



**Most Popular Caribbean Recipes Quick & Easy!:
Essential West Indian Food Recipes from the
Caribbean Islands (Caribbean recipes, Caribbean
recipes old ... recipes cookbook, West Indian
cooking)**

Grace Barrington-Shaw

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This Caribbean recipes cookbook focuses on the favorite dishes of the people of the Caribbean, dishes you will find if you walk into any Caribbean home. Contains authentic, Caribbean recipes from the gorgeous Islands of Jamaica, Barbados, Guyana and Trinidad.

Learn how to cook the most popular dishes of the Caribbean, all the favorites are here:

- Jerk Chicken
 - Fried or boiled dumplings
 - Curry Goat
 - Stewed Fish
 - Rice and Peas
 - Roti
 - Ackee and Saltfish
 - Caribbean desserts
- and more!

All recipes are well known throughout the Islands and form an essential part of traditional Caribbean cuisine.

Have you been to the Islands? Re-live that fantastic Caribbean vacation again and again!

Use this cookbook to re-create those wonderful dishes within the comfort of your own home and bring the Caribbean atmosphere to life.

Impress your loved ones and friends!

Produce mouth-watering, exotic dishes to add to your cooking repertoire and compliment your party or gathering with authentic West Indian food.

Easy to follow recipes

Simple recipes using easy to find ingredients. Most meals can be prepared in under 30mins. Suggestions as to which additional foods will best compliment each dish are also provided.

Re-ignite your childhood memories

If you're familiar with Caribbean Cuisine, enhance your skills. These recipes will show you how to cook Caribbean food the right way. Continue the tradition, teach and pass on these recipes to family members.

Learn how to cook like a true West Indian

Grace Barrington-Shaw was born and raised in Jamaica. Jamaican food is second nature, having worked throughout the Caribbean, Grace has developed a love for all Caribbean cuisine. Within the book, Grace recommends the most authentic and loved Caribbean recipes enjoyed by many throughout the years.

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