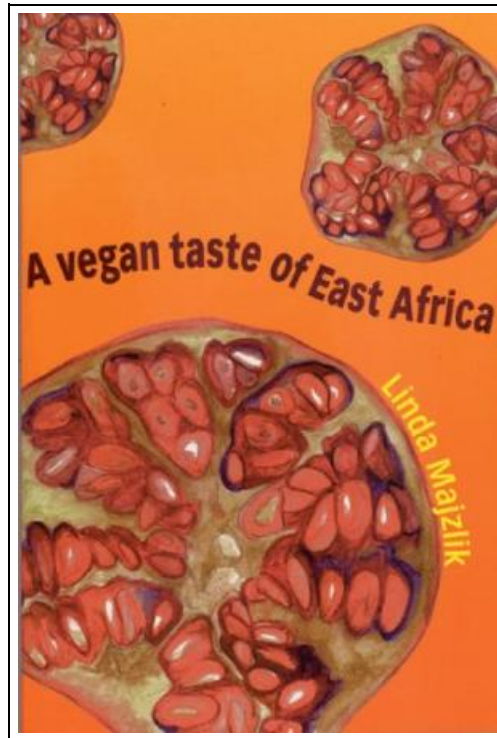


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Jon Carpenter, United Kingdom, 2006. Paperback. Book Condition: New. 228 x 154 mm. Language: English . Brand New Book. A vast region of climactic and geographic extremes, East Africa is often characterized as a wasteland of the tastebuds, where harsh conditions lead to basic, flavorless food. This vegan cookbook dispells that myth, showcasing East Africa s hearty, healthy, and delectable ingredients--from sweet potatoes and cassava to sorghum, spices, and savory curries. Italian, Indian, and Portuguese influences combine with native African traditions and tastes to create a truly unique regional flavor. The cookbook s adventurous recipes sample the best animal-free ingredients of the region to create easy-to-make and easy-to-enjoy vegan meals.



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