



# **Jerk from Jamaica: Barbecue Caribbean Style**

*Helen Willinsky*

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## **Jerk from Jamaica: Barbecue Caribbean Style** Helen Willinsky

When Helen Willinsky first published her classic Jamaican barbecue cookbook, "jerk" was a fightin' word to most people outside the Caribbean Islands. Not anymore. In love with fire and spice, barbecue fans and food lovers of all stripes have discovered the addictive flavors of Jamaican jerk seasoning and Caribbean cooking in general. Newly revised and bursting with island color, Helen's book provides a friendly introduction to this increasingly popular way to season and prepare meat, chicken, and fish. Rounded off with simple and authentic recipes for sides, drinks, and desserts, JERK FROM JAMAICA is a complete backyard guide to grilling and eating island-style.

- An updated, expanded, and repackaged version of the only authentic Jamaican jerk barbecue book, featuring chicken, pork, beef, lamb, goat, seafood, and more.
- Includes more than 100 recipes, with a dozen new ones from the author and other Jamaican food mavens like Enid Donaldson and the Busha Browne Company, plus a new foreword from Jamaican cookbook author Virginia Burke.
- Contains 50 full-color photos, both styled food and on-location shots from the markets and jerk pits of Jamaica.
- Previous edition sold more than 75,000 copies.

Reviews“Get this first-rate cookbook in your hands and see if you can stop.”—Houston Chronicle“Helen Willinsky makes a passionate case for the tropical taste with Jerk from Jamaica.”—Boston Herald

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