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"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

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Africa, and this cookbook was her attempt to introduce regional African food to America.

~~The African Cookbook: Bea Sandler, Diane Dillon, Leo ...~~

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the flavors of the region into your own home. Beginning in the 17th century, slaves from Indonesia and India were brought to work the farms of Cape Town, South Africa, and became known as Cape Malays.

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Mataha (dry maize, beans & potatoes)

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Ingredients (4-6 Servings) 1/2 pound dried red beans 1 pound dried maize (corn) Salt 8 medium potatoes, peeled and cubed 10 pumpkin leaves(or spinach), coarsely chopped Soak the beans and maize overnight in water to cover. Drain, cover again with water, add salt and boil for 2 1/2 hours.

Where To Download The African Cookbook Menus And Recipes From Eleven A Taste of Africa — recipes Menu Guide. Tatale —plantain cake. Foofoo —mashed yam and plantain pudding. Joloff rice —spicy chicken and rice. Calaloo —seafood, vegetable and rice dish, perhaps a precursor to jambalaya. Bangku —cornmeal

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dumplings. Efo —Nigerian spinach soup. Groundnut Stew —peanut stew with chicken (peanuts are called groundnuts)

~~West Africa: Menu Guide~~

Sandler, responsible for the restaurant menus at the African Pavilion at the

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New York World's Fair, traveled throughout Africa in pursuit of her subject. A chapter, including menu and recipes, is devoted to each of 11 countries: Senegal, the Sudan, Mozambique, the Malagasy Republic, Ethiopia, Kenya, Liberia, South Africa, Morocco, Ghana and Tanzania,

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This is a traditional South African meal, and is good winter fare. Bredie is an old Cape name for a dish of meat and vegetables stewed together so

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that the flavors intermingle. The gravy is rich, thick and full-bodied, and is obtained by using meat with a fair amount of bone and fat, rolling it in flour and browning it before the vegetables are added.

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Presents menus and recipes from eleven African countries, with serving hints and complete shopping lists, and includes additional recipes for appetizers, soups, fish, poultry, beef, side dishes, salads, breads, and desserts.

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