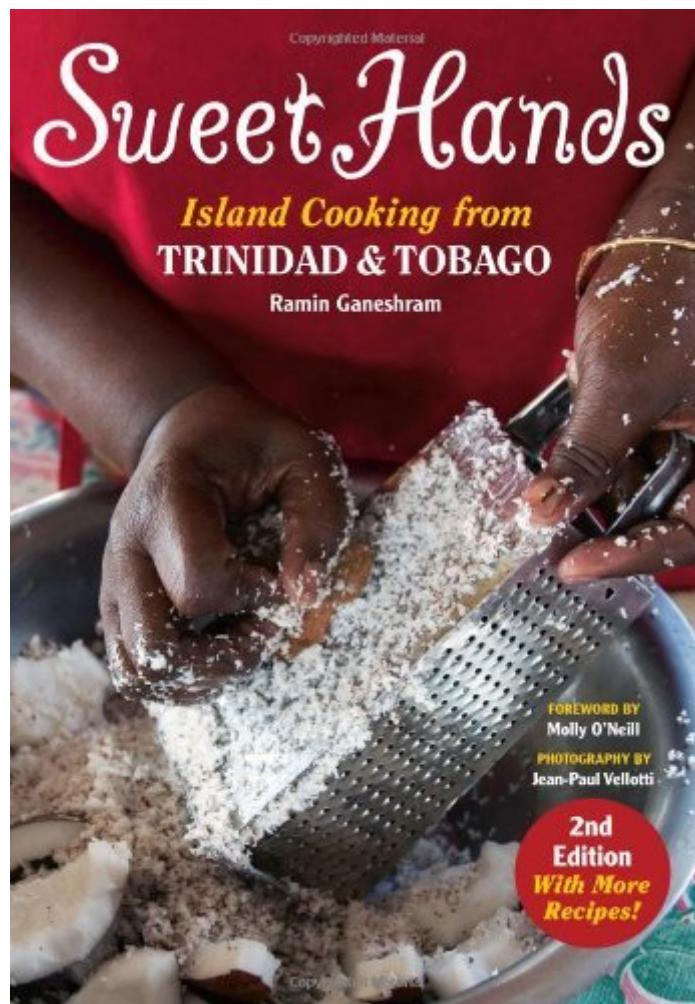


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# Sweet Hands: Island Cooking From Trinidad And Tobago



## **Synopsis**

Inspired by memories of her father and her own experiences on the islands, Ramin Ganeshram introduces the reader to a beautiful nation with a rich and eclectic cultural heritage. African, Indian, Chinese, and British culinary influences come together in a unique Trinidadian blend.

## **Book Information**

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## **Customer Reviews**

So I grew up with the original Naparima cookbook The Multi-Cultural Cuisine of Trinidad & Tobago & the Caribbean which got straight to the point on the recipes and was laid out like your typical high school Home Economics course. This book is another way to write a good cookbook for authentic Trinidad & Tobago cuisine, but also give it some real-world validation. Unlike the Nap book which was written by a Trinidadian, this one was written by an American who didn't actually live in Trinidad. Me, being born and raised in Trinidad and having my son spend summers in Trinidad with his grandparents know that the food experience is different for each situation. This author is not a chef, nor a cook but a journalist, so given that she has been brave enough to compete with the Naparima cookbook is enough to give her 5 stars. I like cookbooks with pictures, and both books lack in that department. This book is very narrative also compared to the Naparima cookbook which

I don't really care for. I like simple and direct instructions, which the former maybe better for someone who is not familiar with these dishes. I grew up eating the majority of these dishes, and I learnt to make most of them from the Naparima cookbook since my mother didn't really teach me how to cook. What people need to understand that there is a street/store version of each dish and then there is your mother/grandmother's version (with that extra touch) which you are use to. The recipes are pretty standard and if you don't have that authentic Trini-food experience then your reviews of each recipe will be skewed by what you want to expect.

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