

# The Groundnut Cookbook

**Chicken and Rice** Shu Han Lee 2016-05-05 Southeast Asian food is fresh, easy and full of unforgettable flavours: Chicken and Rice will show you just how simple it is to make at home. Shu Han Lee moved to London from Singapore as a student. Homesick and hungry, she started teaching herself to cook the food she'd grown up with - Singaporean and Malaysian dishes, with a strong Chinese influence from her Hokkien Chinese mother. These recipes, from her mother's sesame oil chicken to ox cheek and venison rendang, are ones you will want to make time and time again. There are perfect midweek suppers rustled up in less time than it takes to order a takeaway, and healthier and better tasting at that: fennel and minced pork stir fry, fried hor fun noodles with kale and beansprouts or tom yum soup with mussels. For weekends, there are more adventurous projects: learn how to make your own steamed buns, egg noodles, or BBQ sambal lemon sole - a whole fish barbecued on banana leaves. Although these are Southeast Asian recipes, Shu's seasonal approach to the very best of UK produce is reflected throughout this book: from Brussels sprouts with smashed garlic and oyster sauce to no-churn rhubarb and condensed milk ice cream. There are also recipes that Shu has picked up on her travels throughout Southeast Asia, such as Vietnamese caramel pork ribs, Thai baked glass noodles with prawns and black pepper and Burmese chickpea tofu with fish sauce, lime and honey dressing.

**The Low-Sugar Cookbook** Nicola Graimes 2014-08-05 Most of us eat too much sugar, which can have serious repercussions on our health and well-being. It is widely accepted that a diet too high in sugar can cause mood swings, fatigue, obesity, heart disease, diabetes, and even premature ageing. But eating low-sugar foods doesn't have to mean being condemned to a dull diet, as the wonderful range of recipes in this book demonstrates. The good news is that there are numerous naturally sweet foods and flavourings that can be substituted so that there's no need to resort to artificial sweeteners with their reported adverse health effects. Here, Nicola Graimes presents more than 100 easy-to-follow meals and snacks, inspired by recipes from around the world. Chapters are divided into Breakfasts, Brunches, Light Meals, Snacks, Dinners, Desserts, and Cakes, Bakes, Breads. You'll find delicious family favourites ranging from curries, stews, stir-fries and salads to sponge puddings, muffins and cheesecakes. Savoury foods can also be surprisingly high in added sugar, particularly canned foods and sauces, and you'll find specially adapted dishes for healthier, low-sugar alternatives. All the recipes have been carefully created to be suitable for diabetics to meet their dietary requirements. This means that they are also low in salt and saturated fat and high in unrefined carbohydrates and fibre - not forgetting packed with bountiful amounts of fresh produce. Clear at-a-glance symbols highlighting nutritional benefits provide an additional valuable feature.

**The Peanut Cookbook** Natalie Donna 1976 Recipes using peanuts and peanut butter and featuring natural foods. Includes peanut butter soup, peanut butter pie, peanut burger, and peanut granola.

**The Oh She Glows Cookbook** Angela Liddon 2014-03-04 The New York Times bestseller from the founder of Oh She Glows "Angela Liddon knows that great cooks depend on fresh ingredients. You'll crave every recipe in this awesome cookbook!" —Isa Chandra Moskowitz, author of *Isa Does It* "So many things I want to make! This is a book you'll want on the shelf." —Sara Forte, author of *The Sprouted Kitchen* A self-trained chef and food photographer, Angela Liddon has spent years perfecting the art of plant-based cooking, creating inventive and delicious recipes that have brought her devoted fans from all over the world. After struggling with an eating disorder for a decade, Angela vowed to change her diet — and her life — once and for all. She traded the low-calorie, processed food she'd been living on for whole, nutrient-packed vegetables, fruits, nuts, whole grains, and more. The result? Her energy soared, she healed her relationship with food, and she got her glow back, both inside and out. Eager to share her realization that the food we put into our bodies has a huge impact on how we look and feel each day, Angela started a blog, [ohsheglows.com](http://ohsheglows.com), which is now an Internet sensation and one of the most popular vegan recipe blogs on the web. This is Angela's long-awaited debut cookbook, with a treasure trove of more than 100 mouthwatering, wholesome recipes — from revamped classics that even meat-eaters will love, to fresh and inventive dishes — all packed with flavor. The Oh She Glows Cookbook also includes many allergy-friendly recipes — with more than 90 gluten-free recipes — and many recipes free of soy, nuts, sugar, and grains, too! Whether you are a vegan, "vegan-curious," or you simply want to eat delicious food that just happens to be healthy, too, this cookbook is a must-have for anyone who longs to eat well, feel great, and simply glow!

