

140 Recipes To Inspire Love For Every Nation, Tribe And Tongue: Unleash the Power of Food to Build Bridges and Unite Hearts

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It Begins at the Table: 140 recipes to inspire love for every nation, tribe, and tongue

by Lisa Soldo-Johnson

★★★★☆ 4.8 out of 5

Language : English

File size : 51282 KB

Screen Reader: Supported

Print length : 58 pages



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Chicken Yassa (Senegal)

Ingredients:

- 1 whole chicken, cut into pieces

- 1 onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground ginger
- 1 teaspoon smoked paprika
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup chopped fresh parsley
- 1/2 cup chopped fresh cilantro
- 1/2 cup lemon juice
- 1/4 cup olive oil
- 1 cup water

Instructions:

1. In a large bowl, combine the chicken, onion, garlic, cumin, ginger, paprika, salt, and pepper. Toss to coat.
2. Add the parsley, cilantro, lemon juice, and olive oil to the bowl. Toss again.
3. Cover the bowl and refrigerate for at least 30 minutes.
4. Heat the water in a large skillet over medium heat.
5. Add the chicken mixture to the skillet and cook until the chicken is cooked through and the sauce has thickened, about 30 minutes.

6. Serve hot with rice or your favorite side dish.

Pad Thai (Thailand)

Ingredients:

- 1 package (8 ounces) rice noodles
- 1/2 cup tamarind sauce
- 1/4 cup fish sauce
- 1/4 cup brown sugar
- 1/4 cup chopped peanuts
- 1/4 cup chopped fresh cilantro
- 1 tablespoon vegetable oil
- 1 clove garlic, minced
- 1/2 onion, chopped
- 1/2 cup chopped carrots
- 1/2 cup chopped green beans
- 1/2 cup chopped bell peppers
- 1/2 pound shrimp, peeled and deveined
- 1/2 pound chicken, cooked and shredded
- 1 egg, beaten

Instructions:

1. Cook the rice noodles according to package directions. Drain and rinse with cold water.
2. In a large bowl, whisk together the tamarind sauce, fish sauce, brown sugar, peanuts, and cilantro.
3. Heat the vegetable oil in a large skillet over medium heat.
4. Add the garlic, onion, carrots, green beans, and bell peppers to the skillet and cook until softened, about 5 minutes.
5. Add the shrimp and chicken to the skillet and cook until the shrimp are cooked through and the chicken is heated through.
6. Add the rice noodles and tamarind sauce mixture to the skillet and toss to coat.
7. Push the noodles to the sides of the skillet and pour in the egg. Scramble the egg until cooked through.
8. Toss the noodles to combine.
9. Serve hot garnished with additional peanuts and cilantro.

- "This cookbook is a treasure trove of delicious recipes and inspiring stories. It is a must-have for anyone who loves to cook and share food with others." - **Jamie Oliver**
- "140 Recipes To Inspire Love For Every Nation, Tribe And Tongue is a celebration of the power of food to bring people together. This cookbook is a testament to the human spirit and our ability to find common ground through our love of food." - **Marcus Samuelsson**

- "This cookbook is a beautiful and important contribution to the world of food. It is a reminder that food is more than just sustenance. It is a way to connect with others, to learn about different cultures, and to build bridges of understanding." - **Alice Waters**



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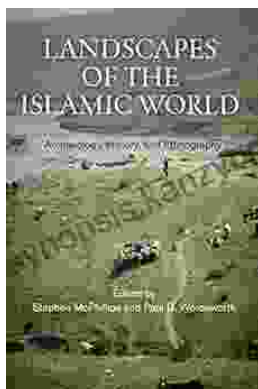
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