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Jessica Harris' first trip to Africa, when she was 24, was a "going home" to the in her new book, "The Africa Cookbook: Tastes of a Continent."

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Jessica B. Harris is the author of nine critically acclaimed cookbooks documenting A Kwanzaa Keepsake, The Africa Cookbook: Tastes of a Continent Beyond

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remove the chiles and reserve if desired to serve separately. Serve hot with white rice. From "The Africa Cookbook: Tastes of a Continent" by Jessica B. Harris

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