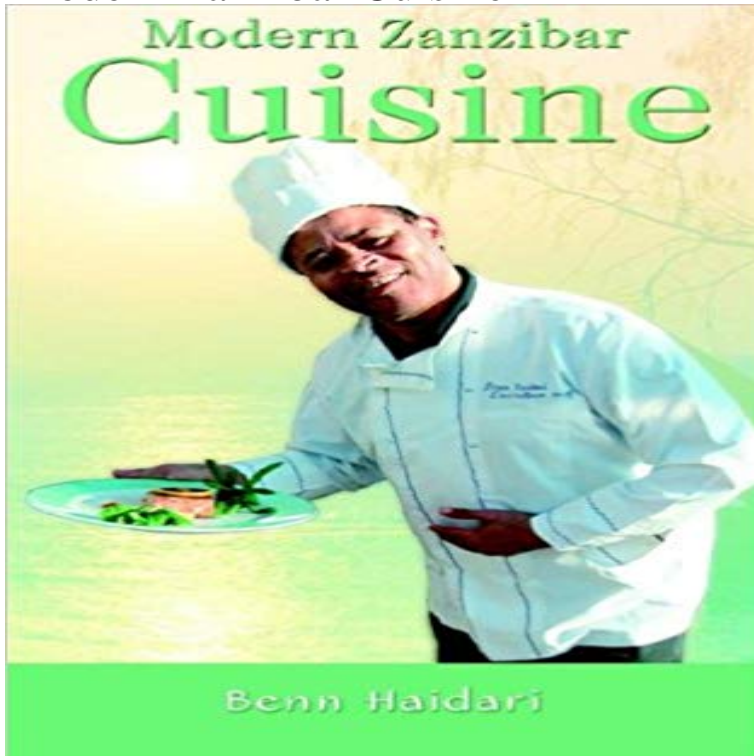


Modern Zanzibar Cuisine



With his Comoran ancestry and culinary background in the Aland Islands, Finland, Sweden and Paris, chef Benn Haidari is excellently placed to tell the world about the exotic modern cookery now coming from the islands of Zanzibar and Pemba, off Tanzania's Sawahil coast. Here you'll find starters, main dishes, seafood and desserts, plus a special section, as befits the Indian Ocean setting, on chutneys and kachumbar. Zanzibar dishes are far tastier than European ones, and they relate to Middle Eastern and Asian food in a way not found in the West. In these recipes you will recognise the roots of dishes from Iran and India, Turkey, North Africa and elsewhere in the Middle East. Benn has carefully researched the origins of these recipes and their history, and his short introductory pieces are a font of fascinating knowledge and local lore. Creole Seafood Stew, Boko Boko, Zanzibar Coffee Glazed Chicken. he tells you how to cook and present it, and sometimes suggests a wine to go with it. As for My Lovers Lobster a dish he prepared for his wife the very name suggests gastronomic and sensual delight!

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