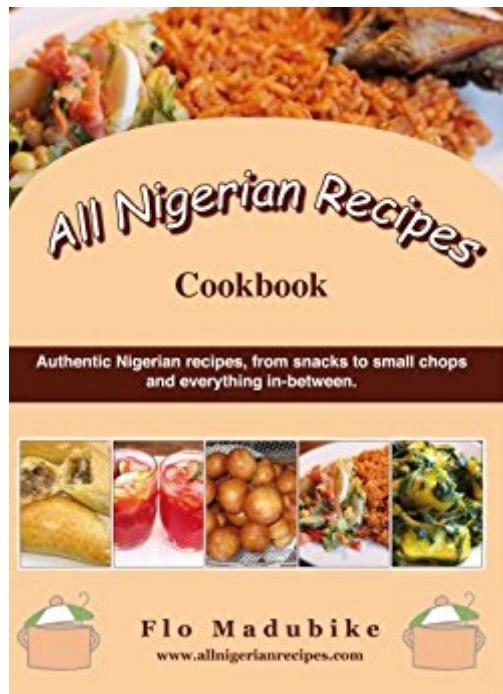


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# All Nigerian Recipes Cookbook



## **Synopsis**

Detailed recipes of how Flo prepares more than 100 Nigerian recipes: Rice (9), Snacks (18), Nigerian Small Chops (6), Nigerian Soups (13), Nigerian Stews (10), Beans (8), Plantain (7), Yam (8), Drinks (3), Salads (3), Kids recipes (9) and special Nigerian delicacies found only in Nigerian restaurants (6). This book is perfect for you if you want learn how to cook Nigerian food from scratch. Even if you are experienced in cooking Nigerian food, you will be able to pick up new recipes and lots of tips.

## **Book Information**

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## **Customer Reviews**

The very first thing I noticed about this book was the durability, yes the durability. It is sturdy enough to carry around the kitchen. It will not scatter on you after your first use. Her recipes are so easy to follow and you can't beat the fact that some of the recipes have the video instruction to go with. There are also tons of pictures to go with all the delicious recipes. I love the fact that she has a lot of baby and toddler friendly recipes with a touch of Naija of course, I have tried a few of her recipes on my 3 girls who are all 6years and under & they ate it up. What is there not to love about this book? Oh yeah If you happen to be a village girl like me and you do not know the English name of the local

ingredients you use, thou shall not worry because she breaks it down. Do yourself a favor and grab you a copy. If you don't get this for yourself, get it for that person you know that appreciates Naija cooking. My next recipe to try will be the concoction rice with Okpei à|.mmmmm

Great Job Flo! Way to go! Loaded with pictures and excellent recipes. It's easy to see that you put in a lot of effort into the book. I commend your efforts. As a seasoned Nigerian cook myself, I still pick ideas from your book to improve my cooking skills. However some improvements would be needed on the book for those that are not comfortable with eye-balling measurements or those that lack experience in determining when food is done. Some people might struggle with this just a bit. Overall, I love the book!

One thing I really love about this cookbook is that it gets you to make \*everything\* from scratch. For instance, I wanted to make Nigerian coconut rice (which is jollof rice cooked with coconut milk). Well! In doing so I first made the tomato stew the recipe called for, and then also cooked a chicken for stock and then grilled it for inclusion in the rice--wonderful! Not only did I have a delicious coconut rice dish at the end, but I also had a large container of stock and a large container of tomato stew. Another thing I really love about this book is Flo's conversational tone--for instance, in the tomato stew recipe, she says, "If you don't use enough oil, the stew will have a sour taste and it will burn even if you stand there stirring frantically. Cooking should be fun, not tedious. If you are concerned bout your health, please stay away from this stew because it is fried." I so agree! Cooking \*\*should\*\* be fun. And in that little excerpt you can see another thing I really like about this book: Flo explains \*\*why\*\* you are doing what you're doing. This is great, because then you can judge if you want to change something. She also offers suggestions for substitutions you can use if you can't get certain ingredients (if, like me, you're not in Nigeria). It's an excellent cookbook, and I'm looking forward to cooking many dishes from it.

Truly an all Nigerian recipe book, has all the recipes you can think off. Love how easy it is to read the recipes and the pictures are very helpful.

Great book for a beginner of Nigerian cooking. Married a lovely Nigerian, so in order to prepare meals for him I love referring to this great book. My mother-in-law loves it too. She said almost everything she can think of is listed in the book. Great resource!

I was probably one of the first to get this book, and was glad to get the email of the availability of the hardcopy of Flo's cookbook...yay!!! I had been interested in Flo's work from finding her webpage perchance, and was particularly impressed by her step by step illustration methods. One of my challenges in making a Nigerian dish that involves peeling the 'skin' off beans (black-eyed peas) was well addressed by Flo, and I have found Flo's method so effective, and time saving. For someone who is somewhat 'old-fashioned', I encouraged Flo to get her hard copy out as soon as possible. She finally did, and I'm so happy. Her dos and don'ts are also a big plus, because part of knowing how to cook, is knowing what not to do. Flo...great job, and I'm looking forward to giving out your cookbook as bridal shower gifts! A must have for young Nigerian brides, or others who just want to learn to cook Nigerian food! Kudos!!!

I just love this woman. I never learnt to cook when I was in Nigeria and Nigerian cooking is so complicated. Not only do you have many names for the same ingredient or forms of ingredients, the same meal can be prepared in many ways based on locality. She has many recipes to choose from, the steps are easy to follow and the final product is outstanding. This book is the best Nigerian cookbook out there. She might as well rename the book Nigerian Cooking for Aje Buttas because if I can learn to cook delicious meals from her, anyone can. Check her out on youtube as well.

This cook book is one of a kind. I have certainly not seen a Nigerian cook book that comes anywhere close. I say this because I've searched repeatedly online for a Nigerian cookbook since my wife has always wanted to learn how to cook our food. The only hope I could give her other than what I knew already, was to direct her to the author's social media pages. Obviously, that wasn't always convenient. When I finally received this book in the mail, I was very impressed by the quality of the book and the precision of the instructions. Every person who is interested in cooking Nigerian meals can do so with this book, never mind whether you're a beginner or an expert. There's a lot to learn. In fact, whenever I flip through the pages, my mouth starts to water (no kidding). Flo really did a great job for a first edition. This book has step by step instructions, pictures, everything you need to know to start cooking Nigerian food. I certainly recommend it to everybody. Even my mother who is an expert cook in her own right has mentioned she wants to own the book! It is worth it.

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