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Nigerian Cuisines Nov 23 2019 The book *Nigerian Cuisines: A Historical Compilation of Mouthwatering Traditional Delicacies from Hausa, Yoruba and Igbo Ethnicities* is an effort to provide an easy how-to-do-it Nigerian food recipes to all and sundry. It is written in simple terms and with brief details about the three major ethnicities in Nigeria. The delicacies contained herein are carefully selected to suit everyone's needs, health standards, and accessibility to the ingredients. Whether you're a Nigerian or a foreign lover of Nigerian meals, this book is just the perfect companion in the kitchen—so read it, cook it, and love it!

Nigerian Cookbook Series with Video Guide Jul 12 2021 If you're missing quality Nigerian meals, my Nigerian cookbook series is a great opportunity for you to learn step by step with accompanying videos, how to make Amala (yam flour) food for a family of 6 (dad, mum and four kids). Amala is a very nutritious West African staple food, In this cookbook I explain step step how to make Amala using yam flour and sorghum. Sorghum makes Amala even more nourishing because sorghum grains contain a wide range of vitamins, minerals, proteins, amino acids and so much more! If you're the busy type you can use this short Nigerian cookbook to learn how to prepare Amala in about 10 minutes. The ingredients in the recipe I use are well laid out and explained. If you're an Nigerian living in diaspora, or maybe you are a bachelor living in Nigeria, but do not know how to make Amala (yam flour) food, just order my book now to learn how to make it easily and quickly.

Grace Kerry's Magic with Black-Eyed Beans and Other Recipes - A Nigerian Cookbook Jun 30 2020 Magic with Black-Eyed Beans and Other Recipes is a unique and practical Nigerian cookbook focusing mainly on nutrition rich black-eyed bean dishes, but also includes many other favourite Nigerian recipes. A lot of the recipes in the book are suitable for vegetarians.

Party and Spice Mar 27 2020 In Nigeria, where there is food, there is a party! Food in Nigeria is one of the most celebrated values. It brings festivity and love. It also breeds togetherness and friendship. The interesting thing about Nigeria is that it has so many ethnicities and tribes, but one can say the food is one thing that breaks barriers. It is important to note that Nigerian dishes are so tasty; they will have you eating out of your hand in no time, literally! From a little gathering to a full-blown celebration, Nigerian meals would be enjoyed. The beautiful aroma of some of these foods will have you sniffing and have your stomach rumbling out loud. In the chapters of this book, you would find 25 insightful ideas on how to get this ball rolling. Whether it is that spicy chicken or the lovely golden brown puff-puff or any other interesting dish associated with Nigeria. All you have to do is follow the instructions and try out some recipes today!

The Ultimate Nigerian Cookbook (7th Edition) Nov 15 2021 The ultimate Nigerian cookbook (7th edition) shows you how to make more than 92 of the most popular Nigerian foods using over 500 photos and detailed step by step instruction. My name is Chy Anegbu, a professional chef and food blogger. I have spent the last 9 months reworking this Nigerian cookbook following recommendations and reviews received from previous editions. What we have is a 192 paged giant cookbook that shows you how to make more than 92 different Nigerian foods. The Ultimate Nigerian Cookbook features: 20 Nigerian soup recipes 14 Nigerian rice recipes 18 Nigerian small chops/Pastries 7 Nigerian drink recipes 6 Nigerian yam recipes 6 Nigerian breakfast recipes 15 Local Nigerian Recipes 4 swallow recipes It is a 192 paged cookbook with several other cooking tips and tricks. With thousands of copies sold already, our wonderful customers consider this the best Nigerian (west-African) cookbook in circulation Whether you are a woman looking to surprise your man or perhaps you are a man looking to surprise your lady, this is the right Nigerian cookery book for you. There are easy recipes for beginners and more complex ones for you to try as you learn the ropes. The first 12 pages featured tips on healthy Nigerian foods and explained most of the Nigerian ingredients and local spices used in this Nigerian cookbook. I like to say that you will make better and healthier Nigerian foods with the Ultimate Nigerian Cookbook. You will also find tips for food decoration as well as a food menu that makes your day to day meal planning a breeze. In this edition (7th edition), we updated all of the recipes in the sixth edition and added 14 more Nigerian recipes. The objective has always been to offer you clear, detailed, and easy to follow recipes. This 7th edition has 192 pages and 92 recipes, While the 6th edition (also sold by amazon) had just 78 recipes and 160 pages This book contains everything I have learned about foods in the last thirty years; the good thing is that you can learn all of that in just one month or less. I have written thousands of articles about Nigerian food recipes and reach out to thousands of people daily through my free weekly newsletters, food blog, and social handles. I have been a food blogger for 10+ years, so I understand what makes a great cookbook.

