

The Groundnut Cookbook

By the award-winning English food writer of *The Good Cook*, a cookbook full of essays and recipes that offer a fresh, satisfying take on familiar favorites. In England, no food writer's star shines brighter than Simon Hopkinson's, whose breakthrough *Roast Chicken and Other Stories* was voted the most useful cookbook ever by a panel of chefs, food writers, and consumers. At last, American cooks can enjoy endearing stories from the highly acclaimed food writer and his simple yet elegant recipes. In this richly satisfying culinary narrative, Hopkinson shares his unique philosophy on the limitless possibilities of cooking. With its friendly tone backed by the author's impeccable expertise, this cookbook can help anyone—from the novice to the experienced chef—prepare down-right delicious cuisine...and enjoy every minute of it! Irresistible recipes in this book include Eggs Florentine, Chocolate Tart, Poached Salmon with Beurre Blanc, and, of course, the book's namesake recipe, Roast Chicken. Winner of both the 1994 Andre Simon and 1995 Glenfiddich awards (the gastronomic world's equivalent to an Oscar), this acclaimed book will inspire anyone who enjoys sharing the ideas of a truly creative cook and delights in getting the best out of good ingredients. "The man is the best cook in Britain!" —Telegraph UK "Roast Chicken and Other Stories, packed with homely native dishes, was recently voted the country's [UK's] most useful cookbook of all time by a panel of 40 experts." —R.W. Apple Jr., New York Times "The recipes and writing are pure genius, from start to finish. Roast Chicken and Other Stories belongs in every kitchen and on every bedside table." —Nigella Lawson

Collects one hundred twenty-five recipes that adapt favorite comfort foods for overall taste

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enhancement, including spicy carrot ginger soup, chicken pot pie and five-flavor pound cake. The Groundnut Cookbook Penguin UK

A gourmet's tour of Africa, from North African specialties like chicken tajin with olives and lemon to Zambian groundnut soup and Senegalese couscous. This book includes more than 240 recipes that deliver the flavours of each region: North, East, West, Central and South Africa.

A student cookbook with a difference, The Hungry Healthy Student offers a choice of more than 200 quick, cheap and easy recipes, meaning more money in your pocket and more time to play! All the recipes have a healthy focus which means increased brain power and more energy to enjoy student life to the full. There are also indispensable tips on healthy habits, mood boosters, free ways to get fit and takeaway alternatives. With chapters dedicated to Breakfast and Lunchbox; Healthy and Hearty; Good Grains, Beans and Pulses; Super Salads, Snacks and Sides; Make it Light and Sweet Alternatives, there are recipes whether you want food on the go, for impromptu parties, or just comfort food and delicious treats for a night in. All the recipes in this book are balanced for a healthy diet, and they each have an affordability stamp to help with budgeting, as well as detailed instructions to make them accessible to even the most novice cook. Forget the textbooks, this is the only book you'll ever need to get through your first year!

'Practical, straight-talking, endlessly inspirational - this is Ruby at her best.' Nigel Slater 'I'd recommend it for everyone from novice cooks looking for a helping hand in the kitchen, to keen cookbook buyers looking for new inspiration' Rukmini Iyer, author of The Roasting Tin 'One of the best, most interesting cookbooks I've seen in a long time.' Ravneet Gill, author of The

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Pastry Chef's Guide and judge on Junior Bake Off 'A warm invitation to relax into and enjoy the experience of cooking and eating.' Nigella Lawson 'Beautiful, practical and a total game-changer' Ella Risbridger, author of Midnight Chicken Ruby Tandoh wants us all to cook, and this is her cookbook for all of us - the real home cooks, juggling babies or long commutes, who might have limited resources and limited time. From last-minute inspiration to delicious meals for one, easy one-pot dinners to no-chop recipes for when life keeps your hands full, Ruby brings us 100 delicious, affordable and achievable recipes, including salted malted magic ice cream, one-tin smashed potatoes with lemony sardines and pesto and an easy dinner of plantain, black beans and eden rice. This is a new kind of cookbook for our times: an accessible, inclusive and inspirational addition to any and every kitchen. You don't have to be an aspiring chef for your food to be delectable or for cooking to be a delight. Cook as you are. Over 170 recipes – sweet and savoury – for every day, every budget, every taste, in a cookbook that puts your appetite first from the Sunday Times top ten bestselling author of Eat Up. Organised by ingredient, Flavour helps you to follow your cravings, or whatever you have in the fridge, to a recipe. Creative, approachable and inspiring, this is cooking that, while focusing on practicality and affordability, leaves you free to go wherever your appetite takes you. It is a celebration of the joy of cooking and eating. Ruby encourages us to look at the best ways to cook each ingredient; when it's in season, and which flavours pair well with it. With this thoughtful approach, every ingredient has space to shine; including store cupboard staples. These are recipes that feel good to make, eat and share, and each plate of food is assembled with care and balance. Including Hot and Sour Lentil Soup, Ghanaian Groundnut Chicken Stew, Glazed Blueberry Fritter Doughnuts, Mystic Pizza and Carrot and Feta Bites

