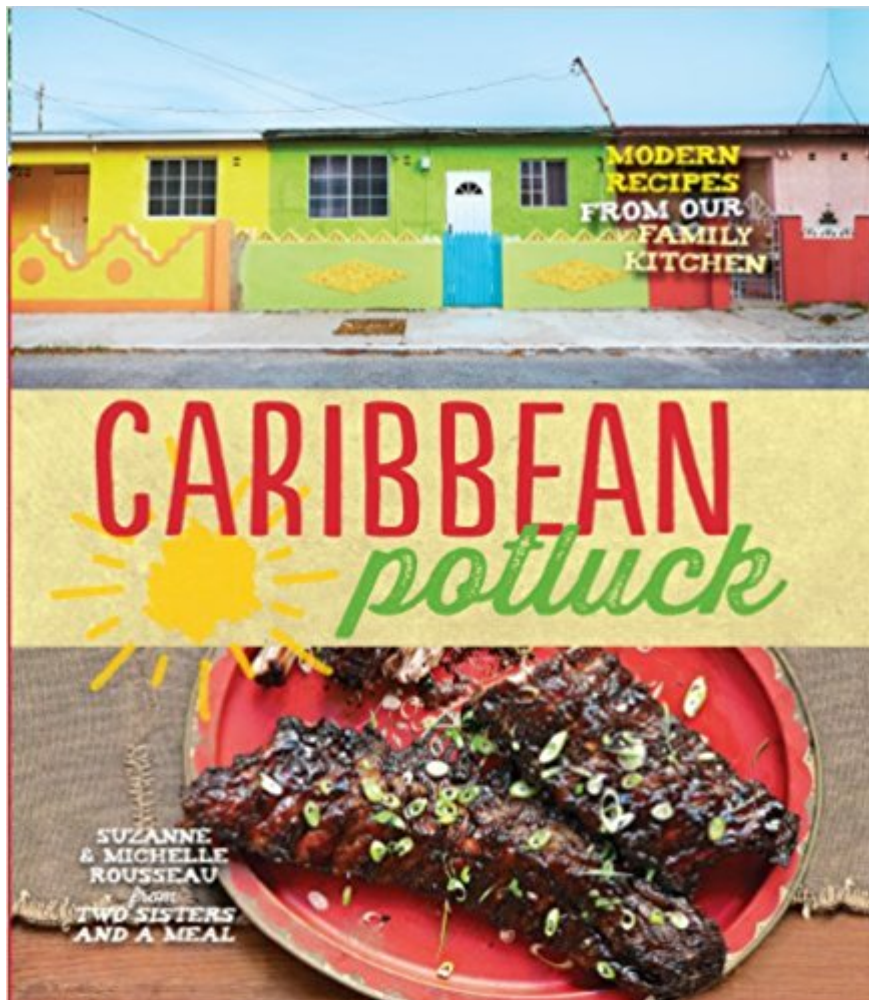




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# Caribbean Potluck: Modern Recipes From Our Family Kitchen



## Synopsis

Throughout the centuries, the Caribbean's warm and welcoming islands have embraced many cultures and races, adopting and adapting the traditions, cuisine and cultural norms of its new residents. As a result, Caribbean food has emerged as an intriguing fusion of different flavors and ingredients. Sister chefs Suzanne & Michelle Rousseau's food offers a glimpse into this diversity of culture, race, and history that makes the islands of the Caribbean a fine place to savor beautiful landscapes, turquoise oceans, hot sunny days, warm sultry nights, urban cities, poverty, wealth, intoxicating music and fantastic food. Taking a walk down memory lane from Jamaica to Trinidad and back, the sisters explore how the flavors, tastes and food memories of their childhood influenced their unique cooking style, which combines tradition with modernity. Broken down into chapters like Fetin' Time: Pickings and Sippings; Ciao! Bella - Wicked Pasta, Island Style; Alfresco Caribbean - Grill Pan and Coal Pot Cooking; and Our Roots - Ground Provisions, Veggies and Sides, the sisters will include over 100 family recipes and classic favorites of the region alongside their own original recipe creations. Start off with a Jerked Chicken and Cashew Spring Roll, enjoy a Caesar Salad with Solomon Gundy Vinaigrette and Hardo Croutons, indulge in Mummy's Roast Pork with Cracklin' or go healthier with Herb Dusted Mahi Mahi Fillet in Banana Leaves and Pimento Compound Butter. A side of Rum Brown Sugar Plantain and a dessert of Matrimony Ambrosia Parfaits would end any meal well. Rounded out with an extensive pantry, glossary, and sources (including substitutes), stunning location photography and mouth-watering food shots, Caribbean Potluck is sure to be the most current and enticing bible on Caribbean food.

