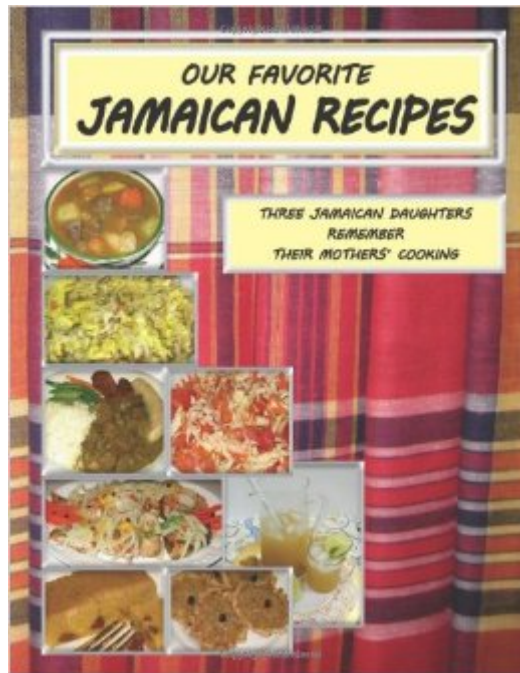


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# Our Favorite Jamaican Recipes: Three Jamaican Daughters Remember Their Mothers' Cooking



## Synopsis

If you eat with your eyes, you will gorge yourself through this cookbook from three Jamaican daughters remembering their favorite recipes and invoking childhood memories and tastes. As the sub-title suggests, this cookbook includes recipes of meals, drinks, and desserts, that were enjoyed by the authors when they were growing up in Jamaica. They have also related a few of their childhood memories, and included interesting facts about Jamaican cuisine; as well as photos of some of the ingredients used in the recipes. Over 55 Recipes of Entrees, Side Dishes, Desserts, and Beverages with mouthwatering, full-color photographs. Included are recipes for our version of the popular and spicy Jerk Seasoning; delicious Escoveitch Fish; rich and savory Curry Goat and Curry Chicken; tempting Jamaican Rum Punch; ambrosial Icebox Cake; and many more tasty treats. These recipes are sure to also become favorites of your family.

## Book Information

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## Customer Reviews

I finally made sweet potato pudding! I am a Jamaican who grew up in the US. I also married an Italian man that loves his Italian food, so my Jamaican cooking skills are sadly lacking. For years I tried to make sweet potato pudding and failed! I couldn't figure out what I was doing wrong! I followed every ingredient in my old Jamaican cookbook, but came up short every time! I bought this cookbook to make the famous Jamaican rice and peas, but was pleasantly surprised to see so many of my other favorite Jamaican dishes. One of them was the elusive sweet potato pudding ( my old nemesis). Rice and peas forgotten, I immediately scanned the contents of what ingredients i needed to get for my sweet potato pudding and ran into this little statement when I clicked on the highlighted sweet potato, "The sweet potato used in Jamaican recipes is light-yellow inside. These

recipes are Not for the sweet potatoes that are also known as Yams in the USA and are orange inside". DAAH!!! I was using the WRONG sweet potato all along! How stupid, how frustrating, how humiliating! Haha, I can laugh about it now but I felt very foolish for making such a silly mistake! Anyway, I followed the recipe and made the best sweet potato pudding I ever ate in my life! My husband joked and said " I've waited ten years for this! (that's about how long I've been trying to make sweet potato pudding and failing!) My point is this, this cookbook is awesome! it is well written and is filled with interesting details and is very informative. You cannot go wrong, it has pictures of most of the hard to find ingredients and informs you about them. The recipes are easy to follow, and with the proof of my sweet potato pudding, delicious. Next up, Stew Peas....

Before this cookbook I knew nothing about Jamaican cuisine, but the instructions made it easy for me to look like I knew what I was doing! I had a dinner party with 9 guests - including myself - and I cooked 11 of the recipes, we all had seconds!The recipes in the cookbook are easy to follow, many of the ingredients are common (scallions, tomatoes, onion, cabbage) and for the ones that are uncommon (scotch bonnet pepper, plantains, chayote, etc) the book includes explanations and photos, so it is easy to recognize the ingredients at the grocery store.The anecdotes in this cookbook give it a special touch, we get to read about family memories as well as cultural tid-bits about Jamaican life. Each recipe has a photo and while it has foods like pig's trotters, oxtail and butter beans and curried goat, it also has recipes for the less adventurous (like me).The authors did a great job with this cookbook!

Our Favorite Jamaican RecipesWhen you think of Jamaica, what come to mind?If it's authentic Jamaican food you crave, you are in for a treat. Three women - Trudy Hanks, Maureen Tapper and Rebecca Marshall - have gathered their favorite childhood recipes and published a new cookbook entitled Our Favorite Jamaican Recipes - Three Jamaican Daughters Remember Their Mothers' Cooking!There are several things I liked about their cookbook:It's authentic. The book contains over 55 recipes that fully capture the flavor and diversity of Jamaican cooking! There are Savory Soups that are traditionally served on Saturdays in Jamaican homes. There are Entrees that encompass foods both familiar and foreign to the American palate. There are also scrumptious Side Dishes, Delicious Desserts, Beverages and a few Bonus Recipes, including Jerk Seasoning for chicken, pork, and fish!It's homey. The book captures the childhood memories and family history of two sisters and their friends. In places, original recipes in their mother's handwriting have been incorporated. The stories shared at the beginning of each recipe are priceless!It's detailed. Each

recipe contains clear instructions - including clarifications where needed due to regional linguistic differences - and a photograph of the final dish!It's educational. Even if you've never been to Jamaica, you will learn a lot about the nation, the people, their cuisine and their traditions from reading this book!Our Favorite Jamaican Recipes is a delightful book to add to your personal cookbook collection and a great educational tools that homeschoolers and family historians will also enjoy!Disclosure of Material Connection: I received a PDF of this book from the author for review purposes. I was not compensated for this review, nor was I required to write a positive review. The opinions expressed in this review are entirely my own.

This book is phenomenal!!! It has all the pictures to each recipe to show you how the food is suppose to turn out. When I saw how easy the recipes were to cook and how well prepared the dishes were, I was ready to start cooking/eating right away. This is a great cookbook especially if you are wanting to learn to cook from different cultures. I usually do not leave reviews but, I was very impressed with this cookbook.

Well written with care, warmth and respect to family, true recipes, and explanations of ingredients and techniques. The only draw back is the limited number of recipes. I greatly respect the authors who have written this book with honor to family and heritage.

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