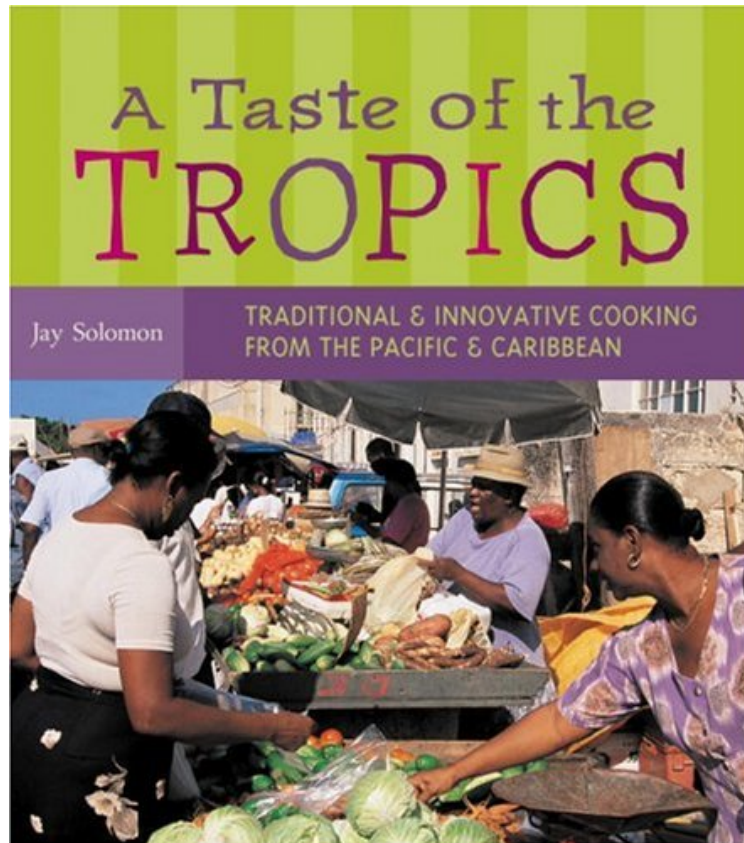


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A Taste of the Tropics: Traditional and Innovative Cooking from the Pacific and Caribbean

Jay Solomon

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Jay Solomon : A Taste of the Tropics: Traditional and Innovative Cooking from the Pacific and Caribbean

before purchasing it in order to gage whether or not it would be worth my time, and all praised A Taste of the Tropics: Traditional and Innovative Cooking from the Pacific and Caribbean:

2 of 2 people found the following review helpful. While not everything in this book may be exactly like the food as is in the countries/regions listed in ...By B. YankeeWhile not everything in this book may be exactly like the food as is in the countries/regions listed in the title, I can say that every recipe we've tried in the six years we've had the book (maybe 60% of them) has been absolutely delicious! This is our "go to" recipe book when we cook for guests and they are always very impressed. The directions are clear and the recipes are easy to follow, requiring no complicated techniques. The "exotic" ingredients are pretty easy to find in any well-stocked supermarket and he gives substitutions for many those that might be hard to find. Buy it. You won't be sorry.2 of 3 people found the following review helpful. A delightful and varied collection of recipesBy Nicole N. PellegriniWhile there are plenty of cookbooks focusing on either the cuisine of the Caribbean or that of Pacific Asia, this is the only book I've ever seen that samples both regions in one volume - and to wonderful result! By tackling recipes from Cuba to Indonesia, the author illuminates some of

the common elements of these cuisines, as well as what makes each one unique. Beyond that, these are useful, not-too-difficult recipes that nearly anyone should be able to produce in one's kitchen. Shrimp and Mango Curry is one of my favorites; a West Indian recipe that manages to be exotic without requiring hard-to-find ingredients. Also excellent are the recipes for salsas and chutneys that can be prepared to add spice and flavor to just about any meal. Instructions are very easy to follow. There are no photographic illustrations inside, but they are not needed as the recipes sound so tempting just by their names alone (Rum-Soaked Bajan Chicken; Sea Bass with Banzai! Peanut Sauce). This collection is a great addition to any cookbook library and a wonderful introduction to the foods of the Tropics. 3 of 4 people found the following review helpful. A Taste of the Tropics???? By Ellen Drew I add the question marks to the end of the title of this book by Jay Solomon because I reckon it's good for a laugh, but not much else, if the recipes that purport to come from Trinidad are any guide to how useful, or otherwise, this cookbook may be to the young, aspiring cook or chef who aims to produce authentic Trinidad dishes. Not trusting my own judgement I double and triple checked the recipes for Callaloo, Roti and Curry with a close friend who likes to cook, and with my housekeeper. Both disapproved, ** 'steupsing' ** as they read the weird lists of ingredients and even more bizarre directions for cooking them. However, the complete and entire title of this book is "A Taste of the Tropics, Traditional and Innovative Cooking from the Pacific and Caribbean". Could it be that Chef Solomon has been doing some innovative cooking of his own while preparing Trinidad Callaloo, Roti, and Curry? Or that the clients of this chef and owner of Emily's Gourmet in Denver Colorado and, previously, Jay's Café in Ithaca, New York either forgot all the tastes they ever knew about home cooking, or aren't Trinidadians? Indeed, one wonders what reviewers of cook books in Hawaii, Thailand, Polynesia and Viet Nam have to say about his Tropical Eastern dishes? Should you doubt my opinion of "A Taste of the Tropics" try putting it side-by-side with the Naparima Girls High School classic cookbook (the `bible' of all Trinidad cookbooks -- also available from .com) to compare the lists of ingredients and directions for cooking the very best of Trinidad fare.

Traveling along the equator with utensils in hand, chef and restaurateur Jay Solomon takes an entertaining culinary journey through Cuba and Aruba to Hawaii and Indonesia, sharing his visions of paradise along the way. Combining fruits and vegetables with spices, peppers, fish, and piquant sauces, the 145+ recipes in A TASTE OF THE TROPICS reflect a laid-back island style with a complex range of flavors from savory to sweet and fiery to cool. What could be more inviting than a feast of Shrimp and Mango Curry, Jerk Chicken, and Green Papaya Salad capped off by a Golden Piña Colada? With helpful tips for using tropical ingredients, A TASTE OF THE TROPICS is part travelogue, part cookbook, and 100 percent delicious.

About the Author JAY SOLOMON is the best-selling author of Vegetarian Rice Cuisine and Vegetarian Soup Cuisine. For over a decade, Jay has worked as a chef and restaurateur in Ithaca, New York.