



# **A Plate in the Sun: Modern Fusion Recipes from Ghana, Food from the African Soul**

*Patti Gyapomaa Sloley*

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## Foreword

This book explores some of the most exciting and wonderful modern recipes from the vast continent of Africa.

Africa has, and still does influence cuisines across the world; from Creole in the American South, to the Caribbean, to Brazil. Everywhere Africans went they took their foods with them. In turn those African dishes embrace the tastes of the many cultures that travelled through their continent over the centuries. This is true fusion cooking.

Patti's recipes, from her home country of Ghana, add an exciting dimension to ethnic cooking, much of which is fast becoming mainstream. Her obvious passion for cooking, creating and sharing, are evident throughout the pages. Like any cuisine, there are many variations as there are cooks, and Patti has added her own distinctive style to many classic dishes to create colourful and exciting meals full of flavour. From the rich red of jollof rice, to the simple and wholesome bean stews, these are dishes fit for any table. They look good and they taste good.

Patti is definitely one of the most special people I have had the pleasure to meet in my life. Enjoy.

Jean-Christophe Novelli

## Product Description

A Plate in the Sun is a delicious fusion of Ghanaian, African and Western tastes brought together in easy to cook recipes, using readily available ingredients. Patti shares some of her favourites, from simple snacks and starters like bean fritters and kelewele, to wholesome main dishes like black-eye beans with smoked haddock and bacon. She also shares her take on classics like jollof rice and chicken peanut butter soup. Some of her creations include curried chicken-liver pie and plantain truffles. Patti is an inventive and inspiring cook who wants to light-heartedly entertain, as much as share her cooking experiences and ideas. She encourages you to relax, experiment and enjoy time in the kitchen and believes cooking good food is "50% knowledge, 50% adventure, and always fun". She is a Ghanaian with a truly international perspective and an exuberant and enthusiastic cook. Born and educated in Ghana, she spent a year in America as an exchange student and has lived in the UK since 1985. Most recently Patti is Front of House and a guest chef at the Jean-Christophe Novelli Academy Cookery School in Hertfordshire.

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