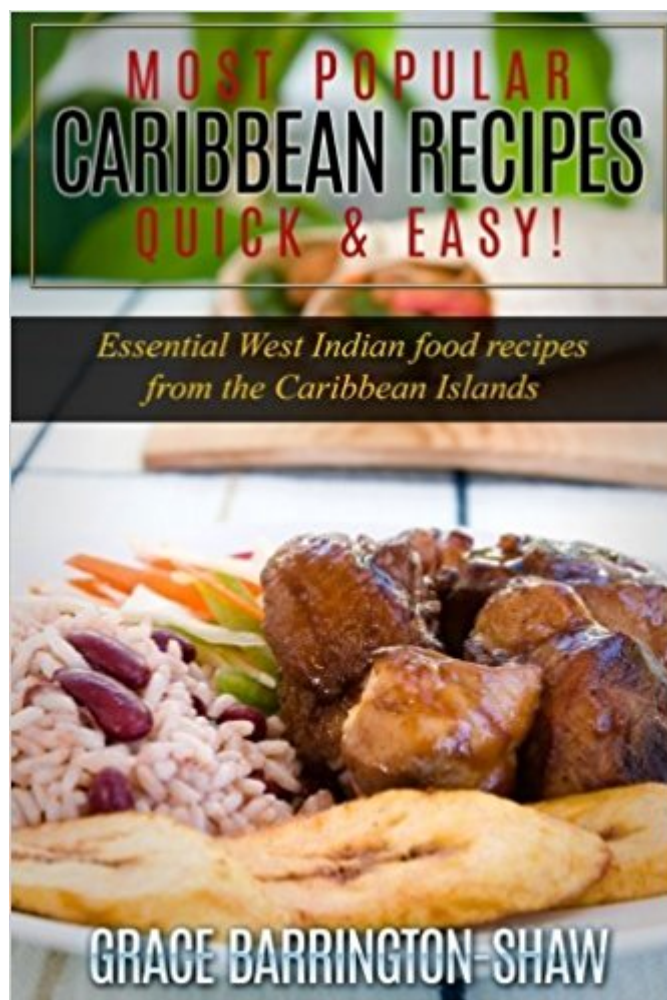


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# Most Popular Caribbean Recipes Quick & Easy!: Essential West Indian Food Recipes From The Caribbean Islands (Caribbean Recipes, Caribbean Recipes Old ... Recipes Cookbook, West Indian Cooking)





## Synopsis

This Caribbean recipes cookbook focuses on the favorite dishes of the people of the Caribbean, dishes you will find if you walk into any Caribbean home. Contains authentic, Caribbean recipes from the gorgeous Islands of Jamaica, Barbados, Guyana and Trinidad. Learn how to cook the most popular dishes of the Caribbean, all the favorites are here: Jerk Chicken Fried or boiled dumplings Curry Goat Stewed Fish Rice and Peas Roti Ackee and Saltfish Caribbean desserts and more! All recipes are well known throughout the Islands and form an essential part of traditional Caribbean cuisine. Have you been to the Islands? Re-live that fantastic Caribbean vacation again and again! Use this cookbook to re-create those wonderful dishes within the comfort of your own home and bring the Caribbean atmosphere to life. Impress your loved ones and friends! Produce mouth-watering, exotic dishes to add to your cooking repertoire and compliment your party or gathering with authentic West Indian food. Easy to follow recipes Simple recipes using easy to find ingredients. Most meals can be prepared in under 30mins. Suggestions as to which additional foods will best compliment each dish are also provided. Re-kindle your childhood memories If you're familiar with Caribbean Cuisine, enhance your skills. These recipes will show you how to cook Caribbean food the right way. Continue the tradition, teach and pass on these recipes to family members. Learn how to cook like a true West Indian Grace Barrington-Shaw was born and raised in Jamaica. Jamaican food is second nature, having worked throughout the Caribbean, Grace has developed a love for all Caribbean cuisine. Within the book, Grace recommends the most authentic and loved Caribbean recipes enjoyed by many throughout the years.

## Book Information

Series: Caribbean recipes, Caribbean recipes old and new, Caribbean recipe book, Jamaican cookbook, Jamaican books, jamaican recipes, jamaican recipes cookbook, West Indian cooking

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## Customer Reviews

Grace Barrington-Shaw is a chef specializing in Caribbean cuisine, she is focused on achieving better recognition for Caribbean cuisine. As a chef, Grace has worked throughout the Caribbean Islands, managing kitchens at some of the top resorts during a career lasting more than 30 years. She is also a restaurant owner and keen Caribbean historian. Grace was born and raised in Jamaica, but now resides in the US.

Most Popular Caribbean Recipes ~ Quick & Easy: Essential West Indian Food Recipes From The Caribbean Islands by Grace Barrington-Shaw

Never had Caribbean food so thought I'd like to understand it. Author does a good job of getting you in the mood and why he's a good teacher of the food he's grown up on. Each recipe gives you a summary of the dish, then the list of ingredients. Love that there are NO exact measurements for the spices. There are no pictures and no nutritional information but you should be able to substitute for your dietary needs. There are also suggestions with what else you can serve with the dish. Love different methods of making dumplings as we no longer fry foods. Festival bun sounds good and using things we love. Enjoy learning about the tools and utensils used. Charts for conversions and measures are included. Other works by the author are highlighted at the end.

Terrible book. It's only about 40 pages. Many , many of the recipes do not show the measurements for the ingredients. What an incredible rip off. Save your money

Love the pictures of each dish. Love the easy to find mouth watering dishes. Foods of the Caribbean are easy to make and tasty. Love it!

This recipe book is especially nice because of the way it is written. All the recipes are given in a lot of detail which makes it easy to follow even when no pictures are present. Also, the actual recipes themselves were really well chosen and taste really good! I liked it!

Great book I am even going to get my daughters one., now that they are showing an interest in cooking West Indian or Caribbean Foods.

being a caribbean girl, this came in handy, I loved this

Like the fact the book was a quick and easy guide to cook delicious Caribbean cuisine . Hopefully I will be able brush on my cooking skills.

A good book how other islands eat and prepare their foods.

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