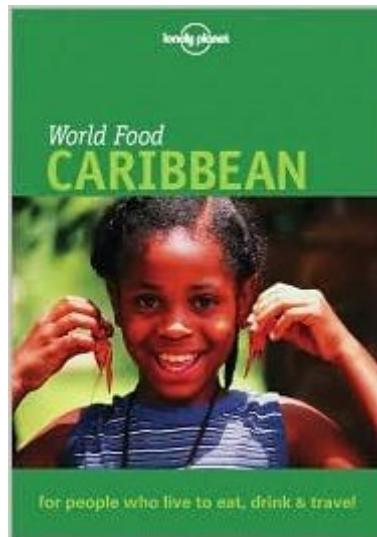


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# Lonely Planet World Food Caribbean



## **Synopsis**

Opens a world of culinary delights and festivities in a compelling narrative; photography, recipes and local insight reveal a tropical paradise of sensory experience; cocktails, Creole and heady flavours for the traveller, chef and dreamer to enjoy; uncovers local cuisine, home cooking and traditions.

## **Book Information**

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## **Customer Reviews**

Lonely Planet's "World Food Caribbean" brings the staples of the Caribbean table to life with delectable pages full of fresh seafood and shellfish, peas and rice, sweet potatoes, flavorful herbs and spices, and sweet, flaky bread and pastries.

I am soon to embark on a two week cruise to the Caribbean. As a true foodie I want to be able to sample as much of the local cuisine as possible while there on the various islands. This wonderful little book has not only been a great read, but has eliminated so much of the superfluous material contained in other travel books. I have been able to add places to eat and dishes to ask for by name to my notes. This will save a world of precious time. When I return from my cruise it will earn a special place on my cookbook shelf. Therein reside my favorites from places around the world I have visited. I cook selected favorites gleaned from their pages frequently. Thank you Lonely Planet. I have many of your travel books and will continue to add more as they become available. I know Lonely Planet always provides for my travel needs.

These Lonely Planet Food Guides represent excellent value and are very comprehensive as a first introduction to a foreign cuisine. Shame the series is no longer in print.

11/4/2002 World Food Caribbean, "For people who live to eat, drink & travel" by Bruce Geodes This compact guide features a colorful history of the region, even etiquette, and each food group is addressed under: Staples & Specialties and includes Drinks, Home Cooking & Traditions, Food festivals Caribbean region cultures Shopping and Markets Where to Eat and Drink Caribbean Banquets Caribbean Culinary Dictionary. Although the Caribbean region, the West Indies, is one group of islands, their remoteness has caused each island to reflect the ways of whoever conquered them in the past. The major conquerors were the English, the Spanish, the Dutch and the French. Each island's blend also represented the ethnic background of imported laborers to work their back-breaking sugar fields. These workers came from India, Asia and Africa and each brought their eating habits and usually some seeds for the future. Additionally, the Amerindians, or original inhabitants, had simple fare which mixed in with the ways of conquering cultures and in-coming laborers. This three-way juncture created foods and ways available no other way. The book contains some recipes. Fruits, often beautiful and exotic, grow abundantly on the islands, and the book goes into some detail about many of them. A rum factory is usually found on many islands, for it is an important byproduct of sugar, so is the manufacture of a local beer. The many fruits lend to signature Rum Punches. Fruit shows up frequently in main dish recipes, as well. In a land of islands, it stands to reason fish and seafood figure highly in the Caribbean region diet. Herbs and spices grow abundantly too which causes the people to depend upon them for medicinal reasons and bush teas in addition to seasoning food. West Indies grown nutmeg, mace, ginger and garlic add to the flair of local cuisines. Chile peppers, coconut and island-grown spices dress up local foods, while basic beans, rice and tubers balance a rich diet. Look up festivals and carnivals which are big in the islands, some named "Crop Over," celebrating the completion of the sugar harvest. Others are cook-offs and those associated with the Lenten season. A quick catch-up is the book's green inserts entitled, "Don't Miss," which line out sights as well as foods to try. Some random samplings: Dutch: Curacao, Aruba, Bonaire and Sint Maarten - Dutch cheeses, iguana soup, Indonesian and Papiamento cuisines. French: Guadeloupe, Martinique and Haiti, French-influenced with wines from France, spicy Creole fish dishes, fresh baked goods. Haitian music is especially lilting. English: Jamaica, ackee & salt fish, jerk pork with recipe Barbados, its coo-coo and flying fish Trinidad, roti, hot curries, callaloo soup, cou-cou (couscous), Nassau, conch Spanish: Cuba, pizza,

jamon (ham) chorizo sausage and onionPuerto Rico, sofritoThe Food Directory is broken down into upscale, pubs and mid-range, fast food/cheap eateries, street food and bars. Catchy island music is to be savored on each island from Jamaica's Bob Marley to Trinidad's Mighty Sparrow.The book's Fit and Healthy chapter discusses your health and what to look out for particularly if allergies, diabetic issues and diarrhea intervene.Just reading World Food Caribbean's "Eat your Words," quick 30-page Culinary Dictionary will put the visitor way ahead of the Caribbean food game. This handy, small, informational book with outstanding photography is a must for your next West Indian trip. Enjoy!Â © Marty Martindale, 2002, Largo FL

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