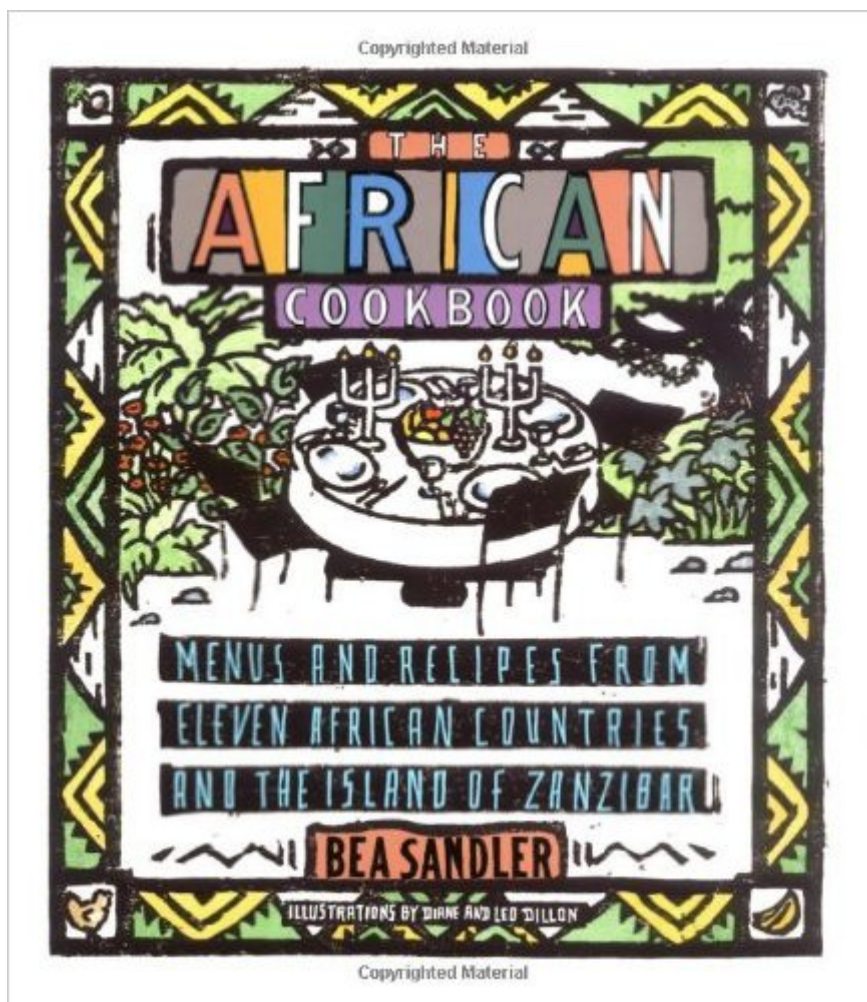


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# The African Cookbook



## Synopsis

A national food magazine editor for years, gifted cook, lecturer, and restaurant consultant, the late Bea Sandler traveled throughout Africa collecting recipes and learning about African eating customs and methods of food preparation. Here are menus for complete meals from 11 African countries: Senegal, the Sudan, Mozambique, the Malagasy Republic, Ethiopia, Kenya, Liberia, South Africa, Morocco, Ghana, and Tanzania. She has devoted a chapter to each country, telling something about the food and serving customs and offering suggestions on how an American might present an African meal with some degree of authenticity and arranged by courses.

## Book Information

Paperback: 256 pages

Publisher: Citadel (February 1, 1993)

Language: English

ISBN-10: 0806513985

ISBN-13: 978-0806513980

Product Dimensions: 8.4 x 0.6 x 9.4 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 3.5 out of 5 stars [See all reviews](#) (8 customer reviews)

Best Sellers Rank: #957,790 in Books (See Top 100 in Books) #112 in [Books > Cookbooks, Food & Wine > Regional & International > African](#) #389263 in [Books > Literature & Fiction](#)

## Customer Reviews

"The African Cookbook" was initially published in 1970 and represented one of the first widely available cookbooks to explore the cuisine of Africa. Author Bea Sandler (who is now deceased) traveled extensively in Africa, and this cookbook was her attempt to introduce regional African food to America. Chapters cover different countries, including Ethiopia, Morocco, and Senegal. Some of the recipes are likely to be familiar to many cooks who have never before read an African cookbook (e.g., chapattis, couscous), but some are refreshingly unfamiliar. Each chapter describes how to put together an entire meal typical of that country, which is likely to appeal to many readers.

Additionally, Sandler includes some nice anecdotes, such as the use of pieces of bread as a "tablecloth" of sorts that was common in Ethiopia. Thus, the reader gets some idea about the country's culture (or at least the culture circa 1970). Although the all-meal approach is interesting and likely to appeal to many readers, it does have a drawback. Specifically, the author seems to expect that readers will make all the recipes in a particular chapter. The result is that many of the

dishes made alone do not have much flair of Africa. For example, I made the braised cabbage, which consisted of cabbage and onion simmered in beef broth with some crushed red peppers. The dish was fine, but it didn't exactly sweep me away to Africa or make me feel like I was making anything unusual. I'm sure that the dish makes more sense in the context of the full meal. The recipes are also presented in a confusing format - specifically, each ingredient is listed when it is to be added to the recipe.

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