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Traditional South African Cookery (Hippocerene—

Traditional South African Cookery Hippocrene International Traditional South African Recipes for Cooking and Baking 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 that the flavors intermingle The gravy is rich, thick

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Traditional South African Cooking - Paperback NEW Barton, Pat 2014-07-01 4.5 out of 5 stars (3) 3 product ratings - Traditional South African Cooking - Paperback NEW Barton, Pat 2014-07-01

Prodigiously encapsulates South Africa-inclusive, balanced, jam-packed with the most in-demand information

A collection of recipes culled from two previous books by the author, this volume provides ideas for tasty, British- and Dutch-inspired meals and insight into daily life of colonial Africa.

After 350 years of settlement, British African cookery heritage draws on a creative mix of Tudor spices, Indian feasting, Malaysian gastronomy, Victorian gentlemen's club dinners, and Boer survival rations. Across the snow-capped mountains of Uganda to arid northern Nigeria; from the golden beaches of South Africa to the humid rain forests of Zambia - European communities in English-speaking Africa developed a distinctive and delicious cuisine. Engaging memories and exclusive contributions from distinguished Africans including Dr Mangosuthu Buthelezi, Peter Hain MP, Lord Joffe, Prue Leith, Matthew Parris and Archbishop John Sentamu bring life to over 180 traditional recipes. Including a treasury of vintage illustrations and original advertisements from the region, this book provides the first comprehensive overview of the unique cookery tradition of British Africa.

Gathers information on the unique foods of Africa and the lands they come from, and provides more than two hundred traditional and new recipes

Colombia is a country of vast exotic culinary creations and diverse territories that range from the Caribbean Sea to the Pacific Ocean, producing a plentiful variety of seafood; to the Amazon, Magdalena and Cauca rivers that bathe its soils with fertility; and to the Andean mountains that present coller climates. The author travelled throughout these regions to collect the most authentic dishes. With over 175 recipes and a glossary of ingredients, cooks will become acquainted with many of Colombia's indigenous foods, such as cilantro, tamarind, tree tomatoes, gooseberries and sweet and hot peppers.

A gourmet's tour of Africa, from North African specialties like chicken tajin with olives and lemon to Zambian groundnut soup and Senegalese couscous. This book includes more than 240 recipes that deliver the flavours of each region: North, East, West, Central and South Africa.

First published in 1983, this classic resource for Polish cuisine has been a favourite with home chefs for many years. The new edition includes a chapter of Light Polish Fare with Ingenious tips for reducing fat, calories and cholesterol, without compromising the flavour of fine Polish cuisine. Fragrant herbal rubs and vinegars add panache without calories. Alternatives and conversion table for butter, sour cream and milk will help readers lighten other recipes as well. In an easy-to-use menu format, the author arranges complementary and harmonious foods together -- all organised in seasonal cycles. Inside are recipes for Braised Spring Lamb with Cabbage, Frosty Artichoke Salad, Apple Raisin Cake, and Hunter's Stew. The new Light Polish Fare chapter includes low fat recipes for treats like Roasted Garlic and Mushroom Soup and Twelve-Fruit Brandied Compote.

"The landlocked nation of Nepal is tucked into the Himalayan Mountains between India and China (Tibet). Possessed of a varied landscape and such treasures as Mount Everest, the Nepalese are proud of their time-worn temples, sublime scenery, hiking trails, and a rich and vibrant culture. The cuisine is surprisingly diverse for such a small country, with influences from Chinese and Indian culinary methods and tastes. One of the very few Nepali cookbooks on the market, Taste of Nepal is a thorough and comprehensive guide to this cuisine, featuring more than 350 authentic recipes, a section on well-known Nepali herbs and spices, menu planning, Nepalese kitchen equipment, and delightful illustrations. Instructions are clearly detailed and most ingredients are readily available in the United States. Complete with illustrations. There is something for everyone in this book. For the most timid cook--Fried Rice (Baasi-Bhaat Bhutawa) or Stir-Fried Chicken (Kukhura Taareko) are easily achievable. The adventurous home chef will be tempted to try Goat Curry (Khasi-Boka ko Maasu) and Sun-Dried Fish with Tomato Chutney (Golbheda ra Sidra Maacha)." -- Amazon.com viewed August 31, 2020.

The largest nation in South America, Brazil is home to vast rain forests, pristine tropical beaches, and the world's largest river, the Amazon. This book explores the nation's distinct regional cuisine, and explains how Amerindian, European and African contributions have come together to form modern Brazilian cookery. More than 130 recipes range from Feijoada, the Brazilian national dish, to lesser-known delicacies such as Shrimp and Bread Pudding, Crab Soup and Banana Brittle. Also included are suggested menus, a list of ingredient sources, and a glossary of Brazilian culinary terms. The author has travelled extensively throughout the Portuguese-speaking world. She developed a love for Brazilian cooking when she lived in Brazil in the 1960s.

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