



Rock Cake Recipe Jamaican

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Rubenfire**



Rock Cake Recipe Jamaican:

Jamaican Recipe Cookbook Gordon Rock,2020-05-11 Do you know a friend family member or even a co worker that is bragging that they went to Jamaica and the food there is great Maybe you went there yourself and had something that you just can't get out of your mind Did you want to go to Jamaica to experience the same thing too but you are unable due to financial problems or because you're just too busy We have got you covered Here is a cookbook that will bring Jamaica to you allowing you to enjoy Jamaican cooking in our own home This book features recipes like Jamaican Oxtail Jamaican Beef Patties Jamaican Sour Sop Juice and many more Grab a copy today and let's get cooking *Barry's Recipe Book* Barry Harvey,2012-10 One thing which is very important and that is the spice it is very important knowing what spices go with which meat or fish or vegetables Always start off with a little as you can always adjust the seasoning later this goes to using salt and pepper After all these years I am constantly learning Last year I was in Egypt on a cruise We did get off the ship and we went to Cairo and saw the pyramids and the Sphinx Yes we saw other things but in Safage we went shopping Yes as you can guess I aimed for the spice shop I enjoyed haggling and bought real Saffron not like the cheap stuff this was the Red Iranian which in the UK is like gold and very expensive I also bought mixed spice and sumac I have since learned that this spice goes well with fish and chicken For a very quick meal why not make some Koftas using 1 tsp of Sumac 1 tsp of mint tsp of finely chopped Rosemary salt pepper and to tsp of cumin 1 tsp of fresh coriander chopped and if you want a little heat add tsp of dried chilli and mix well Take a little lamb mince and add all the spices then fry a little bit to check the seasoning Adjust to your taste and not what the recipe books say Everyone has different tastes then use some fresh crushed garlic about 2 cloves 1 tsp of fresh chopped mint and tsp chopped coriander and parsley and mix well Leave to rest in the fridge Make some flat breads and enjoy **The Diabetes Cookbook for the Whole Family** Melissa Armstrong,Eileen Burr,Jill Gosper,2001-08 With thirty three new recipes reflecting current eating trends including Asian specialties and delicious Mediterranean dishes this cookbook also includes new health tips for people with diabetes as well as a detailed look at ingredients lists and nutritional information on food packaging The Diabetes Cookbook for the Whole Family Second Edition is a must have resource of healthy delicious meal ideas for all diabetics and their families **Dictionary of Jamaican English** Frederic G. Cassidy,Robert Brock Le Page,2002 Originally published by Cambridge University Press in 1967 and then revised as a second edition in 1980 this classic study has never before been available in a paperback edition This method and plan of the dictionary are basically those of the Oxford English Dictionary but oral sources have been extensively tapped in addition to detailed coverage of literature published in or about Jamaica since 1655 The dictionary is a mine of information about the Caribbean and its dialects about the history of English and its dialects and about Creole languages and general linguistic processes Entries give the pronunciation part of speech and usage labels spelling variants etymologies and dated citations as well as definitions Systematic indexing indicates the extent to which the lexis is shared with other

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