



Sky Juice and Flying Fish: Traditional Caribbean Cooking

Jessica B. Harris

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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.

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Sky Juice and Flying Fish: Traditional Caribbean Cooking can be one of your beginner books that are good idea. Many of us recommend that straight away because this guide has good vocabulary that may increase your knowledge in terminology, easy to understand, bit entertaining but nevertheless delivering the information. The writer giving his/her effort to set every word into satisfaction arrangement in writing Sky Juice and Flying Fish: Traditional Caribbean Cooking although doesn't forget the main stage, giving the reader the hottest as well as based confirm resource details that maybe you can be one among it. This great information can certainly drawn you into completely new stage of crucial considering.

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