



Jamaican Cooking: 140 Roadside and Homestyle Recipes

Lucinda Scala Quinn

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We're talking Jerk Chicken, Fried Fish and Bammy, Rice and Peas and Johnny Cakes. Follow the road signs through the island of Jamaica to discover authentic jerk and other Jamaican food, traditionally cooked in hollowed-out oil drums and served to you by a friendly proprietor. Celebrate the Jamaican culture by sharing the great spirit of the people through their delicious recipes.

The black and white photos allow you to be a part of the richly visual experience of creating authentic Jamaican food. Real Jamaican food, when cooked with understanding, is a soul-satisfying experience. So pour yourself a Rum Punch, nibble on some Plantain Fritters and bask in the warm glow of Jamaica.

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