ENGLISH ABSTRACT

**"Exploring the Rich Tapestry of African Cuisines: Traditions, Influences, and Regional Delicacies"**

This video presentation offers a captivating journey into the diverse and flavorful world of African cuisines, highlighting the rich cultural heritage and unique culinary practices across various regions of the continent. We begin with an overview of Africa's cultural diversity, setting the stage for a deeper dive into the intricate tapestry of its culinary traditions.

Central Africa’s cuisine, influenced by Swahili and Portuguese cultures, features dishes like mandazi, pilaf rice, and fufu, illustrating a blend of local and foreign elements. East Africa’s food landscape, with its staple ugali and the influence of Omani, Yemeni, and Indian traders, showcases a rich history of trade and cultural exchange. In the Horn of Africa, Ethiopian and Eritrean cuisines are highlighted, with a focus on injera and tsebhis, reflecting the region's unique agricultural practices and dietary habits.

Closer to home, we explore the Kikuyu community's plant-based diet, rooted in agricultural produce and traditional cooking methods. Special attention is given to the social and cultural significance of various dishes, such as githeri, mukimo, and fermented porridge, and the communal aspects of food preparation and consumption.

Throughout the presentation, we examine how historical events, external influences, and cultural norms have shaped the eating habits of different African communities. Join us as we uncover the stories behind these delicious dishes, offering a comprehensive and mouth-watering glimpse into the heart of African culture through its cuisine.