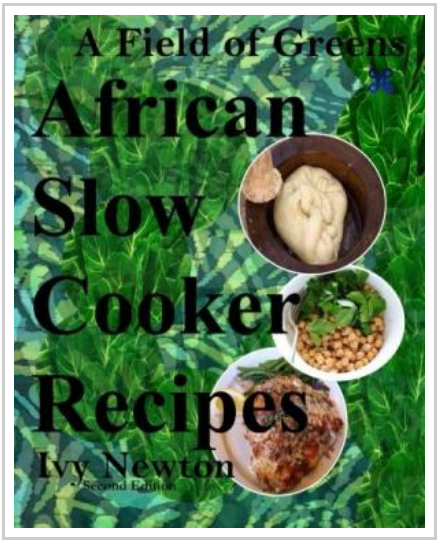


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A Field of Greens: African Gourmet Slow Cooker Soups and Stews (Paperback)

By Ivy Newton

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.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 a 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...

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Reviews

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