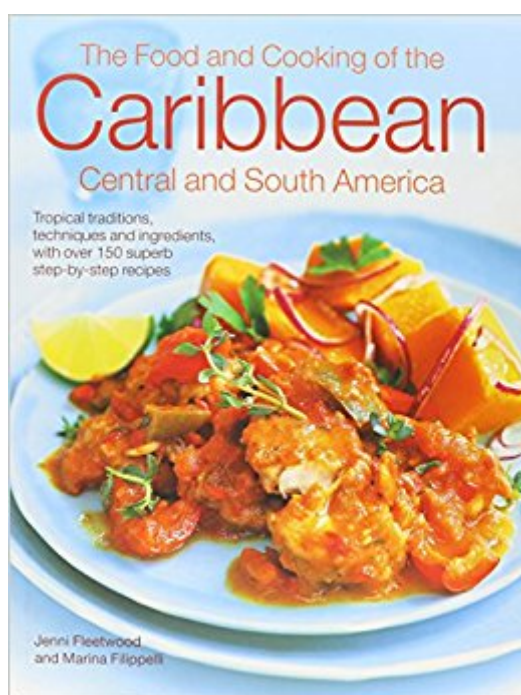


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# The Caribbean, Central & South American Cookbook: Tropical Cuisines Steeped In History: All The Ingredients And Techniques, And 150 Sensational Step-By-Step Recipes.



## Synopsis

A vibrant food journey offering deliciously varied dishes hailing from the mountains of Chile and the vast plains of Argentina to the tropical islands of the Caribbean.

## Book Information

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## Customer Reviews

I wanted to learn to cook food from the Caribbean and this book also teaches the history and goes through each of the types of food used throughout all the regions. I learned how the course of history dictated the spices and flavors that create this cuisine. The pictures are delightful, colorful and very informative. The recipes are easy to follow and have a great step-by-step format with photos of all the steps. This is not only a perfect cookbook to learn Caribbean cooking I will use it always.

no nothing about Caribbean food, but Cook once a week for people from the Caribbean. Great Book, the Thyme and Lime Chicken is not fabulous but GREAT. If you want WOW you will get it with this recipe. I skipped most of the instructions, but did marinate overnight, I also poured Butter into the marinade. Also used whole Thyme, don't bother taking off leaves. Put the Chicken skin side up and bake to 165 degrees, serve with Lime slices and fresh Thyme. From a foodie it is terrific.

I like that there are colorful pictures of some of the recipes. I would have really liked to have every recipe display a colorful step-by-step demonstration and what the recipe should look finished. So, I would know if I successfully made the dish. :-/

The recipes are delightfully intriguing--but they don't appear to be intimidating. Great photos give you an idea of how the actual dish should look.

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