"My Cooking" **West-African Cookbook** Apr 28 2020

Feast of Flavours Oct 15 2021 Are you looking for a way to bring the bold and delicious flavours of Nigeria to your kitchen? Look no further than *Feast of Flavours*, the ultimate guide to making traditional Nigerian dishes like a pro. This comprehensive cookbook is filled with recipes for your favourite Nigerian dishes, from jollof rice to egusi soup to puff puff. With easy-to-follow instructions, clear pictures, and helpful tips and tricks, you'll be making tasty and authentic Nigerian favourites in no time. *Feast of Flavours* is perfect for any home cook looking to explore the amazing tastes of Nigerian cuisine. With its wide range of recipes, you're sure to find something to tantalize your taste buds. Whether you're a beginner or a seasoned chef, you'll be sure to enjoy the deliciousness of Nigerian cooking. **BENEFITS:** - Over 100 recipes for traditional Nigerian dishes - Easy-to-follow instructions - Clear pictures and helpful tips and tricks - Perfect for any home cook - Wide range of recipes for all skill levels - Explore the amazing tastes of Nigerian cuisine - Enjoy deliciousness of Nigerian cooking *Feast of Flavours* is the perfect cookbook for anyone who wants to explore the bold and delicious flavours of traditional Nigerian cooking. With recipes, easy-to-follow instructions, clear pictures, and helpful tips and tricks, you'll be able to make delicious Nigerian dishes in no time. Whether you're a beginner or a seasoned chef, you'll be sure to enjoy the deliciousness of Nigerian cooking with this comprehensive guide. So, don't wait any longer! Get your copy of *Feast of Flavours* and start cooking like a pro. With this cookbook, you can bring the amazing tastes of Nigeria to your kitchen and enjoy the deliciousness of traditional Nigerian dishes.

The Essential Nigerian Cookbook Feb 16 2022 While Nigeria is unfortunately more often associated with email scams, corruption and political instability no one disputes the quality of Nigerian cuisine. In fact, Nigerian food is unrivalled in terms of flavour and nutrition. After being quizzed by numerous guests sampling the dishes from their kitchen, the authors decided to write *The Essential Nigerian Cookbook*, a simple easy-to-follow guide to some Nigerian recipes with ingredients that are readily available in larger supermarkets and ethnic food stores. In Nigeria, food tends to be locally sourced and grown, organic in the most literal sense, and extremely rich in nutrients. For example: yams are a good source of vitamin B complex, potassium, and contain natural steroids like progesterone and other chemicals that help in lowering risk of osteoporosis. Plantains are rich in vitamin A, potassium and fibre. They are good cholesterol reducing agents. Red beans have high fibre, antioxidant and folic acid content as well as containing vitamins C, D, and A. Beans repair damaged cells in the body. Cassava granules contain vitamin C, fibre and carbohydrates. Okra is very low in calories, rich in vitamins B, C, Calcium and folic acid. It relieves constipation, the type of fibres found in okra help to stabilise blood sugar by controlling the rate at which they are absorbed from the intestinal tract.

Nigerian Food Cookbook Jan 18 2022 This book is written as a manual to mastering how to prepare dinner Nigerian meals. You will find fifteen major recipes of some of the maximum famous dishes loved all throughout southern Nigeria. So why make an eBook about Nigerian food recipes? Firstly, I love African meals. I think African delicacies has penetrated a whole lot of cultures the world over and many humans are becoming more curious of Nigerian delicacies in widespread. If you're Yoruba and have continually wanted to discover ways to cook Ibo food then there are plenty of Ibo food recipes here to get you started. Or perhaps you discovered to cook African meals in countries just like the U.S. Great Britain, South Africa or some other place and need to improve on the recipes you know or study some new ones. This book will take your cooking to the following degree by extending the variety of Nigerian foods you can prepare dinner and teach you the way to integrate native substances to get the most genuine flavor and flavor. In this book, you will learn how to cook: Tasty Nigerian breakfast Incredible Nigerian appetisers Traditional Nigerian dinners Rich Nigerian desserts Take the plunge and start your journey towards cooking some of the best food in the world

