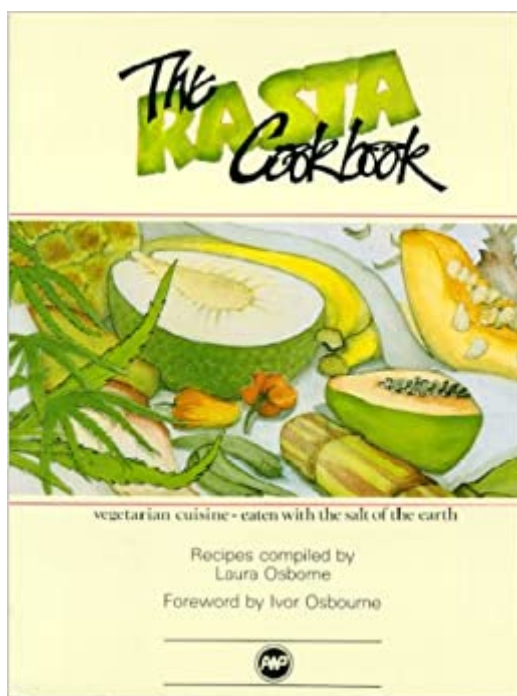


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# The Rasta Cookbook: Vegetarian Cuisine Eaten With The Salt Of The Earth : Recipes



## Synopsis

Vegitarian Cuisine, Eaten with the salt of the earth

## Book Information

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## Customer Reviews

"You are what you eat" this is the core of the philosophy on which the Rastafari base their eating habits and cuisine. This book presents for the first time in print, a mouthwatering collection of recipes, the best of Rasta cooking. The cultural and religious basis of the cuisine are explained in full. A review of tropical fruits and vegetables is given and along with this, vital information on where, how to get and how to prepare the ingredients for this exotic cuisine.

YOU ARE WHAT YOU EAT Nowhere is the belief that we are what we eat held more steadfastly than among the brethren of the Rastafari. There is good reason to shun additives, preservatives, all processed foods, all that is generally eaten which has no direct root in nature. For this reason the Rastafari always cook without added salt, a practice commonly known as 'Ital'. TO BE IRIE IS TO BE AT ONE WITH NATURE The state of being at one with nature, being at peace with oneself, with all the things around us is of the highest states. This is the natural high, and as it derives in music and chant, so it derives in good health and vitality, in the nature of the food we eat, the fruits and vegetables, the spices and the herbs. ITAL IS VITAL In Rasta cooking the natural flavour of each dish is embellished through the use of spices and herbs which compliment the natural essence of the ingredients. All care should be taken to preserve the natural purity of ingredients

used in the preparation of 'Ital' food. This caring should extend from the preparation and serving, to eating. For this reason the devout brethren of the Rastafari will use only utensils made from natural materials, stone, earthenware. The matching of herbs or spice with vegetable is the result of a long and skilfully laid tradition originating from the African ancestry and cultural heritage of the Rastafari. The herbs and spices are also fruits of the earth and are as such essential ingredients to the diet of the vital man. The most widely used of the spices is pepper, fresh ripe peppers. The most piquant of the spices. The most widely used herb is marijuana, use of which is prohibited by law in the UK and a number of other countries. It is, however, the strongest of the herbs, and in the tradition of the Rastafari unlimited by dish. It sweetens and embellishes all, baked, boiled, fried or stewed. The spirit of Rasta is everywhere. As western man has set himself against the many essentials at the nature from which he was born, so he yearns to find peace with the world, to arrest the destruction of things which are natural, of himself. Where better to halt the destruction but at the point where the body interfaces with nature, with the food we eat. Eat Rasta

I really like the simple recipes in this book. I made the Jamaican dumplings with my kids and they really liked them. This is an excellent book for anyone who likes to make fresh organic foods.

But they are great, easy recipes :) I read it almost daily. Full of vegan recipes. My carrot fritters came out tasting terrible though.. We'll see.

This has a really good selection of recipes and all stuff you can find in a local grocery stores.

This book is full of Rasta "Ital" dishes, the heart and soul of Jamaican vegetarian food. I have owned a copy of this book for years, and wanted to share it with a friend, could not find it anywhere but (reasonably priced). Rasta cook book is a treasure, worth it's weight in gold, the recipes will make you homesick for Jamaica as some of the ingredients can only be found fresh on sweet "Jah make Yah". A must for vegetarian cooks, Rastas, and lovers of Jamaica.

This cookbook is truly for those interested in the Rastafari way and Ital diet. It has great recipes that anyone can use, however. I bought this for my son, who lives in Florida, so he will be able to find many of the tropical and exotic ingredients used in these recipes. I live in Vermont and would have to make many substitutions. I am a professional cook and I really enjoyed reading through the book, even though I probably wouldn't make a lot of the recipes in it.

great

This is a good one for my library. I will have a great time reading & cook for family & friends.

I was hoping for a wider variety of recipes.....the recipes in the book are made in any Jamaican household.A bit on the disappointed side.....

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