## Book Information

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## Customer Reviews

In Caribbean Potluck, Suzanne and Michelle share an authentic Caribbean narrative peppered with mouthwatering and exciting recipes. This is not a work to be consumed hurriedly, but instead it should be leisurely imbibed, savored and relished in a truly spiritual manner, in the manner that one would break bread around a table surrounded by family friends and loved ones. (Pat Ramsay From The Foreword) The Rousseau sisters enter a room like a force ten gale—full of laughter, smiles, chatter, and life. That same energy is on display in their whirlwind of a book: Caribbean Potluck. The tome is more than a cookbook; it’s a love letter to the Caribbean of their birth, to their family, and to their region. The book presents classic dishes like their mother’s roast pork with cracklin’ and rum gravy and their own island-inspired inventions like a ginger-thyme risotto. It’s a must have for lovers of Caribbean cuisine and perfect for novices and experienced cooks alike. (Jessica B. Harris, Author of Sky Juice and Flying Fish: Traditional Caribbean Cooking 4/16/2014) For those seeking a different flavor, Caribbean Potluck: Modern Recipes from Our Family Kitchen (Kyle Books) by Susannah and Michelle Rousseau has a section on grilling Jamaican foods. (Joy Bean, Get Your Grill On: New BBQ and Grilling Cookbooks for Summer 2014 Publishers Weekly, 5/5/2014) Here’s a chance to bring something fresh and spicy to your next potluck: Caribbean Potluck. Suzanne and Michelle Rousseau, Jamaican-born sisters, former restaurant owners and caterers, present their Modern Caribbean Cooking which, savory or sweet (or savory-and-sweet in the classic Caribbean tradition), would make a fabulous addition to any menu. Islanders have an expression for a diverse mixture and blend of things: “mix-up and blenda.” If your co-hosts are willing, why not make the whole event a mix-up and blenda? You could do worse than start with Jerked Chicken and Cashew Spring Rolls with Peanut Coconut Dipping Sauce, move on to Blue Mountain Beef Stew with Stout, and wrap it all up with Lemon Passion Fruit Squares. Not a Jell-O salad in sight! (Beth Goehring, A Passion for Potluck How to Pickle a Sweater, 5/13/2014) I know absolutely nothing about Caribbean food or how to cook it. The Caribbean Kitchen 101 chapter likely exists for people just like me. (valmg, NJ Mom From Val’s Kitchen, 5/15/2014) Suzanne and Michelle Rousseau say there’s much more to island cooking. They’re sisters and cooks based in Jamaica, and their cookbook introduces a new way of thinking about food from their homeland. As Suzanne tells host Audie Cornish on All Things Considered, “We have a plethora of flavors and ingredients that we underutilize, and because we have prepared them for so long in very traditional ways, the world outside of Jamaica has not explored the abundance of Caribbean ingredients and flavors.” This means the sisters’ recipes pack a few surprises you might not expect out of Jamaica—dishes like callaloo and ricotta ravioli, or banana and coconut crême brûlée. And when they do turn to jerk chicken, that old

