

## Cooking in the Caribbean

Caribbean cooking introduces all visitors to some truly distinctive flavors through the addition of spices and other ingredients like mangoes, coconut, lime, cassava, papaya, yam, guava, and peppers. Surprisingly, the use of limes in Caribbean cooking among the natives is not all that different from the way it is used in the United States. Lime is one of the most popular ways of marinating fish and a popular dish is Ceviche, which is seafood cooked with the aid of citric juices and seasoned with herbs and onions. Caribbean cooking is not merely delicious it is also unique from one island to another. Each island has developed its own style and technique of cooking food and the food in the Caribbean is as varied as the experience from island to the next.

The Bahamas is known for the conch recipes.

Cuba is famous for black beans and rice.

Jamaica is the home of jerk cooking and seasoning.

Barbados means fried fish and cou cou.

Puerto Rico comes closer to home with chicken and rice.

The French Caribbean is known for its cerole dishes and many similar French cooking methods.

Trinidad is the land of curries.

All Caribbean cooking involves herbs and spices of various types for seasoning. One such ingredient is tamarind that is in many ways similar to Worcestershire sauce in taste because it too has tamarind as one of the major ingredients. In fact, the use of spices in Caribbean cooking is truly diverse and amazing. Nutmeg flavors the desserts in the United States but in the Caribbean, this spice is mixed with other spices that are natively grown on the islands and this makes for a totally different flavor in Caribbean cooking. The jerk cooking of Jamaica gets its flavor from allspice while the island of Cayman has a chocolate cake recipe that includes some spicy peppers.

There are many common forms of spices used in Caribbean cooking but the trick is that though you will recognize flavors as a familiar taste the cooking will be subtle enough to feel unique to your taste buds. Caribbean cooking is full of delectable sauces that are made of sweet fruits like mango, papaya, and orange with spicy hot peppers. Dipping sauces in Caribbean cooking are made from mango, chili peppers, and melon.

In Caribbean cooking, coconut milk is the basis of several stews and sauces.

Last, and by no means the last, is the most favorite ingredient of Caribbean cooking that is used in marinades, desserts, sauces, and soups - rum.

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### About the Author

James Penn runs the highly informative Caribbean site <http://www.caribbean-charm.com/caribbean-vacation-package.html> which details how to find Caribbean vacation packages & also the 10 best activities in the Caribbean at <http://www.caribbean-charm.com/caribbean-activities.html> for families & couples