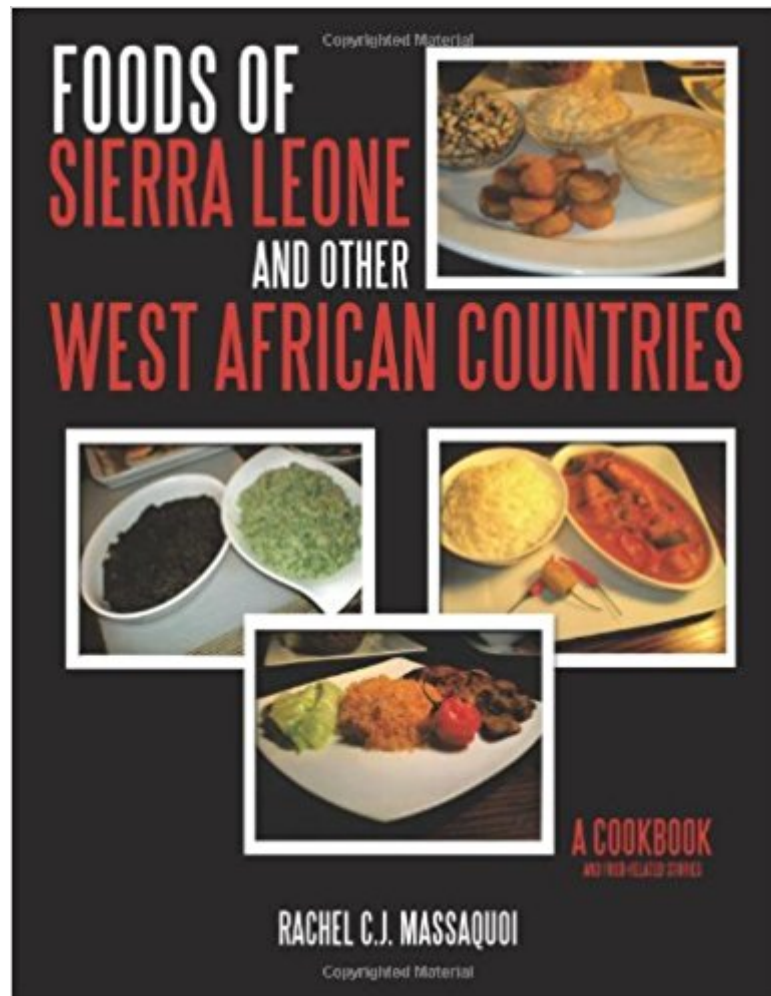




The book was found

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 jollof 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: #864,847 in Books (See Top 100 in Books) #116 in Books > Cookbooks, Food & Wine > Regional & International > African

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

Foods of Sierra Leone and Other West African Countries: A Cookbook African: African Recipes - The Very Best African Cookbook (African recipes, African cookbook, African cook book, African recipe, African recipe book) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) Misadventures in West Africa: Sierra Leone Whole Food: The 30 Day Whole Food Challenge â “ Whole Foods Diet â “ Whole Foods Cookbook â “ Whole Foods Recipes (Whole Foods - Clean Eating) Certain Death in Sierra Leone: The SAS and Operation Barras 2000 (Raid) Sierra Leone (Bradt Travel Guide) 1. Sierra Leone Travel Reference Map 1:560,000 (International Travel Maps) Sierra Leone (Bradt Travel Guides) Sierra Leone in

Depth: A Peace Corps Publication Salone - A Journey Through Sierra Leone City Maps Freetown
Sierra Leone CHEAT SHEET SIMPLY for USA FOODS: CARBOHYDRATE, GLYCEMIC INDEX,
GLYCEMIC LOAD FOODS Listed from LOW to HIGH + High FIBER FOODS Listed from HIGH TO
LOW with OVER 375 foods BORN IN THE USA Genetically Modified Foods : Banned By Other
Countries but is a main staple of our diet! (Genetically modified organisms, Gmo, Food that ruin
your life, ... Foods, organic food, Food addiction Book 1) Easy Jamaican Cookbook: 50 Unique and
Authentic Jamaican Recipes (Jamaican Cookbook, Jamaican Recipes, Jamaican Cooking, West
Indian Cookbook, West Indian Recipes, West Indian Cooking Book 1) A Kitchen in Tunisia: Tunisian
Recipes from North Africa (Tunisian Recipes, Tunisian Cookbook, Tunisian Cooking, Tunisian Food,
African Recipes, African Cookbook, African Cooking Book 1) Foods High in Fiber Cookbook: List of
High Fiber Foods for a Healthy Lifestyle - Recipes for High Fiber Foods Easy Asian Cookbook Box
Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian
Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1)
What Can THE MANCHURIAN FLORA as Well as the Flora of Neighbouring Countries Give to
Gardens of Manchuria Itself and Other Countries with Cold Climates Millefiori Beads from the West
African Trade (Beads from the West African Trade, Vol VI)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)