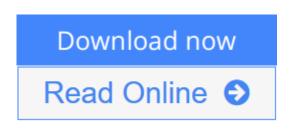


The Soul of a New Cuisine: A Discovery of the Foods and Flavors of Africa

By Marcus Samuelsson



The Soul of a New Cuisine: A Discovery of the Foods and Flavors of Africa By Marcus Samuelsson

"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 Africaninspired 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.

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Editorial Review

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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.

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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.

From Publishers Weekly

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.*)

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From **Booklist**

Samuelsson established his reputation as one of the foremost exponents of contemporary Swedish cookery through Aquavit, his celebrated New York City restaurant. Now he travels to wholly new territory by returning to the land of his birth and the glorious traditions of African cooking. From his native Ethiopia he prepares *injera*, the country's staple fermented flatbread. Moroccan cooking, one of Africa's most sophisticated, contributes *harissa*, a fiery spice paste that warms many North African dishes. Cassava stuffs shrimp for a satisfying West African meal. Samuelsson substitutes beef for lamb in South Africa's renowned *bobotie* but takes care to preserve the dish's curry-influenced spicing. Jerk chicken, more generally associated with Jamaica, shows how African eating traditions have spread abroad. He does not flinch at using contemporary ingredients such as arugula and Yukon Gold potatoes to make his recipes attractive. The immensity and diversity of Africa make it difficult to comprehend a continent's varied cooking styles in a single book, but Samuelsson's achievement celebrates a little-known cuisine. *Mark Knoblauch Copyright* © *American Library Association. All rights reserved*

Users Review

From reader reviews:

Julian Loredo:

Information is provisions for those to get better life, information currently can get by anyone at everywhere. The information can be a understanding or any news even a concern. What people must be consider when those information which is inside the former life are difficult to be find than now is taking seriously which one is suitable to believe or which one the resource are convinced. If you obtain the unstable resource then you obtain it as your main information you will have huge disadvantage for you. All those possibilities will not happen throughout you if you take The Soul of a New Cuisine: A Discovery of the Foods and Flavors of Africa as your daily resource information.

Anna Wright:

Reading can called imagination hangout, why? Because when you are reading a book mainly book entitled The Soul of a New Cuisine: A Discovery of the Foods and Flavors of Africa your mind will drift away trough every dimension, wandering in each aspect that maybe unfamiliar for but surely might be your mind friends. Imaging each and every word written in a book then become one application form conclusion and explanation that will maybe you never get prior to. The The Soul of a New Cuisine: A Discovery of the Foods and Flavors of Africa giving you an additional experience more than blown away your brain but also giving you useful info for your better life with this era. So now let us demonstrate the relaxing pattern the following is your body and mind are going to be pleased when you are finished reading it, like winning a game. Do you want to try this extraordinary paying spare time activity?

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