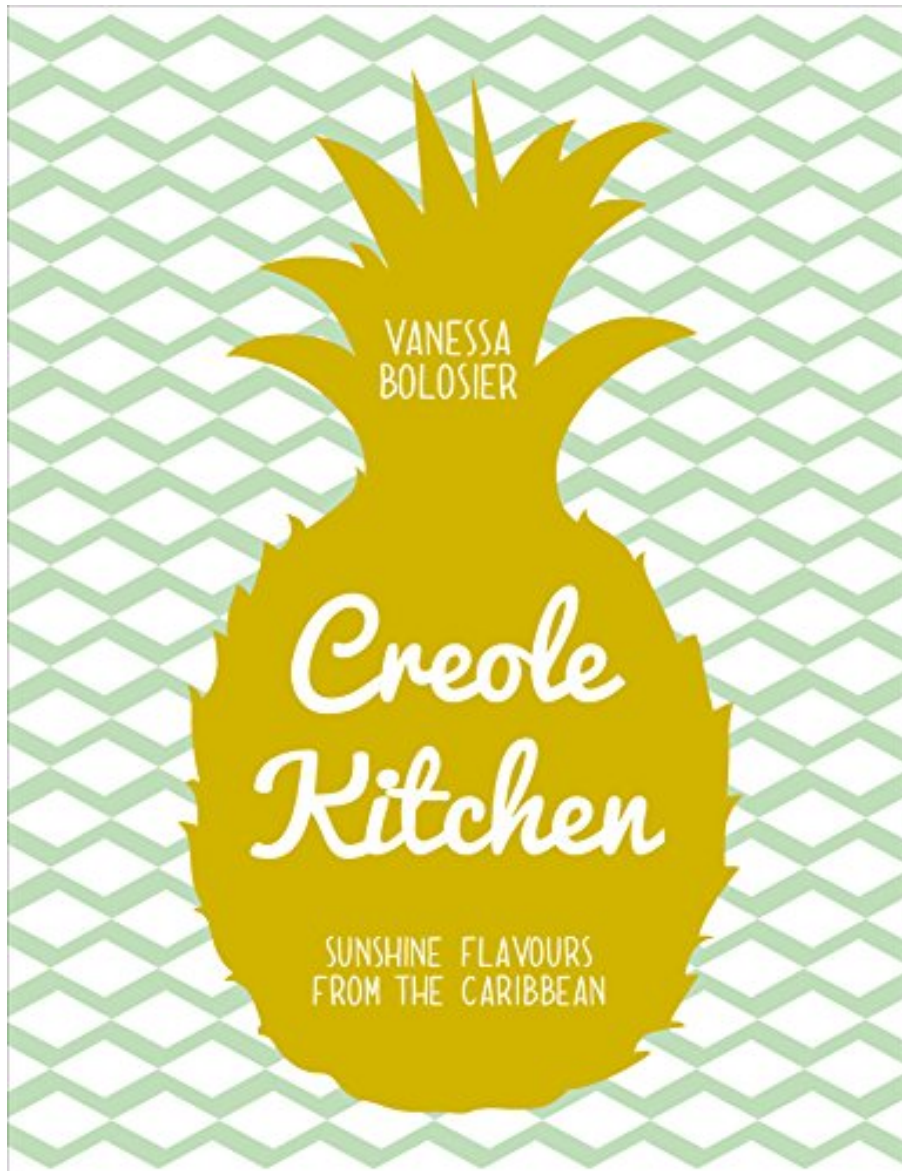


CREOLE KITCHEN: SUNSHINE FLAVOURS FROM THE CARIBBEAN BY VANESSA BOLOSIER



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About the Author

Born in Guadeloupe, Vanessa Bolosier is half-Guadeloupian and half-Martiniqan. She moved to France when she was 17 and worked as a fashion model while studying marketing and publishing. On moving to London she decided to quit her job in publishing for her true love - food. In 2011 she founded Carib Gourmet, a company specialising in luxury Caribbean food and confectionery, winning a Great Taste Award for her Coco Gourmand coconut sweets. She also runs a cookery school and supper club of the same name. Her recipes have been featured in the Guardian.

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Creole Kitchen is an original collection of recipes from the French Caribbean. Creole food is one of the first fusion foods, drawing in influences from years of trading history and mixing cultures on the islands of Guadeloupe and Martinique. This sunshine-filled book features 100 recipes from Prawns Colombo to Creole Cassoulet, from Coconut Slaw to Saltfish Boudins, from Flambé Bananas to Pineapple Fritters and delicious rum-laced punch and cocktails. This is food to truly make the mouth water and bear you away to a Caribbean paradise. Drawing inspiration from her childhood kitchen, the bright and engaging author, Vanessa, is on a mission to spread the love, sunshine and laughter that Caribbean Creole food brings. The recipes are both delicious and easy to make, and Vanessa offers substitution ideas for traditional Caribbean ingredients, although they are increasingly available in supermarkets and grocers everywhere. A cookbook for anyone with a sense of adventure who longs for sunshine flavours.

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This is a very cute cookbook that I enjoyed looking through and getting inspired by to try something ...

By Dawnie

This is a very cute cookbook that I enjoyed looking through and getting inspired by to try something new.

The book has a very nice layout, the pictures are all beautiful and very clear and vibrant. Pages are nicely spaced and easy to read, even while you are a bit away from the book while cooking. The writing is done in a nice font that is also easily read and neither too little nor too big so that it feels like you have to make the page view bigger to really be able to see and read everything. All that is fantastically done.

I also enjoyed the first few pages where the author talks about her life and how she came to make this cookbook as well as why she decided to make this book. I always enjoy learning a bit more about the person that is more or less invited into my kitchen by following their recipes. So I enjoyed that very much.

The recipes themselves are mostly very easy and fast to make recipes that are still the traditional kitchen from the Caribbean and take you with their flavors directly there. It really is a book that give you the “sunshine flavors from the Caribbean”!

I do have to say that the one thing that I found a bit sad was that not every recipe has a picture. And I do love it when especially cookbooks show actually really every individual recipe in a picture. There is just something that I enjoy by looking at the food that I want to make, to get really inspired and actually cooking it and not just looking and the words of the recipe and thinking that it sounds good. The picture is what makes me want to cook the dish.

And while this book does have fantastic pictures of the food, it does not picture every single recipe. It is a personal preference. I know. But to me it does not matter if I see a recipe of something that I know how it looks –for example rice pudding as it is a recipe that is included in this book- or if I never heard of the dish before. I want to see it. Because as I said that is what makes me want to actually cook it. And also... I love to just pick up my cookbooks and flip through them, seeing all those beautiful pictures of foods that I could make and really get inspired. Once again, the more pictures that are inside a book the more I will actually use it. And sometimes –especially for the more simple and everyday recipes such as a rice pudding- I need a picture and seeing it to remind myself how fantastic it tastes to actually cook it once again.

All in all it is a really fantastic cookbook with good recipes and nice pictures. The only thing is that I really wished it had more of those fantastic pictures. But if you are in search of a cookbook that will bring you the vacation feeling without having to actually go on vacation, if you have been to the Caribbean and miss the food, or if you just always wanted to go and never had the change... this book can take you there at least for a little while. Either by showing you the fantastic pictures or if you cook something and let yourself be taking away with the smells and flavors the recipes bring with them.

This book was given to me via NetGalley in exchange for a honest review.

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