



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

By Pierre Thiam, Jennifer Sit

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**Senegal: Modern Senegalese Recipes from the Source to the Bowl** By Pierre Thiam, Jennifer Sit

*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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## **Editorial Review**

### **Review**

Pierre Thiam's passion for his homeland is palpable in his second cookbook *Senegal*. He promises to transport the reader into the vibrant and diverse culture of Senegal through pictures, history, food, and teranga or “hospitality,” and he delivers ten-fold. As an accomplished chef, Thiam gives a masterclass in what will probably be a food trend in the United States not too far into the future—West African cuisine. Get ready to pack your bags for this culinary adventure. (Carla Hall, author of *Carla's Comfort Foods*; co-host of “The Chew”)

How wonderful to see Senegal and her rich culinary traditions presented so enticingly! This book does them honor. Pierre Thiam gives a clear and loving explanation of the underpinnings of Senegalese cuisine and the way that flavors and ingredients come together. The empathetic photographs, too, are an invitation to get comfortable and engaged with Senegalese food and life. (Naomi Duguid, author of *Burma: Rivers of Flavor*)

Ever since I grasped the import of West African knowledge, ingredients, and teranga to American cuisine, I've longed to travel to Senegal. Now I have my primer. I read this book like a travelogue, illustrated with vivid photographs. Thanks to Pierre Thiam, my resolve to make that journey is stronger. And my knowledge of traditional and modern Senegalese cookery is deeper. (John T. Edge, coeditor of *The Southern Foodways Alliance Community Cookbook*)

In *Senegal*, Pierre Thiam offers us more than just a portrait of an extraordinary country and a picture of a surprisingly eclectic and far-reaching cuisine, though he certainly does that. He also reminds us of why gastronomy, when it's as rich as this, is really a form of intimate anthropology. (Adam Gopnik, *The New Yorker* staff writer; author of *The Table Comes First*)

Through this absorbing, keenly observed study of Senegal's culinary landscape, Pierre Thiam has painted a beautifully rendered portrait that highlights the countless shades and textures of one of our world's most enduringly vibrant cultures. Both touchingly reverent and arrestingly modern, this book gave me a profound appreciation for Senegalese cuisine and the richly diverse people who have created and sustained it. (Lee Schrager, author of *Fried and True*)

Pierre Thiam's magical and moving *Senegal* gives voice to a culture that many in the West have little concept of. This book stands as a testament to the beauty and richness that awaits any curious eater on the west coast of Africa. (Kehinde Wiley, Visual Artist)

Pierre Thiam is a tireless warrior and ambassador for the culinary cultural experience of his native Senegal. In this book, he gives us his Senegal, served with love and heaping helpings of humanity in a bowl of celebrated grace. Those who subscribe to full-flavored, bold, exciting dining should rush to read and enjoy these unique recipes of gastronomical expression. (Alexander Smalls, Executive Chef / Restaurateur, The Cecil and Minton's)

Pierre Thiam is a New York culinary treasure, having done more to popularize West African food in the city than anyone else, first as a chef, then as a cookbook author. This, his second published effort, is nearly as good as a trip to Dakar, filled with stunning color photos and great recipes. (Robert Sietsema, author of *New York in a Dozen Dishes*)

Pierre Thiam brings his native Senegal to life visually and verbally through its food traditions and history. Pierre shows us the many foods of Senegal, from ancient dishes that eventually were copied all over the globe to more modern ones stemming from immigrants of other former French colonies, Lebanon and Vietnam. Reading this cookbook, which is remarkably pertinent to current modern foodways as the traditions are based on farm to table, makes me want to hop on a plane for Dakar tomorrow to explore for myself this fascinating cuisine and country. (Sara Jenkins, author of *Olives and Oranges*)

This book transports you directly to Senegal. I can almost smell the food rising from the beautifully sensitive photographs. The book captures the wonderful cultural vibrancy of the Senegalese people and their cuisine. (Danny Simmons, artist and creator of HBO's *Def Poetry*)

*Senegal* is a significant and timely contribution to the culinary literature of Modern Africa. Chef Pierre Thiam has again given us a taste of the exquisite riches of the Senegalese kitchen that I grew up loving. (Akon)

#### About the Author

Chef, restaurateur, and cookbook author, **Pierre Thiam** was raised in Dakar, Senegal, a bustling and culturally diverse metropolis on the west coast of Africa. He opened two restaurants in Brooklyn, NY, *Yolele* and *Le Grand Dakar*, both visionary African bistros that became culinary and cultural centers for Africans from the continent and the diaspora. He is the author of *Yolele*, the first Senegalese cookbook published in the English language. He currently owns Pierre Thiam Catering, which introduces a diverse, savvy New York clientele to contemporary interpretations of ethnic flavors; he also serves as consulting chef for a number of restaurants in the City and beyond.

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