**The Modern Proper** Holly Erickson 2022-04-05 "The creators of the popular website The Modern Proper show home cooks how to reinvent what proper means and be smarter with their time in the kitchen to create dinner that everyone will love."--Provided by publisher.

**Cooking with Love** Carla Hall 2013-11-12 Collects one hundred twenty-five recipes that adapt favorite comfort foods for overall taste enhancement, including spicy carrot ginger soup, chicken pot pie and five-flavor pound cake.

**The Mainland China Cookbook** Anjan Chatterjee 2012-06-01 The Mainland China Cookbook includes all the beloved restaurant chain's favourite dishes and teaches you how to whip up the perfect Chinese meal in your kitchen. Spicy Hunan prawns, quick fried snow peas with garlic pearls, chicken with chilli and cashewnuts, lamb with cumin, hot and sour soup—try these and more. Accompanied with notes on the main regional styles, techniques and tips for easy cooking, and a list of suppliers in all major metros, The Mainland China Cookbook is the ultimate Chinese cookbook for your Indian kitchen.

**Afro-Vegan** Bryant Terry 2014-04-08 Renowned chef and food justice activist Bryant Terry reworks and remixes the favorite staples, ingredients, and classic dishes of the African Diaspora to present more than 100 wholly new, creative culinary combinations that will amaze vegans, vegetarians, and omnivores alike. NAMED ONE OF THE BEST VEGETARIAN COOKBOOKS OF ALL TIME BY BON APPÉTIT Blending African, Caribbean, and southern cuisines results in delicious recipes like Smashed Potatoes, Peas, and Corn with Chile-Garlic Oil, a recipe inspired by the Kenyan dish irio, and Cinnamon-Soaked Wheat Berry Salad with dried apricots, carrots, and almonds, which is based on a Moroccan tagine. Creamy Coconut-Cashew Soup with Okra, Corn, and Tomatoes pays homage to a popular Brazilian dish while incorporating classic Southern ingredients, and Crispy Teff and Grit Cakes with Eggplant, Tomatoes, and Peanuts combines the Ethiopian grain teff with stone-ground corn grits from the Deep South and North African zalook dip. There's perfect potluck fare, such as the simple, warming, and intensely flavored Collard Greens and Cabbage with Lots of Garlic, and the Caribbean-inspired Cocoa Spice Cake with Crystallized Ginger and Coconut-Chocolate Ganache, plus a refreshing Roselle-Rooibos Drink that will satisfy any sweet tooth. With more than 100 modern and delicious dishes that draw on Terry's personal memories as well as the history of food that has traveled from the African continent, Afro-Vegan takes you on an international food journey. Accompanying the recipes are Terry's insights about building community around food, along with suggested music tracks from around the world and book recommendations. For anyone interested in improving their well-being, Afro-Vegan's groundbreaking recipes offer innovative, plant-based global cuisine that is fresh, healthy, and forges a new direction in vegan cooking.

**Moosewood Restaurant Favorites** The Moosewood Collective 2013-09-03 A collection of classic vegetarian recipes from the first four decades of the Moosewood Restaurant features 250 most-requested favorites updated to reflect today's practices and includes such options as Red Lentil Soup with Ginger and Cilantro, Caramelized Onion Pie and Vegan Chocolate Cake.

**Foods of Sierra Leone and Other West African Countries** Rachel C. J. Massaquoi 2011-04 Foods of Sierra Leone and other West African countries is a unique cookbook focusing on West African foods many of which have a global appeal. It is loaded with overwhelming details about these foods as well as interesting personal food stories that will delight children and adults alike. In addition, the book exposes the reader to many delectably

tasty recipes for dishes like jollof rice, various soups and stews, the fascinating groundnut soups and stews, the delicious cassava leaf sauce, okra sauces, beans sauces, other mixed sauces and many more including vegetarian variations of some of the sauces. Food lovers will learn how traditionally Western vegetables like spinach, collard green, swiss chard and many others can be cooked using West African recipes. All these are lavishly presented by a West African national who was born and brought up in the region, and has lived in the region cooking and eating these foods for more than 50 years.

