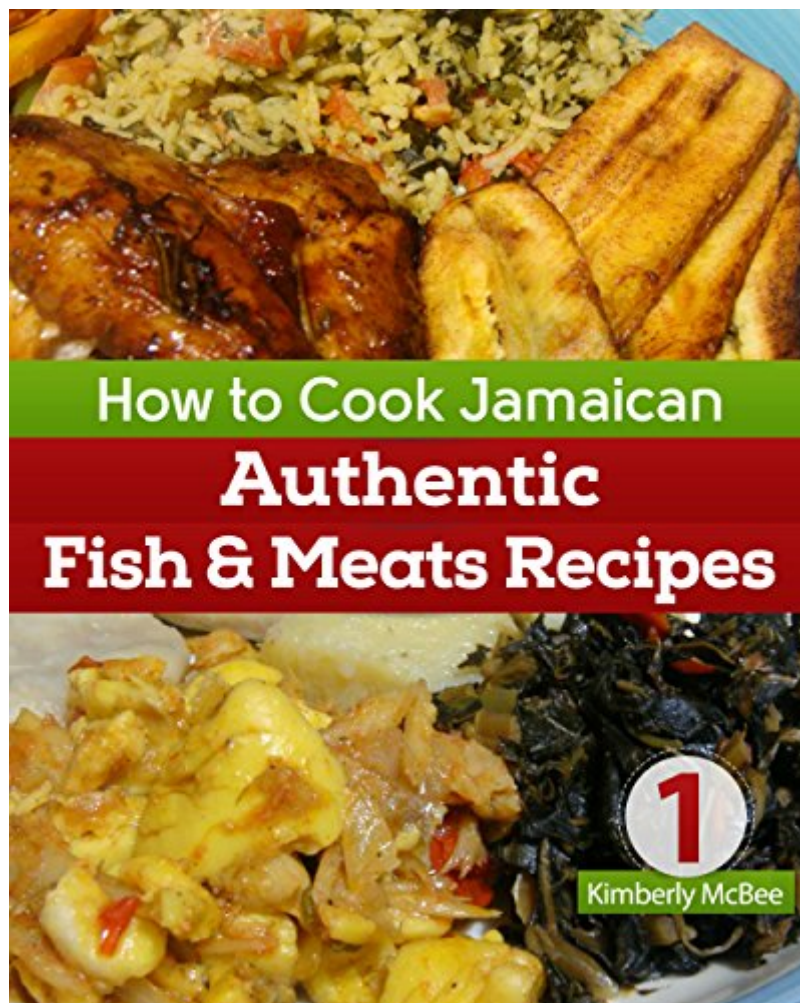


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# How To Cook Jamaican Cookbook 1: Authentic Fish & Meat Recipes (The Back To The Kitchen Cookbook Series)



## Synopsis

Cooking Jamaican meals do not have to be difficult. Learn to cook Jamaican dishes the easy way. Popular Jamaican dishes like stew beef, ackee & saltfish, oxtail & beans, jerk chicken and curry goat. Full colour pictures & step-by-step instructions help you recreate tasty traditional Jamaican chicken, fish & beef recipes. This cookbook has over 40 authentic recipes from Jamaica. For your next Sunday dinner, why not try the escoveitch fish & festival recipes. Or how about cooking some salt mackerel rundown for breakfast this weekend. Impress your friends and family with your new Jamaican culinary skills. Most of the ingredients used in the recipes are easily accessible in Jamaica, through or in local Caribbean stores if you are outside of Jamaica. Now you have every reason to try these recipes. See even more recipes in Books 2, 3 & 4 in the How to Cook Jamaican cookbook series.

## Book Information

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## Customer Reviews

Most of us are familiar with jerk chicken from Jamaica, a uniquely spiced way to cook poultry. But I was less familiar with the salt cod and "bully beef" recipes. I am not sure I'd make these, but as a complete look at Jamaican cuisine, it was fascinating to see what Jamaican cooks do with the

canned corn beef you see in the Spanish-Caribbean section of the grocery store. There are so many good chicken recipes in here that I'm not sure I'd ever even worry about the other chapters, but they make very good reading. Meanwhile, the jerk chicken kabobs look like they're going to become a staple for summer parties.

All the authentic foods that you enjoyed as a child, at your fingertips. If you want to learn how to cook authentic Jamaican foods that are delicious and nutritious, this is the book for you! Yummy recipes!

I could taste every meal through the pages. I wish there were some porridge recipes though. Nonetheless, this is delicious

I love this book, easy and great taste. I only wish I could also get it in actual book also.

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