

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

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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.

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1. In a pot, heat oil and add onions. Cook over medium heat for about 5 mins. 2. Add carrots and ¼ cup water, cover, and cook for 3-4 mins. 3. Add garlic, ginger and turmeric and cook another 2 mins. 4. Add potatoes, remaining ¼ cup water and salt. Cover to cook until potatoes are tender but firm, about 10 mins.

Ethiopian and Eritrean Cookbook - Auntie Tsehai Cooks

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With concisely step-by-step instructions from Erin, Auntie Tsehai’s culinary expertise is clearly organized. Besides, the authors point out the principle of making authentic sauces and time-saving tips that efficiently highlight the soul of the food. About the Author: The authors of this cookbook are Tsehai Fessehatsion and Erin Peterson. Passionate about cooking since a very young girl, Tsehai Fessehatsion learned to cook traditional foods from her mother.

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