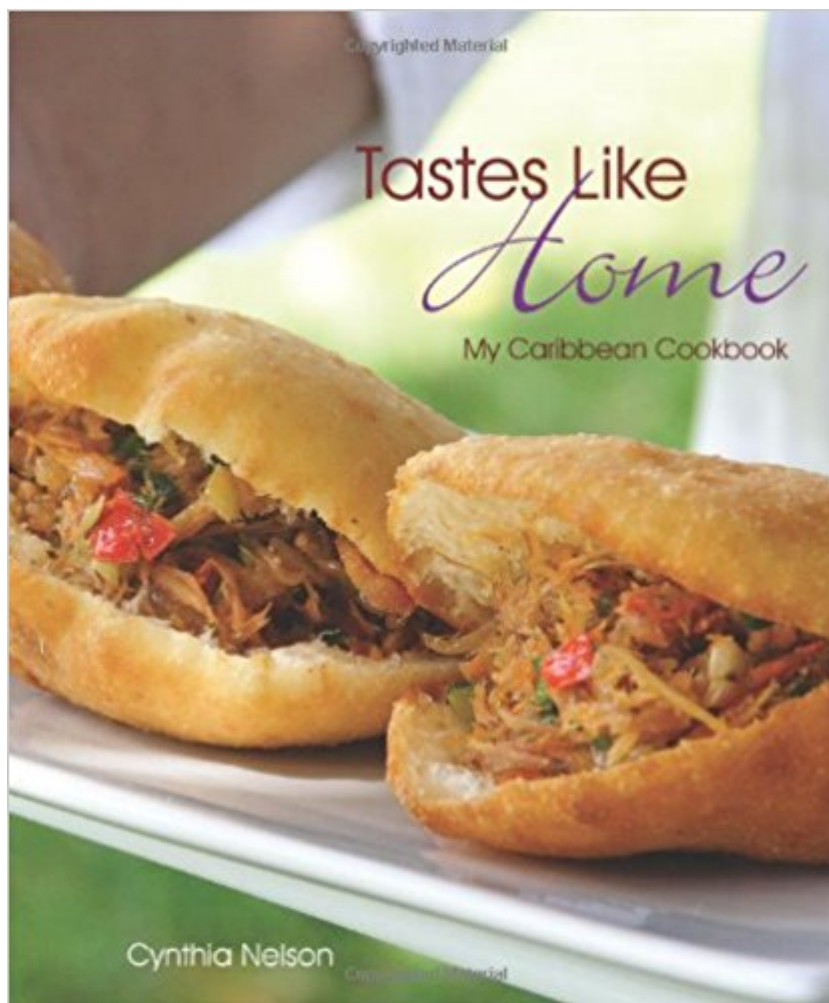




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# Tastes Like Home: My Caribbean Cookbook



## Synopsis

In *Tastes Like Home* Guyanese food enthusiast and blogger Cynthia Nelson, who lives in Barbados, brings readers over 100 recipes from all over the Caribbean; all of which she has tried and tested herself and served to family and friends. But more than just recipes, *Tastes Like Home* is 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. In the memoir section Cynthia shares personal memories which help us to understand Caribbean food and lifestyle. Some of the memories focus on food, some on events or special festivals, others are just recollections about life in the Caribbean. In the recipe section readers are treated to step by step guides on how to make roti, the perfect baked ham, Dhal puri, Christmas Cake and Coconut drops - to name a few. Whether you are at home or abroad, near or far, *Tastes Like Home* is your invitation to revel in the tastes of the Caribbean.

## Book Information

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## Customer Reviews

Cynthia Nelson grew up in Guyana cooking alongside her mom and aunt. Working in the Caribbean media for many years, Cynthia has travelled the region savouring and learning the cuisine of the Caribbean. Cynthia's musings on food and life regularly appear in publications in the Caribbean and North America, including *Stabroek News* newspaper (Guyana); *Caribbean Belle* magazine (Trinidad) and *City Style and Living* magazine (Canada). She is Contributing Writer at About.com, owned by The New York Time Company and is the author of the award winning blog.

