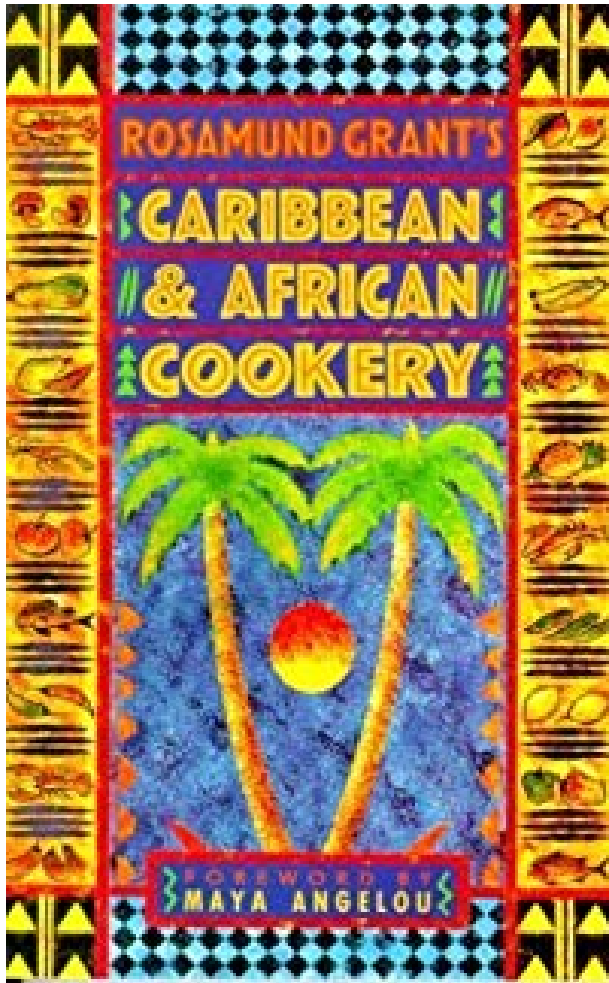


# Caribbean and African Cookery



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The essence of Caribbean cooking lies in using fresh foods, enhanced by spices from the islands, and fresh herbs. Grant captures the rich diversity of her home cooking and its history with lovely anecdotes, delicious recipes and full-color photographs.