



The Art of Cooking: Soul of the Caribbean

Selwyn Richards

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TASTE THE ESSENCE OF THE CARIBBEAN: In "The Art of Cooking: Soul of the Caribbean", Chef Selwyn Richards offers simple recipes that are sure to tug at your memories of home. But even if you are a newbie to the cuisine, these step-by-step methods, sample menus and easily available ingredients make creating these dishes a cinch. At your next meal or event, experience the riotous, tantalizing flavour that's truly Caribbean and create WOW!

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