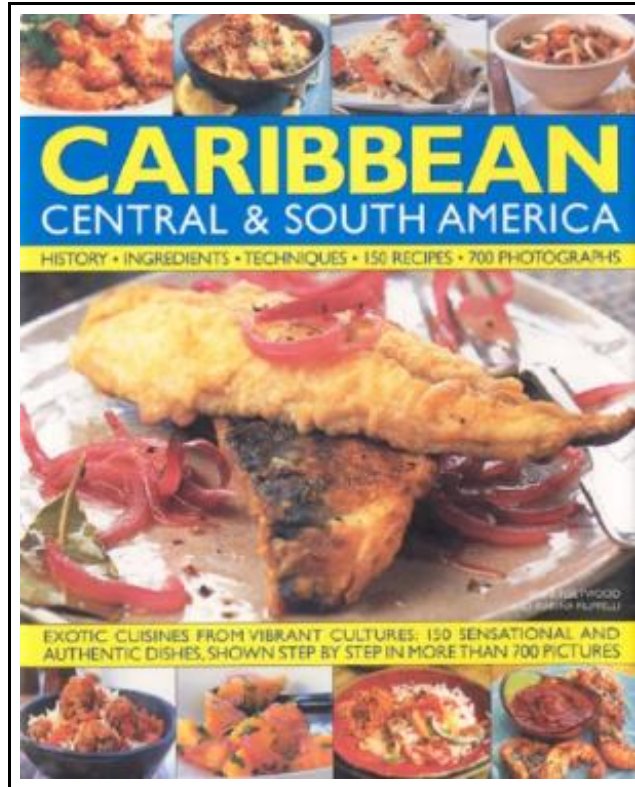


# The Illustrated Food and Cooking of the Caribbean, Central and South America: Tropical Cuisines Steeped in History, 150 Exotic and Authentic Dishes Shown Step by Step



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Anness Publishing. Hardback. Book Condition: new. BRAND NEW, The Illustrated Food and Cooking of the Caribbean, Central and South America: Tropical Cuisines Steeped in History, 150 Exotic and Authentic Dishes Shown Step by Step, Jenni Fleetwood, Marina Filippelli, This comprehensive cookbook offers an overview of Caribbean, Central and South American cooking. Traditional recipes stand alongside dishes that have been given an elegant modern twist. The reference section provides an insight into each country's history, its culinary influences and traditions. Also included is a thorough listing of regional ingredients, from staples such as corn and chillies to exotic items you may never have heard of before, including chayotes and cassava. With over 150 inspiring step-by-step recipes to try out on family and friends, this book is a must for all adventurous cooks. Discover new ingredients and techniques and recreate the authentic flavours of these deliciously varied cuisines.



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