Hausa-Fulani Concoctions Nov 03 2020 Hausa-Fulani Concoctions: The Secret Recipes of the Hausa-Fulani Peoples Of Northern Nigeria, Africa Revealed,. In a world where the need for natural foods and healthy traditional foods have become critical, the distinct cuisines and all natural foods from different parts of Africa have become well-sought delicacies for their healthy, all-natural and no-preservatives compositions. In this edition of *The Most Wanted African recipes* book series, Dr Ope Banwo, in collaboration with top chefs specializing in Hausa-Fulani foods, has provided the roadmap to the carefully guarded recipes of the most popular natural and healthy meals of the Hausa-Fulani peoples of Northern Nigeria in West Africa. With the easy-to-follow preparation steps provided in this book, anyone from around the world can now enjoy the legendary, healthy and all-natural cuisines of the Hausa-Fulani Peoples of Northern Nigeria, in West Africa

Nigerian Cookbook Jul 24 2022 This Book "Nigerian Cookbook: Amazing 25 Nigerian Food Recipes Which Cannot Be Missed!" is a great guide for you if you are looking to learn about the Nigerian food. Nigerian food is simple yet have alot of taste in it. The recipes are full of delicious ingredients which you want to try. The combinations of ingredients is amazing in the Nigerian food which you would surely love. Nigerian cookbook includes all the recipes which are preferred to be eaten at Nigeria. People love to eat these recipes and whenever they have guests over, they prefer to cook the similar dishes to serve the guests in the best manner. Here are some of the chapters which you may find in this Book: * Delicious Chicken Nigerian Recipes * Nigerian Salad Recipes * Breakfast Recipes of Nigeria * Nigerian Dessert Recipes Take out time over this weekend and cook these delicious recipes. They do not consume much of your time but you will surely fall in love with the taste of the food. It is always better to try new foods and what could be better than Nigerian recipes? Once you try these, you won't be able to get over them so do not miss out on them and start collecting the ingredients now with the help of this book! You have a great chance to learn about Nigerian food as well as their culture. This Book gives you the best idea of how the food would taste if you ever wish to travel to Nigeria to experience the deliciousness of the food!

Nigerian Cookbook Jan 30 2023 This book "Nigerian Cookbook: 25 amazing recipes to enjoy Nigerian Food" is a great and comprehensive guide for you to get started with the Nigerian Recipes. If you want to learn Nigerian Food Recipes, then this is the best place for you. This Nigerian Cookbook will teach you all the necessary and delicious recipes which are made on a daily basis at Nigerian people homes. You will be able to taste the delicious food sitting right at your home. This book is divided into chapters for you to learn about various recipes. The chapters are as follows: * Amazing Breakfast Recipes of Nigerian Food * Variety of Nigerian Lunch Recipes * Special Dinner Recipes of Nigeria * Delicious Nigerian Appetizers Recipes Check out the amazing chapters and learn the quick recipes without any hassle. All the ingredients are available in the market nearby you, and you will be able to make these within less than one hour. You can memorize some of the recipes which you like and make them without even referring to the book again and again. Yes! The recipes are this easy to cook. Do not wait and be ready to have a delightful taste this weekend which you will surely love! Most of the ingredients will be found in your kitchen, so you do not even have to worry that you will have to step out. Get this book now to pick your favorite recipe to cook at home right now!

Nigerian Dishes Cookbook Oct 22 2019 Nigeria is one of the largest black nation in the world and she has a rich history of cultures as well as varieties of tasty dishes that has caught the eye of people all over the world. What this cookbook provides is an in depth explanation and also a step by step guide on how some of the most delicious, sumptuous and mouth watering Nigerian dishes are prepared. Nigerian dishes/recipes are gradually becoming the 'in thing' in terms of spicy African delicacies and this book has placed enough emphasis on how dishes like 'jollof rice' 'egusi soup', e.t.c are being prepared.

Isi Cookbook Nov 27 2022 Food is celebrated as a key element of the Nigerian culture. Food is embraced for fellowship, worship, and survival. The staple foods of Nigeria include rice, yam, cassava, and wheat (bread). Traditionally, Nigerians (at least the elders) don't cook by recipe. The fine art of cooking Nigerian food is normally handed down through observation, apprenticeship, and experimentation. When asked how they cook so well without a written guide, the older Nigerian mothers would only say that "they just do it." This attests to their experiential learning of the art of Nigerian cooking. As modern practices take root, more and more Nigerians are resorting to the guiding "hands" of written recipes. That is what informs the writing of this book. Our American and European friends often request copies of Nigerian recipes. If not written down, the much-desired Nigerian recipes cannot be disseminated and promulgated throughout the world. Thus, it is the hope that this book will contribute to providing a lasting archival repository of Nigerian recipes, just as other books before it have done. Nigerian foods, particularly the soups, are usually spicy hot. Each family often has its own twists and turns to the process of achieving hotter and hotter meals. The common belief is that eating spicy foods is good for the heart and facilitates longevity. "Mild" is not normally in the vocabulary of Nigerian menu, except when dealing with our Western counterparts. The diversity of thoughts, beliefs, and Nigerian kitchen practices lead to many different ways of preparing the same food. As such, many of the recipes in this book do present alternate approaches to preparing the same basic food. Please don't be timid, experiment and enjoy!

