



Sky Juice and Flying Fish: Tastes Of A Continent

Jessica B. Harris

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Savor the food, flavor, rhythm, and romance of the Caribbean.

A truly authentic guide to down-home traditional Caribbean cooking, the kind you'd find at roadside stands, *Sky Juice and Flying Fish* captures the feel of the Islands, bringing the blue-green sea, the tropical breeze, and the exotic scents of the Caribbean into the American kitchen.

A culinary history of each of the Islands provides the perfect introduction to the 150 mouth-watering recipes for appetizers and soups, entrees, side dishes, and desserts, all featuring the distinctly exotic seasonings -- ginger, garlic, chili, coconut, curries, and rum -- of the Caribbean.

Begin your meal with plantain chips and a rum-spiked 'ti-punch. Go on to Bajan Fried Chicken from Barbados, complemented by a banana-ginger chutney and served with Jamaican Rice and Peas. Finish up with a sumptuous coconut pudding.

A glossary lists ingredients from achiote (small reddish berries) to z'yeux noirs (black-eyed peas), which can be found in grocery stores, Caribbean markets, or through the mail-order source list provided in the appendix.

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