

Island Delectable Delights: Roots, Fruits, Veggies & Soups - , Brown

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Roots, Fruits, Veggies and Soups is a compilation of recipes from "A" to "Z". The collection includes delectable dishes which reflect the pride and heritage of Jamaican and Caribbean cuisines. The "roots" (cassava, yam, dasheen, potato, ginger and coco) may be prepared in a variety of ways and used at any meal. Whether a traditional or a newly developed recipe, each dish is bound to delight the taste buds. Many of the newly developed recipes may change the way you think about these "roots," which may be a rhizome, a tuber, a stem or a bulb. From side dishes to drinks, the versatility of these "roots" will astound you. The recipes may be used for formal occasions or casual dining, for side dishes or drinks, by the professional, the every-day cook or the adventurous at heart. The nostalgia is overpowering, the foods bridging the gap that separates us from our island homes. Jamaica is coveted for its wide variety of tropical fruits. To name a few, the ackee, breadfruit, guava, mango, guinep, custard apple, star apple, banana, plum, avocado, and papaya are among the fruits from which to choose. Their rich colors, textures, aromas, and tastes tantalize the senses of the epicurean. Eaten fresh or cooked, as a single food, a combination food or a blend, fruits are a rich addition to any meal. Try the ackee and salt fish (salted cod), the Jamaican national dish. Prove for yourself the delectable experience of a fruit and fish combination!

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