7 BILLION NEIGHBORS

Afro Cooking and 7 billion behind the stove for a special cassava!

The Smart Food campaign continues with the Chef Anto (Second from Right) on Radio France Internationale (RFI) as part of the ‘7 billion of neighbors’ program hosted by Emmanuelle Bastide.

Far from accepted ideas, African cuisines include many vegetarian dishes. Long reserved for major occasions or for better-off families, meat was not part of the grandparents' daily diet. Today, younger generations on the African continent are eating more meat. While in Europe, the youth of the diaspora, want to return to the mode of consumption of their ancestors. What are the typical vegetarian dishes in Africa? Read more..

http://www.rfi.fr/emission/20181030-cuisine-afro-vegan-retour-sources?ref=tw_i