Afro Vegan May 29 2020 - 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.

Diidys Kitchen Cookbook Oct 03 2020 You do not need to shy away from the kitchen even if you are not an experienced cook. Try getting into the kitchen and cooking something. In this book, I tweaked the recipes to my satisfaction and they worked for me perfectly well, which makes me glad to share with you. These are mostly Nigerian foods. Yes! We love to cook and eat in my country.

ToMuTi May 22 2022 *ToMuTi: Tasty, Tender, Mercies*, Nigerian Cook Book contains all of your favorite Nigerian Recipes from Fufu, Jollof Rice, Puff Puff and More! The recipes in this cookbook embody a taste

of the rich variety of Nigerian cuisine made with love. Your new favorite Cook Book was created by a passionate Nigerian chef, Mercy Oluwademilade Amu who enjoys cooking, entertaining, and preparing wonderful African meals to share with her family and community of friends. "I hope this cookbook motivates you to get more innovative in the kitchen, and moves you to explore the delightful meals we have set out for you". Mother of Zion

Nigerian Recipe Book: A Beginner's Guide to Authentic Nigerian Food Oct 27 2022 Nigeria is one of the most diverse countries in the world, so it's no surprise that there are a variety of unique cultures and people. This book takes the distinct attributes of each area and offers a wide range of recipes to create dishes that would be found among these culturally diverse communities. This cookbook teaches you new recipes for coconut balls, shrimp rice, chicken skewers, kidney bean soup with peanut sauce and classic peanut soup. Although it may be intimidating to make a foreign cuisine, the easy-to-follow instructions will help you in your journey to successfully cook authentic Nigerian food. This unique cuisine will surely impress your dinner guests no matter the occasion! Grab a copy of Nigerian Recipe Book and start cooking these authentic recipes today!

The Nourishing Cookbook Dec 05 2020 A select cookbook put together from select traditional Nigerian food lineup. While many choices are available, this book focuses only on select, simple-to-prepare foods that can be made with ingredients the diaspora and anybody may be able to get in major cities around the world. Efforts have been made to transcribe some of the major ingredients into easily recognizable items. Substitutions are possible but the final results will definitely be different but equally tasteful. Please enjoy.

My Everyday Lagos Mar 08 2021 An acclaimed chef and food writer celebrates the many cuisines found in Lagos, Nigeria's biggest city, with 75 recipes that mirror her own powerful journey of self-discovery. The city of Lagos, Nigeria, is a key part of a larger conversation about West African cuisine and its influences throughout the world. My Everyday Lagos consists of 75 dishes that are all served in recipe developer and food stylist Yewande Komolafe's fast-paced, ever-changing home city of Lagos. These recipes reflect the regional cooking of the country and reveal two complementary qualities of Nigerian cuisine—its singularity and accessibility. Along the way, through informative essays that place ingredients in historical context, Yewande explains how in a country where dozens of ethnic groups interact, a cuisine has developed that transcends tribal boundaries. Yewande's personal narrative is woven throughout the book and cautions against being burdened by notions of authenticity. To those in the African diaspora, this book highlights food that may have been adapted and integrated into the cuisines of the places they live. The bukás of London, Houston, Atlanta, Chicago, Toronto, and Newark all have their unique vision of Nigeria and are reflected in their food. The recipes, including classics like Jollof Rice, Puff Puff, and Groundnut Stew, are a starting point for the home cook, allowing them to trust the ingredients and achieve the variety of textures and flavors Nigerian food is known for. Beautiful photographs of the city and its people invite readers into the energy and pulse of Lagos, while the food photography entices them to make each and every dish in the book. This stunning cookbook is Yewande Komolafe's in-depth exploration of a cuisine as well as the definitive book on Lagos cuisine that reveals the nuances of regions and peoples, diaspora and return—but also tells her own story of gathering the scattered pieces of herself through understanding her home country and food.

