**West African Recipes**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (title of recipe) FROM \_\_\_\_\_\_\_\_\_\_\_\_\_

Ingredients:

Instructions:

Recipe\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Country\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Crops from the area:

History of the dish:

The people who prepare the food – what are they like?:

Interesting information about the food/dish/recipe/people:

Recipe submitted by:

Bibliographical information: