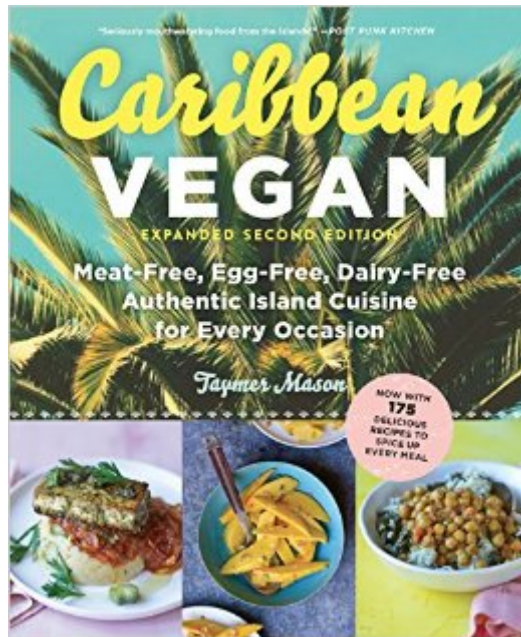


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# Caribbean Vegan: Meat-Free, Egg-Free, Dairy-Free, Authentic Island Cuisine For Every Occasion



## Synopsis

Now in color and with 50 recipes new to this editionâ”™vegan Caribbean fare thatâ”™s delicious, spicy, and authentic. Thereâ”™s so much more to Caribbean cuisine than pineapples and coconuts. The real secret is in the herbs and spices: With the right sauce or seasoning blend, everyday ingredients transform into unforgettable Caribbean delights. A native Barbadian, Taymer Mason welcomes vegan home cooks to this rich tradition that combines African, French, Asian, and Indian influences with an unmistakable local flair. Covering a remarkable variety of tropical flavors and ingredients, Caribbean Vegan serves up 175 recipesâ”™for every mealâ”™that will spice up your diet like no other cookbook. Sample the local flavors of Barbados, Saint Lucia, Trinidad and Tobago, Jamaica, Grenada, and the French West Indies. Island Tips explain the key ingredients, equipment, and techniques of Caribbean cuisine. 50 all-new recipes include Caribbean Sushi, Beachside Fish Tacos, Apple Guava Crostata, and much more!

## Book Information

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## Customer Reviews

Two year ago, I decided to relocate from sunny Los Angeles, USA to the beautiful harbor city of Sydney, Australia. Australia boasts some of the most incredible produce and dining experiences one could imagine (some of the best Thai, Chinese, Arabic, Greek etc you will EVER eat outside those respective countries), however, the country is missing several of my fav styles of cuisine, one of them being the melting pot of flavors found in Caribbean cooking. I have spent the majority of my life growing up close with Caribbean people. Jamaicans, Bajans and Dominicans have all played a major part in my life, and since moving to the O-Z not only was I missing their cultural presence in

my everyday life, I was missing the tasty treats that the islands are overflowing with. Whether 'conventional' fare like dumplings, callaloo, jerk chicken etc or the vegan/Ital dishes my Rasta/Garveyite/Seventh Day Adventist folks used to whip up (pearl quinoa & seaweed stir-fry, veggie patties, sorrel drink etc) I needed an island fix badly and the only person to satiate my jones was me! Being that summer was coming, I was more inclined towards the lighter fare of vegan dishes, so, I jumped on , came across 'Caribbean Vegan' and decided to whip out my credit card and make purchase. Three months and roughly two-dozen recipes later, I conclude that Taymer Mason's book has been a hit-or-miss affair for me. I will proceed to elaborate on what I like and dislike from the book: LIKED: Being a lover of spices, I am happy to see that Taymer has remained faithful and utilized the many wonderful spices ever-present in island cooking, for example, the ever-popular (and my personal fav), Thyme.

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