By Shama Books

Table of Contents

Welcome to African Kitchen

Women & the Kitchen

Staple Food in Africa

Abundant African cooking

Kitchen articles/utensils from the savannah

Tales of African plants

African Recipes

(35 recipes easy-to-make with local ingredients!

African market

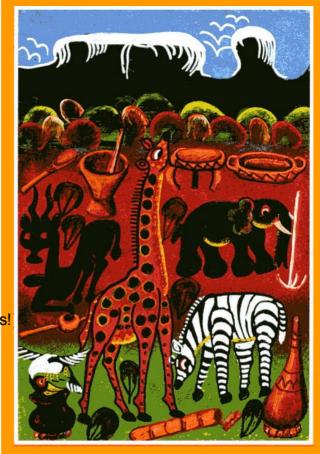
The table drawn by children

The Story of Coffee

Handmade Africa

Epilogue

African Living



"Our hope is that this book will be read around the world, helping people to see a different side of Africa - not just the wars and hunger"

-Gassan A. Bagersh, managing director of Shama Books

Book Information

Two years in the making, this book is probably the first to be published by a Japanese organization in Africa!
Seeing Making Learning Africa 1:

African Kitchen

Shama Books, Copyright @ 2005

Editor: Kurumi Shiratori Translator: Mika Kunieda ISBN: 99944-0-001-0

Purchase this Book

"African Kitchen" may be purchased by sending your order by email to events@africa-rikai.net in Japan.

Available soon in Ethiopia from BookWorld shops in Addis Ababa! Send an email to ethiopia@africa-rikai.net to reserve a copy.

4II profits from this book go to the Women's and Children's Education project in Africa. For more information visit http://www.afrika-rikai.nei