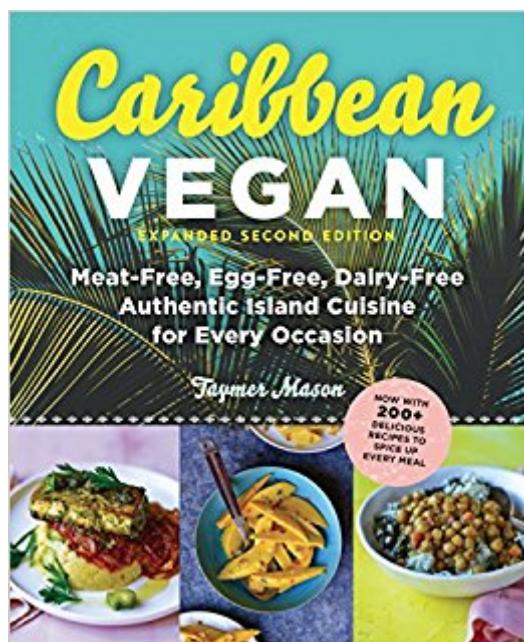


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# Caribbean Vegan: Meat-Free, Egg-Free, Dairy-Free, Authentic Island Cuisine For Every Occasion



## Synopsis

Spice up your life with over 200 authentic Caribbean recipes "veganized! Welcome to the Caribbean, home to an incredibly rich cooking tradition. Here, African, French, Asian, and Spanish influences combine with the local flavors of Barbados, Saint Lucia, Trinidad and Tobago, Jamaica, and more. You'll discover: Sweet and Savory Breakfasts: Cassava Pancakes, Herbed Sada RotiTraditional Mains: Jerk & Sausages, Pelau, Trinidadian DoublesSmoothies and Nourishing Bowls: Bajan Booster Shake, Papaya Chia Smoothie Bowl, Caribbean Macro BowlModern Delights: Rasta Pasta, Plantain Wellington, Caribbean SushiTeas and Sweet and Savory Treats: Moringa Bread, Lemongrass AgaveTisane, Sweetened Hibiscus Tea, Ginger-Kissed Jam-Filled BeignetsPlus Drinks and Cocktails, Desserts, and everything in between! In this expanded, full-color second edition of Caribbean Vegan, Barbadian chef Taymer Mason shares 75 all-new recipes, including Caribbean Sushi, Brûlé Jol (avocado salad), and Breadfruit Ravioli with Calabaza Squash Filling. Plus, she explains the key kitchen skills she learned growing up: how to cut breadfruit, make your own cassava flour, choose a ripe coconut, and more. The islands await you . . .

## Book Information

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## Customer Reviews

One of 's Best Books of the Month in Cookbooks, Food & Wine & A standout vegan title with unique flair. Highly recommended. "Library Journal & Seriously mouthwatering food from the islands!" "Post Punk Kitchen & Mason's herbaceous sauces, savory dry rubs, and piquant spices have elevated our everyday ingredients into unforgettable, island-inspired dishes." "Veg

News à œGet a chance to explore these island flavors for the price of a book instead of a plane ticketâ "and bring the carnival to the kitchen and the sunshine to your taste buds. A compendium of Caribbean dishes reflecting a diverse range of ethnic influences, ideas, and inspirations, this book appeals to current food trends and lifestyle choices, and is for those embracing a plant based and cruelty-free diet. Great book!â •â "Chef Jason Howard, pioneer of modern Caribbean cuisine and MasterChef: The Professionals quarterfinalist Â

Taymer Mason grew up in a family of cooks who taught her to makeâ "and love!â "traditional Caribbean cuisine. She went vegan while at the University of the West Indies, and, after graduating, moved to France where she started veganizing old West Indian favorites. Mason has run a gourmet catering company and started her own line of health and beauty products. A bilingual globe trotter, Mason lives in her home country, Barbados.

Wow! the negative reviews on this are way off base. Yes, the recipes use a lot of ingredients, but Caribbean food is notoriously well seasoned food... and how hard is it to sprinkle on a variety of spices anyway? Also, some complained about the complexity of the food... and that may not be what everyone is looking for, but I think that is actually a STRENGTH of the cookbook... you will be making your own food from scratch - no boxed cake mix that I've come across so far in the book, no opening up canned food, mixing it together, then heating it and calling it gourmet cuisine... this is real food made by a real person spending time in the kitchen. Also, vegan recipes can seem to be more complex only because many people aren't used to cooking this way and tend to rely heavily on packaged foods... but the initially complex multiple steps (what some cooks denigrate as "kitchen alchemy") make food that is satisfying, healthy, and tasty -- something you CAN'T get out of a package. I think it's a necessary trade off because sometimes yes, I want something that actually resembles fish or meat or whatever I might be craving that day, without eating animals. Also, the more you cook, the easier and faster cooking gets for you. I think this cookbook really is amazing and if you're in a rut, it can provide some great ideas that I personally haven't ever thought of -- and I happily cook three meals a day AND have a VERY large cookbook library, vegan and otherwise, so that's saying something!! Another strength: I quite simply know of no other cookbook out there with recipes like these, so if you want to make a vegan version of food you may have tasted in the Caribbean, you were either on your own to come up with your own recipes, or do without. This cookbook expects you to cook whole foods from scratch, and have a fairly well stocked spice cabinet, but I think most vegans (and non-vegans who like to cook) are already there -- by necessity