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with Lime Yoghurt, this is a cookbook that focuses above all on flavour and freedom – to eat what you love.

While seaweed remains a core culinary ingredient in Asia, these traditions are enjoying a resurgence across the world, from California to Cornwall, Norway, Sweden and Denmark. Seaweed is one of nature's healthiest foods. Rich in vitamin B12, it is particularly good for vegans as this vitamin is usually found in animal sources. It also contains iodine, which helps promote a healthy metabolism. A little seaweed goes a long way and so it is perfect as a seasoning, whether in salt or infused in oils and dressings. It can be used to flavour both sweet and savoury, from broths, salads and stews to scones, shortbread, chocolate and granola. And because it is so good for our skin, there will also be recipes for body scrubs, seaweed soaks and masks.

This must-have guide is an invaluable companion to your slow cooker. From a mid-week supper to a more elaborate dinner party, *The Complete Slow Cooker Cookbook* is on-hand with dishes that can be prepared with little fuss. Containing over 200 tried-and-tested recipes, Cara shows you how to make best use of your slow cooker and create a delicious range of nutritious and healthy dishes – and with minimal preparation time in the morning, you are guaranteed to enjoy a hearty, hot dinner every evening. Choose from a light and tasty Provençale Pasta Sauce or Seafood Risotto; rustle up a winter warmer such as Chicken with Bacon, Leeks and Mustard or a creamy Lamb and Cauliflower Kashmir Curry; and impress your friends with Slow-roasted Duck and Apples followed by an indulgent Toffee and Pecan Pudding. You don't have to spend

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hours in the kitchen to make a delicious meal – your slow cooker will do the hard work for you. Filled with quick, tasty, and easy-to-follow recipe ideas, this is the only slow cooker cookbook you will ever need. The cookbook also contains guidance on choosing a slow cooker according to your needs; how to care for your cooker and how to adapt cooking times and recipes for different scenarios. There is also a chapter of ideas for how to spice up a Sunday roast as well as buying advice and troubleshooting tips. Remix classic Ghanaian dishes for the modern kitchen in a cookbook that is "bright, bold, and bursting with flavor" (Bryant Terry) and "provides a new perspective and a sense of wonder for Ghanaian cooking" (Sicily Sierra). Celebrated cook and writer Zoe Adjonyoh passionately believes we are on the cusp of an African food revolution. First published to widespread acclaim in the United Kingdom, Zoe's Ghana Kitchen began as a pop-up restaurant in London featuring dishes such as Pan-Roasted Cod with Grains of Paradise, Nkruma (Okra) Tempura, Cubeb-Spiced Shortbread, and Coconut and Cassava Cake. Soon those dishes evolved into this tempting and celebratory cookbook, newly revised and updated for American cooks. Join Zoe as she shares the beauty of Ghana's markets, culture, and cuisine, and tells the evocative story of using these tastes and food traditions to navigate her own identity. Whether you are familiar with the delights of Ghanaian cuisine or new to the bold flavors of West Africa, this book contains inspiration for extraordinary home cooking, in dishes such as: Simple Fried Plantains Red Red Stew Red Snapper and Yam Croquettes Bofrot Doughnuts