standby, they thrust it into unknown territories like lasagna and spring rolls. In all this experimentation, though, the style of the islands still dominates. (NPR, June 10, 2014) Caribbean cuisine is more than jerk chicken and patties, what Michelle and Suzanne Rousseau refer to as “brown food.” With their new book, *Caribbean Potluck*, the Kingston, Jamaica-based sisters present a new face for island cuisine: young, sophisticated, and in tune with the region’s complex history and culinary traditions. The Rousseau sisters include recipes for classics such as jerked pork and Guyanese pepper pot, and unexpected fare such as roasted pepper and pumpkin soup and smoked marlin ceviche crostini. Jerk chicken makes an appearance in a spring roll and lasagna. It’s an approach to cooking that the sisters see as reflective of the “everyday luxury” of island living, where eating fresh seafood on the beach is part of daily life. As hosts and producers of the television series “Two Sisters and a Meal,” and a follow-up Web series, Suzanne, 42, and Michelle, 44, have traveled throughout the Caribbean to shine a spotlight on traditional cooking and culture, to highlight the diversity of the cuisine for a Caribbean audience. With *Caribbean Potluck*, the chefs are looking to spread the word farther afield. “The best things you can eat is street food and the best cooks are home cooks,” says Michelle. (Michael Floreack *The Boston Globe*, 6/17/2014) We can cook sexy Caribbean food, it doesn’t have to be heavy duty stews. We don’t eat that way. (Suzanne Rousseau *Radio Cherry Bombe*, 6/04/2014) Anyone who has eaten many plates of blackened, mangy-looking jerk chicken might get the impression that Caribbean cooking is fairly limited. The cuisine of most of the English-speaking islands is often lumped under the umbrella of stews, dumplings and pineapple-strewn desserts. But Suzanne and Michelle Rousseau say there’s much more to island cooking. They’re sisters and cooks based in Jamaica, and their cookbook *Caribbean Potluck* introduces a new way of thinking about food from their homeland. (NPR, 6/10/2014) Their presentation at this year’s Foodie Seminar is still being lauded and their booth at the Food Awards won rave reviews. We’re not that surprised really that they left an amazing impression in New York. (Two Sisters Take New York *Jamaica Observer*, 6/26/2014) *Caribbean Potluck* is a fascinating read and it’s not often that a Caribbean cookbook comes on the market that is not a rehash of recipes that have already been published somewhere else. There truly are some new and unique recipes in this book. (Hector Rodriguez, *Book Review - Caribbean Potluck: Modern Recipes from Our Family Kitchen About.Com*) The siblings have a fascinating yet typically Caribbean heritage “mix-up and blenda” of African, French, German, Indian, Scottish, Haitian, Cuban, and British ancestors “which they tap into as they turn out dishes that can only be defined as gourmet Jamaican fusion. (Food & Wine Radio, 7/10/2014) From jerked

pimento crusted beef tenderloin and banana fritters dusted with sugar and coconut rum creme, to penne pasta with ackee in coconut cream sauce, it was a mouth-watering food expedition at the launch of the Rousseau sisters' recipe book - Caribbean Potluck. The two sisters from Two Sisters and a Meal, Suzanne and Michelle Rousseau, had a wide range of delicious dishes on display from their first recipe book. The intoxicating aroma had guests salivating upon entry to CPJ Market. With sangria and lemonade whetting appetites in their wake, palates eagerly anticipated savoury indulgence. (Rochelle Keane Jamaica Gleaner, 7/31/2014) The two well-traveled women are chefs, former restaurateurs, food bloggers and creators of the TV show "Two Sisters and a Meal." They share childhood memories that provide a unique look at the diversity of culture, race and history of Jamaica and other nearby islands. Their informative book pays obeisance to both traditional hearty and spicy Caribbean dishes (including one-pot stews as the Guyanese Pepperpot recipe below) while at the same time presents a contemporary spin on numerous regional classics. Readers will learn about staples of the Caribbean pantry, marinating meat, the Caribbean bar and a lot more. Recipes run the gamut from light soups and snacks to roasts, stews and fixings. A tasty smattering of desserts, from homemade coconut ice cream to lemon passion fruit squares, also are included. (Tom Witom Lake County Suburban Life Papers, 8/8/2014) A Caribbean Potluck Needs to Be in Your Immediate Future • Raise your hand if you think Caribbean cooking is all about jerk seasoning and one-pot stews • don't be shy! Suzanne and Michelle Rosseau, the ladies behind "Two Sisters and a Meal," say that these are a part of Caribbean cuisine. They're just not all of Caribbean cuisine. Not by a long shot. The recipes in this book are drawn from the sisters' favorite family dishes, traditional Caribbean dishes, and their own modern creations using Caribbean flavors and ingredients. The dishes are fresh, boldly flavored, and sassy • the kind of dishes that make you pay full attention when they're filling your plate. The sisters also emphasize, through stories and photos and observations of island life, that the vast majority of these dishes are meant to be shared, family-style. In fact, the book is arranged not by seasons or meals of the day, but by gatherings great and small • from a true Caribbean fete to Sunday family supper. (The Kitchn, 8/29/2014) Just made Scotch Bonnet Oil from #caribbeanpotluck .... Love this book (Foodculturist [Instagram]) I recently discovered a new recipe book, Caribbean Potluck, written by two foodie Jamaican sisters. (. New York Magazine, Winter 2015) Caribbean Potluck is comfort food meets Caribbean vibe. (Jenny Hartin Mad Rantings of Andrew's Mom, 9/15/2014) Although you may not have heard of them, Suzanne and Michelle Rousseau are celebrity chefs in their home country, Jamaica. And like many celebrity chefs, they've made their way from a brick-and-mortar

