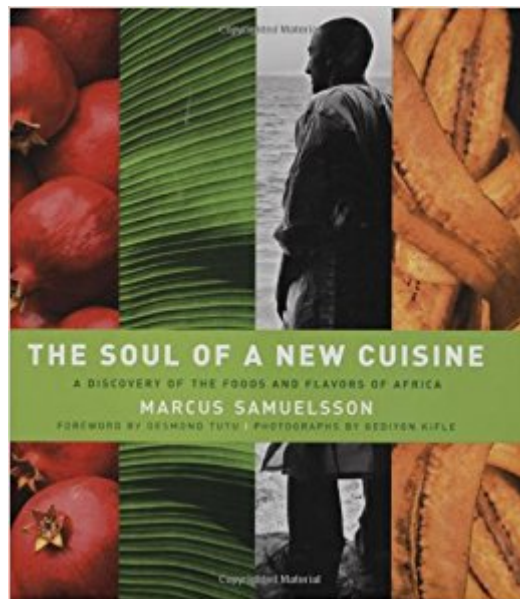


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# The Soul Of A New Cuisine: A Discovery Of The Foods And Flavors Of Africa



## Synopsis

"For as long as I can remember, I've had Africa on my mind." Award-winning chef Marcus Samuelsson may be best known for his innovative take on Scandinavian cuisine at New York's Restaurant Aquavit, but his story begins thousands of miles away, in Africa. Born in Ethiopia and raised in Sweden by adoptive parents, his life transcends national boundaries, and his individual approach to cuisine is a global yet personal one that draws freely from many ethnic and cultural influences. In *The Soul of a New Cuisine*, Marcus returns to the land of his birth to explore the continent's rich diversity of cultures and cuisines through recipes and stories from his travels in Africa. Stunning color images by award-winning photographer Gediyon Kifle bring the breadth of the African experience to life, from fishermen at sunset off the coast of Zanzibar to French baguettes loaded onto a bicycle in Senegal. Marcus shares more than 200 enticing recipes, including his own African-inspired creations and traditional dishes from all parts of Africa. You can delight in spicy stews and Barbequed Snapper from West Africa and the familiar Mediterranean flavors of dishes like Moroccan Lemon-Olive Chicken, or make your way east and south for the irresistible taste combinations of dishes such as Curried Trout with Coconut-Chili Sauce from Kenya and Apple-Squash Fritters from South Africa's Cape Malay. Using ingredients that are readily available in American markets, the recipes are doable as well as delicious. Of course, one of the keys to authentic African cooking is the use of spice blends and rubs, which elevate simple cooking techniques to an excitingly varied and intense level. Marcus includes his favorites here, with blends that go from sweet to spicy and feature everything from hot chili peppers and peppermint leaves to sesame seeds and ginger. As he says, Africa is "a state of mind that I hope this book will help you tap into wherever you are." By cooking with a handful of this and a pinch of that, trying new foods and enjoying old ones in a new way, and lingering over meals with family and friends, you will bring the free, relaxed spirit of African cooking to your table and discover for yourself the soul of a "new" cuisine.

## Book Information

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## Customer Reviews

New York City Cookbooks from Wiley New York is one of the world's great food cities; it is also one of the most culinarily diverse. Check out these great cookbooks from some of the stars of the New York food scene, as they make their great recipes accessible to the home cook.

**Fiamma: The Essence of Contemporary Italian Cooking** A contemporary spin on classic Italian cuisine for home cooks from New York's acclaimed Fiamma restaurant.

**At Home with Magnolia: Classic American Recipes** from the Owner of Magnolia Bakery Known for recipes evoking a homemade, uncomplicated era, Allysa Torey, the owner of New York's renowned Magnolia Bakery, expands her repertoire with 93 great recipes for appetizers, soups, casseroles, main courses, vegetables, and, of course, desserts.

**Artisanal Cooking: A Chef Shares His Passion for Handcrafting Great Meals at Home** Terrance Brennan, the chef/owner of two acclaimed restaurants, Picholine and Artisanal, brings to life his passion for simple yet flavorful cuisine in this wonderful cookbook.

**Go Fish: Fresh Ideas for American Seafood** Celebrated chef Laurent Tourondel of New York's BLT Fish and BLT Steak, reveals how creating elegant, mouthwatering seafood at home can be marvelously easy and faster than you might think.

**In the Heat of the Kitchen** Gordon Ramsay Makes It Easy International superstar chef Gordon Ramsey, owner of the forthcoming New York hot spot "The London," reveals all, from techniques and short cuts to clever cooking tips.

