

# Recipes from the African Kitchen



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The African Kitchen is a culinary and visual feast, a food lover's tour of this fascinating continent. The guide is leading safari chef Josie Stow, who takes us through a day in the life of her bush kitchen. Today's most popular ingredients are used in exciting combinations with recipes for all occasions. Whether you are looking for a quick lunch or supper, breakfast and snack dishes, new ideas for the barbecue or recipes for a lavish dinner party, The African Kitchen will provide inspiration and enjoyment.