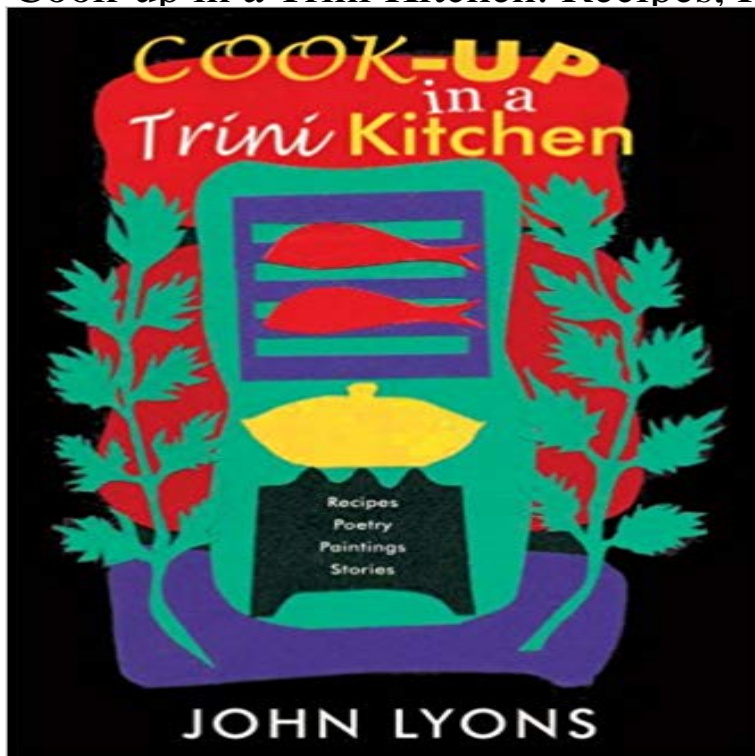


Cook-up in a Trini Kitchen: Recipes, Poetry, Paintings, Stories



Taking its title from a traditional dish of Trinidad and Tobago, this cookbook is at once a cultural history and a unique mix of easy-to-follow recipes, art, poems, stories, and anecdotes. The recipes reflect a fusion of the many nationalities that have shaped Trinidad, offering dishes that range from homey, traditional fare to new, experimental entrees. Following the principles of his artistic practice whereby the knowledge of and respect for materials and their uses are paramount as a basis for investigation the author creatively explores easily available ingredients and enhances them with the subtle use of herbs and spices to create distinctive dishes, making this a serious contribution to the ever-growing reputation of Caribbean gastronomy.

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