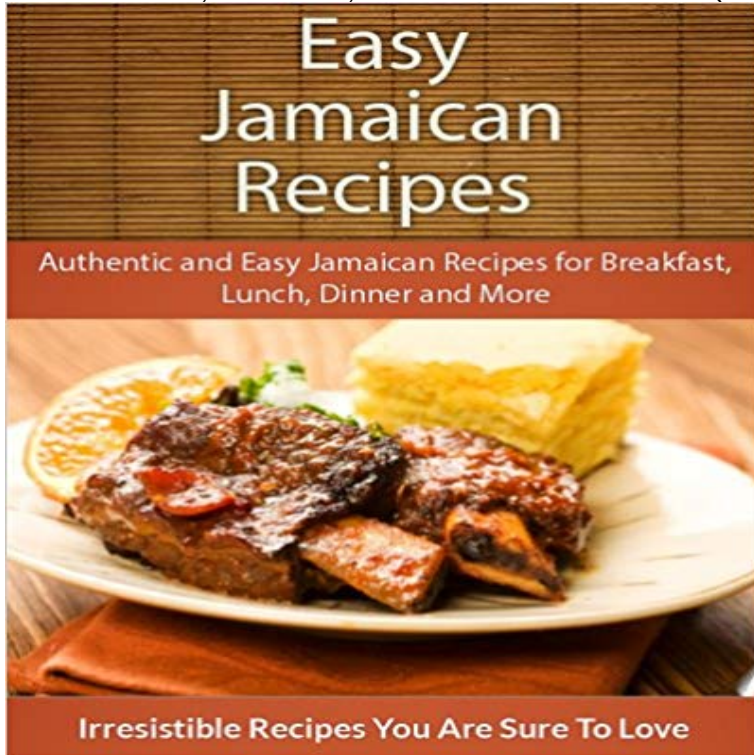


Easy Jamaican Recipes: Authentic and Easy Jamaican Recipes for Breakfast, Lunch, Dinner and More (The Easy Recipe)



Jamaica, one of the lush, tropical islands of the Caribbean, has a very rich cultural history. Known for its lively and upbeat reggae music, Rastafarian culture, and diverse population, Jamaica truly is a melting pot of many diverse people. Jamaican cuisine is so diverse because the history of this small nation is so dynamic. Changing hands often and being a place for immigrants has created this unique mix of cultures. A true fusion of indigenous ingredients and traditions plus outside influences from the Spanish, English, African, East Indian, Portuguese, Dutch, French, and Chinese make Jamaican cuisine lively, exciting, and bold. Exploring the culture of this spirited Caribbean island through its food is one of the best ways to truly understand the diversity and magic that happens in this tropical land. In This Book Youll Find -Ackee and Saltfish -Coconut Vegetable Soup -Dark Chocolate Mayonnaise Cake -Ginger Jerk Pork Tenderloin -Jamaican Rum Punch -Shrimp Nachos -And Much, Much More

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