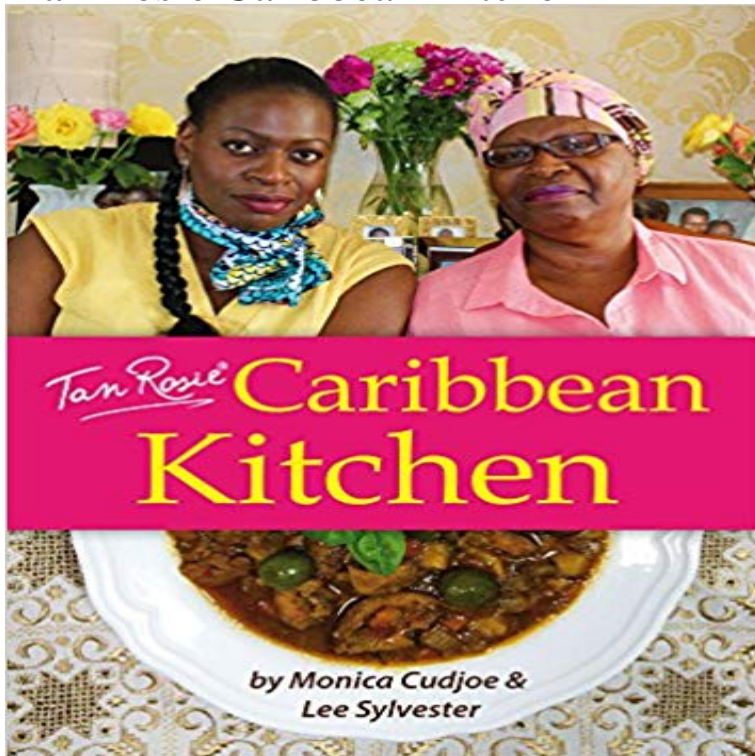


Tan Rosie Caribbean Kitchen



Tan Rosie Caribbean Kitchen is the latest recipe book from mother and daughter team Monica Cudjoe and Lee Sylvester. In this second book, the duo explore tasty recipes from many Caribbean islands including Jamaica, Grenada, St Lucia, Barbados and many more. All recipes are inspired from their travels around the many beautiful islands of the Caribbean. Learn more about Caribbean fruit, vegetables and spices with a handy and informative A-Z guide. Ensure you understand the basics of Caribbean cookery with the Essential Cooking Tips chapter - you'll always achieve an authentic taste with these secret tips! Vegetarians are not left out! There's an extensive range of easy and delicious vegetarian dishes for you to master, perfect for meat eaters too! Get inspiration for your next dinner party with a fantastic selection of Caribbean menus guaranteed to get your taste buds tingling. The beautiful colour photographs are a feast for your eyes and will get you in the mood for cooking.

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