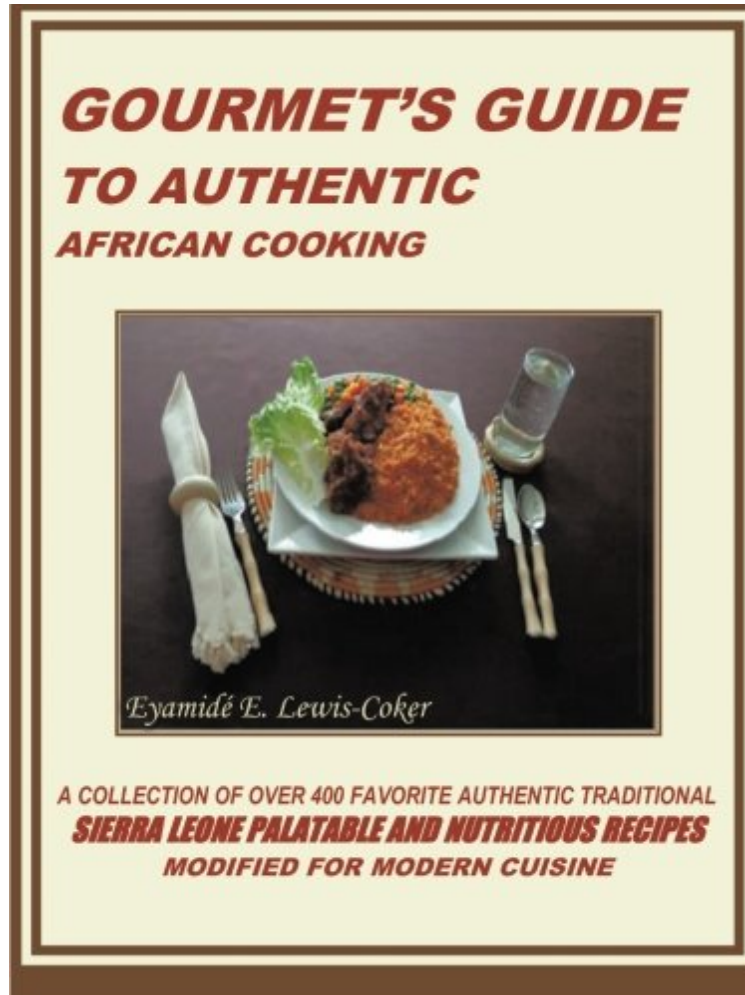


# GOURMET'S GUIDE TO AUTHENTIC AFRICAN COOKING

*Eyamidé E. Lewis-Coker*

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**Eyamidé E. Lewis-Coker : GOURMET'S GUIDE TO AUTHENTIC AFRICAN COOKING** before purchasing it in order to gage whether or not it would be worth my time, and all praised GOURMET'S GUIDE TO AUTHENTIC AFRICAN COOKING:

0 of 0 people found the following review helpful. It is easy to follow and gives great step by step instructionsBy rdw123This book has a wide variety of African foods, you will never run out of items to cook and things to learn. This book was well thought out and covers recipes that even the non-cook can handle. It is easy to follow and gives great step by step instructions. Well worth the buy!

The purpose of this cookbook 'Gourmet's Guide to Authentic African Cooking' is to introduce the art of Sierra Leone

cooking to those interested in preparing and eating cuisine around the world. Hopefully, this book will also be used by Non-Sierra Leoneans as a source and guide for preparing foods which are common to Sierra Leoneans but also different and interesting to those seeking to learn the art of Sierra Leone Cookery. Gourmets will find this book fascinating while others will use this cookbook as a guide to traditional, Sierra Leone, African cooking. Great pains were taken to collect and prepare this cookbook with more than four hundred authentic, traditional, Sierra Leone, recipes. It is one of the largest in the world and the only true authentic, traditional, Sierra Leone, African cookbook. Most of these recipes have never been written or published. My grandmother and mother passed them down solely by word-of-mouth. At age eight, I learned to prepare real, authentic, traditional Sierra Leone meals by watching, helping and observing as my grandmother and mother felt the texture and tasted the food 'a pinch of this' and 'a pinch of that' and slow-cooked their meals at low temperature to achieve palatable, lip-smacking and nutritious meals. My passion for preparing authentic, traditional Sierra Leone dishes started at a young age while watching and assisting my grandmother and mother preparing meals from fresh, organic ingredients. Later, I decided to prepare these authentic, traditional Sierra Leone meals from quality, fresh produce. I have modified and transcribed these dishes committed to my memory in well-written and organized format to preserve, promote and share Sierra Leone's rich Cultural Heritage. Adults utilizing these meal-recipes will acquire lifelong cooking skills. In addition, they will be inspired to prepare delicious and healthy authentic, traditional Sierra Leone meals and will be able to pass on their lifelong cooking skills to future generations. Thank you for purchasing this cookbook. Now take your time to read through it and prepare your favorite and healthy traditional meals for your family and friends. Remember, once you have actually mastered this cookbook, the art of preparing exotic-flavored, palatable, delicious and nutritious authentic, traditional Sierra Leone meals will become yours. I wish you and your loved ones a good and hearty appetite!

About the Author **GOURMET'S GUIDE TO AUTHENTIC AFRICAN COOKING** Mrs. Eyamidé E. Lewis-Coker; lecturer, author, storyteller and poet: As a small child growing up in Kissy a suburb in the city of Freetown, Sierra Leone, West Africa, she spent most of her time daily in their traditional African kitchen with her grandmother, mother, aunties and older sisters assisting to prepare delicious, appetizing, traditional, exotic flavor African meals from fresh products of their African home garden. She really loves to prepare delicious, traditional African meals and preparing these meals is an art. Mrs. Eyamidé E. Lewis-Coker is a lifelong cook. She loves to experiment with traditional, African Sierra Leone recipes. Few years ago, she compiled traditional, African menus and started her own small catering business. With over forty years of experience preparing traditional African foods, she was privileged to compile over 400 African home-cooking, hand-me-down, palatable, delicious and exotic-flavor African authentic recipes in her cookbook. She hopes writing this cookbook will inspire and share her love of cooking with you, your family and friends. Enjoy your food!