



# The Africa Cookbook: Tastes of a Continent

*Jessica B. Harris*

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# The Africa Cookbook: Tastes of a Continent

Jessica B. Harris

## **The Africa Cookbook: Tastes of a Continent** Jessica B. Harris

With more than two hundred traditional and contemporary recipes, *The Africa Cookbook* is a unique window into the long culinary history of a diverse continent. From the savory stews of the western savannah to the curries and chutneys of the Swahili coasts, prominent scholar Jessica Harris has assembled a collection of recipes that reflects the modern innovations and rich heritage of kitchens across Africa. Potatoes with Mint Leaves and Garlic from Algeria and Senegal's classic Theibou Dienn are among the many flavorful dishes that offer a change of pace for contemporary North Americans. Illustrated with archival photographs and peppered with history and anecdote, *The Africa Cookbook* is a celebration of cultures and individuals whose contributions to the way we eat have long been ignored.

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