Igbo Concoctions Mar 20 2022 The Legendary Recipes of the Igbo Peoples Of Eastern Nigeria, Africa Revealed,. . In a world where natural foods and healthy traditional foods have become critical, the distinct cuisines from different peoples of Africa have become highly sought-after for their healthy, all-natural and no-preservatives composition. In this edition of the Most Wanted African Recipes Book, Dr Ope Banwo, in collaboration with top African chefs, has provided the roadmap to the carefully guarded recipes of the most popular, All-natural and healthy meals of the Igbo peoples of Eastern Nigeria, in West Africa. With the easy-to-follow preparation steps provided in this book, anyone from around the world can now prepare and enjoy the legendary, healthy and all natural meals of the Igbo Peoples of Eastern Nigeria, in West Africa. With this book, you can literally start enjoying some of the most nutritious meals from the Igbo culture of the Eastern Nigeria, West Africa in minutes!

Cooking Made Easy Sep 01 2020 *Cooking Made Easy!* .. 'How to Prepare Most Delicious Nigerian Foods' is a classic home cooking simplified step by step guide that will take you by hand and offer you the easiest form of approach to making Nigerian delicious foods. You will find twenty five (25) main recipes of some of the most popular dishes enjoyed all across different ethnic groups in Nigeria (Igbo, Hausa, Yoruba & Calabar). The recipes you find in this book are straight forward and easy to follow. I made very sure that even a basic six student could use this wonderful cookbook to prepare Nigerian foods. Whether you are a wife looking to surprise your husband or perhaps you are a husband looking to surprise your wife, this is the right cookbook for you. If you are Yoruba and have always wanted to learn how to cook Ibo food, Calabar or Hausa food, or you are Ibo, Hausa or Calabar and have wanted to cook Yoruba foods then this is the right book for you. Or maybe you learned to cook Nigerian foods in countries like U.S, Great Britain, South Africa or elsewhere and want to improve on the recipes you know or learn some new ones. This e-book will take your cooking to the next level by extending the range of Nigerian foods you can cook and teach you how to combine native ingredients to get the most authentic flavor and taste. You will find: 25 Nigerian Food Recipes 4 small chops (Samosa, Sausage Roll, Puff Puff and Gizdodo) Common Nigerian food ingredients Smart Tips of becoming better cook The first seven pages explained the top ingredients used for Nigerian foods, there are images for all of them and a detailed description. You will not have problem with identifying the ingredients in case you are new to Nigerian foods. I intentionally put these first so you can get yourself familiarize with them as we progress in the cooking process proper. In summary, this e-book contains everything I have learned as a professional chef in the last 30 years, plus a whole lot more. The good thing is that you can learn all of these within a month.

The New Way to Bake Aug 13 2021 Put Flavor First with 60 Easy, Stylish Cakes Unlock a whole new world of flavor with Benjamina Ebuehi's signature cakes. Inspired by her journey to The Great British Bake Off and beyond, Benjamina's groundbreaking recipes put flavor at the forefront by letting the star ingredients—toasted nuts, fragrant spices, bold herbs and ripe fruit—do all the work. Creations like Plum & Black Pepper Cake, Masala-Chai Carrot Cake and Caramelized Plantain Upside-Down Cake are as impressive as they are simple. Beautiful, minimal finishing touches make a big impact, highlighting the exciting ingredients within. These irresistible treats will amaze your friends and family as easily as they will spice up your week. Full of beautiful, of-the-moment cakes with unforgettable flavors, *The New Way to Bake* brings out the best baker in everyone.

Nigerian Cookery Book Feb 25 2020 45 Tasty, Healthy, and Delicious Recipes - This excellent book is loaded with recipes that will inspire even those who don't like to cook. The delicious recipes specified in this book are easy to put together with the ingredients properly listed.

Exotic Nigerian Recipes Aug 25 2022 What types of food are prepared in Nigeria? Would you and your family enjoy Nigerian dishes? Nigerians use some exotic ingredients that make their dishes unique. They eat many meals that include soups and stews, often served with rice. There is something for everyone in Nigerian recipes at any time of the day. Many of the dishes in Nigeria include peanuts, but you can make them without the nuts if you have family or friends with nut allergies. Nigerians often refer to peanuts as groundnuts, in case you've seen the term used before. Nigerian cooks typically use as much of an animal as they can when they prepare meals. They use the liver, kidney, tripe and intestines when making pepper soup, which is often served at parties. They enjoy turkey, chicken, lamb and goat meat, as well as beef. What vegetables are often used in Nigeria? Some of the most popular Nigerian vegetables include spinach, pumpkin leaves, scent leaves and jute leaves. They are not often found out of the country, but you can use other greens as substitutes. They also use peppers, tomatoes, beans and black eyes peas. Turn the page and learn more about cooking authentic Nigerian dishes...

