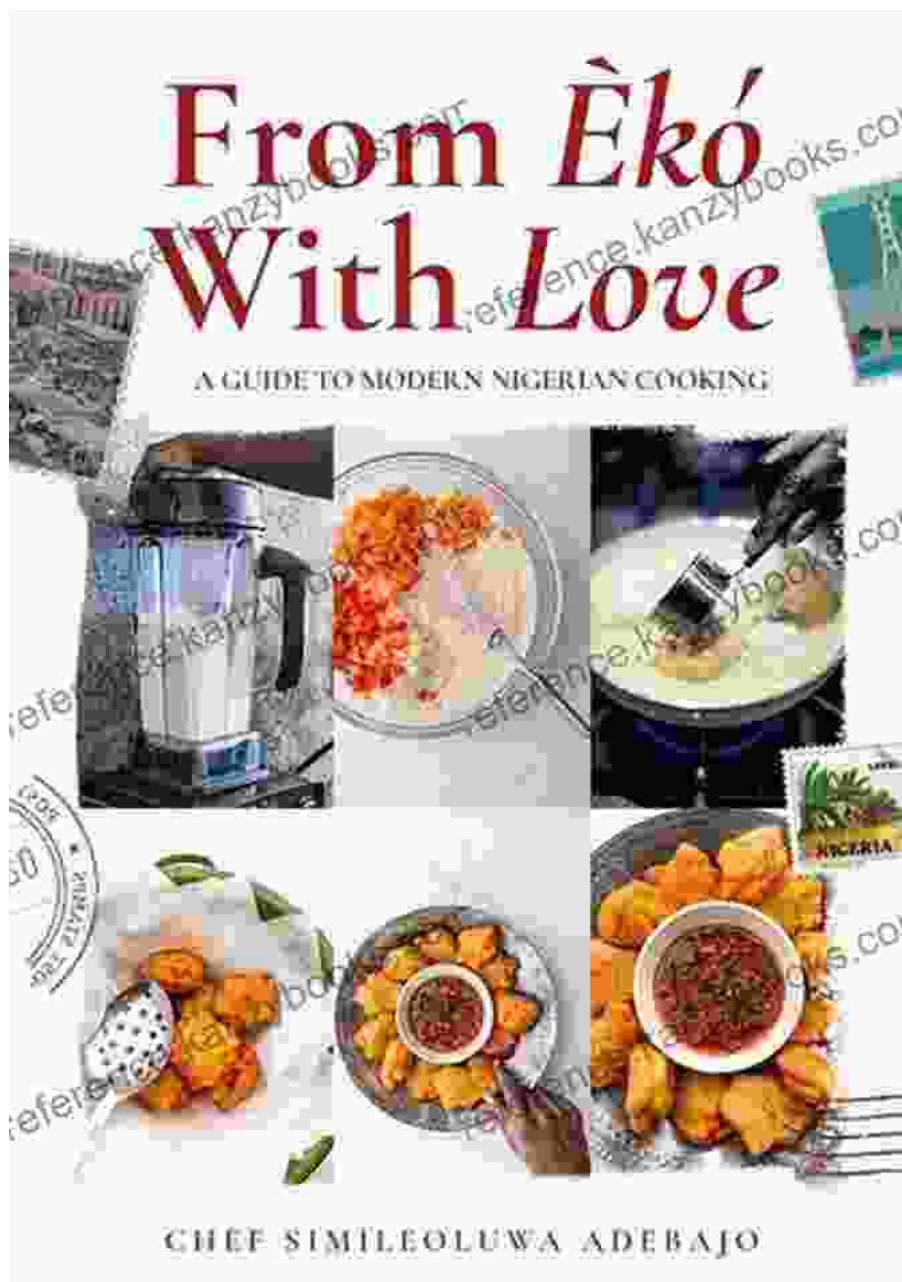


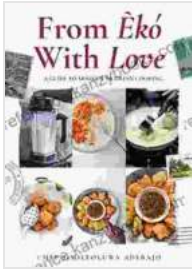
From Eko With Love: A Guide to Modern Nigerian Cooking



From Eko With Love - A Guide to Modern Nigerian Cooking by Alicia Silverstone

★★★★★ 5 out of 5

Language : English



File size : 24583 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 1038 pages



By Nkwachukwu "Kwami" Okonjo

From Eko With Love is a cookbook that celebrates the vibrant and diverse cuisine of Nigeria. Written by award-winning chef and food writer, Nkwachukwu "Kwami" Okonjo, the book features over 100 recipes that are both authentic and innovative. From classic dishes like jollof rice and egusi soup to modern creations like suya-spiced lamb chops and plantain pancakes, From Eko With Love has something for everyone.

Okonjo was born and raised in Lagos, Nigeria, and her passion for cooking began at a young age. She learned to cook from her mother and grandmother, and she has since traveled the world, learning about different cuisines and experimenting with new flavors. In From Eko With Love, she brings her unique perspective to Nigerian cooking, creating dishes that are both traditional and modern.

The book is divided into eight chapters, each of which focuses on a different type of Nigerian dish. The chapters are:

- Soups and Stews
- Rice Dishes

- Meat Dishes
- Fish and Seafood Dishes
- Vegetable Dishes
- Snacks and Appetizers
- Desserts
- Drinks

Each chapter features a variety of recipes, from simple to complex. Okonjo provides clear instructions and helpful tips, making it easy for home cooks to recreate her dishes. The recipes are also accompanied by beautiful photographs that will make you want to cook every single one.

From Eko With Love is more than just a cookbook. It is a celebration of Nigerian culture and cuisine. Okonjo's passion for her country and her food shines through on every page. This book is a must-have for anyone who loves Nigerian food or who is interested in learning more about this vibrant and delicious cuisine.

Reviews

"From Eko With Love is a beautiful and inspiring cookbook. Kwami Okonjo has a true gift for storytelling, and her recipes are both authentic and innovative. This book is a must-have for anyone who loves Nigerian food or who is interested in learning more about this vibrant and delicious cuisine."

- Yotam Ottolenghi, chef and author

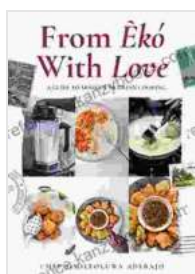
"Kwami Okonjo's From Eko With Love is a love letter to Nigerian cuisine. Her recipes are a celebration of the flavors and traditions of her homeland,

and her writing is both informative and engaging. This book is a must-read for anyone who wants to learn more about Nigerian food." - Jessica B. Harris, author of High on the Hog: A Culinary Journey from Africa to America

About the Author

Nkwachukwu "Kwami" Okonjo is an award-winning chef, food writer, and culinary instructor. She is the founder of the culinary school, Kitchen Butterfly, and she has taught cooking classes all over the world. Okonjo is also a regular contributor to the New York Times and she has been featured in numerous other publications, including Food & Wine, Saveur, and The Guardian.

Okonjo is passionate about sharing her love of Nigerian cuisine with the world. She believes that food is a powerful way to connect people and to celebrate culture. From Eko With Love is her second cookbook. Her first cookbook, The Kitchen Butterfly: A Culinary Journey Through Nigeria, was published in 2016.



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