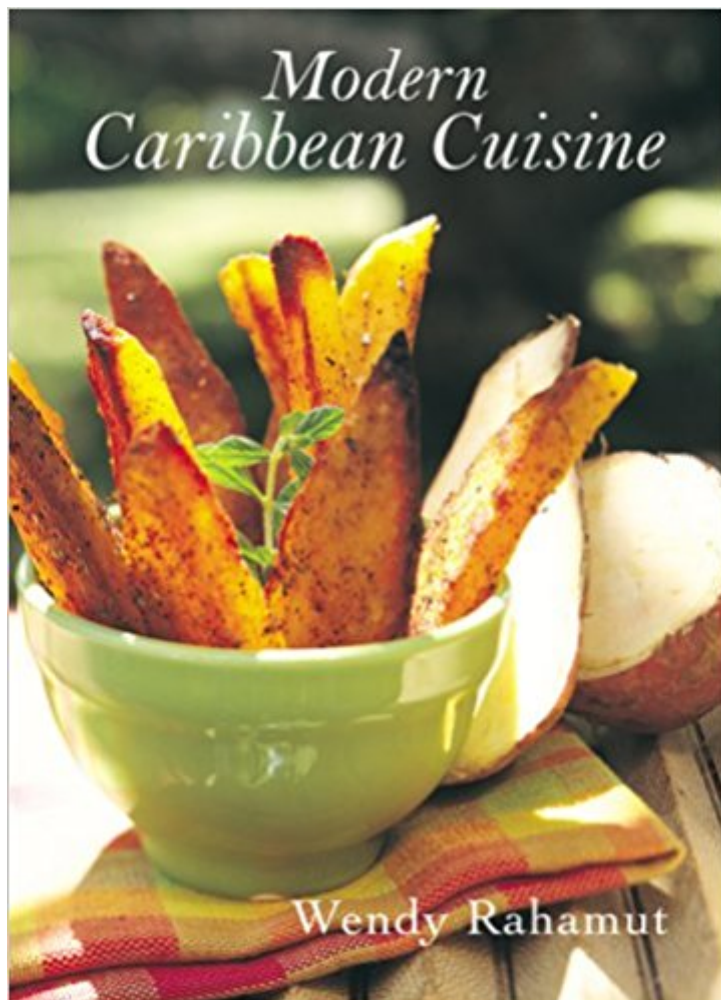




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Modern Caribbean Cuisine



Synopsis

A food-fusion experience of spicy and hearty soups, attractive salads, flavorful rice dishes, exotic desserts, and exciting ways of preparing seafood, meat, and poultry recipes, *Modern Caribbean Cuisine* takes cooks on a gastronomic adventure.

Book Information

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Customer Reviews

Caribbean cuisine since the advent of the first island-hopping European explorers in the sixteenth century has been a curious mixture of tropical and Continental traditions. Importation of slave labor to operate the sugar plantations added African influence. Now the region finds itself transformed by contemporary world cuisine, passing mangos and papayas in profusion to northern chefs and receiving in return sophisticated new ways of combining old ingredients and novel flavors.

Trinidadian fish sandwiches get a smear of cilantro pesto. Cinnamon-scented dumplings float in meaty oxtail soup. Mexico contributes a tamale pie. Mangos and apples combine in a midwestern-inspired cobbler. Grenada's spice markets yield up their aromas for a spice cake glazed with the region's ubiquitous rum. Traditionalists may frown at this gussied-up food, but the maturing Caribbean kitchen shows that it can grow and adapt to changing tastes as well as any other in the world. Mark Knoblauch

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Wendy Rahamut is the author of *Quick Fixin Recipes* and *Caribbean Flavors*. She is a freelance food consultant, food stylist, and food writer, and she owns and operates the Wendy Rahamut School of Cooking. Since 1998, Wendy has hosted a long-standing weekly television cooking show entitled *Caribbean Flavors* and has also appeared on *The Food Network*. She lives in Trinidad with

her family.

Recipes are well organized into color coded sections (seafood, soups and salads, cakes and breads, meats, etc.) and contain recipes with varying levels of difficulty. Some recipes are simple and straightforward; others are intricate and involved. The book is packed with colorful illustrations and the print is large, which is convenient for those who need to read recipes from a bit of distance while cooking. Many of the recipes are not exactly Caribbean, such as Mexican Empanadas or Creamy Pesto Shrimp. There is also a lot of fusion borrowing from Asian cuisine, such as the Bak Choy in Oyster Sauce. Those cooks who don't have plentiful access to tropical produce will also appreciate that there are many recipes that call for ingredients readily available in Northern climates. There are, for example, several recipes where pumpkin is the star ingredient, such as Pumpkin Pancakes, Gingery Pumpkin Soup, and Pumpkin Flan.

Wendy has done an excellent job with this cookbook. I was born and raised in the Caribbean, so this cookbook is a refreshing take on ingredients and dishes my family has used for years. I've tried numerous recipes and I'm still left wanting more. My favourite is the lamb in mojo sauce. There are a wide range of recipes for meat lovers and vegetarians and gives a great spin on classic Caribbean dishes. I can't recommend this book enough and the steps are well detailed, which is great for a novice cook like myself.

I wanted to keep a cookbook of my Trinidadian heritage and found Wendy's books to be quite interesting. I bought this one since I already own the earlier prints. The book is in remarkable condition at a great price and I am ready to cook up a storm, trini style!!

I've tried about a dozen of the recipes in this book and so far they are all very delicious and reliable. The range of recipes is great and truly Caribbean, featuring recipes from Jamaica to Trinidad! Yum!

Wendy Rahamut's cook book is extremely easy to use and produces very tasteful meals. It is a fantastic alternative to the traditional Caribbean meals.

I saw this in the book store today and plan to buy it from [here](#). It's full of colorful photographs and each page's recipe is large enough to read (lots of white space which is helpful) and the recipes are typical (but with special touches) of what I've been reading for Jamaica. It's a fairly new book so with

the \$24.95 price in the store, you can save a couple of dollars by buying it here.

The copy received was an old library copy in poor condition. I was disappointed and returned it. They said they described it as such, I do not recall reading that description. I would have thought more carefully before ordering. I have ordered used copies from your site before and have been pleased.

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