Soup Recipes from All Over Africa Aug 01 2020 Explore Africa's Spices, Tastes and Time-Honored Traditions 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. It's not easy pinning down national favorite soups but in *Soup Recipes from All Over Africa* we combine most popular soups from each of Africa's different regions, including meals from Ethiopia, Ghana, South Africa, Kenya, Morocco, Egypt, Angola and more 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 African dish. These recipes are Sample tried-and-true staples that have survived generations, like NIGERIAN RED STEW, KENYAN MAHARAGWE (SPICED COCONUT BEAN SOUP), SENEGALESE POULET YASSA, LIBERIAN STYLE COLLARD GREENS, GHANAIAN SPINACH STEW WITH CHICKPEAS, GHANAIAN CHICKEN AND GROUNDNUT SOUP, CHORBA ADAS (ALGERIAN LENTIL SOUP), MOROCCAN SPICED LENTIL SOUP, EFO RIRO - NIGERIA SPINACH STEW and many more. Whether you're a foodie, a spicy food aficionado or simply looking for a colorful new cuisine to try, *Soup Recipes from All Over Africa* is an excellent map for your culinary journey. It's A celebration of 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.

The African Diet Cookbook Apr 20 2022 The traditional Nigerian dishes she grew up enjoying, as well as typical eats from all across the continent. She introduces customary recipes from each of Africa's different regions, including meals from Ethiopia, Ghana, South Africa, Kenya, Morocco, Egypt, Angola and more, all of which she collected with the help of relatives and family friends. Sample tried-and-true staples that have survived generations, like Nigerian Red Stew, Jollof Rice, Moroccan Spiced Lamb and Eritrean Red Lentils with Berbere Spice Mix. Enjoy Agatha's unique spin on classics like West African Egusi Soup and Ewa Oloyin (a vegetarian bean dish), in addition to her lighter and healthier take on traditional African street foods like Zanzibar Pizza. Whether you're a foodie, a spicy food aficionado or simply looking for a colorful new cuisine to try, *Flavors of Africa* is an excellent map for your culinary journey.

Flavors of the World - Nigeria: Experience Authentic Nigerian Cuisine in 25 Recipes Jun 22 2022 This cookbook is designed to help you create and enjoy authentic Nigerian cuisine. Nigeria is one of the most diverse countries in the world, so it's no surprise that there are a variety of unique cultures and people. Although there is no signature dish that represents Nigeria, this book offers a wide range of recipes to create dishes that would be found among the different areas. To assist you in your journey to cook Nigerian food in your kitchen, we have designed this book with 25 amazing recipes that have easy-to-follow instructions. This unique cuisine will certainly impress your dinner guests and you'll be one of the few people that know how to make it! Grab this book today to start mastering Nigerian cuisine!

Kitchen Physics Feb 04 2021 This book goes a little beyond being just another recipe book. It is a recipe book with a unique twist that delves into the fun and fellowship aspects of food preparation in the kitchen. Unlike most conventional recipe books, *Kitchen Physics: Dynamic Nigerian Recipes* takes readers through an intellectual path of cooking popular Nigerian foods. Food and recipes bring people together. Immigrants residing anywhere in the world connect with their original homelands through their continuing connection with their respective ethnic foods. No matter how long an immigrant has lived outside his or her home country, the excitement of relevant ethnic foods still persists. Even second, third, and fourth generation immigrants still connect with their parents original home countries through the appropriate ethnic foods. This fact is very much applicable to Nigerian immigrants anywhere in the world. The purpose of this book is to provide an avenue of connectivity to the ethnic origins of readers. He or she who is connected to the food is connected to the ethnic affiliation of the food. Not forgetting home means connecting with foods from home. Food and fellowship go hand in hand in the African culture. There are facts and fallacies of food all around the world, but it is often fellowship that gels everything together.

