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WINNER GOURMAND COOKBOOK
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The Ghana Cookbook by Fran Osseo-Asare

Ghana Cookbook for Beginners Book Description : Ghana, the Republic of Ghana, is a country in West Africa. It borders Côte d'Ivoire to the west,

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Burkina Faso to the north,
Togo to the west, and the
Gulf of Guinea to the south.

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The Ghana Cookbook, named Best African Cuisine Cookbook at the 2016

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Gourmand Awards, presents the variety of the West African nation's cuisine in one volume. With an emphasis on locally caught fish and seafood, vegetables, fruits, and legumes, Ghana's cuisine is vibrant, healthful, and

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The author describes the foods found in Ghana just the way I learned about them when I served as a Peace

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Corps Volunteer there in the mid-seventies. This cookbook will be my trusted resource as I again cook my favorite dishes: fufu, jolof rice, groundnut soup, palm nut soup, and kelewele. 12 people found this helpful

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THE GHANA COOKBOOK by Fran Osseo-Asare and Barbara Baëta available 10/30/15 from Hippocrene Books, Inc. Ga Kenkey (Steamed Fermented

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Corn Dough) Recipe Make Ga Kenkey , a popular, delicate-tasting ferment from Ghana which is similar to polenta and steamed in corn husks.

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There are almost fifty pages of introduction, on ingredients and techniques. You will learn how to remove the skins from black-eye peas. The foods of Ghana reflect detail, love, and a

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With over 140 recipes The Ghana Cookbook represents the nation's different regions, including favorites like Fufu, Jollof Rice, Kofi Brokeman, Yele Kakro, Fante and Ga Kenkey, Ashanti

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Ghana or abroad, let the cookbook guide you to wonderfully prepared Ghanaian dishes.

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From the glossy, red cover decorated with images of typical ingredients, sweets, and fabric patterns to the glossary of Ghanaian names of ingredients and recipes provided throughout the book, The Ghana Cookbook

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accomplishes what the authors purposed to do: take the reader to the heartland of Ghanaian cuisine, and, as a bonus, they give us some snippets of other West African gastronomy as well.

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