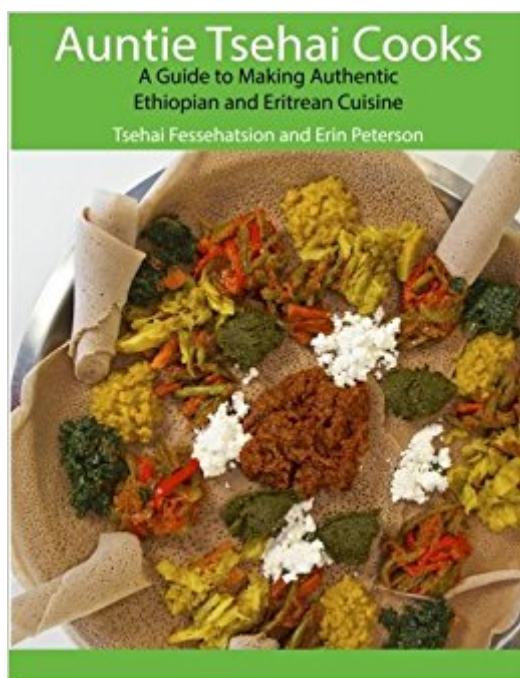


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# Auntie Tsehai Cooks: A Comprehensive Guide To Making Ethiopian And Eritrean Food



## Synopsis

This cookbook is a how-to guide that shows you step-by-step how to make authentic Ethiopian and Eritrean cuisine. Join co-authors Auntie Tsehai and Erin as they take you on a culinary journey, introducing you to this famous East African cuisine. Learn to make injera (a sourdough flat bread) and flavorful vegetarian and meat stews. Many dishes are freezer-friendly, gluten-free, quick to prepare, and vegetarian. Auntie Tsehai, an experienced cook for decades, shares her culinary expertise, outlining the best practices she has developed and honed, preparation tips, and insights on how to make authentic Ethiopian and Eritrean dishes. Join co-author Erin as she learns from Auntie Tsehai. Erin organizes Auntie Tsehai's culinary expertise into clear and concise steps, identifying time-saving tips, all while capturing the beauty and art of the food in mouth-watering photos. This book is more than a collection of recipes, but identifies the tenets of how to make authentic sauces. Learn these sauce tenets and you will be amazed at how simply and efficiently you can make your own authentic meals. Together Auntie Tsehai and Erin share their love of cooking, of sharing these flavors, and of teaching and inspiring home cooks to embark on their own culinary journeys. Learn the techniques you need to make healthy, authentic food in your own kitchen!

## Book Information

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## Customer Reviews

Tsehai Fessehatsion has had a passion for cooking for as long as she can remember. She learned to cook as a very young girl and hasn't stopped since! She learned how to make traditional foods from her mother, as was the tradition for generations before her. Her dedication to cooking is as deep as her knowledge of the ingredients, preparations, and techniques. She makes cooking

traditional Ethiopian and Eritrean dishes clear, offers variations, and new ways of eating injera, adding versatility and creativity to this traditional cuisine. Join Erin Peterson, Auntie Tsehai's sister-in-law, on her culinary journey as she learns Auntie Tsehai's authentic Ethiopian and Eritrean recipes. She has always loved preparing and eating healthy food from a variety of cuisines and has a special interest in photography. Erin carefully documents and organizes the recipes into clear, concise steps, complete with mouth-watering photos. We wish you well on your culinary journey in making many healthy meals for your friends and family. We are having so much fun pulling all these healthy, tried-and-true recipes together. It is a true joy sharing them with you! We hope you'll visit us at [www.auntiecooks.com](http://www.auntiecooks.com) or like us on Facebook to see what we're up to in our latest culinary adventures!

Really comprehensive book on Ethiopian food with loads of pictures. All the standard recipes plus many, many more! I've been waiting for a book like this to be released. Step-by-step photos and descriptions for making several different types of Injera. Well worth the cost. If you like Ethiopian, just get it!

I would give it 10 stars if I could! This book is worth the investment. It is very well organized and the items I cooked turned out great. There are several types of injera recipes and for the first time I feel very hopeful that I can make it as well. The authors were very responsive to my questions and I procured Berbere spice through them. This spice is delicious and makes all the difference! It freezes very well. If you are serious about learning to prepare this wonderful cuisine then you should invest in this book!

This is one of those books that will grow old with me, I like how simple and to the point it is. This cookbook is visually very pleasing with multiple photo inserts of many of the dishes. The set up is functional with foundation recipes at the beginning. The chapters are then divided into different types of Ethiopian cuisine which makes it easy to plan a menu.

It's helping me learn to cook for our Ethiopian son! He really misses Ethiopian food. And it's hard to find authentic recipes!

Really good book on Eritrean food---easy to read and results are excellent. I have several others on west African cooking and this is the best.

Awesome variety of dishes and clear explanations!

I love this book , it has detailed description and images to help me understand the food I am making

The book is good but it is way over priced

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