



# Red Peas Soup Recipe

**Riaz Phillips**



## **Red Peas Soup Recipe:**

### **Culinary Colonialism, Caribbean Cookbooks, and Recipes for National Independence** Keja L. Valens, 2024-02-16

Women across the Caribbean have been writing reading and exchanging cookbooks since at least the turn of the nineteenth century. These cookbooks are about much more than cooking. Through cookbooks, Caribbean women and a few men have shaped embedded and contested colonial and domestic orders, delineated the contours of independent national cultures, and transformed tastes for independence into flavors of domestic autonomy. *Culinary Colonialism: Caribbean Cookbooks and Recipes for National Independence* integrates new documents into the Caribbean archive and presents them in a rare pan-Caribbean perspective. The first book-length consideration of Caribbean cookbooks, *Culinary Colonialism* joins a growing body of work in Caribbean studies and food studies that considers the intersections of food, writing, race, class, gender, and nationality. A selection of recipes culled from the archive that *Culinary Colonialism* assembles allows readers to savor the confluence of culinary traditions and local specifications that connect and distinguish national cuisines in the Caribbean.

*Southern Provisions* David S. Shields, 2015-03-23 A look into the agricultural and culinary history of the American South and the challenges of its reclaiming farming and cooking traditions. Southern food is America's quintessential cuisine. From creamy grits to simmering pots of beans and greens, we think we know how these classic foods should taste. Yet the southern food we eat today tastes almost nothing like the dishes our ancestors enjoyed because the varied crops and livestock that originally defined this cuisine have largely disappeared. Now a growing movement of chefs and farmers is seeking to change that by recovering the rich flavor and diversity of southern food. At the center of that movement is historian David S. Shields, who has spent over a decade researching early American agricultural and cooking practices. In *Southern Provisions*, he reveals how the true ingredients of southern cooking have been all but forgotten and how the lessons of its current restoration and recultivation can be applied to other regional foodways. Shields's turf is the southern Lowcountry, from the peanut patches of Wilmington, North Carolina, to the sugarcane fields of the Georgia Sea Islands and the citrus groves of Amelia Island, Florida. He takes us on a historical excursion to this region, drawing connections among plants, farms, growers, seed brokers, vendors, cooks, and consumers over time. Shields begins by looking at how professional chefs during the nineteenth century set standards of taste that elevated southern cooking to the level of cuisine. He then turns to the role of food markets in creating demand for ingredients and enabling conversation between producers and preparers. Next, his focus shifts to the field, showing how the key ingredients—rice, sugarcane, sorghum, benne, cottonseed, peanuts, and citrus—emerged and went on to play a significant role in commerce and consumption. Shields concludes with a look at the challenges of reclaiming both farming and cooking traditions. From Carolina Gold rice to white flint corn, the ingredients of authentic southern cooking are returning to fields and dinner plates, and with Shields as our guide, we can satisfy our hunger both for the most flavorful regional dishes and their history. Praise for *Southern Provisions*: People are always asking me what the