**Starred Review.** Born Ethiopian, raised Swedish, and now one of New York City's top chefs, Samuelsson (*Aquavit: And the New Scandinavian Cuisine*) has written an exotic yet accessible book that will hasten the coming of the African fusion cookery he envisions. His 204 recipes and 258 color photos are enriched with personal and political history; as in his many condiments and sauces, the balance is right. While he stresses the diversity and bounty of the second-largest continent, he repeatedly describes African cuisine as poor people's cooking, crafted with simple tools and necessarily emphasizing starches, vegetables and big flavors. Whether it's rosemary for Honey Bread or turmeric, ginger and cinnamon in his Vegetable Samosas, herbs and spices are

always sauteed in oil or tossed in a hot dry pan, to intensify and mellow. He even proposes toasting the cinnamon for the whipped cream accompanying his Ethiopian Chocolate Rum Cake. The recipe for the cake is typical: the batter is prepared in a single bowl, mixed with a spoon, and bakes up moist and gingerbread-like, with great keeping properties. Toasting the cinnamon takes seconds and is impressive in the complexity it delivers. (Oct.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

I bought this book because I was interested in learning how to cook a few of the staples of Ethiopian cooking. Although this is not a book about Ethiopian cooking, it does contain a handful of good Ethiopian recipes. There is no recipe for the Ethiopian staple ingredient known as shiro. And the recipe for the ubiquitous (in Ethiopian terms) flat bread injera is definitely tailored to western ingredients and techniques. There is a recipe for the spicy chicken dish Doro Wat. Beyond Ethiopian cooking, recipes that caught my attention include Jerk Chicken, Harissa Roasted Turkey Breast, and a curry style Lamb Dish. These dishes hail from other parts of Africa. This is book about African cooking, with recipes from Ethiopia, Morocco, Senegal, as well as the African diaspora in the West Indies and Brooklyn. The author, Marcus Samuelsson, was born in north Africa and was adopted by Swedish parents. He went on to own the restaurant Aquavit in New York. This book is, in one sense, a cook book: it has over 200 recipes. But it is more Samuelsson travelled to many parts of the African continent to collect information about dishes and cooking techniques, and he tells his travel stories in this book. So at another level way we find the book as a story about a chef reconnecting with his roots. The theme of food and cooking as a connective social activity weaves a tight underlying structure in the book, making it somehow richer than it would be as just another list of recipes. I find it all but impossible to cook recipes exactly as I find them in any book. Instead, I use them as jumping off points for new recipes in my own kitchen. I consider a cookbook especially good if it contains at least one recipe for a food that I love to cook and that I commit to regular practice. Few cookbooks manage to do this. I expect this one to yield at least two or three - and that would put it far above average. I can recommend this book to any cook who likes to take on new ideas and integrate them into their own cooking life. The recipes are clearly explained and the techniques are completely accessible to any cook. Those who don't like new things or who hate exotic spice mixes may find the recipes to feel strange. Still, anyone who wants to be reminded about how food, cooking, and eating can serve to bind us together is likely to find this book a source of inspiration.

I am obsessed with this cookbook, especially now that I have had a chance to make some of the recipes. If you are looking for new flavors and interesting and challenging new foods to cook then I highly recommend you buy this book. Unlike some other reviewers, I did not buy this book for the travelogue aspect. I wasn't looking for an in depth encyclopedic knowledge of any specific country's cuisine. I was just looking for something new and different and delicious. I'm a cook and a foodie and I love ethnic cooking. This book is a great introduction to the trendiest new food in the US. My favorite so far has been the Crab Burgers, which feature easy black bean crab burgers topped with pickled cabbage and chili mayonnaise. I can still taste how unique and delicious they were. Everyone who tried them was blown away by their flavor, which can't really be imagined before you take a bite. While making all the components was a bit time consuming (but really not that bad) none of the recipes were terribly difficult. But I would say this book is geared more to more experienced home cooks and adventuresome eaters. Those with mundane palates probably should stay away. In response to an earlier critique, I think that reviewer missed the gist of the book. The idea was to take the cuisine of various African countries and get the basic idea of it but then to expand that idea to something bigger. So the recipes keep a common ingredient but fix it in a unique way or use a technique with a unique combination of ingredients. I love this about the book. Samuelsson keeps techniques, such using a mortar and pestle, that can't be matched with modern methods but uses modern technology, such as the mandoline, when it performs the needed task more easily, and in this case if your knife skills are lacking, with better results. I do agree, however, that the photographs that go with the recipes can be misleading. I'm still not sure what the Stir Fry Beef Stew is supposed to look like. The pictures on the pages with the recipe are vastly different and not labeled but both could be the stew in question. All in all, I highly recommend this book to anyone who loves cooking and ethnic foods. The flavors are out of this world and the recipes are highly inspiring.

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