

Book of North African Cooking



The cuisine of North Africa, strongly influenced by the ancient civilizations of the Mediterranean, is one of the most interesting & varied in the world. With an abundance of fine ingredients North Africans enjoy a delicious & healthy diet -- from fragrant stews of meat & dried fruits to hot & spicy marinated & grilled fish, from saffron-scented couscous to sun-ripened salads & fruits. This book brings together over 80 recipes from Morocco, Tunisia, Algeria & Egypt, all beautifully photographed in full color with easy step-by-step instructions for you to follow. Chapters: North African ingredients; soups; appetizers; fish; poultry; meat; grains; vegetables; salads; & desserts & sweetmeats.

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