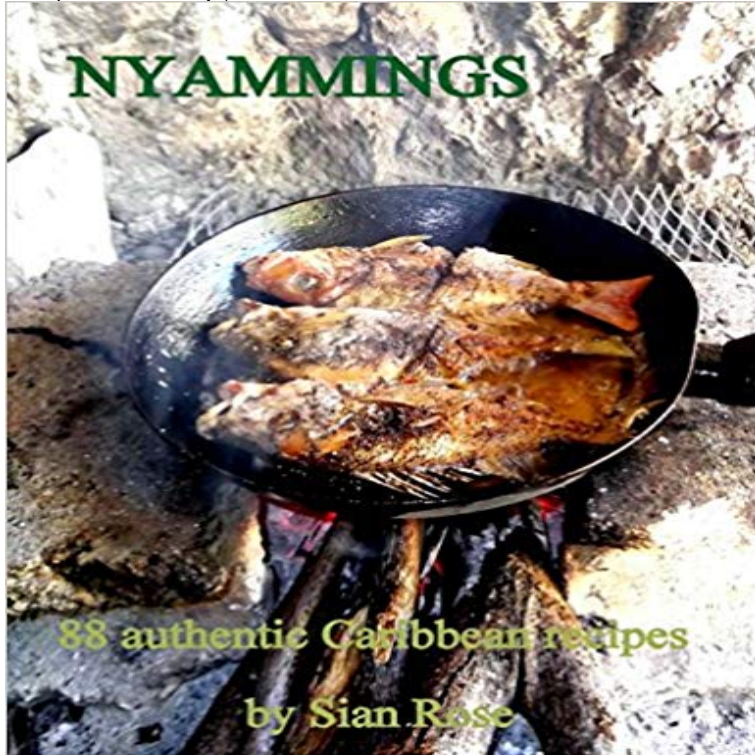


Nyammings: 88 authentic Caribbean recipes (Volume 1)



Nyammings is a collection of 88 authentic Caribbean recipes. Compiled and tested by Jamaican Chef, Sian Rose; the recipes were carefully selected from hundreds of recipes collected over 25 years of cooking and travelling. Whether you're a curious cat or a seasoned professional Nyammings has something for you. With hundreds of full color pictures and step by step instructions for each recipe, you'll be cooking up your own Caribbean feast in no time. Each recipe is adapted to suit Westernized tastes and simplicity while maintaining the authentic Caribbean flavor. Caribbean islanders at home or abroad will feel right at home with authentic recipes like Black Cake, Bahamian Peas and Rice, Cou Cou and Fried Flying Fish. Sian is an award-winning Chef and caterer from Westmoreland, Jamaica. In recent years, due in large part to her popular recipe blog, Sian has gained renown as a Caribbean food expert and Specialty Chef. In 2014 Sian made her TV debut when she competed on the Food Network. She is the owner of Sians Cooking a catering and personal chef service based in Miami. Find out more about Sians Cooking here: <http://www.sianscooking.net/> Nyammings is Sians first cookbook.

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