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Nkatsenkwan (Peanut Butter Stew with Lamb) Jollof Fried Chicken Ghana-fied Caesar Salad and more With flexible recipes for hearty salads, quick and wholesome dinners, flavorful feasts, and much more, Zoe's Ghana Kitchen brings truly exciting and flavor-packed dishes into your kitchen. This is contemporary African food for simply everyone. From Julia Child's Mastering the Art of French Cooking to the community cookbook created by the First Baptist Church of Midland, Tennessee, Cookbook Politics explores the sensual and political implications of cookbooks, demonstrating how they create nations, establish ideologies, shape international relations, and form communities. "This journey has given me the exciting opportunity to bring my cooking life full circle, and to introduce you to the very best recipes from the North of England. I've been able to delve deep into the diverse cultures, histories and traditions of the North and, of course, Northern food. The results of my travels, my many tastings, meals and experiments, are presented here, in a book that revels in its Northernness!" SEAN WILSON Britain is a nation built on its food, and nowhere has a richer heritage than the North of England. In The Great Northern Cookbook, Sean Wilson - former Coronation Street actor now award-winning cheese-maker and chef - is our guide to the culinary highlights of the North. A proud Lancastrian, Sean serves up timeless recipes and reveals the history behind the foods you love. In The Great Northern Cookbook you'll find homely hotpots and pies, alongside beef stew with melting dumplings, and a recipe for the soft, warm oven-bottom muffins. With soups to feed an army, traditional sweet

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treats, delicious Northern curries, and of course timeless Yorkshire puddings with mushy peas and gravy, Sean serves up the greats from Lancashire, Yorkshire, Cumbria and Northumberland. Embrace the Northern passion for simple food, made with good, authentic ingredients. Tying in to a new TV series, The Great Northern Cookbook is packed with delicious and affordable recipes you'll want to eat and share. A healthy fruit that doubles as a meat substitute? Count us in. Jackfruit is the new sustainable super ingredient on the block. With 60 sweet and savoury recipes, The Jackfruit Cookbook has something for everyone, from Loaded jackfruit nachos or faux meat Pulled 'pork' jackfruit burgers with crunchy 'slaw to Jackfruit Chutney and Sweet jackfruit fritters with toasted coconut. Whether it's breakfast, lunch, dinner or dessert, there is nothing this fruit can't do. Make the most of this versatile, sustainable and delicious vegan ingredient with recipes for every occasion, perfect if you're looking for lunch on the go or a dinner menu to make everyone's mouth water.

Give up-and-coming chefs a chance to explore the foods of the world! This international cookbook has over 50 recipes from 6 different cultures and introduces readers to world geography and authentic, easy-to-make recipes that taste great. Learn about African, French, Italian, Mexican, Middle Eastern, and Japanese and Chinese cooking. Each kid-tested recipe includes step-by-step instructions and how-to photos. Tools and ingredients lists are also provided, along with pronunciation guides when needed. So grab an apron and prepare for a tasty adventure! Books include: ingredients & tool lists,

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visual index of cooking terms, world map with highlighted areas, step-by-step instructions and photos, and allergy & safety information.

Time is short in the working day and it is difficult to find time at the end of it to produce a hot meal. With a slow cooker, you can be eating a nutritious and thrifty hot supper every evening, with minimal effort and preparation time. This must-have guide is an invaluable companion to your slow cooker, with delicious recipes for every occasion - from a mid-week family supper to a more elaborate dinner party; you can even take your cooker camping! Rustle up classic dishes such as Lamb Shanks with Redcurrant and Rosemary Sauce and Traditional Pot-roasted Gammon in Cider with Apples or impress your friends with Satay-style Pork with Coriander, Goan Fish Curry with Lentils or Sticky Toffee Pudding. The cookbook also contains guidance on choosing a slow cooker according to your needs; how to care for your cooker and how to adapt cooking times and recipes for different scenarios.

Cooking is a craft that not everyone can immediately perfect. Some learners need additional tools to enhance their knowledge of the craft and this is where cook books come in. Culinary reading material gives you a clear picture of what is being prepared along with the directions. Cook books are essential tools that help culinary students and amateurs progress in the trade.

