



Caribbean recipes "Old & New": Caribbean

Laurel Ann Morley

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Caribbean Recipes "Old & New" is a comprehensive Caribbean cookbook with over 400 recipes, some originals plus new recipes created in the Caribbean style of cooking. Many recipes come from the author's restaurant, "The Cove" in Barbados. The book is written in the style of a family memoir as the author tells of gatherings and cooking experiences throughout her life. The book includes some of the author's biography, hints and substitutes concerning food preparation, and a glossary of Caribbean foods. Each chapter is color-coded in bright Caribbean colors and contains a little story followed by the appropriate recipes and food photography. The pages are illustrated with original watercolor art sketches done by the author's father, Gordon Parkinson, who is an artist well known throughout the Caribbean. The book is printed in large font for ease of reading, with recipes that are easy to follow. It also contains a page at the end entitled "My own recipes" for you to add any new or given Caribbean recipes.

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