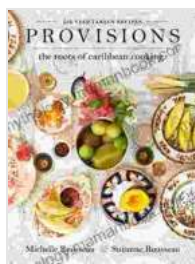


Provisions: The Roots of Caribbean Cooking: 150 Vegetarian Recipes

The Caribbean is a region of unparalleled culinary diversity. Its cuisine is a vibrant blend of influences from Africa, Europe, Asia, and the Americas, reflecting the region's rich history of trade, migration, and cultural exchange.



Provisions: The Roots of Caribbean Cooking -- 150 Vegetarian Recipes by Michelle Rousseau Suzanne Rousseau

★★★★☆ 4.7 out of 5

Language : English
File size : 28785 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 298 pages
Screen Reader : Supported



At the heart of Caribbean cooking are provisions, a term used to describe the root vegetables, fruits, and legumes that form the foundation of many traditional dishes. These humble ingredients, such as yams, sweet potatoes, plantains, and beans, are packed with flavor and nutrition, and they play a vital role in providing sustenance and nourishment to the people of the Caribbean.

****Provisions: The Cookbook****

Provisions: The Roots of Caribbean Cooking is a comprehensive cookbook that celebrates the essential role of provisions in Caribbean cuisine. With 150 vegetarian recipes, this book offers a culinary journey through the diverse flavors and traditions of the region.

The recipes in *Provisions* are organized into the following chapters:

- **Roots and Tubers:** This chapter features recipes for dishes made with root vegetables such as yams, sweet potatoes, and cassava.
- **Plantains and Bananas:** This chapter explores the many culinary uses of plantains and bananas, from savory dishes to sweet desserts.
- **Legumes:** This chapter showcases the versatility of legumes such as beans, lentils, and peas, which provide protein and fiber to many Caribbean dishes.
- **Fruits:** This chapter features recipes that highlight the abundance of tropical fruits found in the Caribbean, such as mangoes, pineapples, and papayas.
- **Spices and Herbs:** This chapter explores the essential role of spices and herbs in Caribbean cooking, which add flavor, aroma, and depth to dishes.

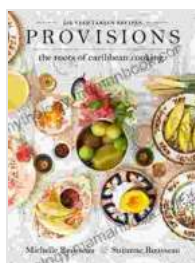
Each recipe in *Provisions* is accompanied by a full-color photograph and a detailed description of the dish, its ingredients, and its cooking method. The book also includes a glossary of Caribbean culinary terms, a guide to essential ingredients, and a list of suggested menus for special occasions.

****The Author****

Provisions was written by Nicole A. Taylor, a Jamaican-American chef, cookbook author, and food writer. Taylor is a graduate of the Culinary Institute of America, and she has worked in restaurants and culinary schools around the world. She is passionate about sharing the flavors and traditions of Caribbean cuisine with a global audience.

Provisions: The Roots of Caribbean Cooking is an indispensable resource for anyone who wants to explore the vibrant flavors and diverse traditions of Caribbean cuisine. With 150 vegetarian recipes, this book offers a comprehensive guide to the essential ingredients, techniques, and dishes that define this unique culinary landscape.

Whether you are a seasoned home cook or a curious beginner, *Provisions* will inspire you to create delicious and authentic Caribbean dishes that will transport you to the heart of this vibrant culinary culture.



Provisions: The Roots of Caribbean Cooking -- 150

Vegetarian Recipes by Michelle Rousseau Suzanne Rousseau

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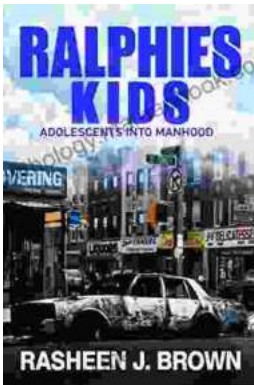
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