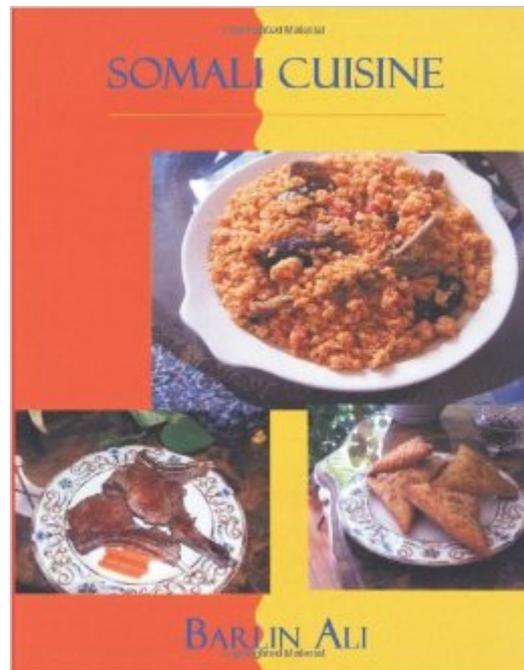


The book was found

# Somali Cuisine



## Synopsis

This Somali cookbook is the first of its kind. These recipes represent traditional ways of food preparation and cooking that were for centuries transmitted orally<sup>[1]</sup> and practically by generations of Somali women: from mothers to daughters, elder sisters to younger sisters, aunts to nieces, grandmothers to granddaughters. To this extent, the recipes recollected in this book also represent an aspect of female history that captures Somali ways of living as maintained by and through generations of Somali women. Inside, you will find recipes for preparing all types of classic Somali dishes - from the exotic Somali tea to the appetizing sambuusi. Your culinary skills will sometimes be tested in preparing delicious Somali dishes like anjero with maraq bilaash. There are seventy recipes in all with over ninety colorful pictures that not only introduce a variety of Somali dishes, but also demonstrate the techniques to assure success. Although traditional cooking methods are described, all the recipes have been adapted for the modern American kitchen. The book is divided into seven sections, from appetizers to desserts. In addition to the instructions on how to prepare the recipes, suggestions of what dishes compliment each other are included in most recipes. Although the influence of where the author was born and grew up is apparent in the descriptions, names and terminologies used in this book, all Somalis in the Horn of Africa and those non-Somalis who have visited the area can relate to the dishes contained in this cookbook. My best wishes. ENJOY!! <sup>[1]</sup> The Somali language was only spoken until the early 1970s.

## Book Information

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## Customer Reviews

When I ordered this book I wasn't sure what to expect. I've never had Somali food, but heard about a Somali Restaurant in another state that was really good. Rather than travel I thought I would try my

hand at it since I'm a huge fan of cooking world cuisines. The first thing I loved is that there is a color photo for nearly every recipe. When you are unfamiliar with a cuisine I think this helps to let you know what it should look like and what you might find more appealing. I have made some of the recipes and was so pleased that I'm encouraged to make more of them. The ingredients are obtainable in most grocery stores and the instructions are clear and simple. Clearly this was a labor of love for the author and her effort shows. As a picky eater I didn't find this to be a scary cuisine filled with fish eye stew type recipes. These home style meals have great appeal, are economical and would be a HIT at your next dinner party. This book does include some nice desserts and some refreshing alcohol free drinks as well.

Somali food is divine! It is so aromatic and layered with subtle flavors. This book is jam packed with easy to follow recipes that taste exactly like home. I make everything from vegetarian entrées, to Somali breads, to Somali-style fruit juices and deserts. I never thought I'd see a cookbook like this. It's exactly what I've been waiting for. I love it!

I have used most of the recipes in this book, they are very well detailed, simple, and so delicious. I always wanted to know how Somali cuisine was prepared and cooked, this book was indeed my opening into that venue and now I am becoming a specialized cook in the recipes contained in this book. I highly recommend this cookbook to anyone who wants to cook any sizzling recipes and different kinds of spicy and not so spicy foods. Job very well done!

The Somali cuisine is a one of the best ethnic cookbooks in North America. The recipe is easy to follow and pictures are just fantastic. It is very helpful for those interested in East African and South Asian dishes. It is particularly helpful for everyone interested in ethnic dishes. My favorite dish is the Moos Bukaani (Plantain Banana). I like it because I did not have the chance to learn how to make it on my own. But, thanks to the Somali cuisine, now I know how to make it on my own. It has my full recommendation. Lul Omar

This book taught me how to cook Somali food. It is very easy to follow the instruction of this book plus it has pictures of every meal. I would recommend anyone who wants to learn how to cook delicious Somali food. Before I started this book I did not know how to cook but now I know how to cook many kinds of Somali food. Thank you for writing such a wonderful book.

I have tried most of the recipes in this cookbook for the past year. My culinary skills in preparing Somali food has greatly improved because of this cookbook. Very easy to follow and precise but unique. Money well spent. Excellent!

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