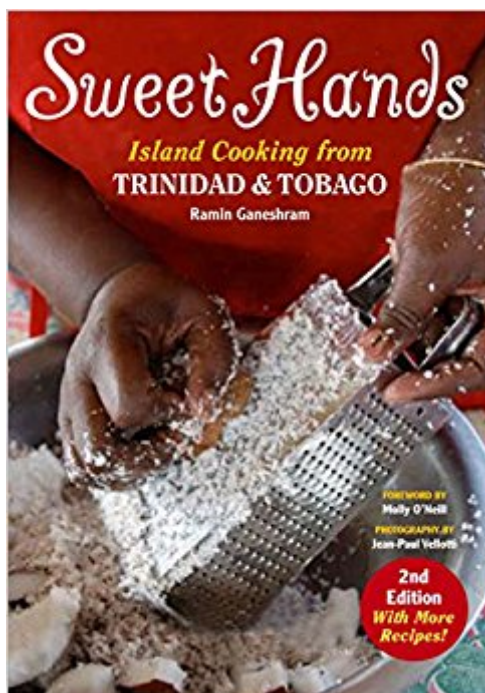


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# Sweet Hands: Island Cooking From Trinidad & Tobago



## Synopsis

Inspired by memories of her father and her own experiences on the islands, Ramin Ganeshram introduces readers to the cuisine of Trinidad & Tobago, where African, Indian, Chinese and British culinary influences come together in a unique blend. Includes over 175 recipes, a section of color photos, and a foreword by New York Times food columnist Molly O'Neill.

## Book Information

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## Customer Reviews

"Sweet Hands: Island Cooking from Trinidad and Tobago by Ramin Ganeshram is a good cookbook specializing in TnT dishes." --Lonely Planet Guides, Destination Caribbean

Ramin Ganeshram a journalist and chef who writes about food, culture, and history in cookbooks, fiction and essays for adults and kids. Her other cookbooks include *Cooking with Coconut*, *FutureChefs*, *America I Am: Pass It Down Cookbook*, and *Stir It Up*, a YA novel. Foreword by Molly O'Neill: For a decade, Molly O'Neill was the food columnist for "The New York Times Magazine" and the host of the PBS series "Great Food". Her work has appeared in many national magazines, and she is the author of three cookbooks, including the award-winning "The New York Cookbook". She lives in New York City.

There were a lot of Indian Trini recipes in here. Most of the recipes I was looking for that I grew up on, Black Trinis, weren't in here which was really disappointing.

I so very please I bought this book. As Trinidadian there are foods I love but was never taught how

to cook. This book is hands down a treasure. I was actually looking for the Naparima Cookbook and came across this one. I do not regret buying. It has increased the flavour of the dishes I have been cooking for years and taught me so many new ones. Awesome find!

This book truly has some very good recipes. Once you follow the directions you will not go wrong, I have tried a few of them already and planning to learn a few more.

My mom was from Trinidad and since her passing several years ago, I haven't really cooked any traditional Trini meals. Now I have recipes of some of my favorite Trini dishes plus background on where the dishes originated. Love this cookbook!

I like this author. I bought this book because of her Black Cake (Christmas Cake) recipe. If you like Trini food I recommend this cook book.

Good book, make sure you have the spices, and follow the recipe instruction.

Good TrinBago recipes, but there are still many good traditional recipes missing. I also remembered so many of my mum's recipes from my childhood. Apart from that the book is OK for a newcomer to Trinidadian and Tobagoian cooking. How lucky we are as a nation, to have such an infusion of different cultural influences of cooking skills. Unfortunately, (now I am being fussy), the photographs don't depict the true ethnicity of Trinidad and Tobago, those of us from these twin islands will look at these photos and agree with me. But hey! all books will always be biased in some way or the other. Happy cooking!!

Growing up in Trinidad and Tobago is a unique experience and the foods there are definitely #1 compared to a lot of other islands. When I first moved to the USA, I was not all that concerned with trying to find the foods since there was a place for roti near our house, and you can find most of those ingredients in Miami. It was not until after college when I moved to the Northwest States that I felt "homesick" for dahlpuri and callaloo and other such things. I have purchased and tested several books that are a generalized Caribbean cookbook, as well as hunted down the Naparima Girls Guide to Cooking. It was not until I found Sweet Hands and read through it that I found what I needed. The pictures of Trinidad and the stories bring that element of history and home and passion to the recipes. And I LOVE that she offers substitutions for some of the ingredients. I made a

callaloo stew with swiss chard and spinach as suggested, and while the taste was slightly less sweet, it carried such a good flavour that I felt I was home again. Those other cookbooks maybe going to the second hand store.

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