



African Cooking

Laurens Van der Post

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Foods of the World was a popular series of 27 cookbooks published by Time-Life, beginning in 1968 and extending through the late 1970s, that provided a broad survey of many of the world's major cuisines. The individual volumes were written by well-known experts on the various cuisines and included significant contemporary food writers, including Craig Claiborne, Pierre Franey, James Beard, Julia Child, and M.F.K. Fisher, and was overseen by food writer Michael Field. The series combined recipes with food-themed travelogues in an attempt to show the cultural context from which each recipe sprang. African Cooking published in 1970 was put together by Sir Laurens Jan van der Post, CBE (1906 - 1996) a 20th-century Afrikaner author, farmer, war hero, political adviser to British heads of government, close friend of Prince Charles, godfather of Prince William, educator, journalist, humanitarian, philosopher, explorer and conservationist. The book's chapters include: My Continent: A Personal View, The Ancient World of Ethiopia, New Cuisines for New Nations, In the Highlands of East Africa, The World of Portuguese Africa, East and West Meet at the Cape, Great Cooking from Rich Farms, and On the Track of the Voortrekkers. It includes an extensive index.

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