25 Homemade Nigerian Recipes May 10 2021 **Buy the paperback version of this book and get the kindle eBook version for FREE** 25 HOMEMADE NIGERIAN RECIPES Ever tasted a Nigerian dish? If your answer is no, then you are missing out on a totally different and unique level of food experience. They are the tastiest African food you will ever eat. However, if you have thought of making one yourself but have no idea whatsoever on how to go about it? then there's absolutely nothing to worry your pretty head about as today is your lucky day. What does this book offer? You might want to ask. Well this amazing cookbook gives an in-depth knowledge of how some of the most popular and delicious Nigerian dishes like; The famous Nigerian Jollof Fried rice Egusi soup Isiewu Ogbonno soup Ewedu ati gbegiri and lots more are prepared. This book also provides quick and easy Nigerian recipes you will most definitely want to try out. If you are married to a Nigerian and you are interested in Nigerian foods or dishes then this book is just what you need. Remember as they say "the way to a Nigerian man's heart is through his stomach" This book is also for Nigerians in Diaspora and food lovers all over the world not afraid to try some real good African food. Hurry up, get this book, go make yourself a Nigerian dish and give your taste buds a real treat.

Holidays of the World Cookbook for Students Jan 24 2020 Presents a collection of holiday recipes from over 150 countries that include an introduction to the local holidays, customs, and foods for each country.

Nikky's Kitchen Cook Book Sep 13 2021 The book comprises of simple Nigerian recipes that can be easily interpreted by everyone. The book guides readers on how easy it is to make some Nigerian delicacies. The book uses US cup measurements, and the spoon measurements are leveled. The time for cooking is only used for a guide. The cooking time may be slightly different due to the type of cooking stove that was used. The color and taste will come out based on individuals preference. The recipes in this book can also be used by non-Nigerians.

Ultimate Nigerian Cookbook Dec 29 2022 The ultimate Nigerian cookbook is a standard 132 paged giant cookbook for making delicious Nigerian foods. There are over 65 different Nigerian recipes with step by step instruction that even my granny could follow to replicate all of the amazing Nigerian foods. You will find easy to follow recipes plus images that make the process a whole lot easier. With thousands of copies sold already, I believe this is the best Nigerian cookbook in circulation. Whether you are a woman looking to surprise your man or perhaps you are a man looking to surprise your lady, this is the right Nigerian cookbook for you. There are easy recipes for beginners and more complex ones for you to try as you learn the ropes. There are 15 soup recipes, 5 rice recipes, 12 small chops and snack recipes, 6 drink recipes, 4 yam recipes, 5 breakfast recipes and so much more. The first five pages shows you how to make your food healthy while the last five pages explained most of the ingredients used in the book, you will learn about their alternate names and even how and where to purchase them. I like to say that you will make better and healthier Nigerian foods with the *Ultimate Nigerian Cookbook* You will also find tips for food decoration as well as a food menu that makes your day to day meal planning a breeze. This book contains everything I have learned about foods in the last twenty years; the good thing is that you can learn all of that in just one month or less. The *Ultimate Nigerian Cookbook* is made by the Nigerian Kitchen - best place in the world for making delicious Nigerian foods. My name is Chy Anegbu and I am a professional chef and a very popular Nigerian food blogger. I have written thousands of articles about Nigerian food recipes and reach out to thousands of people daily through my free weekly newsletters, facebook and two websites. The first five pages completely addressed the issue of healthy Nigerian foods, you will learn how to eliminate junk from your foods in order to ultimately improve your health and ensure longevity. Most importantly, you will learn what is junk.

The Nigerian Super Cookbook Jun 10 2021 You can see here how rich Nigerian cuisine is. I've compiled more than 40 Nigerian dishes for you all in this book, including jollof rice. This book is ideal for anyone who is a Nigerian living abroad or who wants to enjoy a delicious meal with their family or foreign friends or anyone who just loves trying out new dishes. This book will make you aware of delicious Nigerian cuisine available all around the nation. This book will teach you how to prepare: Delicious Nigerian cuisine and accouterments Nigerian desserts and snacks are amazing and delicious. It's time to sharpen your knives and start cooking!

The Nigerian Cookbook Dec 17 2021 This is the perfect Nigerian cookbook for you if you have ever wanted to make authentic Nigerian food. Inside this book you are going to discover a few traditional Nigerian dishes that you can make with ease such as coconut balls, chicken skewers, shrimp rice, classic peanut soup, kidney bean soup with peanut sauce and classic jollof rice. So, what are you waiting for? Grab a copy of this book and start cooking authentic Nigerian food today!

All Nigerian Recipes Cookbook Feb 28 2023 All Nigerian Recipes Cookbook is designed for your assistance to enjoy authentic Nigerian recipes. Nigeria is one of the most culturally diverse countries in the world.