**The Official Guinness Cookbook** Caroline Hennessy 2021-10-26 "One of the world's most iconic and beloved beers, Guinness is famous for bringing people together for good times over a couple of pints of its distinctive, award-winning brew. Unique in its velvety finish and bold, rich flavor perfectly balanced between bitter and sweet, Guinness beer has long been used by home cooks as either the secret ingredient or the perfectly paired beverage to a variety of dishes and drinks. Now this reputation for excellence in cooking is going from under the radar to official with this definitive cookbook. From a savory Braised Short Rib recipe to a Creamy Mint Cocktail to a homey Chocolate Potato Cake, this comprehensive book includes over sixty recipes for dishes that feature or pair with the stouts and lagers of the Guinness brewery. The beers featured in the book include the classic Guinness Draught, crisp Extra Stout, bittersweet Foreign Extra Stout, citrusy Baltimore Blonde, and more. A true celebration of a brew that has won fans and enthusiasts across the world, The Official Guinness Cookbook also includes short excerpts and images from the brewery's storied history."--Provided by publisher.

**The Peanut Cookbook** Dorothy C. Frank 1976

**The Cooking Gene** Michael W. Twitty 2018-07-31 2018 James Beard Foundation Book of the Year | 2018 James Beard Foundation Book Award Winner in Writing | Nominee for the 2018 Hurston/Wright Legacy Award in Nonfiction | #75 on The Root100 2018 A renowned culinary historian offers a fresh perspective on our most divisive cultural issue, race, in this illuminating memoir of Southern cuisine and food culture that traces his ancestry—both black and white—through food, from Africa to America and slavery to freedom. Southern food is integral to the American culinary tradition, yet the question of who "owns" it is one of the most provocative touch points in our ongoing struggles over race. In this unique memoir, culinary historian Michael W. Twitty takes readers to the white-hot center of this fight, tracing the roots of his own family and the charged politics surrounding the origins of soul food, barbecue, and all Southern cuisine. From the tobacco and rice farms of colonial times to plantation kitchens and backbreaking cotton fields, Twitty tells his family story through the foods that enabled his ancestors' survival across three centuries. He sifts through stories, recipes, genetic tests, and historical documents, and travels from Civil War battlefields in Virginia to synagogues in Alabama to Black-owned organic farms in Georgia. As he takes us through his ancestral culinary history, Twitty suggests that healing may come from embracing the discomfort of the Southern past. Along the way, he reveals a truth that is more than skin deep—the power that food has to bring the kin of the enslaved and their former slaveholders to the table, where they can discover the real America together.

Illustrations by Stephen Crofts

**The Ultimate Peanut Butter Book** Bruce Weinstein 2009-03-17 Peanut butter makes everything better. Think about it: Peanut Butter Chocolate Chip Cookies. Cold Peanut Noodles. Peanut Butter Fudge. Still not convinced? Try Peanut Butter Waffles, Pad Thai, or Chocolate Cupcakes with Peanut Butter Centers. In The Ultimate Peanut Butter Book, the tenth addition to their Ultimate series, Bruce Weinstein and Mark Scarbrough offer up hundreds of recipes and variations for America's favorite spread. From comforting Peanut Butter Sticky Buns to decadent Peanut Butter Cheesecake to outrageous Elvis Spread (peanut butter, bacon, and bananas), The Ultimate Peanut Butter Book takes Peanut butter way beyond the same old PB&J.

**Cooking the East African Way** Bertha Vining Montgomery 2009-06 9 yrs+

**Zoe's Ghana Kitchen** Zoe Adjonyoh 2021-10-19 A NEW YORK TIMES BEST COOKBOOK OF THE YEAR Remix classic Ghanaian dishes for the modern kitchen in a cookbook that is "bright, bold, and bursting with flavor" (Bryant Terry) and "provides a new perspective and a sense of wonder for Ghanaian cooking" (Sicily Sierra) Celebrated cook and writer Zoe Adjonyoh passionately believes we are on the cusp of an African food revolution. First published to widespread acclaim in the United Kingdom, Zoe's Ghana Kitchen began as a pop-up restaurant in London featuring dishes such as Pan-Roasted Cod with Grains of Paradise, Nkruma (Okra) Tempura, Cubeb-Spiced Shortbread, and Coconut and Cassava Cake. Soon those dishes evolved into this tempting and celebratory cookbook, newly revised and updated for American cooks. Join Zoe as she shares the beauty of Ghana's markets, culture, and cuisine, and tells the evocative story of using these tastes and food traditions to navigate her own identity. Whether you are familiar with the delights of Ghanaian cuisine or new to the bold flavors of West Africa, this book contains inspiration for extraordinary home cooking, in dishes such as: Simple Fried Plantains Red Red Stew Red Snapper and Yam Croquettes Bofrot Doughnuts Nkatsenkwan (Peanut Butter Stew with Lamb) Jollof Fried Chicken Ghana-fied Caesar Salad and more With flexible recipes for hearty salads, quick and wholesome dinners, flavorful feasts, and much more, Zoe's Ghana Kitchen brings truly exciting and flavor-packed dishes into your kitchen. This is contemporary African food for simply everyone.

