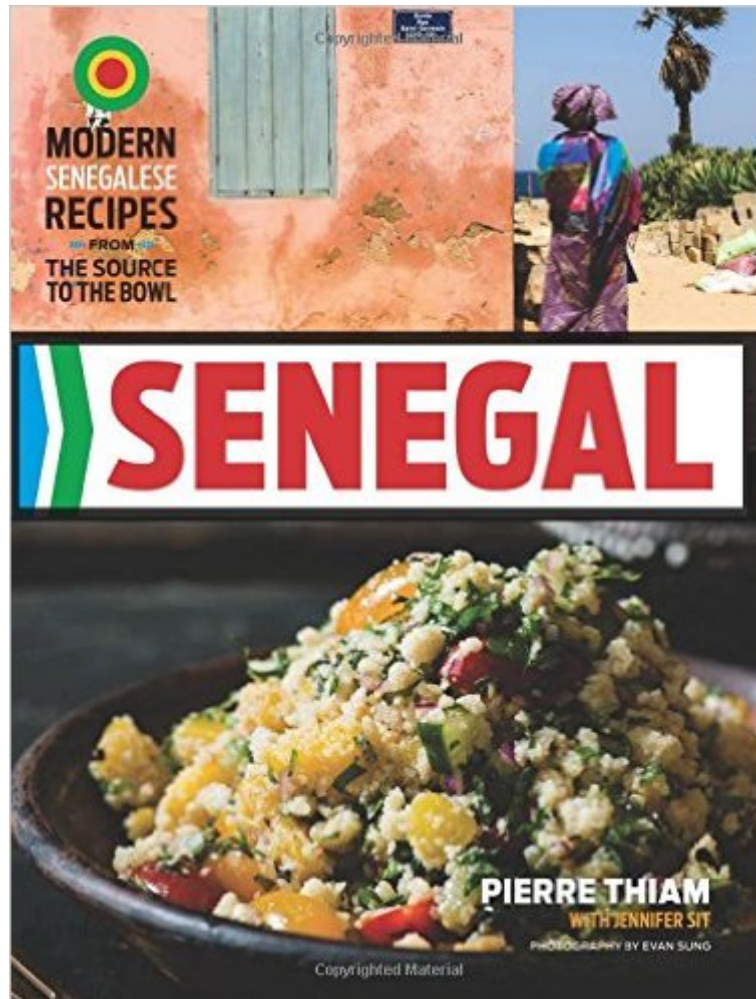


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# Senegal: Modern Senegalese Recipes From The Source To The Bowl



## Synopsis

Senegal will transport you deep into the country's rich, multifaceted cuisine. You'll feel the sun at your back and the cool breeze off the Atlantic, hear the sizzle of freshly caught fish hitting the grill, and bask in the tropical palm forests of Casamance. Inspired by the depth of Senegalese cooking and the many people he's met on his culinary journey, these recipes are Pierre Thiam's own creative, modern takes on the traditional. Learn to cook the vibrant, diverse food of Senegal, such as soulful stews full of meat falling off the bone; healthy ancient grains and dark leafy greens with superfood properties; fresh seafood grilled over open flame, served with salsas singing of bright citrus and fiery peppers; and lots of fresh vegetables and salads bursting with West African flavors. Pierre's first book, *Yolele!*, introduced Senegalese food to the world, and now Senegal takes a deeper dive, showcasing the ingredients and techniques elemental to Senegalese cooking, the food producers at the heart of its survival, and the unique cultural and historical context it exists in. You'll meet local farmers, fishermen, humble food producers, and home cooks each with stories to tell and recipes to share and savor. You won't just be learning to make a few dishes, you'll learn about the Senegalese people, the stories of their past, and importantly, the issues they face today and tomorrow. This is the food of Senegal, from the source to the bowl.

## Book Information

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## Customer Reviews

This book is simply STUNNING! More than just a cookbook, *SENEGAL* is a thorough work of anthropology, presenting a beautiful country through the lens of food. The recipes are original, creative, healthy and easy to follow. Most of the ingredients are accessible in any local supermarket and chef Thiam offers a great online source for the more exotic items. In addition, this

cookbook/travelogue introduces the reader to the source of a sophisticated food culture, by giving voice to its producers and presenting historical and cultural background through strong narratives. Furthermore, Chef Thiam's great storytelling and recipes are illustrated with gorgeous photography that captures the beauty and dignity of a truly rich culture. As a native Senegalese, this book stirred delicious memories and emotions. It made me PROUD!! read SENEGAL as I would a novel...from beginning to end. It is refreshing to see a cookbook that raises the bar so high, cuisine is so much more than a collection of recipes.

This book went above and beyond my expectations the photos are glorious and the recipes are awe inspiring they also tell you in the book where to get some of the more hard to find ingredients I love it

What an incredible book! The photography is beautiful, the recipes are fantastic, and the history of West African food is enlightening. I highly recommend this for anyone that is curious about Senegal or West African cuisine.

The authenticity of the book is only topped by the originality of its recipes. The book is simple to navigate through because the images are captivating. The recipes are easy to follow! LOVE LOVE this book and HIGHLY recommend it.

Well written book. I decided to buy the book after listening to Pierre on splendid table. This book is beyond what I was expecting. Pierre is cooking Fonio in way that I was not used to back in Senegal. If you like Senegalese food and want to take it to a different level this is the book for. Pierre is making Senegalese cooking accessible to everyone even the Senegalese men like myself who never cooked back in Senegal

This is a very special book, meant to be read as well as consulted for recipes. It is a cultural record of sorts of this gorgeous country, Senegal, and the author, who is making quite a name for himself, has included lovely essays on things he loves and cherishes, and wishes to promote, in Senegal: fonio production, fishing the waters, street food, among other topics that people who live here, as I do, encounter on a daily basis. The recipes are excellent. There are discussions and excellently labeled photographs of unusual ingredients and how to use them. I am recommending this book for the next book club here in Dakar, and recommending it to all my friends.

The food looks good, but I think the recipes might have needed some more copy-editing. The recipe for Jollof Rice calls for 2 cups of tomato paste, which seems like an absurd amount. Other recipes I've seen for Jollof Rice ask for 2 Tablespoons. I halved the amount of tomato paste when I made Jollof Rice out of this book and it was still far too much. There's another recipe for black-eyed pea fritters that instructs the reader to soak dried black-eyed peas in water for ten minutes, and then peel their skins off. Ten minutes nearly long enough, so I looked at other fritter recipes for the same peas, and all of them said to soak the peas for 8-10 hours. That's much different! So if you're venturing into the recipes for this book, be careful and double check if something seems wrong. Update: I made the black-eyed pea fritters and they were amazing. Delightful and delicious. I soaked the peas for a few days because I didn't have time to make the recipe one evening. I did find instructions online to soak the peas for 10 minutes, before peeling them in a food processor (with a non-cutting blade), but the same page said to soak overnight if peeling by hand. I haven't tried the ten minute soak yet, but I may have been too hasty to say that it was not a long enough soak.

This cookbook provides a modern day twist on traditional Senegalese cuisine. I like how the author tells a story and takes you on a pictorial journey of that country's food. He gives the history behind many dishes, region by region, and explains the local ingredients that give Senegalese cuisine their unique flavor. It's a good reference if you like West African cuisine or want to try some new exotic foods.

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