most important book written about southern food is *You are holding it in your hands* Sean Brock executive chef Husk An impassioned history of the relationship between professional cooking markets and planting in the American South which argues that true regionality is to be found not in dishes but in ingredients Times Literary Supplement *Jamaican Cooking Made Easy* GetJamaica. Com,2008-02 Enjoy a Jamaican recipe for every day and season of the year Volume I of Jamaican Cooking Made Easy is the largest compilation of Jamaican recipes packed with new and flavorful dishes along with the traditional ones will put your taste buds to work enjoying every unique blend of herbs and spices Chef Trevor Blake Cooking Tutor Cayman Islands As an experienced chef of over 27 years this is the first truly authentic Jamaican recipe book that I have used I recommend it to my students and use it in lessons as it uses very simple ingredients to create masterpiece Jamaican dishes a must have for cooks and chefs all over the world *Taste the State Georgia* Kevin Mitchell,David S. Shields,2025-08-19 Ingredient by ingredient dish by dish take a tantalizing tour of Georgia s signature foods Taste the State Georgia and the regional foods within it can be a source of pride for people and communities This book will prepare you for your next Georgian culinary adventure and give you a bit of history on why southerners eat what they eat Mashama Bailey chef and owner of The Grey Savannah From apples to peaches to Vidalia onions Georgia is home to some of the finest produce grown in the American South From Brunswick stew to Savannah Red Rice the state s signature dishes are steeped in history In Taste the State Georgia chef Kevin Mitchell and culinary historian David S Shields reveal the stories and history that have made this rich food culture what it is today Arguing that Georgia was one of the first states to enthusiastically claim regional cuisine as a marketing tool Mitchell and Shields explore each of the state s regions highlighting foods such as Fort Valley Pecans from Central Georgia and Sapelo Island Clams from the Sea Islands Beyond such staples of the Georgian diet the authors emphasize more recent culinary creativity which has produced favorites like the pimento cheeseburger and Vidalia onion cornbread Sharing stories of heirloom cultivars and innovative kitchens Taste the State Georgia is a testament to both the enduring memory and future possibilities of Georgian cuisine Taste the State Georgia includes sixty five alphabetical entries with numerous historical recipes fourteen original recipes by Chef Mitchell forty eight color images and a foreword by celebrated Savannah chef and author Mashama Bailey **The Big Payback** Lenny Henry,Marcus Ryder,2025-10-07 At the abolition of the slave trade two centuries ago the British government paid huge amounts of compensation to slave owners Only in 2015 did British taxpayers stop paying off this debt How is it that slave owners were paid compensation from our taxes yet the enslaved and their families were not Why should the descendants of former slaveowners still benefit from inherited wealth while the successors of the victims of slavery receive nothing and may have even paid towards the debt of compensation through their taxes Beginning with these simple but startling questions Lenny Henry and Marcus Ryder explore the burning issue of how best can we resolve the inequality resulting from 400 years of the enslavement of African people and the ongoing racism still suffered by millions across the world Talking to reparation

experts economists politicians and anti racism campaigners including Bell Rebeiro Addy Robert Beckford Kenneth Mohammed and Kehinde Andrews they investigate how reparations can work and how we can help to make them happen

**Caribbean Cookery Secrets** David Daley,Gwendolyn Daley,2013-05-16 Discover the secrets of Caribbean cooking the methods and ingredients needed to create that authentic Caribbean taste Embark on a journey around the different islands of the Caribbean and find out how to make the most popular dishes such as Jerk Chicken with rice and peas and Curry Goat as well as the different islands celebrated national dishes such as Fish Chowder and Pepper Pot Stew **West Winds** Riaz Phillips,2022-08-16 A beautiful cookbook that celebrates the wonderfully diverse flavors in Caribbean cooking with over 100 riveting recipes to try Introducing West Winds a joyous celebration of Caribbean cooking with a special focus on the sensational flavors of Jamaican cuisine Winner of the Jane Grigson Trust Award 2022 the all encompassing Caribbean cookbook West Winds introduces everyone everywhere to the enriching and mouth watering flavors that Jamaica has to offer Growing up in London and now living in Berlin food writer Riaz Phillips is passionate about celebrating the familiar Caribbean food of his childhood while also demystifying new and unknown ingredients for home cooks from around the globe With 120 traditional and delicious dishes that draw on Riaz s personal memories West Winds is so much more than a showcase of Jamaican cooking it is also rooted in the exploration of the island s heritage and culture Featuring colorful and sun drenched imagery and easy to follow instructions the versatility of Jamaican cuisine is apparent Riaz blends authentic Jamaican ingredients and dishes with popular trends discover recipes for nose to tail and vegan cooking Why not also recreate popular takeaway food Oxtail and Butterbean or feel as though you re on the beach with a Langoustine Soup This cookbook has everything main meals sauces soups juices and preserves bakes and desserts Explore the riveting recipes of this colorful cookbook to find A varied collection of 100 Caribbean easy to follow recipes written by Riaz Phillips Captivating recipe and travel photography Feature essays which capture the history and culture of the food So whether you seek connection with your heritage or you re simply looking to expand your culinary repertoire take a trip to Jamaica with West Winds proving the ideal cookbook for those with an interest in Caribbean flavors cooking and culture or doubling up as the perfect gift for chefs who are looking to experiment with new flavors Read it cook from it immerse yourself in it and more

