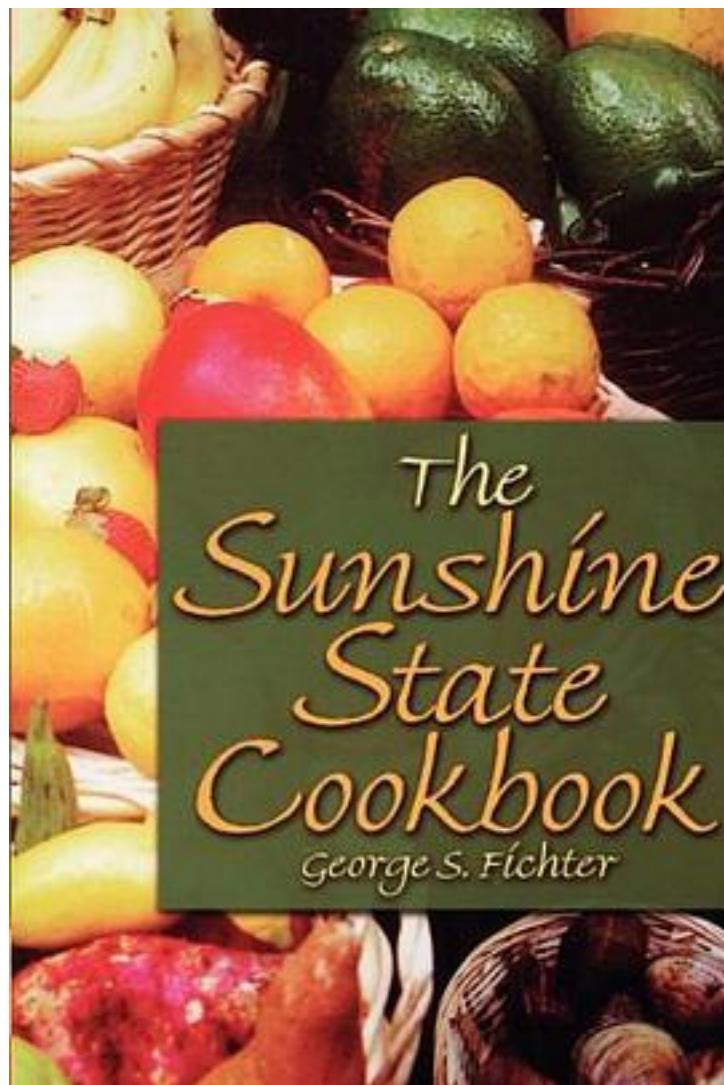


The Sunshine State Cookbook



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- Florida's kitchens reflect the diversity of the state's many immigrants- Become acquainted with the exotic fruits and vegetables found in the Sunshine State- Get tips on the proper way to handle and prepare seafood, and find new ways to liven up familiar vegetables and meats- Cook chicken strips inside a fresh coconut for a taste you never imagined- Serve a juicy pineapple dessert, baked with rum and flaming- Treat yourself to luscious conch chowder or curried lobster

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