



# Senegal: Modern Senegalese Recipes from the Source to the Bowl

*Pierre Thiam, Jennifer Sit*

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*Senegal* will transport you deep into the country's rich, multifaceted cuisine. You'll feel the sun at your back and the cool breeze off the Atlantic, hear the sizzle of freshly caught fish hitting the grill, and bask in the tropical palm forests of Casamance. Inspired by the depth of Senegalese cooking and the many people he's met on his culinary journey, these recipes are Pierre Thiam's own creative, modern takes on the traditional. Learn to cook the vibrant, diverse food of Senegal, such as soulful stews full of meat falling off the bone; healthy ancient grains and dark leafy greens with superfood properties; fresh seafood grilled over open flame, served with salsas singing of bright citrus and fiery peppers; and lots of fresh vegetables and salads bursting with West African flavors.

Pierre's first book, *Yolele!*, introduced Senegalese food to the world, and now *Senegal* takes a deeper dive, showcasing the ingredients and techniques elemental to Senegalese cooking, the food producers at the heart of its survival, and the unique cultural and historical context it exists in. You'll meet local farmers, fishermen, humble food producers, and home cooks each with stories to tell and recipes to share and savor. You won't just be learning to make a few dishes, you'll learn about the Senegalese people, the stories of their past, and importantly, the issues they face today and tomorrow. This is the food of Senegal, from the source to the bowl.

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