20th Anniversary Celebration Edition (1997 - 2017) ???Authentic African Cuisine from Ghana is an absolutely brilliant and a must have book. The 1st edition of the book was a great

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success and it's been out of print for over 10 years, which has created an overwhelming demand for the revised edition. The second edition has easier to read and easy to follow cooking instructions, and updated with professional quality images of some favourite Ghanaian dishes. The book begins with a brief introduction into the history, traditions and culture of Ghana and her people. Ghanaians are fun-loving, cheerful people who are proud of their country and its numerous languages (over 20 major ones and many more dialects), traditions, and standing. The book then goes into the various traditional soups such as the famous groundnut or peanut soup, palm soup. There are stews like kontomereh (spinach) and egusi, okro or okra stew and rice dishes like jollof and kelewele (fried plantains) - delicious. There's also a section for deserts like bofloat. Towards the end of the book, there is a section which gives a list of many Ghanaian festivals and their respective dates of celebration. There is also the Adinkra symbols and the meanings of each symbols. In writing this book, the authors have endeavoured (as much as possible) to stick closely to ingredients and herbs used by Ghanaians in cooking their mouth - watering dishes. But, being conscious that this book will be read by non- Ghanaians and that food preservation will take place throughout the four corners of the globe, the authors have also included, where possible, substitute ingredients which are more readily available in American or European markets. It should be noted that because the African continent is so diverse in culture and traditions there is consequently a wide range of food and different methods and styles of cooking a similar food from one country to the next within Africa. Even within the same country, different ethnic groups will prepare the same dish differently. The term 'African food' is therefore a complete misnomer. Traditionally in Ghana, and indeed in the rest of Africa, girls learn to cook at an early age. A young adult will first go to

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the local market with the mother to watch how she selects the best of the fresh ingredients for a particular dish, then the child will help with little chores and take instructions from the mother in the kitchen while she cooks. By her mid-teens the child (usually a daughter, but not exclusively so) is a budding good cook herself. This is how mouth-watering Ghanaian foods are passed on from mother to daughter, from one generation to the next, intact and undiluted. Provides one hundred recipes inspired by the Charleston, South Carolina region, including flounder in parchment with shaved vegetables, Huguenot torte, and shrimp and grits.

'This book will earn a place in kitchens up and down the country' Nigella Lawson Seventy-five one-tin recipes: half vegan, half vegetarian, all delicious. With all seventy-five recipes in this book, you simply pop your ingredients in a tin and let the oven do the work. From flexitarians to families, this book is for anyone who wants to eat easy veg-based meals that fit around their busy lives.

The chef-owner of Shopsin's offers reflection on the culinary art, customers, and family bonds and shares more than 120 recipes for such comfort foods as mac n cheese pancakes and blisters on my sisters (sunny-side-up eggs on tortillas).

Designed as an introductory, but comprehensive cooking course that builds on basic flavors, textures, and cooking principles, and seasons them with stories, photography, and cultural explanations.

An Upscale Cookbook for Enthusiasts of All Skill Levels That Approaches Cannabis as an Ingredient to Explore Cannabis is one of the hottest ingredients to hit the culinary world, and cannabis-infused food is an evolving art and science. In The Cannabis Kitchen Cookbook, chefs in the know from Amherst to Anaheim share their secrets for infusing everything from oil

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and agave to soups and cocktails with this once taboo ingredient. Covering every meal from brunch to late-night cocktails and snacks, The Cannabis Kitchen Cookbook approaches cannabis as yet another fine ingredient to be studied and savored, like a great wine, a premium cigar, gourmet chocolate, or single malt scotch. With more than one hundred fully tested recipes from experienced professional chefs, The Cannabis Kitchen Cookbook guides readers through the process of making fresh, tasty, and healthy home-cooked meals using cannabis as the main additive. The cookbook also provides step-by-step instructions on preparing cannabis for use in the kitchen as well as advice on personalizing dosage for different tastes. Tips for trimming, processing, storing, and preserving cannabis are included along with a “buyer’s guide” that sheds light on the many varieties of cannabis flavor profiles, showcasing strains based not only on feel-good levels, but more importantly, taste-good levels Contributors to this Collection include . . . Leslie Cerier • Mike DeLao • Scott Durrah • Joey Galeano • Rowan Lehrman • Andie Leon • Catjia Redfern • Herb Seidel • Donna Shields • Grace Gutierrez • Lucienne Bercow Lazarus • Emily Sloat • Rabib Rafiq • Chris Kilham Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We’ve been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose

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work might not otherwise find a home.