**The Green Roasting Tin** Rukmini Iyer 2018-07-05 'This book will earn a place in kitchens up and down the country' Nigella Lawson Seventy-five one-tin recipes: half vegan, half vegetarian, all delicious. With all seventy-five recipes in this book, you simply pop your ingredients in a tin and let the oven do the work. From flexitarians to families, this book is for anyone who wants to eat easy veg-based meals that fit around their busy lives.

**Ken Hom's Top 100 Stir Fry Recipes** Ken Hom 2012-04-24 Ken Hom brings us 100 inspired recipes for stir fries which are easy-to-follow, delicious dishes designed to appeal to all palates. With 20 new recipes and 80 favourites from his collection, Ken not only covers oriental stir fries but includes non-Asian dishes as well, such as stir-fried fusilli alla carbonara. The cookbook is divided into chapters on chicken, fish and seafood, beef, pork and vegetable dishes. There are also sections on techniques for chopping and frying, how to use a wok and recommendations for oils and sauces. Stir frying is regarded as a healthy and popular cooking method and all grocers sell ready-prepared stir-fry vegetables. As one of the world's greatest authorities on cooking with a wok, Ken shows us that the versatility and convenience of stir frying never compromises the flavour.

**Peanuts** Andrew F. Smith 2002 Chock-full of photos, advertisements, and peanut recipes from as early as 1847, this entertaining and enlightening volume is a testament to the culinary potential and lasting popularity of the goober pea. 24 photos.

**Peanut and Peanut Butter Recipes** United States. Agricultural Research Service. Human Nutrition Research Division 1964

**Nut Butter Universe** Robin Robertson 2013-02-12 Think outside the jar with delicious nut butters! Nut Butter Universe is a culinary treasure filled with creative ways to make luscious, protein-rich recipes for breakfast, lunch, dinner, dessert, and snacks. These recipes use delectable butters made from cashews, Brazil nuts, macadamias, chestnuts, almonds, peanuts, and more. Just a small amount of nut butter can add great texture, flavor, and nutrition to your meals. Here are just a few of Robin's mouth-watering recipes, all enriched by delicious nut and seed butters: Artichoke Walnut Butter Bisque Roasted Tahini Cauliflower Pistachio Butter Biscotti Chestnut and Winter Vegetable Pot Pie Pecan Butter Waffles Penne with Avocado Cashew Cream Grilled Peanut Butter Banana Sandwich Pineapple Coconut Cheesecake Chocolate Macadamia Truffles Apple-Almond Butter Crumble There are recipes for making your own nut butters and options for those with nut allergies. The book also contains an informative Foreword by nutrition expert and bestselling author, Julieanna Hever, which explains the health benefits of nuts and nut butters. In addition, the recipes are clearly marked as being gluten-free or soy-free. Also includes helpful indexes, fun facts, and 8-page color photo insert.

**Sundays at Moosewood Restaurant** Moosewood Collective 2013-10-29 Since its opening in 1973, Moosewood Restaurant in Ithaca, New York, has been synonymous with creative cuisine with a healthful, vegetarian emphasis. Each Sunday at Moosewood Restaurant, diners experience a new ethnic or regional cuisine, sometimes exotic, sometimes familiar. From the highlands and grasslands of Africa to the lush forests of Eastern Europe, from the sun-drenched hills of Provence to the mountains of South America, the inventive cooks have drawn inspiration for these delicious adaptations of traditional recipes. Including a section on cross-cultural menu planning as well as an extensive guide to ingredients, techniques, and equipment, Sundays at Moosewood Restaurant offers a taste for every palate. Moosewood Restaurant is run by a group of eighteen people

who rotate through the jobs necessary to make a restaurant work. They plan menus, set long-term goals, and wash pots. Moosewood Restaurant contributes 1% of its profits from the sale of this book to the Eritrean Relief Fund, which provides food and humanitarian assistance to the Eritrean people. Moosewood Restaurant supports 1% For Peace, an organization working to persuade the government to redirect 1% of the Defense Department budget towards programs that create and maintain peace in positive ways.

