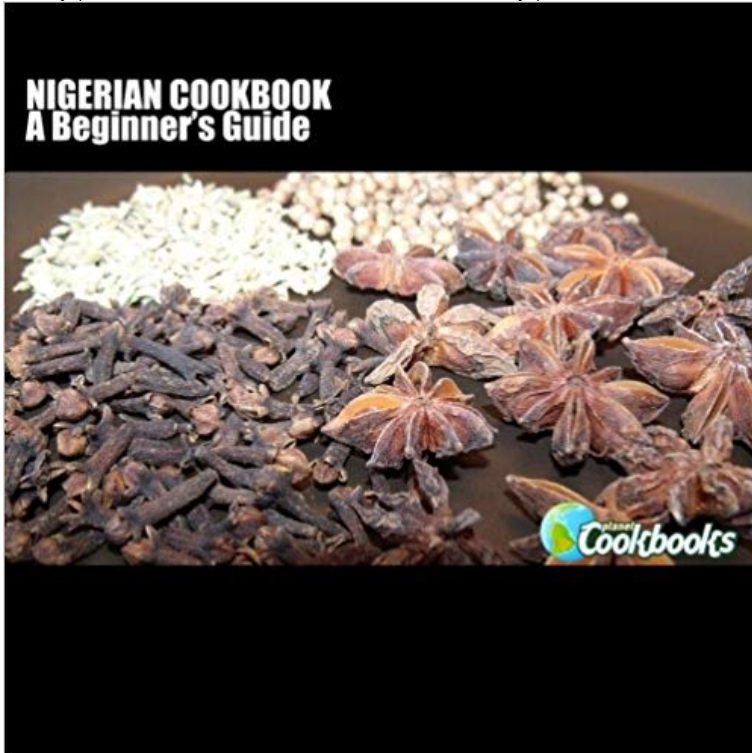


Nigerian Cookbook: A Beginners Guide (Planet Cookbooks)



NIGERIAN COOKBOOK A Beginners Guide Delectable Flavour Nigerian cuisine is absolutely wonderful! It consists of dishes from hundreds of ethnic groups in Nigeria, using herbs and spices combined with groundnut and palm oil to produce extremely flavourful soups and stews. In this book, you will learn a little about everything from the geography, economy, climate and landscape of Nigeria, to the people, history and traditions of Nigeria! This cookbook contains mouth-watering recipes for over 30 authentic Nigerian dishes. In this book, you will receive an introduction to Nigerias wonderful cuisine including delicacies such as; Peppersoup, Egusi, Masa, Suya, Tsiren Dakakken Nama, Coconut Rice, Jollof Rice, Alapa, Maafe, Shoko, Agege, Akara, Dodo, Zobo and Chin Chin. Each recipe is introductory and intended for beginners. They are easy to follow and beautifully photographed. This book has been written in support of millions of Nigerians living in poverty. Proceeds from the sale of this book will help bring about change for suffering African communities. Nigerian Cookbook is part of a social enterprise series called Planet Cookbooks. The goal of Planet Cookbooks is to produce simple and helpful Introductory Cookbooks for the Worlds poorest countries, in support of community development efforts in each of these areas of the World. Planet Cookbooks are perfect for those who wish to learn more about these countries and their cuisine, while impacting the communities and lives of their people. For information on additional culinary ventures aiding Extreme Poverty around the world, please visit us online at www.PlanetCookbooks.com.

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