

Creole



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Creole is a sumptuous celebration of this unique and much-loved style of cooking. The heritage of French, Spanish and African settlers, Creole cookery takes the best of these cuisines and combines them with native American ingredients to produce a style of cooking that is rich in history and full of flavor. Containing over 160 recipes and including some of the most famous West Indian Creole dishes, from fish and shellfish dishes to cooling punches and frappes, Creole paints an evocative picture of the food in Guadeloupe and is bursting with the sun, freshness and energy of the Caribbean.

作者介绍:

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标签

English

评论

So much fried food, but so good. Spice up.

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书评

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