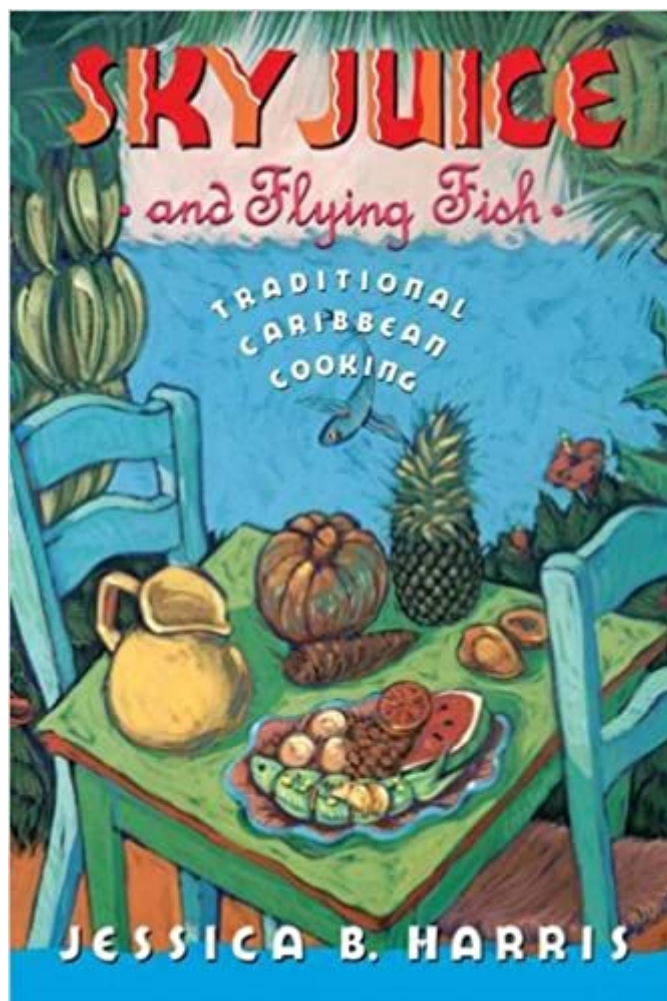


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# Sky Juice And Flying Fish: Traditional Caribbean Cooking



## Synopsis

Savor the food, flavor, rhythm, and romance of the Caribbean. A truly authentic guide to down-home traditional Caribbean cooking, the kind you'd find at roadside stands, *Sky Juice and Flying Fish* captures the feel of the Islands, bringing the blue-green sea, the tropical breeze, and the exotic scents of the Caribbean into the American kitchen. A culinary history of each of the Islands provides the perfect introduction to the 150 mouth-watering recipes for appetizers and soups, entrees, side dishes, and desserts, all featuring the distinctly exotic seasonings -- ginger, garlic, chili, coconut, curries, and rum -- of the Caribbean. Begin your meal with plantain chips and a rum-spiked 'ti-punch. Go on to Bajan Fried Chicken from Barbados, complemented by a banana-ginger chutney and served with Jamaican Rice and Peas. Finish up with a sumptuous coconut pudding. A glossary lists ingredients from achiote (small reddish berries) to z'yeux noirs (black-eyed peas), which can be found in grocery stores, Caribbean markets, or through the mail-order source list provided in the appendix.

## Book Information

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## Customer Reviews

Harris ( *Hot Stuff: A Cookbook in Praise of the Piquant* ) offers an enthusiastic and enticing introduction to the lively array of cuisines found in the Caribbean islands. Combining research with observations from her own experiences, she explores the "culinary quirks" of different islands (turtle steak can be sampled in the Cayman Islands, and while peas and rice are "laughingly referred to as the Jamaican coat of arms," curried goat is a local specialty) and supplies a useful glossary of

ingredients and utensils. Dishes range from appetizers to desserts, and one can taste bacalaitos (codfish fritters) from Puerto Rico, fricasseed chicken from Saint Kitts or breadfruit stuffed with onion and tomato from Jamaica. Most of the recipes are simple enough to encourage readers to try unfamiliar dishes, although several contain at least one unusual, specialty-store ingredient, such as the Scotch bonnet-type chile in soupe aux pois rouges (kidney bean soup). Harris suggests substitutions for some uncommon items, such as Cascadura (a mudfish found near Trinidad); cooks who can't locate the fish can substitute shrimp to make a flavorful curry. Copyright 1991 Reed Business Information, Inc.

Harris is the author of *Iron Pots and Wooden Spoons* ( LJ 5/15/89), a collection of African-inspired New World dishes, and *Hot Stuff: A Cookbook in Praise of the Piquant* ( LJ 8/85); now she turns to the traditional dishes of the Caribbean islands. Her lively text is well written and informative, and she provides historical background and an excellent glossary as well as an assortment of recipes both simple and sophisticated. Once again, she includes many unusual dishes not found in other books on the topic, such as Dunstan Harris's *Island Cooking* ( LJ 12/1/88) and John DeMers's *Caribbean Cooking* ( LJ 3/ 15/89). Highly recommended. Copyright 1990 Reed Business Information, Inc.

The recipes chosen are great and the additional information presented about places, cultures, ingredients and dishes make this more than just your standard recipe compilation cookbook. A great introduction to the cuisines and foodways of the Caribbean region.

love the recipes.

This book has a lot of staples that I grew up eating when visiting my grandparents out in Long Island. I know I will never cook the way my grandmother cooked, but I can put my own spin on the food. I am looking forward to creating wonderful dishes that represent my grandmother's culture.

Provides nice background to the cuisine of the islands but the recipes are a bit redundant and the instructions leave something to be desired. It looks good at first but doesn't really stand up in the kitchen. Still not a bad use of \$3.99. The real kicker is the drink recipes, I don't think these were tested by the author. But they're a nice platform to work with, tweaking a few things to double or halve the rum and sugar proportions.

You have NEVER cooked like this. The first night I made REAL AUTHENTIC SHRIMP CREOLE & SWEET CORNBREAD made with coconut milk. This book is fun, easy to read and the recipes are most delicious. a MUST for those looking to get away from the boring. But also - not too exotic for those family members afraid to try new dishes (my kids) !! recommend this book to new cooks as well as the experienced.

interesting book and one that you can get some great ideas from. fast shipping

I love this book -- the recipes are simple, yet flavorful. Homemade peanut butter w/ chili pepper? New and different -- definitely adds a kick to same ol', same ol'. I liked the anecdotal info, too, and the (very) brief history of Caribbean cuisine.

Not one recipe for flying fish in the whole book! What a disappointment.

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