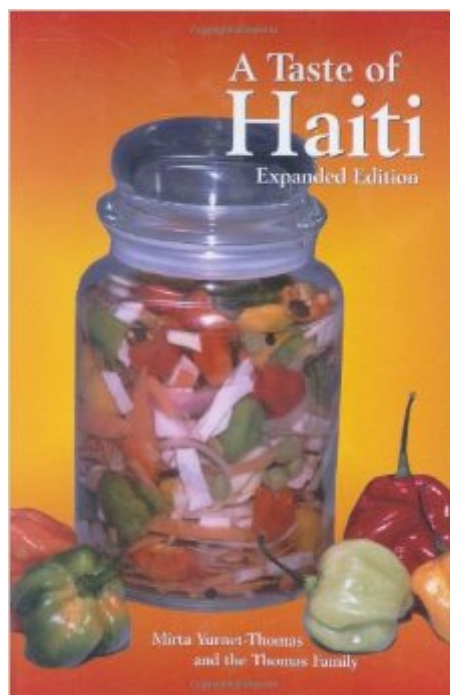


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# A Taste Of Haiti (Hippocrene Cookbook Library)



## Synopsis

With African, French, Arabic and Amerindian influences, the food and culture of Haiti are fascinating subjects to explore. From the days of slavery to present times, traditional Haitian cuisine has relied upon staples like root vegetables, pork, fish, and flavour enhancers like Pikliz (picklese, or hot pepper vinegar) and Zepis (ground spices). This cookbook offers over 100 Haitian recipes, including traditional holiday foods and the author's favourite drinks and desserts. Information on Haiti's history, holidays and celebrations, necessary food staples, and cooking methods will guide the home chef on a culinary adventure to this beautiful island. Recipe titles are given in English, Creole, and French.

## Book Information

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (71 customer reviews)

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## Customer Reviews

As a hatian american i've been looking for years for a haitian cookbook, but just like the author stated in her book you just couldn't find any. This book is very easy to read and understand. This book has your everyday dishes and recipes for special occasians, there is something in it for everyone. You can find the ingredients at your supermarket. And what i love is that she puts the english, french, and creole when she titles the recipe. That way everybody knows what she is talking about. It's true good thing comes to those who wait. I can't brag enough about this book. Just like i said go buy it.

Although this is not the first Haitian cookbook on the North American market, it is an excellent

resource! "A Taste of Haiti" is filled with authentic recipes and family remembrances of Haitian foodways. It is a great introduction to Haitian cooking. Also recommended, "The Art & Soul of Haitian Cooking". An award winning cookbook published in 2001 by The Haitian Institute in Washington, DC.

As a haitian american, I truely love this book. It provides me with the little details needed to cook like my Mom. Thank Mirta for putting it down on paper.

As a twice-times visitor to Haiti and now an adoptive mom to Haitian children not yet home, I have very much wanted to obtain authentic Haitian recipes and get to practice. I appreciate the easy-to-follow, straight forward instructions and history/origin provided for many of the recipes. My yummy favorites (and easy to start with)...Diri kole ak pwa rouj -- and -- Bannann peze. This cookbook will provide one simple way for me to help keep Haitian culture alive in my adopted childrens' lives. Thank you, Mirta!

My Wife recently bought this fabulous book for me at our local bookstore and I have say, WOW. The recipes could not be more accurate. There has been no manipulation of recipes to accomodate the unadventerous. It's nice to see something like this book finally happen in the 21st century.

Authentic Haitian recipes.....gotta love it. Everytime I want to get a home cooked meal, I go cheaper than traveling back home to NY, and cook up a recipe from this book. The author has done an excellent job of researching authentic ingredients and following the recipes my family have also created over the years. This is a collector's item for me, no other cookbook rates higher for Haitian cooking. My sister has been begging me to get her a copy for years, maybe I should finally buy one for her!

I was so excited to find there was a haitian cookbook out there for me to buy. I am a haitian american and I didn't watch my mother cook when I was growing up( I was too busy playing. lol) So, this book makes me realize now that it's not to late for me learn. I will be able to pass on the tradition to the next generation.

This book is exactly what I was looking for. Many recipes from other authors are just wrong or totally confusing. But the book of Mrs Thomas is very detailed, easy to follow, which is exactly what I

wanted, and the recipes' details look delicious. I am about to buy this book now, and I want to say to Myrta and her family: GOOD JOB!!! Not only for the recipes but for the tales and all. I am a young haitian woman who used to be a rebel and never wanted to learn how to cook. Now I am trying to learn because to me haitian food is the best. I am helped by my family and friends but with Mrs Thomas' book, I think and I hope that the learning process will be a lot easier.

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