



Creole Kitchen: Sunshine Flavours From the Caribbean

Vanessa Bolosier

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Creole Kitchen is an original collection of recipes from the French Caribbean. Creole food is one of the first fusion foods, drawing in influences from years of trading history and mixing cultures on the islands of Guadeloupe and Martinique. This sunshine-filled book features 100 recipes from Prawns Colombo to Creole Cassoulet, from Coconut Slaw to Saltfish Boudins, from Flambé Bananas to Pineapple Fritters and delicious rum-laced punch and cocktails. This is food to truly make the mouth water and bear you away to a Caribbean paradise. Drawing inspiration from her childhood kitchen, the bright and engaging author, Vanessa, is on a mission to spread the love, sunshine and laughter that Caribbean Creole food brings. The recipes are both delicious and easy to make, and Vanessa offers substitution ideas for traditional Caribbean ingredients, although they are increasingly available in supermarkets and grocers everywhere. A cookbook for anyone with a sense of adventure who longs for sunshine flavours.

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