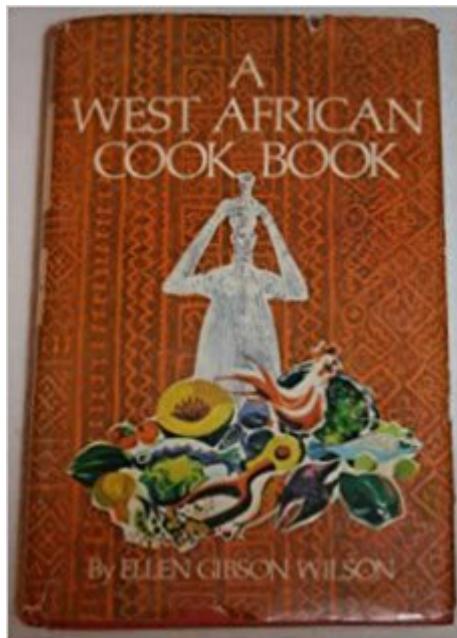


The book was found

# A West African Cook Book



## Book Information

Hardcover: 267 pages

Publisher: M. Evans & Company; 1St Edition edition (January 1971)

Language: English

ISBN-10: 0871311038

ISBN-13: 978-0871311030

Package Dimensions: 8.3 x 5.7 x 1.3 inches

Shipping Weight: 1.1 pounds

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #1,016,996 in Books (See Top 100 in Books) #129 in Books > Cookbooks, Food & Wine > Regional & International > African

## Customer Reviews

Ellen Gibson Wilson first encountered African food when she married a British man who had lived in Western Africa. "A West African Cook Book: Good Food From Ghana, Liberia, Nigeria and Sierra Leone" is an excellent cookbook, one of the best African cookbooks ever. By focusing on these four countries Ms. Wilson has produced a wonderful book, probably better than if she had tried to cover the entire continent (as many African cookbooks try to do). It contains not only 150 recipes, but also lots of information about cooking, food, and life which helps put the recipes into a cultural context. It is a pity it has been out of print; it is highly recommended and worth searching for. Chapters include: "In Praise of Pepper and Other Characteristics of West African Food

These are authentic recipes... I lived in West Africa for most of my "growing up" years, and ate regional foods there, prepared in the traditional manner. Thank you for the opportunity to recapture the flavors and recipes of another time and place.

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

African: African Recipes - The Very Best African Cookbook (African recipes, African cookbook, African cook book, African recipe, African recipe book) Millefiori Beads from the West African Trade (Beads from the West African Trade, Vol VI) African Masks Coloring Book: A Coloring Book Featuring Over 30 Images Inspired By Traditional African Masks, Cultural History, Folk Art Coloring Book, African Art Decor A West African Cook Book 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) Africa: African History: From Ancient Egypt to

Modern South Africa - Stories, People and Events That Shaped The History of Africa (African Folktales, African ... Africa, Somalia, Nelson Mandela Book 3) African Rhythm and African Sensibility: Aesthetics and Social Action in African Musical Idioms AFRICAN Cooking: The Most Delicious African Food Recipes with Simple and Easiest Directions and Mouth Watering Taste - Best African cookbook Our New Husbands Are Here: Households, Gender, and Politics in a West African State from the Slave Trade to Colonial Rule (New African Histories) From Empires to NGOs in the West African Sahel: The Road to Nongovernmentality (African Studies) The Epic of Son-Jara: A West African Tradition (African Epic Series) 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) Cook's Illustrated Meat Book: The Game-Changing Guide That Teaches You How to Cook Meat and Poultry with 425 Bulletproof Recipes Delmonico Cook Book: How to Buy Food, How to Cook It, and How to Serve It (Cooking in America) Easy and Delicious Korean Cookbook: 40 Delicious Recipes for the Home Cook (Cook Book) How to Cook Without a Book: Recipes and Techniques Every Cook Should Know by Heart Mr. Food Test Kitchen Cook it Slow, Cook it Fast: More Than 150 Easy Recipes For Your Slow Cooker and Pressure Cooker The Gray Cook Lecture Compendium: A Collection of Gray Cook Lectures Teens Cook: How to Cook What You Want to Eat Employee Number 2: The Story of John Cook and Cook's Pest Control

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)