if not by choice. Now, some recipes are not within reach for people in all markets, because not everyone has access to a West Indian grocers and fresh soursop or breadfruit are going to be pretty hard to come by. I have I think pretty decent access to a wealth of ingredients where I live, but even I can't find these!!! This is the only legit complaint about the book, in my opinion, and even then it's to be expected that if you live outside the Caribbean, you may not have access to all the unique ingredients that make this food what it is. However, I find that I can make most of the recipes in the book and they are really innovative. I was in a bit of a cooking rut, but this book is giving me a lot of new ideas to incorporate... and remember cookbooks are always starting points... once you've tried the recipe the author's way and understand how to make the basic dish, you are free to substitute and riff off the recipes, etc. The author really encourages this attitude of experimentation, too, and repeatedly mentions that there is more than one way to make the dishes, depending on the island or even the particular cook. I think this book is a real find, and goes right up there in my list of favorites along with Miyoko Schinner (another author who unfairly gets dismissed as being so much "kitchen alchemy"), but personally kitchen alchemy is EXACTLY what I want... I WANT to know how to recreate the flavors, textures, etc., of dishes I used to enjoy but I want to make them in a healthier and kinder way. If it takes a bit of work, so be it... to me, it's worth it. If you don't have time or the inclination to cook, though, or don't have access to a reasonably well stocked grocery, this book may be out of your reach. That isn't the fault of the book or the author, though, to be fair, and there are already tons of cookbooks and cooking magazines out there that cater to exactly that type of consumer... buy refrigerated crescent roll dough, sprinkle it with sugar, bake it and call it homemade. If that's your thing, this book aint... but if you actually COOK, or want to learn how to do so, this book is a great choice. If you want to enjoy certain foods you can't typically get outside the Caribbean, this book is also a great choice, whether you are vegan or not.

The very idea of vegan Caribbean food may sound strange or unexpected, but whatever the cuisine or diet, this is one of the best cookbooks I own both. It is well-written and tested and the recipes are original. Ditch Mark Bittman and get this book, whose author actually knows what she's doing. Everything I've made from this book has turned out perfectly and been delicious, and I can't wait to try out the rest of the recipes. The pictures are mouth-watering and the recipes are extremely inventive and inspiring. The ingredients are not that exotic, either, making this book accessible for anyone with reasonable access to ethnic grocery items. I had most of them such as the spices, green onions, ginger, chilies coconut oil, and legumes on hand already. This book combined them in new, ingenious ways!The mixed bean stew is one of the most delicious bean dishes I've ever had

with a deep, spicy kick from the combination of chilies, ginger and a generous amount of black pepper. It was an easy one-pot preparation that made enough leftovers for me to happily feed on for days. The recipes run from very healthy to indulgent, making it an endless source of recipes for weekdays and special occasions alike. Don't be daunted by the long ingredient lists; the recipes are very well-written and come together in a snap. On top of everything else, this book is a joy to read and flip through.

Haven't tried all the recipes in this book yet but so far what I have tried I like. Some the ingredients may be hard to find because the author is using as many "authentic" ingredients as possible, but a lot of them you'll be able to find at stores like Mother's Market or Sprouts (SoCal).

This is a beautiful book and the recipes we have tried have been good, but I was disappointed that so many recipes rely on "fake" foods like tofu, tvp and seitan to substitute for meat and fish (applies mainly to entrees, not sides). I eat those foods, but I have a hard time believing that this is authentic Caribbean cooking. Are the Rastas eating I-tal really cooking up TVP? I was hoping for more stuff that is just made with vegetables without trying to imitate meat. Having said that, I was looking to break out of my Asian/Mexican/pizza rut with some new flavors, and this book will definitely help me achieve that goal.

I really like this book! Made a the Vegan "Beef" Patties for my family reunion! Everybody enjoyed them! Plan on making a few more things. The ingredient list is long, but it's well worth it to have such flavorful and complex vegan food. I would definitely recommend this book!

My new favorite book arrived quicker than I thought it would. I'm a new vegetarian born in the Caribbean I nvr know what to make. This book will help me a lot with my meals.

I'm going to show this to my mom so we can buy vegan or vegetarian meatless food, vegetables, herbs, and bland seasonings too prepare and cook our favorite caribbean foods since being obese, diabetic, with high blood pressure, high cholestrol, and digestion problem because of the chemical and hormones in meats are making me sick a lot. I can now have all my favorite foods through a vegan or vegetarian lifestyle change.

I love this cookbook! I haven't had much of a chance to eat a lot of Caribbean food so I was

interested in checking it out. My favorite recipe has to be the Trinidadian Doubles with Cucumber Chutney, amazing!!! The Vegan Everyday Ham is out of this world good, especially if it is basted and baked after being steamed. The Jamaican Beef Patties are out of this world good and they turned me onto the magic that is Jamaican Curry Powder! The Rum cake is decadent and boozy, a perfect finish to a Caribbean Feast!

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