**The Voluptuous Vegan** Myra Kornfeld 2000 A bold step forward in healthful eating, "The Voluptuous Vegan" offers more than 200 recipes that dispel the stereotypes of meatless and dairy-free cuisine. It delivers luscious food everyone, not just dedicated vegans, will love.

*The Heritage of Chinese Cooking* Elizabeth Chong 1993 The acclaimed Heritage of . . . Cooking series continues with a sumptuously illustrated cook's tour through centuries of Chinese cuisine. In 1961, bestselling cookbook author Chong founded Australia's premier Chinese cooking school. This stunning volume includes history and full-color paintings and photos of every dish.

**Gok Cooks Chinese** Gok Wan 2016-12-01 Not only is Gok Wan one of the UK's top fashion stylists, but he can cook too! Gok's fantastic book, *Gok Cooks Chinese*, contains 80 personal and family recipes, which are not only delicious and healthy but incredibly simple to make. Gok's love and passion for Chinese food and cooking techniques shine through from every page. From his unique perspective he gives us his personal and modern take on the Chinese food that he grew up eating, drawing on his Chinese heritage to give us a different angle on how to eat - for Gok, it's all about sitting down, tucking into fantastic food that is fuss-free and relaxed. Gok's food is about balance, health, flavour and fun. From his absolute favourite recipe for Prawn Wonton Noodle Soup (which he calls 'happiness in a bowl') to Perfect Fried Rice or classics like his dad's Honey-glazed Char Siu Pork, through chapters on Dim Sum, Street Food, One Pot Wonders and Feasting, you will find recipes for all occasions and moods, whether entertaining friends or enjoying a meal at home by yourself. Above all, Gok Wan will demystify Chinese ingredients and equipment. *Gok Cooks Chinese* shows us how easy it is to shop and cook just like him.

*Food From Across Africa* Duval Timothy 2016-06-14 Discover the amazing cuisine of Africa with this beautiful full-color cookbook featuring classical and modern African dishes. With its diverse, delicious flavors, African food is "some of the best on the planet," yet remains little known to many in the wider world. To introduce this wonderful cuisine, Duval Timothy, Jacob Fodio Todd, and Fodayemi Brown started their popular bi-monthly London supper club The Groundnut to showcase the food of their childhoods, dishes that reflect their heritage in Western and Eastern Africa. Based on their sold-out events, *Food from Across Africa* features both traditional recipes, many of which have been passed down through the generations, as well as experimental dishes using new ingredients and combinations: from the fragrant and ubiquitous West African dish, jollof rice, to innovative modern offerings like aromatic star anise and coconut chicken served in a steaming plantain leaf. *Food from Across Africa* includes nine complete menus with dishes that complement and enhance one another—from cocktails and juices to main courses, vegetables, sides, and desserts. Instead of making explicit distinctions, the menus represent the way these dishes fit together, whether attached by season, dominant flavors, or by another unifying point of inspiration. Easy to follow and cook, each recipe includes a short history and uses ingredients found in local markets. Pork in Tamarind, Mustard Prawns, Baked Broccoli Falafel, Pineapple Jam, Spinach & Green Bean Salad with Peanut Pesto, Banana Almond Cake, Pickled Peppers, Baked Plantain, and much more—the mouthwatering fare in *Food from Across Africa* is meant to be eaten communally, with family, friends, and neighbors, and enjoyed with all the senses. "Our food encourages tactility, with influences from our childhoods growing up eating freshly picked mangoes sprinkled with salty chili powder, being served juice in a peeled, cored, and squeezed orange and hand rolling and dunking balls of eba into okra soup then straight into your mouth." A celebration of a fascinating and flavorful culture, bursting with dozens of gorgeous full-color photos, *Food from Across Africa* is a bounty of delights, presenting food that is simple, balanced, beautiful, and fabulous to share.

