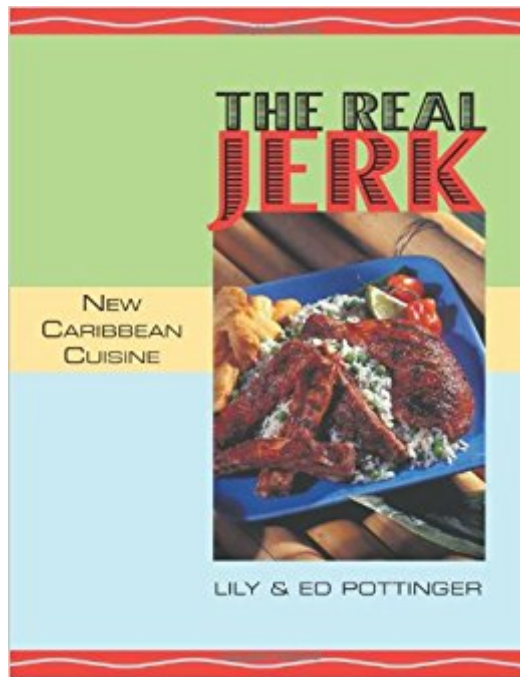




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The Real Jerk: New Caribbean Cuisine



Synopsis

There's a Jamaican phrase, "Out of many, one people," that is reflected in the style of cooking from the Caribbean: distinct, bold flavors coming together to create an electric experience. Such is the case with *The Real Jerk*. This is new Caribbean cuisine, cooking borne out of tradition, steeped in history, and brought into a new world where styles and tastes fuse to become something entirely different. *The Real Jerk: New Caribbean Cuisine* includes such favorite recipes as jerk chicken, curry goat, oxtail, shrimp creole, and ackee and codfish (Jamaica's national dish). There are also vegetarian dishes, a chapter with kids' favorites, desserts, soups and salads, and all things Caribbean. Alongside the recipes and menu suggestions are stories about the tales behind the traditions, the history of the hearth, and anecdotes about Caribbean living, whether in the islands, or on the mainland, all surrounded by black-and-white photographs and illustrations, and full-color images of the best Caribbean cooking to be had this side of the islands. Let *The Real Jerk* transport you to new Caribbean cuisine: a blend of tastes and cultures unlike any you've visited before. Lily and Ed Pottinger are the proprietors of *The Real Jerk*, Toronto's premier Caribbean restaurant. They first opened the restaurant in 1984 and have since consistently topped "favorite" and "best of" lists.

Book Information

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Customer Reviews

The Real Jerk is the popular Caribbean restaurant that the Jamaican-born authors opened 20 years ago in Toronto. Their cookbook includes easy recipes for all the favorite restaurant dishes, from Jerk Chicken and its many variations to Fried Flying Fish to Coconut Creams. Recipe instructions are

rather abbreviated, and a few of the recipes call for soup mixes or other convenience foods. However, that last spate of Caribbean cookbooks appeared a decade or so ago, so this would be suitable for larger collections. Copyright 2002 Reed Business Information, Inc.

Favourite Caribbean recipes from the proprietors of the famed, eponymous Toronto restaurant. . . Canadian Living (Canadian Living)What's best is the book often suggests which dish works well with others, allowing you to create entire meals . . . a very smart touch. . . Toronto Star (Toronto Star)

I love Jamaican food especially jerk chicken and pork. This book is well written with a vast amount of recipes that will be enjoyed by anyone that feels the same as I do about caribbean cuisine. I do highly recommend this book to anyone and I don't feel that they will be disappointed.

Have given his as a gift time and time again to friends who want to learn how to make authentic Jamaican food.the author makes it easy o follow and fun to try. Highly recommended must try

I learned to make jerk chicken for a potluck at the Kensington Women's Club in London. This is a good primer.

The recipes are quite authentic. The only thing that would enhance the book would be more photos showing exactly what the cuisine should look like when prepared.

Lily and Ed Pottinger own and operate The Real Jerk, a premier Caribbean restaurant in Toronto, Canada. In The Real Jerk: New Caribbean Cuisine, the Pottinger's draw from their more than eighteen years of experience to compiled list of helpful cooking tips, as well as recipes from sauces, salsas, dips, and dressings. Then they go on to showcase outstanding recipes for fish and seafood, meat and poultry, side dishes, breads and snacks, drinks and desserts. Of special interest is a section devoted to Menu Ideas. From Cool & Creamy Carrot Salad; Mashed Coco & Codfish; Jamaican Pot Roast; and Stewed Cow's Foot; to Sweet Potato Balls; Baked Bananas; Easter Spice Buns; Coconut Pudding Surprise; and Ginger Beer, The Real Jerk: New Caribbean Cuisine is a welcome and highly recommended addition to multi-cultural and ethnic cookbook collections.

The Real Jerk is my fave restaurant in Toronto. We live in Hawaii and whenever we hunger for

authentic Jamaican food, we rely on this book to put together whole meals. We love that it offers advice on which recipes mix & match to make the ultimate meal, plus everything is super easy to cook. The ingredients are easy to shop for and don't have you hunting down obscure ingredients. You can pick up everything at the local supermarket. We've been to Jamaica and these recipes are as authentic as it gets. Definitely buy this book!

The Jerk phenomenon in Toronto started at this sunny little place on the corners of Broadview Avenue and Queen Street East. True to the original recipes all these years later, Ed & Lily Pottinger create the best darn jerk around! The cookbook really shines in its inspiration for home cooks. Simple and quick, sizzling and fiesty!

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