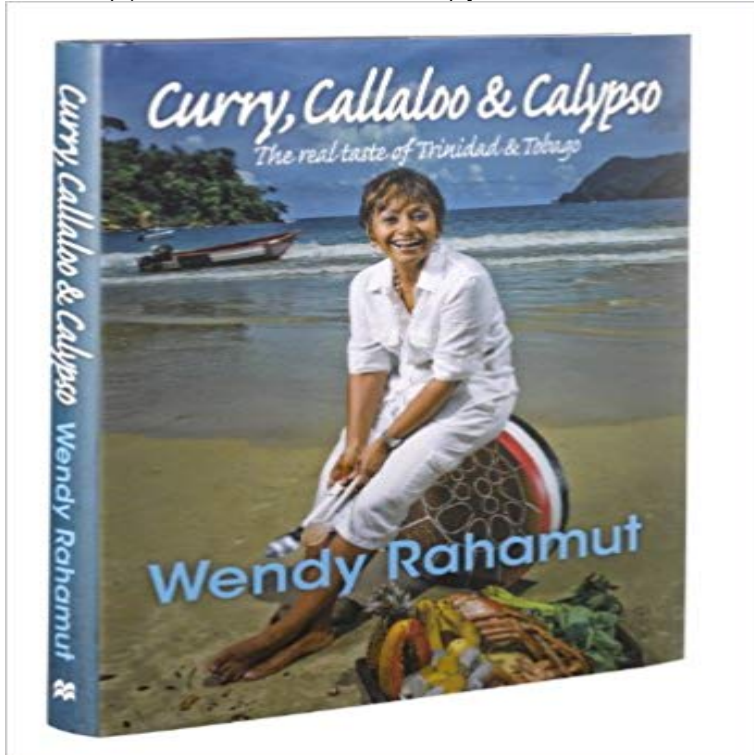


# Curry, Callaloo & Calypso: The Real Taste of Trinidad & Tobago



When asked about the spontaneity of Caribbean cooks, Wendy Rahamut says: We do not really cook from recipes, as such. Many cooks prepare recipes handed down from generations, and these are embedded in the memories of each cook. Realising that globalisation and foreign influences could dilute her country's local cuisine, Wendy's latest culinary offering *Curry, Callaloo and Calypso: The Real Taste of Trinidad & Tobago* showcases her country's indigenous foods by way of old and new recipes for present and future generations. The book is divided into ten sections of recipes with helpful short explanations: Sweet and Savory Breads; Cakes, Pastries, Desserts and Ice Creams; Fish and Seafood; Snacks and Indian Delicacies; Rice, CoCo, Provisions and Dumplings; Meats, Soups, Souses, Salads and Vegetables; Chutneys and Peppersauces; Drinks; and, Confections, Jams and Jellies. The dishes are beautifully illustrated in full-colour, and the book is also peppered by striking images of Trinidad and Tobago.

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