



**MY  
COMMAND**

Mke Nyumbani: Alice Taabu's Cookery Book, Alice Taabu, East African Publishers, 2001, 9966250212, 9789966250216, 135 pages. This book was the winner of its category in the Gourmand-World Cookbook Award 2002 and serves as an excellent introduction for those wanting to try their hand at African cookery, but are uncertain about ingredients or what to do with these ingredients, to create that distinctive African flavour! Alice Taabu is a household name in Kenya, best known for her demonstration of modern cookery on television. She has hosted the popular television show, Mke Nyumbani, for more than twenty years, and this book comprises a selection from over 500 recipes she has created for the viewers. The recipes are designed to be simple and affordable, and use both exotic and indigenous ingredients. Some examples of the tempting recipes on offer are: bean bread; Mabumbunda (banana bread); chicken and ugali; nutty chicken; fish with groundnuts; various Kenyan meat and vegetable dishes, e.g., irio (potatoes and peas), kimanga, cassava beans mash, matoke in coconut, mbaazi za nazi (pigeon peas in coconut) and pawpaw stew. General useful hints for cookery, food hygiene, how to avoid accidents and what to do if things go wrong, or with leftovers, are also included.

DOWNLOAD <http://bit.ly/184B01G>

A Book of Mediterranean Food , Elizabeth David, 2002, Cooking, 203 pages. Presents Elizabeth David's collection of recipes for Mediterranean foods, originally published in post-World War II Great Britain, including selections from other regions in ....

Cooking from Cape to Cairo , Dorah Sitole, Apr 30, 2010, , 160 pages. Winner of the Gourmand World Cookbook Award for Best African Cuisine!!.

The Africa Cookbook Tastes of a Continent, Jessica B. Harris, 1998, Cooking, 382 pages. Gathers information on the unique foods of Africa and the lands they come from, and provides more than two hundred traditional and new recipes.

The Africa News cookbook African cooking for Western kitchens, Tami Hultman, Africa News Service, May 5, 1986, Cooking, 175 pages. Provides African-style recipes for soups, sauces, snacks, appetizers, chicken, meat, seafood, vegetables, salads, desserts and beverages.

Karibu Welcome to the Cooking of Kenya, Ann Gardner, 1993, Cookery, Kenyan, 234 pages. A glimpse into the kitchens of Kenya's up-country farmers, Mombasa Arab and African traders, fishermen, housewives, business people and Indian merchants living in Kenya's small ....

The Kenya Cookery Book and Household Guide , St. Andrew's Church Woman's Guild, 1994, Cooking, Kenyan, 278 pages. A unique range of recipes from all Kenyan communities, using a wealth of interesting ingredients. Insights into cooking and household management in Kenya, with useful words and ....

A Slice of Africa Exotic West African Cuisines, Chidi Asika-Enahoro, 2004, Cooking, 116 pages. "A Slice of Africa" presents a wide array of exotic cuisines of the West African descent. It features a cornucopia of tantalizing recipes. The dishes will take you on a journey ....

Principles of Cooking in West Africa Learn the Art of African Heritage Foo Foo and Soup Cooking, Raymond Essang, 2006, Cooking, 172 pages. "African food is rich in calcium, iron and other essential minerals...now is the time to change over to the African diet" BOOK JACKET..

Modern Zanzibar Cuisine , Benn Haidari, Jan 30, 2006, , 164 pages. With his Comoran ancestry and culinary background in the Åland Islands, Finland, Sweden and Paris, chef Benn Haidari is excellently placed to tell the world about the exotic ....

Somali Cuisine , Barlin Ali, 2007, Cooking, 100 pages. This Somali cookbook is the first of its kind. These recipes represent traditional ways of food preparation and cooking that were for centuries transmitted orally[1] and ....

The broken bridge reflections and experiences of a medical doctor during the Nigerian civil war, R. B. Alade, 1975, Medical, 140 pages. .

Mau Mau and Kenya An Analysis of a Peasant Revolt, Wunyabari O. Maloba, 1993, Kenya, 228 pages. ..". an up-to-date, comprehensive, and accessible single-volume text to introduce the Mau Mau movement and its part in Kenya's nationalism and independence..."A ....

A Kitchen Safari Stories & Recipes from the African Wilderness, , 2004, Cooking, 192 pages. "Astonishingly beautiful presentation. Delicious." - Leisure Options.

White Teeth , Okot p'Bitek, 1989, Fiction, 108 pages. First published in Acoli as Lak Tar, this novel from the late Ugandan author of Song of Lawino, Song of Ocol and other major works, is the story of society on the threshold of ....

A taste of Africa with over 100 traditional African recipes adapted for the modern cook, Dorinda Hafner, 1993, House & Home, 160 pages. Spiced with color photos, history, and folktales, Dorinda Hafner--widely known for her PBS-TV cooking show--presents recipes from African and beyond..

African cooking , Laurens Van der Post, Time-Life Books, 1970, Cooking, 208 pages. .

Taste of Uganda, recipes for traditional dishes , Jolly Gonahasa, 2002, Cooking, 180 pages. Common recipes from Uganda for staples, meat, fish and poultry, and relishes, snacks and beverages. There are recipes for matooke, gonja, katogo and cassava, millet and ....

<http://edufb.net/7555.pdf>  
<http://edufb.net/16694.pdf>  
<http://edufb.net/3953.pdf>  
<http://edufb.net/14131.pdf>  
<http://edufb.net/21994.pdf>  
<http://edufb.net/7232.pdf>  
<http://edufb.net/19834.pdf>  
<http://edufb.net/15315.pdf>  
<http://edufb.net/23588.pdf>  
<http://edufb.net/24872.pdf>  
<http://edufb.net/12469.pdf>  
<http://edufb.net/2144.pdf>