



Caribbean Cookbook

Rita Springer

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Rita Springer's Caribbean Cookbook presents a complete range of mouth-watering recipes drawn from every part of the Caribbean, reflecting the influence of African, European, American and Chinese food as well as traditional recipes from the islands. Creole fish with calypso rice, peanut soup, crab gumbo with fried plantain, broiled yam and sweet potato balls, coconut ice cream and guava juice...here is the way to capture the taste of a different type of cooking. Exotic, adventurous, spicy – it's a style that will bring the exciting taste of the Caribbean into your kitchen. Caribbean Cookbook was the first cookbook to be written by a West Indian when it was first published in 1968. A popular reference for students, novice and experienced cooks alike, decades later, its popularity has not faded.

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