**Peanut and Peanut Butter Recipes** 1948\*

**New Native Kitchen** Freddie Bitsoie 2021-11-16 Modern Indigenous cuisine from the renowned Native foods educator and former chef of Mitsitam Native Foods Café at the Smithsonian's National Museum of the American Indian. From Freddie Bitsoie, the former executive chef at Mitsitam Native Foods Café at the Smithsonian's National Museum of the American Indian, and James Beard Award-winning author James O. Fraioli, *New Native Kitchen* is a celebration of Indigenous cuisine. Accompanied by original artwork by Gabriella Trujillo and offering delicious dishes like Cherrystone Clam Soup from the Northeastern Wampanoag and Spice-Rubbed Pork Tenderloin from the Pueblo peoples, Bitsoie showcases the variety of flavor and culinary history on offer from coast to coast, providing modern interpretations of 100 recipes that have long fed this country. Recipes like Chocolate Bison Chili, Prickly Pear Sweet Pork Chops, and Sumac Seared Trout with Onion and Bacon Sauce combine the old with the new, holding fast to traditions while also experimenting with modern methods. In this essential cookbook, Bitsoie shares his expertise and culinary insights into Native American cooking and suggests new approaches for every home cook. With recipes as varied as the peoples that inspired them, *New Native Kitchen* celebrates the Indigenous heritage of American cuisine.

**The Peanut Butter Cookbook** Mable Hoffman 1996 Offers recipes featuring peanut butter, including Mandarin ham roll-ups, peanut butter banana muffins, and gingered orange pork

**Cook As You Are** Ruby Tandoh 2022-11-08 A BON APPETIT BEST BOOK OF THE YEAR • A cookbook for the real world: a beautifully illustrated, inclusive, and inspiring collection of delectable and doable recipes for home cooks of all kinds that shows you don't have to be an aspiring chef to make great food—or for cooking to be a delight. Just cook as you are. "Not simply a recipe book, but a warm invitation to relax into and enjoy the experience of cooking and eating. Ruby Tandoh offers understanding, encouragement and completely glorious food." —NIGELLA LAWSON, author of *Cook, Eat, Repeat* From last-minute inspiration for feeding an entire family to satisfying meals for just one person, easy one-pot dinners to no-chop recipes, in these pages Ruby Tandoh shares a feast of homey, globally inspired dishes, such as: •Carrot, Lemon and Tahini Soup •Smoky Chicken, Okra and Chorizo Casserole •Gnocchi with Harissa Butter and Broccoli •Lightning-Quick Asparagus and Chili Linguine •Tofu and Greens with Hot and Sour Chili Sauce •Rosemary Baby Buns •Lemon Mochi Squares A no-nonsense collection of more than 100 accessible, affordable, achievable—and, most importantly, delicious—recipes (plus countless variations), *Cook As You Are* is an essential resource for every taste, every kitchen, and every body.

**Peanut and Peanut Butter Recipes** United States. Bureau of Human Nutrition and Home Economics 1948

*The Peanut Butter & Co. Cookbook* Lee Zalben 2005-10-01 In 1998, a cozy Greenwich Village sandwich shop named Peanut Butter & Co. was born—with a menu consisting entirely of peanut butter creations. The restaurant was an instant hit and launched its own brand of gourmet peanut butter available nationwide. Now president and founder Lee Zalben continues to spread the joy of peanut butter with *The Peanut Butter & Co. Cookbook*. Here are more than eighty gooey recipes for everything from decadent desserts (Chocolate-Peanut Butter Pie) to delicious, nutritious snacks (Frozen Dark Chocolate-Banana Bites) and sensational entrées (Sweet and Spicy Peanut Butter-Glazed Chicken Tenders). No peanut butter cookbook would be complete without sandwiches—here are recipes from the traditional (The Lunch Box Special) to the deliciously daring (Cookie Dough Surprise). With tempting full-color photographs, archival photos of PB&J ephemera, and tons of quirky facts, *The Peanut Butter & Co. Cookbook* is sure to answer every peanut butter craving!

