

Caribbean Cookbook

# Caribbean Cookbook

## Summary:

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Captainâ€™s Caribbean Cookbook 2 tablespoons Caribbean Trading Company Gourmet Lively Up Lime Jerk Seasoning 1 tablespoon salt 1.5 teaspoons freshly ground black pepper In a bowl, mix together buttermilk, eggs, Caribbean Trading Company Gourmet Lively Up Lime Jerk Seasoning, salt and pepper. Pour into a large plastic bag add catfish strips. Caribbean cookbook (Book, 1979) [WorldCat.org] The author presents a whole spectrum of recipes drawn from every part of the Caribbean, reflecting the influence of European, American and Chinese food as well as traditional recipes from the islands. Caribbean cookbook - Rita G. Springer - Google Books It contains a complete range of recipes from every part of the Caribbean, and a glossary. What people are saying - Write a review We haven't found any reviews in the usual places.

30 Best Caribbean Cookbooks images | Caribbean food ... See more What others are saying "This cookbook is serving up "good stuff" all around.great recipes and help for folks in Grenada impacted by Hurricane Ivan. CaribbeanPot.com | The Best Caribbean Recipes Online! Last Spring I had the opportunity to be "home" in the Caribbean during Pigeon peas season and luckily I had my camera with me so I was able to document my mom and dad making curry pigeon peas, to share with you. This is traditional as it gets, so even though I've shared a similar recipe in the past I felt it was important to show you this version as well. This is what I grew up enjoying as a young fella on the islands.

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