Among the staple foods most welcomed on southern tables—and on tables around the world—rice is without question the most versatile. As Michael W. Twitty observes, depending on regional tastes, rice may be enjoyed at breakfast, lunch, and dinner; as main dish, side dish, and snack; in dishes savory and sweet. Filling and delicious, rice comes in numerous botanical varieties and offers a vast range of scents, tastes, and textures depending on how it is cooked. In some dishes, it is crunchingly crispy; in others, soothingly smooth; in still others, somewhere right in between. Commingled or paired with other foods, rice is indispensable to the foodways of the South. As Twitty's fifty-one recipes deliciously demonstrate, rice stars in Creole, Acadian, soul food, Low Country, and Gulf Coast kitchens, as well as in the kitchens of cooks from around the world who are now at home in the South. Exploring rice's culinary history and African diasporic identity, Twitty shows how to make the southern classics as well as international dishes—everything from Savannah Rice Waffles to Ghanaian Crab Stew. As Twitty gratefully sums up, "Rice connects me to every other person, southern and global, who is nourished by rice's traditions and customs."

"A celebration of African American cuisine right now, in all of its abundance and variety."—Tejal Rao, The New York Times JAMES BEARD AWARD WINNER • IACP AWARD WINNER • IACP BOOK OF THE YEAR • TONI TIPTON-MARTIN NAMED THE 2021 JULIA CHILD AWARD RECIPIENT NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY The New York Times Book Review • The New Yorker • NPR • Chicago Tribune • The Atlantic • BuzzFeed • Food52 Throughout her career, Toni Tipton-Martin has shed new light on the history, breadth, and depth of African American cuisine. She's introduced us to black cooks,

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some long forgotten, who established much of what's considered to be our national cuisine. After all, if Thomas Jefferson introduced French haute cuisine to this country, who do you think actually cooked it? In Jubilee, Tipton-Martin brings these masters into our kitchens. Through recipes and stories, we cook along with these pioneering figures, from enslaved chefs to middle- and upper-class writers and entrepreneurs. With more than 100 recipes, from classics such as Sweet Potato Biscuits, Seafood Gumbo, Buttermilk Fried Chicken, and Pecan Pie with Bourbon to lesser-known but even more decadent dishes like Bourbon & Apple Hot Toddlies, Spoon Bread, and Baked Ham Glazed with Champagne, Jubilee presents techniques, ingredients, and dishes that show the roots of African American cooking—deeply beautiful, culturally diverse, fit for celebration. Praise for Jubilee “There are precious few feelings as nice as one that comes from falling in love with a cookbook. . . . New techniques, new flavors, new narratives—everything so thrilling you want to make the recipes over and over again . . . this has been my experience with Toni Tipton-Martin’s Jubilee.”—Sam Sifton, *The New York Times* “Despite their deep roots, the recipes—even the oldest ones—feel fresh and modern, a testament to the essentiality of African-American gastronomy to all of American cuisine.”—*The New Yorker* “Jubilee is part-essential history lesson, part-brilliantly researched culinary artifact, and wholly functional, not to mention deeply delicious.”—*Kitchn* “Tipton-Martin has given us the gift of a clear view of the generosity of the black hands that have flavored and shaped American cuisine for over two centuries.”—*Taste*

With all the essays and exams, not to mention the enormous pressure of having to go out partying four nights on the trot, staying healthy and well-fed has never

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been more important, and The Hungry Student Vegan Cookbook will make sure you get all the essential nutrients to get you through from freshers' week to graduation, all while following a vegan diet. Alongside the recipes are helpful hints and tips for getting the most out of a tiny student budget, creating gourmet feasts out of what you can find in your storecupboard, and advice on what kind of equipment you might need to take to uni (read: steal from the kitchen at home). Carry the flag for the vegan revolution all the way to your student halls, and once your new friends get a whiff of the amazing food you're cooking up, you're bound to find more people are willing to join the healthy-eating and cruelty-free vegan revolt. Because this book isn't just about cooking some truly delicious recipes; it's also about reducing your carbon footprint and your impact on the environment by cutting out animal products, and improving your health with a plant-based diet. And ok, yes, it is also about cooking totally yummy recipes and scoffing the lot (and with a clear conscience too!). Whether you're a committed vegan looking to branch out with some new recipe ideas, or you're just getting started on the road to veganism and want to learn the ropes of vegan cooking, this is the perfect book to add to your student bookshelf.