*Peanut Butter Passion* Ann Criss 2015-09-08 Get out your mixers and gear up your taste buds as you prepare to embark on a peanut butter escapade that will prove to be nothing short of delicious. Written for the peanut butter lover, this collection of over 100 mouth-watering recipes features peanut butter as the star ingredient. With simple instructions and peanut butter in every bite, *Peanut Butter Passion: A Peanut Butter Lover's Cookbook* will have you craving more & more--peanut butter that is. From breakfast (Oatmeal Buttermilk Peanut Butter Pancakes) to dinner (Sweet Potato-Peanut Soup), and on to drinks and desserts, *Peanut Butter Passion* has something to suit your every mood. Whether you're cooking for yourself or making a batch of warm, peanut butter cookies for a friend, you are encouraged to experiment, eat and enjoy the plethora of uses for peanut butter. In the spirit of sharing, at least 10% of the proceeds from net sales of *Peanut Butter Passion* will be donated to charity.

**No Peanuts, No Problem!** Katrina Jorgensen 2016-08 "A fun cookbook with recipes that are safe for kids with peanut and tree-nut allergies"--

The Groundnut Cookbook Duval Timothy 2015-07-02 The Groundnut Cookbook is an African cookbook by friends Duval Timothy, Jacob Fodio Todd and Folayemi Brown. They are three energetic, imaginative Londoners set to change the face of African food with their cookbook packed full of gorgeous full-colour photography and easy-to-follow, fresh and healthy recipes. Learn how to prepare classics like their namesake Groundnut Stew, and Jollof Rice, alongside innovative offerings like their Avocado Ice Cream or Puna Yam Cake. The Groundnut Cookbook will make you wonder why it's taken you this long to explore Africa's culinary gems

Flavour Ruby Tandoh 2016-07-21 Over 170 recipes – sweet and savoury – for every day, every budget, every taste, in a cookbook that puts your appetite first from the Sunday Times top ten bestselling author of Eat Up. Organised by ingredient, Flavour helps you to follow your cravings, or whatever you have in the fridge, to a recipe. Creative, approachable and inspiring, this is cooking that, while focusing on practicality and affordability, leaves you free to go wherever your appetite takes you. It is a celebration of the joy of cooking and eating. Ruby encourages us to look at the best ways to cook each ingredient; when it's in season, and which flavours pair well with it. With this thoughtful approach, every ingredient has space to shine; including store cupboard staples. These are recipes that feel good to make, eat and share, and each plate of food is assembled with care and balance. Including Hot and Sour Lentil Soup, Ghanaian Groundnut Chicken Stew, Glazed Blueberry Fritter Doughnuts, Mystic Pizza and Carrot and Feta Bites with Lime Yoghurt, this is a cookbook that focuses above all on flavour and freedom – to eat what you love.

**The Lee Bros. Charleston Kitchen** Matt Lee 2013-02-26 Let James Beard Award-winning authors and hometown heroes Matt Lee and Ted Lee be your culinary ambassadors to Charleston, South Carolina, one of America's most storied and buzzed-about food destinations. Growing up in the heart of the historic downtown, in a warbler-yellow house on Charleston's fabled "Rainbow Row," brothers Matt and Ted knew how to cast for shrimp before they were in middle school, and could catch and pick crabs soon after. They learned to recognize the fruit trees that grew around town and knew to watch for the day in late March when the loquats on the tree on Chalmers Street ripened. Their new cookbook brings the vibrant food culture of this great Southern city to life, giving readers insider access to the best recipes and stories Charleston has to offer. No cookbook on the region would be complete without the city's most iconic dishes done right, including She-Crab Soup, Hoppin' John, and Huguenot Torte, but the Lee brothers also aim to acquaint home cooks with treasures lost to time, like chewy-crunchy, salty-sweet Groundnut Cakes and Syllabub with Rosemary Glazed Figs. In addition, they masterfully bring the flavors of today's Charleston to the fore, inviting readers to sip a bright Kumquat Gin Cocktail, nibble chilled Pickled Shrimp with Fennel, and dig into a plate of Smothered Pork Chops, perhaps with a side of Grilled Chainey Briar, foraged from sandy beach paths. The brothers left no stone unturned in their quest for Charleston's best, interviewing home cooks, chefs, farmers, fishermen, caterers, and funeral directors to create an accurate portrait of the city's food traditions. Their research led to gems such as Flounder in Parchment with Shaved Vegetables, an homage to the dish that became Edna Lewis's signature during her tenure at Middleton Place Restaurant, and Cheese Spread à la Henry's, a peppery dip from the beloved brasserie of the mid-twentieth century. Readers are introduced to the people, past and present, who have left their mark on the food culture of the Holy City and inspired the brothers to become the cookbook authors they are today. Through 100 recipes, 75 full-color photographs, and numerous personal stories, The Lee Bros. Charleston Kitchen gives readers the most intimate portrayal yet of the cuisine of this exciting Southern city, one that will resonate with food lovers wherever they live. And for visitors to Charleston, indispensable walking and driving tours related to recipes in the book bring this food town to life like never before.

