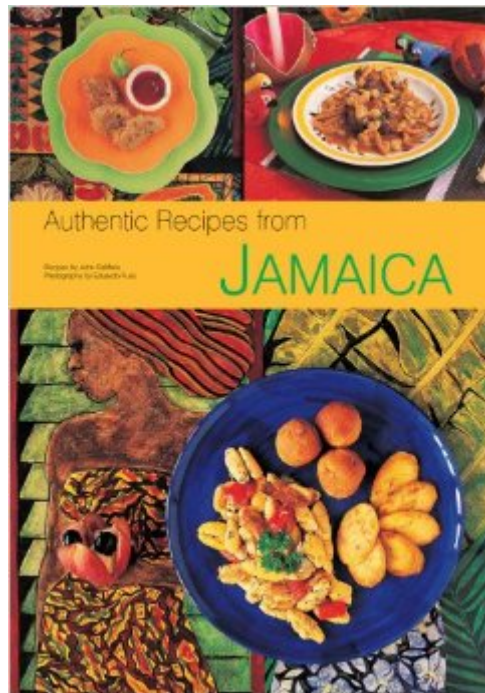


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# Authentic Recipes From Jamaica: [Jamaican Cookbook, Over 80 Recipes] (Authentic Recipes Series)



## Synopsis

Cook delicious, authentic Jamaican food with this easy-to-follow Jamaican cookbook. Jamaica is the mountainous Caribbean island famed for its coffee and its beaches. But with its abundance of homegrown ingredients and its many cultural influences it has developed a remarkable cuisine all its own. To visit the Jamaican kitchen is to discover the sumptuous flavors of spicy jerk pork, sweet tropical juices, complex curries and lush desserts. This cookbook offers the island's best recipes—both the traditional and the new—from Jamaica's hottest chefs and restaurants, including Norma Shirley of Norma at the Wharfhouse, Everett Wilkerson of the Sans Souci Lido and James Palmer at Strawberry Hill. Authentic Recipes from Jamaica presents over 60 full-color recipes with photographs shot on location. Lively essays by food writers John DeMers and Norma Benghiat on the island's culture and history, explanations of special ingredients and easy-to-follow recipes make this the most complete guide to Jamaican cuisine you'll find. Jamaican recipes include: Pepperpot Baked Plantains Pepper Shrimp Ginger Tamarind Chicken Spinach Salad with Breadfruit Chips Sweet Potato Pone Jamaican Limeade

## Book Information

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## Customer Reviews

First let me say the only reason I gave this book 1 star to is offset the multiple "reviews" done by a reviewer with over 37,000 reviews, every one of which is 5 star. This reviewer is actually a company that uses volunteer reviewers, many of which openly charge a fee to the author to review their book. Why does [Amazon](#) permit this? It devalues the whole premise of readers giving insight for others who are purchasing sight unseen. My actual review of the book would be 3 stars. The photography is

gorgeous. The recipes are pretty good and cover a range of foods. The downside is that many call for ingredients that many people don't have available locally. In my experience, being an accomplished cook and owning dozens of cookbooks, this is one more for the coffee table than one that will get much use in most kitchens.

First and foremost, why on Earth is Jamaica's national dish listed as an appetizer? Any small amount of research, even just talking to a Jamaican, ANY Jamaican and you'd understand how important this dish is, so to see it listed as an appetizer in a so-called "authentic" cookbook really makes you wonder about the actual level of authenticity, as opposed to someone simply tossing that in the title. I randomly picked another menu item, Carrot Drink, which is actually called Carrot Juice, is traditionally made with Condensed Milk, not Evaporated Milk. Ugh. I don't know how this book got so many positive reviews or how it could be even remotely considered authentic when it was written by a Cajun. Find another book because this one will make you look foolish.

This is a response to a review that I read on this item. Yes I believe it is bad for publishers to hire people to review their items. But I believe that this recipe book is very good. It states that it is giving its readers authentic recipes which usually means that the ingredients are hard to find if this kind of food is not a part of the reader's mainstream culture. If you really are a die hard cook then you can find these items especially in areas in which Jamaicans can be found or just try to find a Jamaican grocery store. If you can't do any of the above then you'll just have to go to Jamaica for authentic cooking. P.S. I was not paid by the publishers--- I am a regular nobody who loves to shop on .com

As a Jamaican and a cook, I find this gives another perspective on mainstream items which allows them to be more readily accessed by non Jamaicans. It breaks down dishes to make them less complicated as often these items are just taught in family kitchens and to be honest I never had recipes for them. My favourite "new" recipe in the book ...I love the callaloo spring rolls in ackee sauce, I could eat them all day! Overall, I'm very pleased with this buy; this is a great book to add your Caribbean cooking library.

If you like periplus cookbooks and already own "the food of" version of this book, then reconsider buying this one. The new "authentic recipes from" series is just a rehash of the "food of series" with a few subtle changes such as relacing obscure recipes with more recognisable ones, bigger font and format, less on the history and some updated pictures. Overall I kind of like the recipes in the

new books more as there is less filler and odd recipes, but I do like the layout and format of the older hardcover "food of" books. So if you own "the food of" and want to get this book, be prepared to sell it off as you will only end up doubling up 90% of recipes between the 2.

I bought one as a gift, then ended up buying four more. I'll probably buy additional ones. Why? The recipes are easy to make, and as a Caribbean, I find them authentic and true to what I grew up eating as a child.

I have been making my own Jamaican food for many years, but wanted to branch out from my usual recipes. This was a great book to start with. The recipes are basic enough for a mainlander to use and find the ingredients! Tasty recipes! and you will learn about the great island country as well!

This is an easy to follow cookbook with NORMAL, easy to find ingredients. I wish it had more recipes- it is that good.

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