Lactose is the primary sugar found in milk. Digestion of lactose requires the enzyme lactase, which breaks lactose into simpler sugars. When the intestine

produces little or no lactase, milk sugar is not digested. New-born babies require high intestinal lactase levels for survival. Later in life though about two-thirds of all people lose the ability to produce lactase. Most of the people who keep producing it throughout adulthood are those of European ancestry but in other ethnic groups - Mexican, Jewish, African, Asian and Native American 75 to 100 percent of adults are lactose intolerant. Primary lactose intolerance may begin at any time but usually develops in early adolescence and continues through life. Lactose intolerance means avoiding foods such as cream, butter, cheese, yoghurt, and ice cream as well as many prepared foods to which lactose is added such as bread, cereal, salad dressings, cake mixes, frozen meals. The Everyday Dairy-Free Cookbook explains all you need to know about this condition, how to tackle the problem and where to go for help and advice. As with the other titles in this best-selling Everyday series the book contains 200 recipes for family meals and there is a special section on catering for children. There are recipes for soups, dips and starters, light meals, main dishes, fish dishes, vegetarian dishes, savoury sauces and accompaniments, salads and dressings, puddings, sweet sauces, sweets and treats, baking, pastry, breakfasts, and beverages. If someone in your family cannot tolerate lactose this book will make catering for their needs simple and straightforward with so many meals to choose from.

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Foods of Sierra Leone and other West African countries is a unique cookbook focusing on West African foods many of which have a global appeal. It is loaded with overwhelming details about these foods as well as interesting personal food stories that will delight children and adults alike. In addition, the book exposes the reader to many delectably tasty recipes for dishes like jollof rice, various soups and stews, the fascinating groundnut soups and stews, the delicious cassava leaf sauce, okra sauces, beans sauces, other mixed sauces and many more including vegetarian variations of some of the sauces. Food lovers will learn how traditionally Western vegetables like spinach, collard green, swiss chard and many others can be cooked using West African recipes. All these are lavishly presented by a West African national who was born and brought up in the region, and has lived in the region cooking and eating these foods for more than 50 years.

This is the only world cookbook in print that explores the foods of every nation-state across the globe, providing information on special ingredients, cooking methods, and commonalities that link certain dishes across different geographical areas. • Contains more than 400 new recipes for a total of more than 1600 recipes • Includes the newly independent countries of Kosovo and South Sudan, and tiny countries like St. Kitts and Nevis, Nauru, Palau, and Vanuatu • Features

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anecdotal information on typical dishes, styles of eating, and unusual ingredients for each country

The New York Times bestseller from the founder of Oh She Glows "Angela Liddon knows that great cooks depend on fresh ingredients. You'll crave every recipe in this awesome cookbook!" —Isa Chandra Moskowitz, author of Isa Does It "So many things I want to make! This is a book you'll want on the shelf." —Sara Forte, author of The Sprouted Kitchen A self-trained chef and food photographer, Angela Liddon has spent years perfecting the art of plant-based cooking, creating inventive and delicious recipes that have brought her devoted fans from all over the world. After struggling with an eating disorder for a decade, Angela vowed to change her diet — and her life — once and for all. She traded the low-calorie, processed food she'd been living on for whole, nutrient-packed vegetables, fruits, nuts, whole grains, and more. The result? Her energy soared, she healed her relationship with food, and she got her glow back, both inside and out. Eager to share her realization that the food we put into our bodies has a huge impact on how we look and feel each day, Angela started a blog, ohsheglows.com, which is now an Internet sensation and one of the most popular vegan recipe blogs on the web. This is Angela's long-awaited debut cookbook, with a treasure trove of more than 100 mouthwatering, wholesome recipes — from revamped classics that

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even meat-eaters will love, to fresh and inventive dishes — all packed with flavor. The Oh She Glows Cookbook also includes many allergy-friendly recipes — with more than 90 gluten-free recipes — and many recipes free of soy, nuts, sugar, and grains, too! Whether you are a vegan, "vegan-curious," or you simply want to eat delicious food that just happens to be healthy, too, this cookbook is a must-have for anyone who longs to eat well, feel great, and simply glow!

