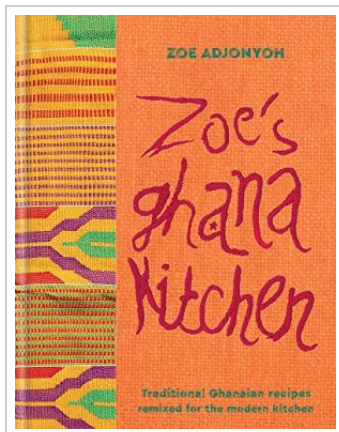




Zoe s Ghana Kitchen (Hardback)

By Zoe Adjonyoh

Octopus Publishing Group, United Kingdom, 2017. Hardback. Condition: New. Language: English . Brand New Book. I believe we are on the cusp of an African food revolution. There is a longing to try something that is actually new, not just re-spun, and African cuisines are filling that gap. It s the last continent of relatively unexplored food in the mainstream domain. For too long Africans have kept this incredible food a greedy secret. - Zoe Adjonyoh Ghanaian food is always fun, always relaxed and always tasty! From Pan-roasted Cod with Grains of Paradise and Nkruma (Okra) Tempura to Coconut Cassava Cake and Cubeb Spiced Shortbread, this is contemporary African food for simply everyone. If you re already familiar with good home-cooked Ghanaian food, you ll find new ways to incorporate typical flavours - such as plenty of fresh fish and seafood, hearty salads and spices with a kick. If you re new to it, you ll no doubt be surprised and delighted at the relative ease of cooking these tempting dishes. Most of the ingredients are easy to come by at supermarkets or local shops, and the recipes are super flexible - you can take the basic principles and adapt...



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