



# The Real Taste of Jamaica

*By Enid Donaldson*

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## The Real Taste of Jamaica By Enid Donaldson

The Real Taste of Jamaica takes food lovers and cooks the world over into Jamaican homes, kitchen and restaurants to sample the full range of native cuisine prepared by local housewives, cooks, restaurateurs and roadside 'jerkies'. Enid Donaldson presents her dishes with flair and imagination, delicately spiced and flavoured with curry, scotch bonnet peppers, jerk sauce, pimento, nutmeg, rum and a dash of typical Jamaican humour. 'Stamp and Go', 'Dip and Fall Back', 'Mannish Water' and 'Matrimony' conjure up images that do not disappoint when tasted. Traditional recipes are included for those who would like to recapture childhood memories. The section, 'Ole Time Someting', contributed by noted journalist and talk-show host Barbara Gloudon, captures the memories and magic of Jamaica kitchens and homes of yesteryear. 'Out of Many, One Pot' aptly describes Jamaica's culinary motto, capturing the rich and exciting blend of Native Indian, Spanish, British, African, East Indian, Chinese, Jewish and Lebanese cuisines.

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