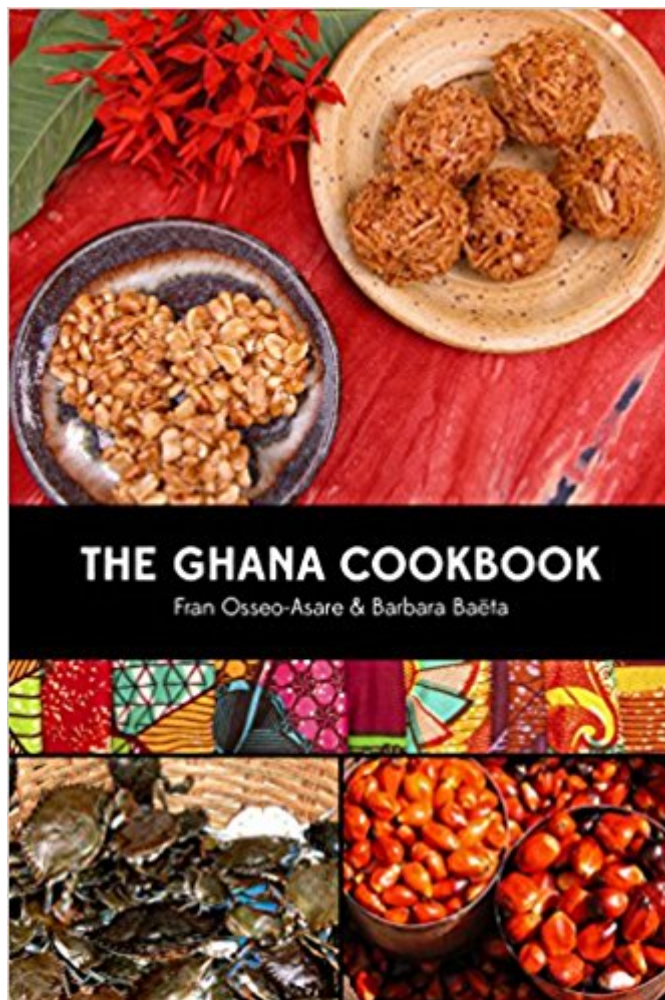


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The Ghana Cookbook



Synopsis

WINNER of Gourmand Cookbook Award 2016 -- "Best African Cookbook Outside of Africa"! The Akan proverb "The good soup comes from the good earth" elegantly sums up the Ghana's tradition of cooking with seasonal, local ingredients. With an emphasis on locally caught fish and seafood, vegetables, fruits, and legumes, Ghana's cuisine is vibrant, healthful, and eminently appealing. Limited access to wheat and dairy allows for a variety of gluten-free, lactose-free, and vegan options using starches such as plantains, cassava, taro, sweet potatoes and millet, plus creamy nut-based soups and sauces. With over 140 recipes The Ghana Cookbook represents the nation's different regions, including favorites like Fufu, Jollof Rice, Kofi Brokeman, Yele Kakro, Fante and Ga Kenkey, Ashanti Chicken, Waakye, Shito sauce, Kontomire Stew, Bissap/Hibiscus Punch, and many more.

Book Information

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Customer Reviews

"Fran Osseo-Asare can be credited, for having introduced Ghanaian cuisine to many westerners with her previous publications. The Ghana Cookbook takes it up a notch thanks to this brilliant collaboration with Barbara Baã«ta, the high priestess of Ghana cuisine. The result is an in-depth and truly remarkable collection of authentic Ghanaian recipes. This is the definitive Ghana cookbook." --PIERRE THIAM, Chef and author of Yolele! and Senegal: Modern Senegalese Recipes from the Source to the Bowl

"Fran Osseo-Asare and Barbara Baã«ta have teamed up to produce a work that succeeds in demystifying the ingredients and recipes that go by many names and reproducing the tasty dishes that have entranced so many visitors. The Ghana Cookbook presents the nation's cooking in all of its kaleidoscopic variety and is certainly destined to become an African culinary classic. I know it will have primacy of place on

myÂ cookbook shelf." JESSICA B. HARRIS,Â PhD., culinary historian and author of The Africa Cookbook and High on the Hog: A Culinary Journey from Africa to America "This beautifully curated collection introduces us to a seductive cuisine that's vibrant with flavors and colors. Fran Osseo-Asare and Barbara BaÃ«taÂ share the deep knowledge they've gleaned from decades of studying and tasting Ghana's diverse regional foods. We couldn't ask for more perfectÂ guides!" --DARRA GOLDSTEIN, Founding Editor of Gastronomica: The Journal of Food and Culture "There could not have been a better partnership for documenting the rich flavours of Ghanaian food than that between Fran Osseo-Asare and Barbara Baeta (Auntie Sika). Their shared love of good cuisine and Ghana shines through the pages, as they wonderfully celebrate Ghanaian food and culture." --ESTHER A.N. COBBAH, CEO, Strategic Communications Africa Ltd (Stratcomm Africa)

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beautiful pictures

This has all of my favorite Ghanaian dishes and the recipes are correct! Love this book!

I love this cookbook because it has so many recipes and the directions are very clear. I am a white American, married to a Ghanaian. I have found that it is not always easy to find recipes online, so I try to learn how to cook meals any time my mother-in-law comes to visit. This cookbook, along with Fran Osseo-Asare's blog has made it possible for me to try so many more Ghanaian foods, and I'm sure my husband appreciates it too :)

Beautifully presented, easy to follow, authentic dishes from all over Ghana! I bought copies for my Mom and my sisters. This is the Ghanaian cookbook we've been waiting for.

Great one

Very helpful for me. I'm a beginner with African cuisine. Hopefully my Ghanaian husband will approve. :-)

This is great cooking book for everyone to purchase and have at home, the book is very resourceful and cover dishes from all 10 region in Ghana West Africa. This is great material for your kitchen and you must buy it..

Bought this for my Ghanaian boyfriend. We have both really enjoyed making some of the recipes. Reminds him of home!

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