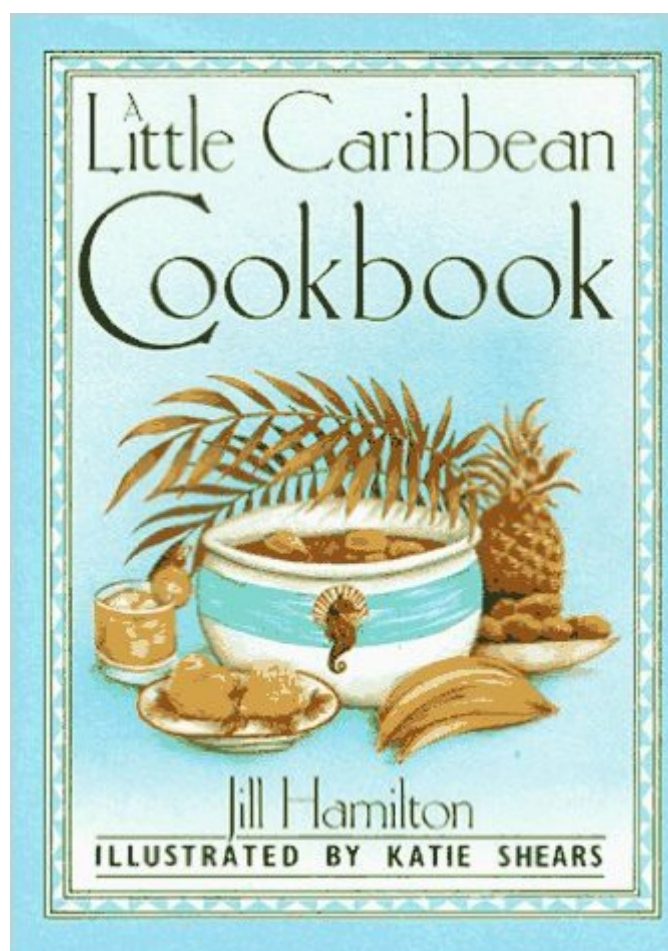


The book was found

# Little Caribbean Cookbook



## Synopsis

Drawn from cuisines around the world, the essence of traditional Caribbean cuisine lies in its seasonings of fresh herbs, spices, and hot peppers. Offers a tantalizing selection of dishes reflecting the diversity of Caribbean cooking, from Callaloo soup and pepper pot to banana fritters and planter's punch.

## Book Information

Hardcover: 60 pages

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Product Dimensions: 4.3 x 0.4 x 6.1 inches

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Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #983,408 in Books (See Top 100 in Books) #147 in [Books > Cookbooks, Food & Wine > Regional & International > Caribbean & West Indian](#)

## Customer Reviews

To the reader who wrote it's "johnny cakes not johnny bakes": This is not a typo. The recipe is derived from the Barbadian (Bajan) "bakes". As a child and still now, we enjoy bakes which are a heavy batter pancake. Delicious with hot cocoa (for the children) or hot tea any time of day. I have wonderful memories of sharing "bakes" in the morning with my grandfather, uncle, and aunts, who have now passed on. Also, whenever you see the word Carribean, note that it is a very broad term usually describing many, many islands whose cooking incorporate African and West Indian ingredients. Different foods or dishes have different names from island to island. For example, chayote is christophene in Barbados. I purchased Jill Hamilton's "Little Barbadian Cookbook" several years ago in Barbados. It includes the "johnny bakes" recipe. I think my book and "Little Carribean Cookbook" are the same. The book jackets are exactly the same. A friend of mine mentioned she is looking for a West Indian cookbook. I was surprised to find the "Little Carribean Cookbook" at . I still prepare recipes from my book. I think this book will be perfect for her.

My husband is of Jamaican and Barbadian descent and loves to cook Caribbean "Soul" food. I was so excited today to find recipes for Callaloo Soup, Pepperpot, Cou-Cou, Rice and Peas and

"Bakes", all of which I've watched him make and look authentic to me. I've been to Jamaica twice and learned to make the Planters Punch exactly the way it's described in the book.

Not bad for the price and it has some good recipes. The illustrations are not the best but for the money it's fine.

What caught my eye was the recipe for coconut bread. A friend said it was out of this world. I bought this book from .COM because they had the best price. I saw it in New York and at my local bookstore. won !!!! I will be baking the coconut bread soon, but without the raisins!!! Bon Appetite !!!

I'm sure it's just a typo, but don't lose your credibility. I haven't read the book but it sounds neat.

THIS IS NOT INTENDED TO BE POSTED, JUST AN "fyi"

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