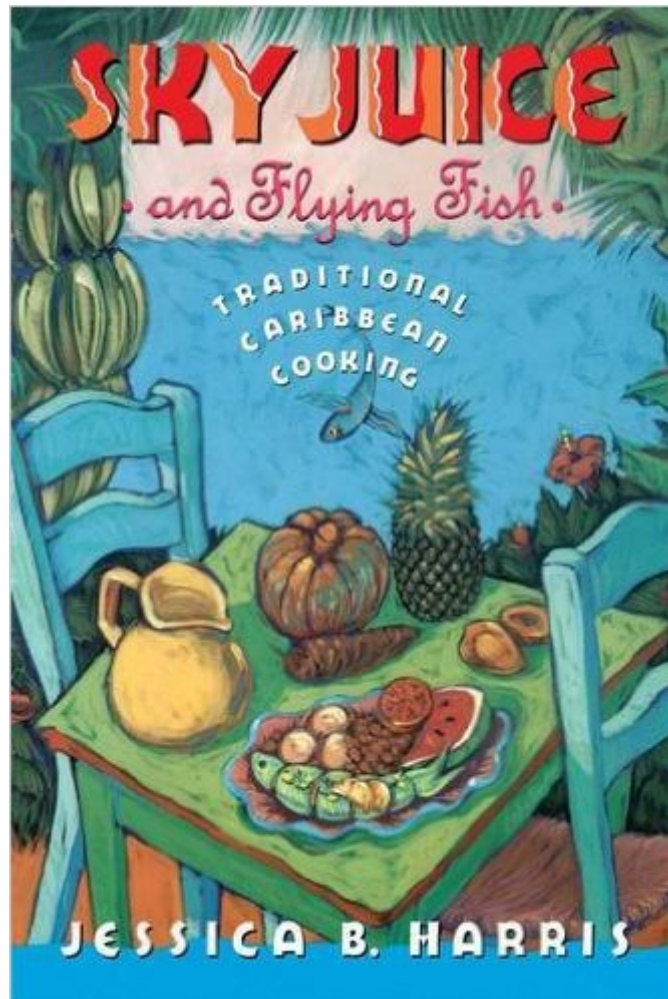


The book was found

# Sky Juice And Flying Fish: Traditional Caribbean Cooking



## Synopsis

Savor the food, flavor, rhythm, and romance of the Caribbean. A truly authentic guide to down-home traditional Caribbean cooking, the kind you'd find at roadside stands, Sky Juice and Flying Fish captures the feel of the Islands, bringing the blue-green sea, the tropical breeze, and the exotic scents of the Caribbean into the American kitchen. A culinary history of each of the Islands provides the perfect introduction to the 150 mouth-watering recipes for appetizers and soups, entrees, side dishes, and desserts, all featuring the distinctly exotic seasonings -- ginger, garlic, chili, coconut, curries, and rum -- of the Caribbean. Begin your meal with plantain chips and a rum-spiked 'ti-punch. Go on to Bajan Fried Chicken from Barbados, complemented by a banana-ginger chutney and served with Jamaican Rice and Peas. Finish up with a sumptuous coconut pudding. A glossary lists ingredients from achiote (small reddish berries) to z'yeux noirs (black-eyed peas), which can be found in grocery stores, Caribbean markets, or through the mail-order source list provided in the appendix.

## Book Information

Paperback: 240 pages

Publisher: Touchstone (February 15, 1991)

Language: English

ISBN-10: 0671681656

ISBN-13: 978-0671681654

Product Dimensions: 6.1 x 0.6 x 9.2 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 starsÂ Â See all reviewsÂ (8 customer reviews)

Best Sellers Rank: #944,299 in Books (See Top 100 in Books) #105 inÂ Books > Cookbooks, Food & Wine > Cooking by Ingredient > Meat & Game > Game #147 inÂ Books > Cookbooks, Food & Wine > Regional & International > Caribbean & West Indian #303 inÂ Books > Cookbooks, Food & Wine > Cooking by Ingredient > Fish & Seafood

## Customer Reviews

You have NEVER cooked like this. The first night I made REAL AUTHENTIC SHRIMP CREOLE & SWEET CORNBREAD made with coconut milk. This book is fun, easy to read and the recipes are most delicious. a MUST for those looking to get away from the boring. But also - not too exotic for those family members afraid to try new dishes (my kids) !! recommend this book to new cooks as well as the experienced.

The recipes chosen are great and the additional information presented about places, cultures, ingredients and dishes make this more than just your standard recipe compilation cookbook. A great introduction to the cuisines and foodways of the Caribbean region.

Provides nice background to the cuisine of the islands but the recipes are a bit redundant and the instructions leave something to be desired. It looks good at first but doesn't really stand up in the kitchen. Still not a bad use of \$3.99. The real kicker is the drink recipes, I don't think these were tested by the author. But they're a nice platform to work with, tweaking a few things to double or halve the rum and sugar proportions.

I love this book -- the recipes are simple, yet flavorful. Homemade peanut butter w/ chili pepper? New and different -- definitely adds a kick to same ol', same ol'. I liked the anecdotal info, too, and the (very) brief history of Caribbean cuisine.

[Download to continue reading...](#)

Sky Juice and Flying Fish: Traditional Caribbean Cooking Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes Betta Fish or Siamese Fighting Fish. Betta Fish Owners Manual. Betta fish care, health, tank, costs and feeding. One Fish, Two Fish, Red Fish, Blue Fish Book & CD (Book and CD) What Pet Should I Get? and One Fish Two Fish Red Fish Blue Fish One Fish Two Fish Red Fish Blue Fish One Fish Two Fish Red Fish Blue Fish (I Can Read It All by Myself) One Fish Two Fish Red Fish Blue Fish (Beginner Books(R)) Poisson Un Poisson Deux Poisson Rouge Poisson Bleu: The French Edition of One Fish Two Fish Red Fish Blue Fish (I Can Read It All by Myself Beginner Books (Hardcover)) Crazy Sexy Juice: 100+ Simple Juice, Smoothie & Nut Milk Recipes to Supercharge Your Health Juicing Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Juice Cleanse, Juice Diet, ... Juicing Books, Juicing Recipes) (Volume 1) Flying Rubberneckers: High Flying Fun for the Airport and Plane How To Overcome Fear of Flying: The Cure For Fear of Airplane Flights: Conquer Your Fear Flying! The Pout-Pout Fish Tank: A Book and Fish Set (A Pout-Pout Fish Adventure) One Fish, Two Fish, Three, Four, Five Fish (Dr. Seuss Nursery Collection) Applications of Traditional and Semi-Traditional Hypnotism. Non-Traditional Hypnotism, Volume 2, The Practice of Hypnotism A Field Guide to Southeastern and Caribbean Seashores: Cape Hatteras to the Gulf Coast, Florida, and the Caribbean (Peterson Field Guides)

Pleasures of the Caribbean (MusicCooks: Recipe Cards/Music CD), Caribbean Recipes, Reggae and Calypso Music (Sharon O'Connor's Musiccooks) Caribbean Currents: Caribbean Music from Rumba to Reggae, Revised Edition Fishes of the Caribbean Reefs (Caribbean Pocket Natural History Series)

[Dmca](#)