



GOURMET'S GUIDE TO AUTHENTIC AFRICAN COOKING

Eyamidé E. Lewis-Coker

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The purpose of this cookbook 'Gourmet's Guide to Authentic African Cooking' is to introduce the art of Sierra Leone cooking to those interested in preparing and eating cuisine around the world. Hopefully, this book will also be used by Non-Sierra Leoneans as a source and guide for preparing foods which are common to Sierra Leoneans but also different and interesting to those seeking to learn the art of Sierra Leone Cookery. Gourmets will find this book fascinating while others will use this cookbook as a guide to traditional, Sierra Leone, African cooking.

Great pains were taken to collect and prepare this cookbook with more than four hundred authentic, traditional, Sierra Leone, recipes. It is one of the largest in the world and the only true authentic, traditional, Sierra Leone, African cookbook. Most of these recipes have never been written or published. My grandmother and mother passed them down solely by word-of-mouth.

At age eight, I learned to prepare real, authentic, traditional Sierra Leone meals by watching, helping and observing as my grandmother and mother felt the texture and tasted the food 'a pinch of this' and 'a pinch of that' and slow-cooked their meals at low temperature to achieve palatable, lip-smacking and nutritious meals.

My passion for preparing authentic, traditional Sierra Leone dishes started at a young age while watching and assisting my grandmother and mother preparing meals from fresh, organic ingredients. Later, I decided to prepare these authentic, traditional Sierra Leone meals from quality, fresh produce.

I have modified and transcribed these dishes committed to my memory in well-written and organized format to preserve, promote and share Sierra Leone's rich Cultural Heritage. Adults utilizing these meal-recipes will acquire lifelong cooking skills. In addition, they will be inspired to prepare delicious and healthy authentic, traditional Sierra Leone meals and will be able to pass on their lifelong cooking skills to future generations.

Thank you for purchasing this cookbook. Now take your time to read through it and prepare your favorite and healthy traditional meals for your family and friends. Remember, once you have actually mastered this cookbook, the art of preparing exotic-flavored, palatable, delicious and nutritious authentic, traditional Sierra Leone meals will become yours. I wish you and your loved ones a good and hearty appetite!

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