restaurant and high-profile catering to TV and the Internet. “Culinary hostesses” for the Jamaica Tourist Board, the telegenic sisters have transformed themselves into virtual spokeswomen for the cuisine of the southern Caribbean, maintaining a bustling media presence that can be tracked at 2sistersandameal.com. The Caribbean pantry is not a perfect match for the New England one, and many recipes in Caribbean Potluck have to be nixed if you don’t have access to ackee, hard bread, cho cho, ortanique, and other exotica. But a good number turned out to be doable with only a bit of finessing. Bold with thyme, garlic, and Scotch bonnets (well, with habaneros, since that’s what I could get), these dishes are almost confrontationally flavorful, and always surprising. (T. Susan Chang The Boston Globe, 10/21/2014) When I’m looking for a way to get food on the All Things Considered menu, I’m looking for great stories about meals whipped up with a sister, or recipes that take me far away from my sad desk lunch of lentils or just stories that teach me something new about what I put in my mouth every day. Caribbean Potluck from Suzanne and Michelle Rousseau satisfies all three. Plus there’s a recipe for Whole Roast Snapper With Lime And Mojito oil. A whole snapper can be hard to find, but the Rousseau sisters make the search worth it. After all, as Suzanne told NPR’s Audie Cornish, “Our food can be extremely sexy. It can be extremely healthy. It can be easily done.” (Theo Balcomb NPR) Island eating means seafood, and lots of it -- like the fiery pepper shrimp that Jamaican sisters Suzanne and Michelle Rousseau cook up in their new cookbook, Caribbean Potluck. “Pepper swims, or shrimp seasoned with chili peppers, are sold by shrimp vendors on the roadside and at stoplights in various parts of the island,” the Rousseaus write. “Served at room temperature out of little plastic bags, they make for a tasty, quick, smoke out of the ears snack when journeying around Jamaica.” Or, in this case, journeying to the dinner table. (Sarah LeTrent CNN, 11/13/2014) Caribbean Potluck, easily one of the most well received Caribbean cookbooks in recent memory, has found new triumph after being named as one of the Best Books of 2014 by staff and critics at NPR. “We are overjoyed,” said Suzanne Rousseau. “It such a thrill and honour to have our book, which was truly a labour of love, in the ranks of so many amazing books which we ourselves admire.” Caribbean Potluck is one of only eight international cookbooks on the list of 250 Best Books of 2014 and the only book from the Caribbean. (Jamaica Observer, 12/4/2014) Gift-worthy batch: Ten of the year’s best cookbooks Cooks with adventurous palates and a taste for exotic ingredients will find much to like in this revelatory volume that underscores the diversity of the Caribbean islands. Well-traveled sisters Suzanne and Michelle Rousseau include more than 100 recipes: classic and regional standards, family favorites and original creations. (Tom Witom St. Paul Pioneer Press, 12/11/2014) Best Recipe