This cookbook is so awesome, my Guyanese mother in law bought one for herself and her

daughter. Awesomely written, great narration of Guyanese culture as well as other Caribbean cultures highlighted by recipe. Makes me feel like I know a little more about my spouse's Guyanese culture and upbringing. The recipes are well written as co-signed by my mother in law. I tried her Bakes recipe- came out perfect. Though do watch out, some of the recipes may be written using fresh items that are not readily available in the states. For example, the sorrel recipe calls for 1lb of sorrel flowers- In NY we have dried sorrel. the recipe doesn't state which to use and when I made it my MIL and FIL said it was too strong and needed to be drastically watered down. Otherwise, a lovely and well written cookbook with gorgeous pictures.

I'm a Guyanese woman living across the country from my mother and other relatives. In my family, as in many West Indian families (most, I imagine) learning to cook these traditional dishes is very haphazard. "You put a handful of this and a palmful of that and then plenty plenty of this other thing and etc., etc." It's never been any surprise to me that Guyanese cookbooks are so few and far between. Nailing down these recipes with actual measurements is a daunting task. I've been euphoric since discovering Cynthia's blog and was elated when this book came out and I could finally purchase it! There's a diverse range of recipes from sweet to savory. Reading this is also a pleasure. Every dish brings back my own memories of growing up and I also have a good chuckle when I see the differences between her recipes and the way my relatives prepare certain dishes. In my head, I can hear the echoes of one of my stubborn aunts repeating some mysterious family rule about adding or not adding certain ingredients to certain dishes. I find this book to be an invaluable starting point for Caribbean (particularly Guyanese) cooking. And I only say "starting point" because, in my case, I'm chasing the flavors of my mother and grandmother. These recipes are like a living heritage. They evolve over generations, are tweaked from family to family, and can meld and mesh nicely with the influence of other culinary cultures. If you're at all interested in the food of the Anglophone Caribbean, this book is a must-buy!

It is important to note that there are different areas of the Caribbean and the flavors of the Spanish, Dutch, and British Caribbean are often distinct even from one another. There are many recipes here that cross those divides- but I would say these are the flavors of the Afro- Caribbean and the West Indies specifically Guyana, Trinidad and Barbados. The author notes these foods were "flavored" by its migration heritage. Which is probably why the variety is so delightful. Of all the Caribbean food realms out there- I really enjoy these flavors the most. TASTE LIKE HOME is the most comprehensive and well written cookbook of these flavors. I want to cook what I've tasted and

thoroughly enjoyed- often recipes miss that mark. This book will NOT disappoint. Caribbean cooking is an art form. No two recipes for a popular dish seem identical -even in the same households and often -even from the same cooks. Many Caribbean cooks, when detailing recipes tell you some of this, a pinch of that- and give you four alternative ingredients. It's almost as if the recipes are a protected secret! There needs to be a solid foundation on which to build flavors. This book will give it to you. It is beautifully written with inspiring, nostalgic stories and then there's the recipes. Details with such beautiful pictures. The stories and recipes speak to my imagination, memories-that seem to cross cultures and age, and my palate. Those elusive flavors come to light here. This is a must buy.

This book is excellent in providing instructions, but also explaining the nuanced techniques of these Caribbean favorites and the cultural significance of the dishes. Instructions are clear and concise with helpful tips and photos and recipes use cup measures, so one doesn't need a scale for measurements. I've been searching for a Caribbean cookbook that features "authentic" recipes but doesn't assume I'm an expert in the culture and this is it. I'd be proud to give it to Guyanese family members and American foodies alike and would say it's a huge step towards making Caribbean culture and food accessible to the "mainstream palette" and helping parents pass along their heritage. Can't say enough about how well the book is done! This is going to be a classic!

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