Cool World Cooking Lisa Wagner 2013-07-09 Give up-and-coming chefs a chance to explore the foods of the world! This international cookbook has over 50 recipes from 6 different cultures and introduces readers to world geography and authentic, easy-to-make recipes that taste great. Learn about African, French, Italian, Mexican, Middle Eastern, and Japanese and Chinese cooking. Each kid-tested recipe includes step-by-step instructions and how-to photos. Tools and ingredients lists are also provided, along with pronunciation guides when needed. So grab an apron and prepare for a tasty adventure! Books include: ingredients & tool lists, visual index of cooking terms, world map with highlighted areas, step-by-step instructions and photos, and allergy & safety information.

**Zainabu's African Cookbook** Zainabu Kpaka Kallon 2004 Increasing levels of obesity and heart disease have prompted a huge counteraction of gastronomes and calorie conscious people seeking new diets that are satisfying, nutritious, low-fat and above all, appetising. Doctors recommend Westerners turn to traditional African diets that have always comprised of fresh vegetables, whole grains, fruits, beans and small portions of fruit and oil. This collection of delicious recipes, easy-to-buy ingredients, as well as the myths and stories behind the various dishes, enables anyone to recreate and understand African culture and food.

Cooking the West African Way Bertha Vining Montgomery 2002-01-01 Offers an introduction to West African cooking, featuring typical recipes for everyday meals and snacks, and dishes for special occasions and holidays.

## The Groundnut Cookbook :

In today digital age, eBooks have become a staple for both leisure and learning. The convenience of accessing The Groundnut Cookbook and various genres has transformed the way we consume literature. Whether you are a voracious reader or a knowledge seeker, read The Groundnut Cookbook or finding the best eBook that aligns with your interests and needs is crucial. This article delves into the art of finding the perfect eBook and explores the platforms and strategies to ensure an enriching reading experience.

Table of Contents The Groundnut Cookbook

### 1. Understanding the eBook The Groundnut Cookbook

- The Rise of Digital Reading The Groundnut Cookbook
- Advantages of eBooks Over Traditional Books

### 2. Identifying The Groundnut Cookbook

*the-groundnut-cookbook*

- Exploring Different Genres
- Considering Fiction vs. Non-Fiction
- Determining Your Reading Goals

### 3. Choosing the Right eBook Platform

- Popular eBook Platforms
- Features to Look for in an The Groundnut Cookbook
- User-Friendly Interface

### 4. Exploring eBook Recommendations from The Groundnut Cookbook

- Personalized Recommendations
- The Groundnut Cookbook User Reviews and Ratings
- The Groundnut Cookbook and Bestseller Lists

## 5. Accessing The Groundnut Cookbook Free and Paid eBooks

- The Groundnut Cookbook Public Domain eBooks
- The Groundnut Cookbook eBook Subscription Services
- The Groundnut Cookbook Budget-Friendly Options

## 6. Navigating The Groundnut Cookbook eBook Formats

- ePub, PDF, MOBI, and More
- The Groundnut Cookbook Compatibility with Devices
- The Groundnut Cookbook Enhanced eBook Features

## 7. Enhancing Your Reading Experience

- Adjustable Fonts and Text Sizes of The Groundnut Cookbook
- Highlighting and Note-Taking The Groundnut Cookbook
- Interactive Elements The Groundnut Cookbook

## 8. Staying Engaged with The Groundnut Cookbook

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers The Groundnut Cookbook

## 9. Balancing eBooks and Physical Books The Groundnut Cookbook

- Benefits of a Digital Library
- Creating a Diverse Reading Collection The Groundnut Cookbook

## 10. Overcoming Reading Challenges

- Dealing with Digital Eye Strain
- Minimizing Distractions
- Managing Screen Time

## 11. Cultivating a Reading Routine The Groundnut Cookbook

- Setting Reading Goals The Groundnut Cookbook
- Carving Out Dedicated Reading Time

## 12. Sourcing Reliable Information of The Groundnut Cookbook

- Fact-Checking eBook Content of The Groundnut Cookbook
- Distinguishing Credible Sources

## 13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

## 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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