of 2014 #7: Red, Green, and Gold Salad with Toasted Almonds The book: Caribbean Potluck, by Suzanne and Michelle Rousseau (Kyle Books, \$24.95 [here](#), [is my complete review](#)) The recipe: Red, Green, and Gold Salad with Toasted Almonds Why I tried it: I don't test a ton of many-ingredient salads unless the ingredients list allows me to claim it's a "dinner salad". If it's a one-pot meal, I can justify spending most of my 1.5 hours of prep time on a salad. Here the chickpeas were the clincher "Protein!" I exclaimed, and promptly excused myself from rummaging in the freezer for some meat to defrost. Why I loved it: This one's for everyone who eats with their eyes. It's a riot of color and flavor and is bright and tropical in the summer, when I made it, and festive on the holiday table. Thanks to the smooth avocado, slithery mangoes, velvety beets, crisp almonds, and crunchy onions, every bite has some kind of interesting texture effect. You'll probably still be experimenting and trying to decide whether you like velvety/crisp or slithery/crunchy better by the time you get to the bottom of your bowl. (Susan Chang Cookbooks for Dinner, 12/15/2014) Ultimate Super Bowl Food: Twice-Fried Plantains To whisk you away to the Caribbean, without actually leaving your apartment, here is a delicious recipe from two sisters, Michelle and Suzanne Rousseau. This should be the Ultimate Tailgate Party food for the Superbowl!! (Michelle Tchea Honest Cooking, 1/30/2015) The book contains over 100 "modern Caribbean" recipes. What does that mean? Sure, there are your classic Jamaican stewed dishes such as curried goat, but there are also Mediterranean-influenced dishes that the Rousseau sisters developed during their time operating restaurants and a catering business. While many would not consider, for example, a penne pasta dish "Caribbean," these ladies do because they serve it with ackee and coconut cream sauce, which are favorite local ingredients. Both Caribbean standbys and Caribbean twists on their Italian favorites appear throughout the book. (Julia Bainbridge Yahoo! Food Cookbook of the Week, 2/17/2015)

Suzanne & Michelle Rousseau are the official culinary hostesses for the Jamaican Tourist Board. Former restaurateurs, they are currently award-winning caterers who have thrown parties for the Prime Minister of Jamaica, the Prince of Wales, and celebrities like Ewan MacGregor. Both girls have lived and travelled widely in the Caribbean, North America, Europe and Asia. To view their recipes, videos and blogs, visit them at [www.2sistersandameal.com](http://www.2sistersandameal.com)

Two forks up for the delightfully delicious Deans! My life is already changed since getting the book

in that I was shamed into throwing away 73 jars of spices of questionable age. Yes, some were duplicates. This is the sort of book you'd love to give for a hostess gift or friend's birthday, but mostly to keep on your most treasured cookbook shelf! Bravissima, Deans! Beautiful book.

When I lived on the East Coast, if someone was identified as being from "the Islands," they were understood to have come from the Caribbean, not from Hawaii. I picked this up remaindered as I searched for recipes for a church Lenten potluck. I liked it so much that I am cooking from it at home and decided to send it as a gift to a family member living in the other "Islands"

This is an incredibly informative yet fun book for any host or hostess. The recipes are wonderful and easy to follow. The anecdotes are entertaining. TCAODP certainly represents a new standard for hospitality.

All the recipes are tried and true--each is a crowd pleaser. And, it's the most fun read of any cookbook ever! I like the etiquette and serving lessons also. This was a much appreciated wedding gift.

First let me say that this book is beautiful. The cover, the lining, the thickness of the pages and ribbon page marker are all refined- obviously a great deal of thought went into the book. The substance of the book is also great. There is a good mix of etiquette tips, party hosting suggestions, and even tips for staying the night at a friend's house. The recipes are interesting at first read and vary on difficulty level. I haven't tried any yet but I did attend one of the Deans' classes in Charleston about a year ago and will tell you everything we made that morning was divine. Within two days of receiving the book and forcing myself to read it slowly (I just wanted to read it cover to cover when it arrived), I was inspired to host a dessert party. It was great fun and I'm looking forward to hosting another event at my home soon.

Very fun and interesting book. Great recipes, hints on entertaining, and very readable authors. I enjoyed it very much.

I really love this book and feel like I could meet the two authors and be their instant best friend. It's written in the third person, which makes it even better. Great recipes and tips for entertaining, but it reads like a novel. I honestly couldn't put it down!

What a fun book to read! Lots of great information on decor, recipes, manners etc.

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