Discover the amazing cuisine of Africa with this beautiful full-color cookbook featuring classical and modern African dishes. With its diverse, delicious flavors, African food is “some of the best on the planet,” yet remains little known to many in the wider world. To introduce this wonderful cuisine, Duval Timothy, Jacob Fodio Todd, and Fodayemi Brown started their popular bi-monthly London supper club The Groundnut to showcase the food of their childhoods, dishes that reflect their heritage in Western and Eastern Africa. Based on their sold-out events, *Food from Across Africa* features both traditional recipes, many of which have been passed down through the generations, as well as experimental dishes using new ingredients and combinations: from the fragrant and ubiquitous West African dish, jollof rice, to innovative modern offerings like aromatic star anise and coconut chicken served in a steaming plantain leaf. *Food from Across Africa* includes nine complete menus with dishes that complement and enhance one

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another—from cocktails and juices to main courses, vegetables, sides, and desserts. Instead of making explicit distinctions, the menus represent the way these dishes fit together, whether attached by season, dominant flavors, or by another unifying point of inspiration. Easy to follow and cook, each recipe includes a short history and uses ingredients found in local markets. Pork in Tamarind, Mustard Prawns, Baked Broccoli Falafel, Pineapple Jam, Spinach & Green Bean Salad with Peanut Pesto, Banana Almond Cake, Pickled Peppers, Baked Plantain, and much more—the mouthwatering fare in *Food from Across Africa* is meant to be eaten communally, with family, friends, and neighbors, and enjoyed with all the senses. “Our food encourages tactility, with influences from our childhoods growing up eating freshly picked mangoes sprinkled with salty chili powder, being served juice in a peeled, cored, and squeezed orange and hand rolling and dunking balls of eba into okra soup then straight into your mouth.” A celebration of a fascinating and flavorful culture, bursting with dozens of gorgeous full-color photos, *Food from Across Africa* is a bounty of delights, presenting food that is simple, balanced, beautiful, and fabulous to share. First published in 1997. Routledge is an imprint of Taylor & Francis, an informa company.

Get the most out of your time in the kitchen with these 100 fast, instant-classic

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dinners that everyone will love. For pretty much everyone, life gets busy—but you still want to cook up a good meal, ideally one that’s accessible, efficient, and doesn’t sacrifice any of the delicious flavors you love. The creators of the popular website The Modern Proper are all about that weeknight dinner, and now, they’re showing you how to reinvent what proper means and be smarter with your time in the kitchen to create meals which will bring friends and family together at the table. The Modern Proper will expand your “go-to” list and help you become a more intuitive, creative cook. Whether you’re a novice or a pro, a busy parent or a workaholic, this book will arm you with tools, tricks, and shortcuts to get dinner on the table. Every ingredient is easy to find, plus you’ll find plenty of swaps and options throughout. Each of the 100 recipes (some all-time fan favorites and many brand-new) includes prep time, cook time, and quick-reference tags. These include: -Stuffed Chicken Breast with Mozzarella and Creamy Kale -Stir-Fried Pork Cutlets with Buttermilk Ranch -Sweet Cider Scallops with Wilted Spinach -Tofu Enchiladas with Red Sauce -And more! With recipes to feed a crowd, an entrée for every palate, a whole chapter of meatballs, and plenty of pantry essentials, The Modern Proper is the new essential cookbook for any and all food lovers.

With 1000 scrumptious and easy-to-follow recipes, this book provides the perfect answer to all

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those vexed questions about what to cook. No more agonizing over what to put on the table; you will easily be able to find something to tempt the palate and satisfy the appetite of even the fussiest eaters - whatever the occasion. From time-honoured...

