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Hot & Spicy Caribbean: Over 150 of the Best and Most Flavorful Island Recipes

Dave Dewitt, Mary Jane Wilan, Melissa T. Stock

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Treat yourself to savory meals from the spicy islands! ***Hot & Spicy Caribbean*** is a comprehensive survey of more than 150 delicious hot and spicy dishes culled from the authors' 25 years of culinary escapes in the islands. Along with mouthwatering food, you'll find amusing anecdotes revealing local color and history, a complete glossary of spicy terminology, and a listing of mail-order sources for hard-to-find ingredients. But most of all you'll learn how to prepare sensational recipes, including:

• Jamaican Pepper Pot Soup
• Flash in the Pan Snapper
• Spicy Caribbean Black Beans
• Creole Congo Pepper Sauce
• Caribbean Crab Gumbo
• Rum Drenched Duckling
• Bajan Coconut Milk Sorbet
• Antigua Orange Cake
• and many more hot tropical treats!

Each savory recipe is rated for heat, so you can make it mild, medium, hot, or super-hot! You'll also find a sampling of cool-down accompaniments to round out your culinary tour of the islands.

"DeWitt is professionally wired for high voltage food."
—**Barbara Durbin, *Portland Oregonian***

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