In Nigeria, there are a variety of unique cultures and people; therefore, it is difficult to pick a particular national dish. You can find a particular favorite dish in each area on the basis of customs, religion, and traditions. Nigerian Cookbook is designed for your assistance to share 25 delicious recipes. You can find meat recipes, vegetable soups and stews and delicious desserts and smoothies in this delicious cuisine. To assist you in Nigerian Cooking, we have designed this book with 25 amazing recipes. This book offers an amazing blend of delicious Nigerian recipes. In this book, you can get: * Nigerian Entrée Recipes * Special Meat Recipes * Soups and Stews * Snacks and Beverages * Nigerian Smoothies and Dessert Recipes Buy this book now and get the advantage of delicious Nigerian recipes given for your assistance with complete guidance and images.

Longthroat Memoirs Dec 25 2019

Flavors of Africa Sep 25 2022 Explore Africa's Spices, Tastes and Time-Honored Traditions In *Flavors of Africa*, Evi Aki shares the traditional Nigerian dishes she grew up enjoying, as well as typical eats from all across the continent. She introduces customary recipes from each of Africa's different regions, including meals from Ethiopia, Ghana, South Africa, Kenya, Morocco, Egypt, Angola and more, all of which she collected with the help of relatives and family friends. Sample tried-and-true staples that have survived generations, like Nigerian Red Stew, Jollof Rice, Moroccan Spiced Lamb and Eritrean Red Lentils with Berbere Spice Mix. Enjoy Evi's unique spin on classics like West African Egusi Soup and Ewa Oloyin (a vegetarian bean dish), in addition to her lighter and healthier take on traditional African street foods like Zanzibar Pizza. Whether you're a foodie, a spicy food aficionado or simply looking for a colorful new cuisine to try, *Flavors of Africa* is an excellent map for your culinary journey.

Efo Riro Mastery Apr 08 2021 Looking to master the art of making delicious Nigerian spinach stew, also known as efo riro? Look no further than "Efo Riro Mastery: A Step-by-Step Guide to Making Delicious Nigerian Spinach Stew". This cookbook is the ultimate guide to creating this flavorful and nutritious dish, with easy-to-follow recipes that will have you cooking like a pro in no time. Whether you're a seasoned chef or a beginner in the kitchen, this cookbook has something for everyone. What sets "Efo Riro Mastery" apart from other cookbooks is its focus on healthy, wholesome ingredients. Our recipes use only the freshest vegetables, herbs, and spices to create dishes that are not only delicious but also good for you. Additionally, this cookbook offers vegan and vegetarian options, making it a great choice for those following a plant-based diet. Our step-by-step instructions and beautiful full-color photos make it easy to create mouth-watering efo riro dishes that will impress even the most discerning palate. And with quick and easy recipes that can be made in under 30 minutes, you'll be able to enjoy this delicious Nigerian delicacy whenever you like. So whether you're looking to expand your culinary horizons or simply looking for new ways to incorporate healthy, flavorful ingredients into your diet, "Efo Riro Mastery" is the perfect choice. Order your copy today and start cooking your way to efo riro perfection!

Begginner's Guide to Nigerian Cooking - Nigerian Cookbook Jan 06 2021 If you want easy to follow Nigerian recipes that are shown step by step in more than 400 beautiful photographs, then, you've hit a jackpot. Whether it is learning how to ride a bicycle or learning how to make delicious and yummy Nigerian foods, we all want the learning curve to be an easy one. That's exactly what you get in this cookbook - easy to follow recipes. Made specially for beginners, professionals and other Nigerian food lovers. Are you married to a Nigerian person? Are you dating a Nigerian Person? Are you looking to surprise your special someone with recipe from home or you are just looking to try recipes from Africa. This cookbook was written specially for you. There are over 35 different recipes in total. Nigerian Swallow Recipes (4) Nigerian Soup Recipes (8) Nigerian Rice Recipes (4) Nigerian Snack Recipes (4) Nigerian Breakfast Recipes (4) Yam Recipes (4) Nigerian Drink Recipes (3) Other Nigerian Local Foods (4) As a bonus, I added the recipe for grilling chicken and making vegetable salad the African way. You will also find detailed information about most of the ingredients and spices used, you learn where to purchase them all over the world. I have been making Nigerian foods for close to 25 years and knows all the roadblocks you may encounter as a beginners, this cookbook aim to make your journey a smooth one. I have taken time to research these recipes and only provided recipe for foods that are easy to make, most of the required ingredients can also be purchased from any part of the world. So you have nothing to lose but so much to gain for purchasing this wonderful cookbook today.

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