The Groundnut Cookbook is an African cookbook by friends Duval Timothy, Jacob Fodio Todd and Folayemi Brown. They are three energetic, imaginative Londoners set to change the face of African food with their cookbook packed full of gorgeous full-colour photography and easy-to-follow, fresh and healthy recipes. Learn how to prepare classics like their namesake Groundnut Stew, and Jollof Rice, alongside innovative offerings like their Avocado Ice Cream or Puna Yam Cake. The Groundnut Cookbook will make you wonder why it's taken you this long to explore Africa's culinary gems

With its long coastline along the South China Sea and its many rivers including the Red River in the north and the mighty Mekong in the south, Vietnam enjoys an abundance of fish and seafood. The land is also rich and has the abundance of chickens and ducks - the base of variety of amazing recipes. And let's not forget pork, the main meat on many tables; Vietnamese know many secrets of using each bit of pork so that it tastes unbelievably tasty. The variety of vegetables that Vietnamese include in each of their meals, which can be raw, stir fried, braised, pickled or salted, plays a very significant role in their lifestyle. This classic and regional Vietnamese recipes cookbook, which includes Hanoi fried fish with dill, Mussels with chilli, ginger and lemon grass, Prawns and cauliflower curry, Pork pate in a banana leaf and so on, will make you experience all these fragrant, all these contrasting flavors that Vietnamese cooking has to offer. It is an essential introduction to the fresh and one of the healthiest foods you will ever experience in your kitchen, so don't hesitate and start enjoying

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your travel to Vietnam.

The teen survival kit - 120 practical recipes with fun cartoon-style illustrations.

The book is divided into three: a detailed section by Dr Clare Shaw on diet and cancer and the problems you may face during treatment (such as loss of appetite, nausea, sore mouth, change of taste); recipes to cook during treatment, which are nutritionally beneficial and wholesome enough to keep you strong even if you can't eat too much; and a section of recipes for after treatment aimed at keeping you healthy. These recipes are designed to serve smaller portions and two people as well as families, and there are lots of tips about budgeting, leftovers and freezing. Dr Shaw wants to emphasise that you don't have to cook 'special', separate meals for one, the rest of the family can eat in the same way, saving on time and stress as well as encouraging a healthier diet for all.

- Vibrant plant-based dishes fusing African and European flavors from a young British-Nigerian cook - Includes almost 50 recipes
Introducing Zoe Alakija, a London-based cook, whose rich recipes blend modern British flavors with the rich colors and tastes of her Nigerian upbringing. African food in general, and Nigerian food in particular, is on the rise in the UK and dishes like cheesy kokoro and nutty plantain brownies take European vegan food far beyond the more muted flavors and colors that we are used to. Zoe's immaculate balance of tastes combined with playful presentation ensures these are recipes to remember for those willing to explore broader, more environmentally responsible horizons.

A renowned culinary historian offers a fresh perspective on our most divisive cultural issue, race, in this illuminating memoir of Southern cuisine and food culture that traces his ancestry—both black and white—through food, from Africa to America and slavery to freedom.

Read Free The Groundnut Cookbook

Southern food is integral to the American culinary tradition, yet the question of who "owns" it is one of the most provocative touch points in our ongoing struggles over race. In this unique memoir, culinary historian Michael W. Twitty takes readers to the white-hot center of this fight, tracing the roots of his own family and the charged politics surrounding the origins of soul food, barbecue, and all Southern cuisine. From the tobacco and rice farms of colonial times to plantation kitchens and backbreaking cotton fields, Twitty tells his family story through the foods that enabled his ancestors' survival across three centuries. He sifts through stories, recipes, genetic tests, and historical documents, and travels from Civil War battlefields in Virginia to synagogues in Alabama to Black-owned organic farms in Georgia. As he takes us through his ancestral culinary history, Twitty suggests that healing may come from embracing the discomfort of the Southern past. Along the way, he reveals a truth that is more than skin deep—the power that food has to bring the kin of the enslaved and their former slaveholders to the table, where they can discover the real America together. Illustrations by Stephen Crotts

The rising star chef, food activist and author of *The Inspired Vegan* remixes foods of the African diaspora to outline creative but comprehensive vegan recipes for such options as Corn Maque Choux-Stuffed Jamaican Patties, Groundnut Stew and Crispy Teff-Grit Cakes. 17,500 first printing.

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