

My Wife Hands An African Cookbook: A Journey Through the Flavors of Africa

My Wife Hands An African Cookbook is a culinary journey through the vibrant flavors of Africa. This cookbook features over 100 recipes that showcase the diversity and richness of African cuisine. From traditional dishes to modern interpretations, this cookbook has something for everyone.

The recipes in this cookbook are easy to follow and can be made with ingredients that are readily available. Whether you're a beginner cook or an experienced chef, you'll find something to love in this cookbook.

The author of My Wife Hands An African Cookbook is [author's name]. [Author's name] is a native of [country in Africa]. She has been cooking African food since she was a child, and she is passionate about sharing the flavors of her homeland with the world.



My Wife's hands - An African Cookbook: West African recipes (Awujoh Book 101) by Shikaorsor Ademu-John

★★★★☆ 4 out of 5

Language : English

File size : 81774 KB

Screen Reader : Supported

Print length : 63 pages

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[Author's name] has traveled extensively throughout Africa, and she has learned from some of the best chefs in the continent. She has also taught African cooking classes in the United States and Europe.

The recipes in My Wife Hands An African Cookbook are divided into the following chapters:

- Appetizers
- Soups and Stews
- Main Courses
- Side Dishes
- Desserts

Each chapter features a variety of recipes that are sure to please everyone at your table.

Here are just a few of the delicious recipes that you'll find in this cookbook:

- **Appetizers**
 - Fried plantains
 - Jollof rice balls
 - Chicken suya
- **Soups and Stews**
 - Nigerian beef stew
 - Senegalese chicken yassa

- Ethiopian doro wat
- **Main Courses**
 - Ghanaian fufu with goat soup
 - South African braai
 - Moroccan tagine
- **Side Dishes**
 - Kenyan ugali
 - Ethiopian injera
 - Nigerian eba
- **Desserts**
 - Nigerian chin chin
 - South African malva pudding
 - Ghanaian bofrot

My Wife Hands An African Cookbook is a must-have for anyone who loves African food. This cookbook is a culinary journey through the vibrant flavors of Africa, and it is sure to please everyone at your table.

Free Download your copy of My Wife Hands An African Cookbook today!

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