*The One & Done Cookbook* Betsy Freeman,2022-10-21 This is a collection of vegan and vegetarian dinners that are low fuss low mess and high in protein The author lists substitutions for harder to find ingredients shares her favorite shortcuts offers tips on how to assemble healthy meals without using a recipe and much more Motherland Melissa Thompson,2022-09-29 SHORTLISTED FOR THE 2023 ANDRE SIMON BEST COOKBOOK AWARD \_\_\_\_\_ The BBC Radio 4 Food Programme Books of the Year 2022 The Observer New Review Books of the Year 2022 The Telegraph Top Cookbooks of 2022 The Financial Times Top 5 Cookbooks of 2022 The Week Best food books of 2022 Delicious Magazine Best Cook Books of 2022 \_\_\_\_\_ Melissa captures her love of food and its roots deliciously Ainsley Harriott Motherland is

a cookbook that charts the history of the people influences and ingredients that uniquely united to create the wonderful patchwork cuisine that is Jamaican food today There are recipes for the classics like saltfish fritters curry goat and patties as well as Melissa s own twists and family favourites such as Oxtail nuggets with pepper sauce mayo Ginger beer prawns Smoky aubergine rundown Sticky rum and tamarind wings Grapefruit cassava cake Guinness punch pie Running through the recipes are essays charting the origins and evolution of Jamaica s famous dishes from the contribution of indigenous Jamaicans the Redware and Ta no peoples the impact of the Spanish and British colonisation the inspiration and cooking techniques brought from West and Central Africa by enslaved men and women and the influence of Indian and Chinese indentured workers who came to the island Motherland does not shy away from the brutality of the colonial periods but takes us on a journey through more than 500 years of history to give context to the beloved island and its cuisine Visually stunning with wonderful writing and recipes it s a love song to the people food and history of Jamaica and is sure to be a classic Sarah Winman A masterful work and a must for any lover of the food of Jamaica and the Caribbean region or simply anyone who loves good food Dr Jessica B Harris      **The Blue Kitchen** Cider Mill Press,2024-12-17 Live life to the fullest with this collection of delicious wholesome and plant forward recipes Unlock the secrets to a happier healthier life with recipes that embrace centuries old traditions nutritional wisdom and the remarkable power of food From colorful salads to hearty grain bowls these dishes are as delicious as they are healthful The Blue Kitchen isn t just about cooking it s about transforming your lifestyle This book brings the very best of these dishes into your home and proves that living a long life is not just a matter of luck but something that we can take control of Inside you ll find Plant forward appetizers Protein packed entrees Innovative and flavorful salads Quick weeknight options Tips to keep you on track in your pursuit of healthier living Recipes centered around fresh nutrient dense foods How to infuse the wisdom of the ages into your cooking      **Milk Street: Cook What You Have** Christopher Kimball,2022-10-25 Make a meal out of almost anything Stop shopping and start cooking what you have Your pantry s possibilities are endless Milk Street will help you transform whatever you already have into bright bold meals from around the world Got a can of chickpeas It can become anything from a quick hummus to a curry spiked with sweet carrots from a garlicky chickpea soup to a bowl of crispy canned beans with lemon and scallions Or grab that can of tomatoes from the back of the cabinet It can become spicy one pot pasta all arrabbiata chilaquiles rojos a rich shakshuka with poached eggs or a chicken and tortilla soup Turn to the refrigerator where eggs and leftover vegetables are the start of cheesy migas a Spanish tortilla with potato chips or a quick fried rice Chicken breasts or thighs from the freezer become Hungarian chicken paprikash or hearty chicken salad with green tahini Cooks in Amalfi Italy taught us to turn a wedge of Parmesan and lemons on the counter into a light yet flavorful pesto And that s just the start Desserts too come together easily with ingredients everyone keeps on hand These 225 recipes begin with the most common ingredients in your kitchen but they provide more than a lesson in practicality They teach an improvisational creative way to cook That s when cooking

