



A Field of Greens: African Gourmet Slow Cooker Soups and Stews

Ivy Newton

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The second edition of A Field of Greens has the same favorite recipes we all know and love plus a new chapter on drinks, Ashanti Adinkra symbols and a few more surprises. With 111 easy African slow cooker recipes, fall in love with your slow cooker all over again. A Field of Greens is also available as an unabridged kindle book. South African food has influences from indigenous Black tribes, Indians, Malaya, and Europeans. In East Africa, many hundreds of years ago, the Arabs settled on the coast, and Arabic influences are especially reflected with the use of sweet spices such as cinnamon, cloves and nutmeg. The British and Indians brought with them to Africa their curries and the technique of pickling to East Africa. Asians introduced citrus fruits such as oranges, lemons, and limes. Portuguese introduced items like chilies, pineapples, and bananas. In North Africa, the Ottoman Turks brought sweet pastries and other bakery products. Central Africa's influence comes from the introduction of cassavas, peanuts, and pepper plants that arrived along with the slave trade. In West Africa the Portuguese, French, and British influenced regional cuisines with the introduction of plantains, citrus and pineapples, which are legacy of slave ship traffic between Africa and North America. African soups and stews contain ingredients from fruits, vegetables, beef, lamb, chicken, shrimp, and fish from African coast to coast. Quick and easy slow cooker meals are not usually associated with gourmet African food. Whether you are a beginning chef or a seasoned professional, you can enjoy tasty easy simple recipes from all over the African continent.

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