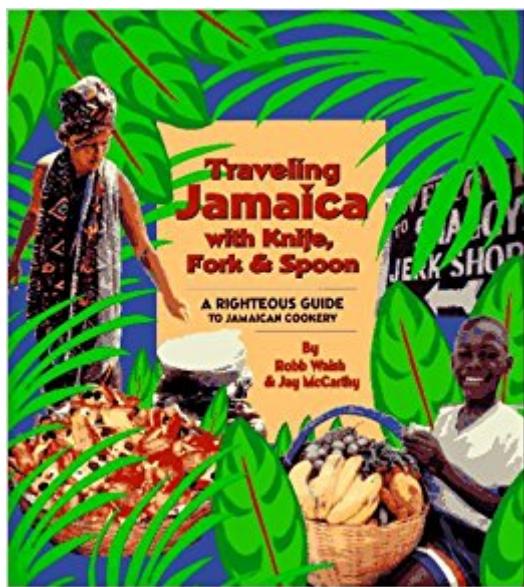


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# Traveling Jamaica With Knife, Fork & Spoon: A Righteous Guide To Jamaican Cookery



## **Synopsis**

This collection of 140 recipes were collected from an adventurous trip across Jamaica. Interviews and color photos of magic tonic-makers, persuasive fishmongers, and Rastafarian chefs provide a fascinating portrait of the island's multi-cultural culinary scene.

## **Book Information**

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## **Customer Reviews**

"Out of many, one people" is the national motto of Jamaica, where a wide-ranging cuisine reflects the immense diversity of a culture that draws on Spanish, French, British, East Indian and Amerindian influences. During a two-week food odyssey across the island, the authors sampled dishes characteristic of its regions: jerk pork, chicken, ackee and saltfish in Faiths Pen, a strip of highway food stalls en route to the beach resorts of Ocho Rios; an elegant dessert of coffee chiffon at the Blue Mountain Inn, 4000 feet above sea level; Sister Fire's vegetarian I-Tal Stew, a Rastafarian specialty, in an open-air restaurant on a hill above a beach. Walsh and McCarthy, a chef, pay special attention to the aromas and flavors of native fresh fruits, vegetables, meat and fish, and try to convey the freewheeling attitude necessary for reproducing classic Jamaican food at its exotic best. A glossary of foods and a list of Caribbean food resources are included. Copyright 1995 Reed Business Information, Inc.

McCarthy, a restaurant chef in San Antonio, Texas, who grew up in Jamaica, and food writer Walsh traveled to the island to explore its regional cooking, tracking down the best "bammies," "mannish water," Rastafarian vegetarian dishes, and, of course, jerk, unearthing along the way such

delicacies as stinking toe (it's a tropical plant) custard and peanut wine. They had a wonderful time, and Walsh's entertaining account of their trip and the cooks, shrimp ladies, and others they encountered sets the recipes in context. Jessica Harris's Sky Juice and Flying Fish (LJ 12/90) presents traditional cooking from all over the Caribbean, but the focus here on Jamaica makes this unusual. For most collections. Copyright 1995 Reed Business Information, Inc.

I owned this book years ago and I could not remember where I put it. I am so glad I found it on ! The recipes are great!

A bunch of delicious.

Yum! Great recipes. Make the jerk chicken and a huge tub of the rundown sauce and prepare to be in heaven

Very readable, excellent recipes, great information, and lots of fun.

The problem is, a lot of these recipes cannot be made unless you ARE in Jamaica. The ingredients just aren't available here. Also, some of them are never going to be made anyway unless you have a lot of time IN Jamaica. Goat soup, Mannish water, this is a time consuming item that people don't really just make at home. You go buy it from people on the road or in a restaurant. So, they are nice recipes, but really, not many can actually be appreciated, unless you are living in Jamaica with time on your hands.

Being a Jamaican I was a bit sceptical about this book being written by foreigners (AKA non-Jamaicans), but you know this is a good overall recipe book. They did not try to tweak recipes or 'improve' upon them, but rather collected recipes from authentic Jamaican cooks. The pictures are very nice also. They have good recipes for patties, gizzadas, rice and peas and many more. I got this in high school knowing that I would one day have to move out of my parents house and cook on my own...now I'm married with 3 kids and still love this book...great for beginners or experienced cooks!

This book is great! Growing up in a West Indian household in the US, I was familiar with the flavors of the food, but not with cooking the food. This book was instrumental in honing my caribbean

cooking skills and is an excellent reference book.

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