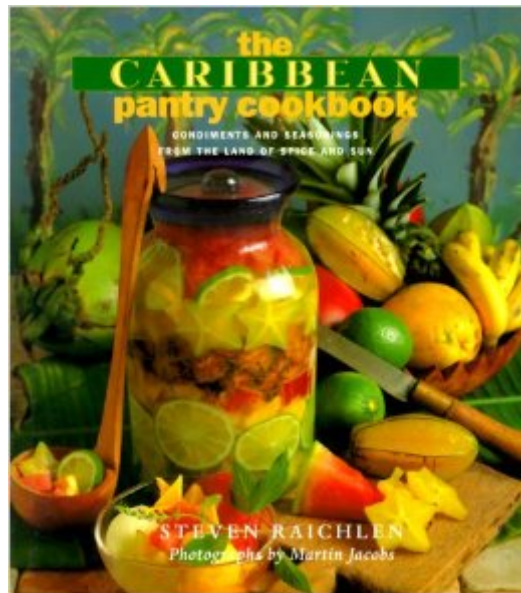


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# The Caribbean Pantry Cookbook: Condiments And Seasonings From The Land Of Spice And Sun



## Synopsis

Mouth-searing hot sauces, fragrant marinades and fiery spice rubs, tropical fruit preserves, jams, and cooling rum drinks: *The Caribbean Pantry Cookbook: Condiments, Seasonings, and Preserves* from the Land of Spice and Sun captures the vibrant flavors and tropical abundance of this diverse region. Its 70 recipes and 20 full-color photographs will help add island excitement to everyday meals. Steven Raichlen, author of *Miami Spice*, has traveled widely throughout the region and collected his favorite recipes for condiments and seasoning mixes. There are few places in the world where you can find such eclectic assortment of condiments and seasonings as in the Caribbean, where the bold flavors match the intensity of the tropical sun. Many ethnic groups have contributed to the region's culinary melting pot, combining elements of European, North African, and even Asian cuisines with the region's characteristic fruits, vegetables, and spices. *The Caribbean Pantry* includes recipes for pantry items as well as for dishes in which to use them. With a well-stocked pantry, it's easy to chase away the mid-winter blues by putting Orange Pepper Jelly on an English muffin, sipping Passion Fruit Punch by the fire, enlivening chicken breasts with St. Barts Creole Sauce, or a filet of grouper with Chili Lime Sauce. Use Mojo (Cuban Garlic-Cumin Sauce) to marinate shell steak, or create Bajan Roast Game Hens with Seasoning, the classic seasoning mix of Barbados. The recipes in *The Caribbean Pantry* are simple to make and most ingredients are widely available (mail-order sources are included for hard-to-find items).

## Book Information

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## Customer Reviews

Bought it as a gift for a European friend. Like it because it allows non-Caribbean individuals to use

what is available to them to flavour their foods our way (or close enough) and not have to go searching gourmets stores or ethnic markets when they want to get a touch of the Caribbean. The recipes are straightforward and easy.

It's worth buying this book just for the wonderful photographs. Not only is there a complete listing of exotic ingredients such as fruits, vegetables and spices, there is a nice assortment of recipes to choose from. This is definitely one of my favorite Caribbean books. If you like this book, you will love Angela Spenceley's latest book "A Taste of the Caribbean" featuring hundreds of tidbits about exotic fruits, vegetables and other tropical ingredients. This complete A-Z Caribbean cookbook is a valuable addition to any good cookbook library.

Steven Raichlen, author of The Barbeque Bible, once again gives an in depth treatment of his chosen subject. In the Carribbean Pantry, Raichlen demystifies exotic fruits, vegetables, tubers and spices into laymen terms for the home cook. Proffesionals ,as well, can use this book as an invaluable point of reference.

This is a great primer. It's full of information on Caribbean cuisine. I enjoy Steven Raichlen's books. He is masterful at transforming you to the island while in the comforts of your own home.

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