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Maeve O'Meara



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Food Safari takes the reader on an adventure into 34 diverse and fascinatingcuisines by exploring the basic ingredients of each cuisine and making the exoticfamiliar. Offering simple foolproof recipes that anyone can cook at home it is adelicious journey into new worlds, making delicious discoveries. Food Safari takes you on a culinary globetrot with Maeve O'Meara, who hasspent most of her life seeking out great food, recipes and the clever people whomake simple ingredients sing. Her camaraderie with everyone from three-hatchefs to passionate home-cooks results in a book that feeds any foodlover's desirefor insider knowledge. Food Safari demystifies exotic cuisines, helps you shopfor the key ingredients and cooking implements and includes simple recipes fromcultures as far flung as Africa, the Middle East, Europe, Asia, North America and South America.

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