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The African Cookbook: Bea Sandler, Diane Dillon, Leo ... A very nice, entertaining cookbook. My first edition is from 1970 [lucky find at local second-hand bookstore], so it

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references the Malagasy Republic, among other places, that are reminders of European colonization that once covered virtually the entire continent.

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Description: xx, 232 pages illustrations 24 cm: Responsibility:  
Bea Sandler, illustrated by Diane and Leo Dillon.

The African cookbook (Book, 1970) [WorldCat.org]  
The Art of Leo and Diane Dillon An online archive dedicated  
to sharing the work of Leo and Diane Dillon. 5.11.10. Bea  
Sandler: The African Cookbook Publisher: Carol Publishing  
Group (1993) Ethiopia . Liberia. Kenya . Madagascar .  
Morocco . Mozambique . Senegal . Sudan .

Bea Sandler: The African Cookbook - Leo and Diane Dillon  
The author, the late Bea Sandler, readily accepted as  
“African” some things like “jungle dressing” for salad  
(coconut seems to supply the requisite junglesomeness) and  
touristy ice cream ...

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the restaurant menus at the African Pavilion at the New York  
World's Fair, traveled throughout Africa in pursuit of her  
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Bea Sandler: The African Cookbook 1993. Leo and Diane ... I thought you might be interested in this item at <http://www.worldcat.org/oclc/26974674> Title: The African cookbook Author: Bea Sandler; Diane Dillon; Leo Dillon Publisher: Secaucus, N.J. : Carol Pub. Group, 1993. ISBN/ISSN: 0806513985 9780806513980 OCLC:26974674.

The African cookbook (Book, 1993) [WorldCat.org] "The African Cookbook" was initially published in 1970 and represented one of the first widely available cookbooks to explore the cuisine of Africa. Author Bea Sandler (who is now deceased) traveled extensively in Africa, and this cookbook was her attempt to introduce regional African food to America.

Amazon.com: Customer reviews: The African Cookbook DIRECTIONS. Mix together mashed potatoes with corn, peas, butter, salt and pepper. Sauté meat in oil until browned. Remove steak and add flour to the oil. Make a light brown roux. Add beef broth and simmer for 5 minutes. Place a mound of potatoes on the plate, cover with steak and gravy.

Nyama Na Irio (Steak and Irio) Kenya Recipe - Food.com Put flour, bran, baking powder, soda, salt and nuts into a bowl. Add the eggs and pineapple and mix well. Put mixture into a greased loaf pan. Bake at 350°F/180°C (gas mark 3) for

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1 hour.

Ugandan Pineapple Nut Bread Recipe - Food.com

Do not stir before serving. Section out portions, cut through, and remove with a wide spatula. Extracts from: Bea Sandler. The African Cookbook. Diane & Leo Dillon (Illust.). New York: Carol Publishing Group, 1993. African Studies Main Menu Editor: sisskind@sas.upenn.edu Posted to MM-Recipes Digest V4 #12 by maintech@ne.infi.net on Jun 08, 99

Halibut (Ivory Coast) - BigOven.com

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