

Each month we will focus on an inspiring author based in or writing about Wales! You'll have an introduction to their latest book, what inspires them to write, and any advice they have for young writers!

# Get to know

## Maggie Ogunbanwo



Author Maggie Ogunbanwo is based in north Wales where she runs Maggie's African Twist, selling predominantly African sourced or themed food products both on and offline. These days Maggie's African Twist operates from The Red Lion in the village of Penygroes, surrounded by the beautiful Snowdonia countryside with its rich heritage and culture. Maggie is passionate about food and cooking as well as

being committed to quality and the support of local providers. Her influences flow from her Mam and Nain but are extended through contact with and work in environments with West Indian, Caribbean, Indian, Italian, Mediterranean and Latino foods.

In 2021, with support from the Food and Drink Wales Industry Board, Graffeg published Maggie's book *The Melting Pot*, which showcased the diversity and variety of the Welsh BAME community's culinary expertise. *African Twist* is her second recipe book.



### Summary:

*African Twist* is a collection of 30 delicious vegan recipes with traditional Nigerian flavours. Maggie's immaculate balance of flavours combined with playful presentation ensures these are recipes to remember for those wanting to explore broader, more environmentally responsible culinary horizons.

*African Twist* is published 24 February 2022 by Graffeg.

### Tell us a little about your new recipe book *African Twist* ...

Over the years I have experienced the food and cooking of many countries and cultures as well as taught cooking. I tend to modify recipes with influences from the cooking that I learnt from my mother and grandmother. In the book *African Twist* we have brought together a collection of recipes from my life that are totally plant based, like puffpuff and my broccoli soup (which I don't think I have ever prepared without adding chilli in some form or another!), both a shout out to my Nigerian heritage. *African Twist* seeks to bring you familiar ingredients that have been given an African twist with the unfamiliar and the African.

### What or who has been your cooking inspiration(s)?

Undoubtedly my grandma and my mum were superb cooks, my mum built upon that by training in the UK, and I have taken it further by cooking food from all around Africa and other world cuisines.

### In what way have books and libraries influenced you during your lifetime?

I love libraries and books. I find libraries a way that my introvert side can escape and be quiet and the smell of real books a delight. My father insisted that we grew up with the art of reading and we regularly had to increase our word power!

### Do you have any words of advice for anyone wanting to improve their cooking skills?

There is nothing to be scared about in the art of cooking. I think that most recipes that we have today came about because someone mixed a little of this and a little of that and eh voila! Talk to me!

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