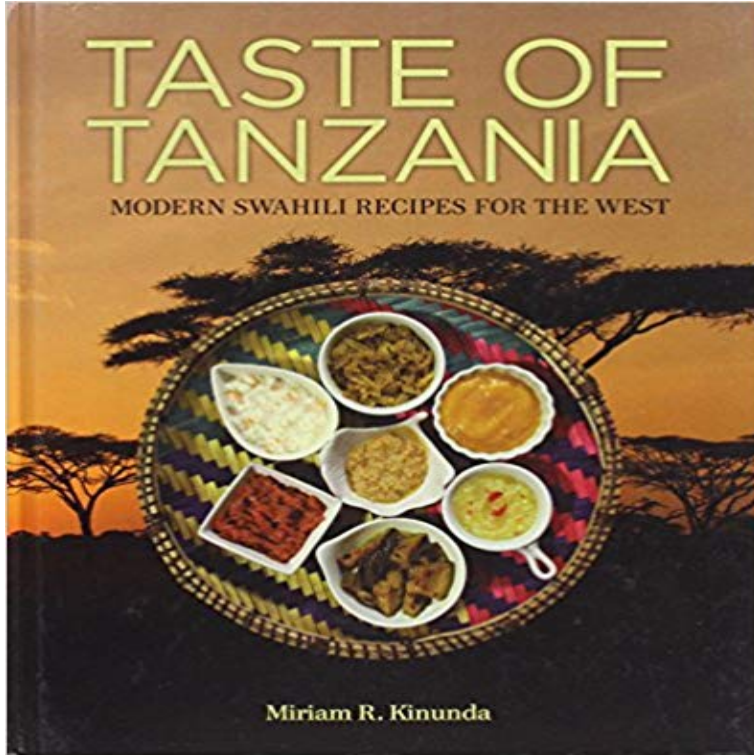


# Taste of Tanzania: Modern Swahili Recipes for the West



Are you interested in trying authentic African food but don't know where to start? A Taste of Tanzania is an easy-to-use cookbook of simple, flavorful recipes written with a personal touch for people all over the world who are interested in experimenting with foods from other cultures. Each of these ethnic treasures calls for the freshest of ingredients, offering a healthy and flavorful option to your everyday diet. Surrounded by Kenya, Rwanda, Burundi, and Malawi on Africa's east coast, Tanzania is renowned for its wealth of geographical treasures. From snowcapped Mount Kilimanjaro-Africa's highest mountain- to its wildlife safaris, tropical beaches, Lake Victoria, Lake Tanganyika, the majestic Kalamba falls, and the spice islands of Zanzibar, Tanzania has much beauty to boast of. Worldwide, however, less known is Tanzania's distinctive cuisine. Now, Miriam Rose Kinunda presents a collection of delicious Swahili recipes from Tanzania. Although the foods taste is unique, the necessary ingredients can be readily found in your local super market. Explore world cuisine from your own kitchen with A Taste of Tanzania.

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