

Cooking like my mama: Montserrat Recipes

by

Sharmen Greenaway



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Synopsis

You asked for it! Traditional cooking styles! I complied! Some photos added strategically! Food is an important aspect of our culture; and our foods like our culture are a mixture of heritage – Amerindian, African, Irish and British. The national dish of Montserrat ‘the goat water’ a legacy, is said to be the derivative of an Irish stew and is much enjoyed by nationals and visitors alike. Yum! My mama had a special way of cooking that left your mouth watering and coming back for more. Creative ways of using natural and other ingredients enhanced her cooking. This cookbook attempts to capture some cooking the way it was!

Sort review

About the AuthorCo author of "Recipes for Low Cholesterol Diet: Lower Cholesterol the Paleo or Grain Free Way". --This text refers to the paperback edition.

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