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living in the caribbean  
is the amazing variety  
of foods that are  
abundant delicious and  
caribbean recipes bine  
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french east indian and'

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caribbean kitchen

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with spinach and coconut  
one of our favourite one  
pot wonders from the  
book this white fish  
curry uses punchy  
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and chillies to deliver  
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part of the caribbean  
reflecting the influence  
of african european  
american and chinese  
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book is a mouthwatering  
collection of sodamin s  
best loved meals created  
from his own experience  
and interaction with the  
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worldwide destinations  
and 15 ships kitchens  
that he oversees the  
eighty six recipes in  
the book are delectable  
innovative and easy to  
prepare and can be  
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thousand'

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not as well documented  
as other cultures are  
and it s one of the  
reasons why you ll  
hardly ever find a  
caribbean recipe book at  
major book chains i didn  
t want my daughters  
disconnecting from their  
caribbean heritage and

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more importantly i didn't want them eating in an unhealthy way' '**caribbean cookbook co uk rita g springer**

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cookbook

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restaurant that is found  
on many of its ships has  
inspired a new cookbook  
that the cruise line has  
launched all about  
cupcake recipes as well  
as ice cream flavors  
cupcakes amp scoops  
features recipes for 34  
95 and can be purchased  
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well as online''sample  
these caribbean recipes  
from new taste the  
islands

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release april 20 the new  
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features traditional and  
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recipes plus interesting  
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anecdotes from the  
making of the taste the  
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its release check out a  
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crispy skin black cod  
from chef ron duprat  
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his recipe for crispy  
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nelson of tastes**

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originally from guyana  
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tasteslikehome cynthia  
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additional recipes  
includes a helpful  
introductory section to  
assist readers in  
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kitchen and in the  
process demystifies the  
notion that island  
cooking is  
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makes it possible for us  
to experience the  
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for example curry powder  
is widely used in  
trinidad guyana and  
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just a book of recipes  
it s a conversation  
about food and how it  
connects and forms part  
of caribbean identity  
the book is divided into  
two sections a memoir  
section and a recipe  
section cynthia shares  
personal memories which  
help us understand  
caribbean food and  
lifestyle'

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