becomes an adventure      *Easy Healthy Recipes* Jean Paré, 2005 Wholesome recipes to inspire you to eat well      **Journal of the Jamaica Agricultural Society** Jamaica Agricultural Society, 1934      **The New Basics Cookbook** Sheila Lukins, Julie Rosso, 1989-01-10 It's the 18 million copy bestselling cookbook that's become a modern day classic Beginning cooks will learn how to boil an egg Experienced cooks will discover new ingredients and inspired approaches to familiar ones Encyclopedic in scope rich with recipes and techniques and just plain fascinating to read The New Basics Cookbook is the indispensable kitchen reference for all home cooks This is a basic cookbook that reflects today's kitchen today's pantry today's taste expectations A whimsically illustrated 875 recipe labor of love The New Basics features a light fresh vibrantly flavored style of American cooking that incorporates the best of new ingredients and cuisines from around the world Over 30 chapters include Fresh Beginnings Pasta Pizza and Risotto Soups Salads every kind of Vegetable Seafood The Chicken and the Egg Grilling from Ribs to Surprise Paella Grains Beef Lamb Pork Game The Cheese Course and Not Your Mother's Meatloaf Not to mention 150 Desserts Plus tips lore menu ideas at a glance charts trade secrets The Wine Dictionary a Glossary of Cooking Terms The Panic Proof Kitchen and much more Main Selection of the Better Homes Gardens Family Book Service and the Book of the Month Club's HomeStyle Books      Pearl's Delicious Jamaican Dishes Vivien Goldman, 1992      **Anne Lindsay's Smart Cooking** Anne Lindsay, 2008-08-25 First published in 1986 Anne Lindsay's Smart Cooking began Canada's healthy eating revolution Anne Lindsay's Smart Cooking features Over 200 recipes for appetizers soups salads dinner entrées baking and desserts An analysis for each recipe showing calories fat protein carbohydrate sodium and fiber The latest nutrition information on reducing your risk of cancer through diet Use these time tested recipes and the menu suggestions to find out how easy and tasty healthy eating can be      **Cassell's Family Magazine**, 1880      **Not Your Mother's Slow Cooker Cookbook, Revised and Expanded** Beth Hensperger, Julie Kaufmann, 2016-10-01 Fall in love with your slow cooker all over again You probably own a slow cooker 80 percent of American households do For more than thirty years its unbeatable convenience and practicality have made it a staple of busy families enabling anyone to return to a home cooked meal at the end of a hectic day Beth Hensperger and Julie Kaufmann turned slow cooker recipes on their head with Not Your Mother's Slow Cooker Cookbook making it one of the best selling slow cooker cookbooks of all time Now they're going global with this revised and updated edition that includes 50 new recipes from a variety of cuisines Greek Spanish Thai Chinese Indian Mexican Middle Eastern and more plus an exciting new collection of ways to use any slow cooker to make pulled pork and other bbq flavored dishes All your favorite classic slow cooker recipes are still here plus many more from international cuisines that bring flavor and adventure to any meal including Tortilla Breakfast Strata with Homemade Turkey Chorizo Curried Chickpeas with Creamy Cucumber Tomato Salad Orange Hoisin Chicken Hungarian Beef Stew with Paprika and Marjoram Soulfully Good Pork Spareribs with Pineapple and Ginger Chicken and Shrimp Jambalaya Chocolate Peanut Butter Pudding Cake There is also practical information on the different types of slow cookers their latest accessories and what

sizes are best for what purposes With over 350 recipes this is the go to guide for every home Discover even more modern takes on classic techniques and dishes from the Not Your Mother s series Not Your Mother s Slow Cooker Recipes for Two Not Your Mother s Microwave Cookbook Not Your Mother s Fondue Not Your Mother s Casseroles Revised and Expanded Edition and Not Your Mother s Make Ahead and Freeze Cookbook Revised and Expanded Edition Vegan Beans from Around the World Kelsey Kinser,2014-03-25 If you think you re bored of beans have no fear with Kinser s new book you ll learn how simple beans can make adventurous vegan meals Parade Hearty protein rich and delicious beans are the perfect base for countless delectable dishes Bringing them all together in a single volume Vegan Beans from Around the World covers every taste sensation including Boston Baked Beans Southwestern Chili Mexican Refried Beans Cuban Black Beans Colombian Red Beans African Curried Black Eyed Pea Coconut Soup Greek Lentil Salad Tuscan White Bean Soup Dutch Split Pea Soup South Indian Dal Tadka Korean Mung Bean Salad Japanese Red Bean Ice Cream I love this cookbook Easy recipes you can make without spending a fortune or an entire afternoon and your family will actually want to eat them That Was Vegan Vegan Beans from Around the World definitely gives you a variety of flavors and great combinations I definitely recommend the book to any cook not just vegan cooking Simply Today Life If I had someone who was looking to take a step away from meat and dairy I would definitely recommend this book to them Holy Cannoli Recipes *Bob's Red Mill Cookbook* Miriam Harris,2009-11-03 The Bob s Red Mill Cookbook will help introduce new whole grain ingredients into all of your daily meals without a huge investment in pricey difficult to locate limited products that do more to take up space than change nutrition habits



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