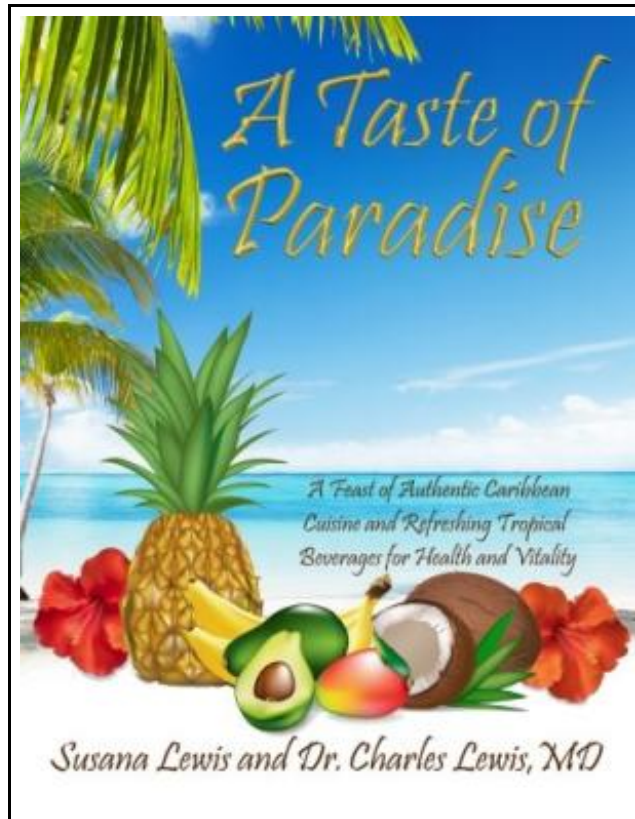


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Psy Press. Paperback. Book Condition: New. Paperback. 184 pages. Dimensions: 11.0in. x 8.5in. x 0.4in. A Taste of Paradise is a guide to the preparation of delicious, easy to prepare foods with rich and authentic Caribbean flavors. These traditional foods form a natural, healthful diet with meals that are highly flavored and satisfying, and served with fresh cut fruit. The book provides well over 200 traditional recipes for great tasting foods, many prepared with coconut cream. This book is more than a collection of traditional Caribbean dishes. Not only does it explain how to prepare dishes, it teaches the selection and storage of tropical fruit, how to prepare plantains and cassava for cooking and how to obtain the most health benefit from foods. For example, it gives secrets on how to cook beans that are smooth and creamy and which avoid the formation of excess intestinal gas. This book was co-authored by a medical doctor board certified in preventive medicine. A section is dedicated to healthy weight loss (never calorie counting) while enjoying food. Along with the recipes are notes explaining why mangoes can cause allergic reactions in individuals susceptible to poison oak and how to avoid the reaction while enjoying the fruit, why some smoothies get bitter and how to prevent it, which tropical foods are likely to trigger migraines, which foods can be toxic if not correctly prepared. It provides instructions for safe preparation of ceviche, meats and seafoods. The section on meats explains how to prepare juicy, tender meat and how avoid creation of carcinogens during cooking. In the section on vegetables, it shows how to prepare vegetables to maximize anti-carcinogenic compounds. Most of the recipes are gluten free, and to extend this benefit, instructions are given for preparation of gluten free pastas. Many recipes use coconut rather...

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