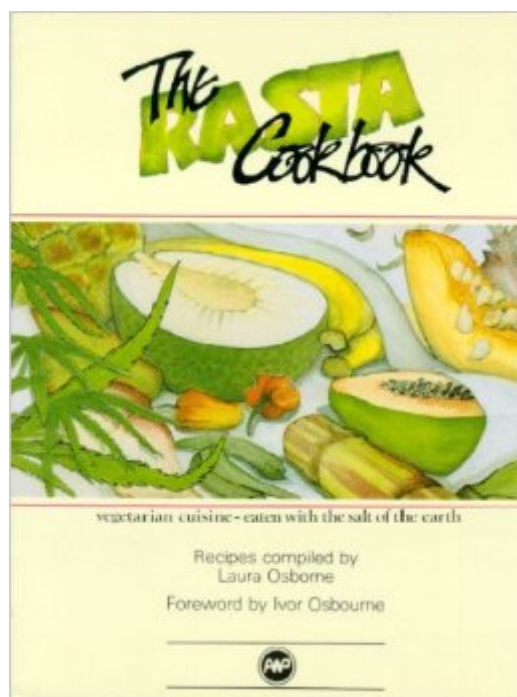


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# The Rasta Cookbook: Vegetarian Cuisine



## Synopsis

Vegitarian Cuisine, Eaten with the salt of the earth

## Book Information

Paperback: 132 pages

Publisher: Africa World Press (September 1989)

Language: English

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Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (16 customer reviews)

Best Sellers Rank: #170,255 in Books (See Top 100 in Books) #23 in [Books > Cookbooks, Food & Wine > Regional & International > Caribbean & West Indian](#) #250 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables](#) #325 in [Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian](#)

## Customer Reviews

Coming from a Rasta I must admit that it is hard to find books that teach u to cook vegeterian and "ital" all at the same time. All though I already knew how to do both BEFORE I bought the book, It was still a nice gesture to see the recipes ranging from all over the carribbean and African Decent. Some of these recepies include but are not limited to peas and rice (made with brown rice), herb dumpling, plenty of different soups, stews, tofu patties, derserts including Ital ice creams (mango, coconut, pawpaw...etc ), Breads made with no added perservaties or dairy products (fully vegeterian), and plenty of fresh fruit drinks as well. Including carrot juice (zion juice), pawpaw, freshly homemade punches, etc....Being a cook myself I must say that i was impressed by the context. These receipies are more or less like Cousines rather than just ordinary Vegeterian food. One can make good use from it. A meal that I have often found most deseriable in the book is the vegeterian stuffed bell peppers taken from the entree catagory, peas and rice/ sweet corn and rice taken from the side dish category, and steamed callaloo taken from the vegetable and side dish category. Having it washed down with some sweet coconut water or some other kind of NATURAL fruit (taken from the juice senction ) or vegetable juice makes a deserible meal that vegeterians, non vegeterians, Rastas, and non Rastas will feel priveledged to have enjoyed.

The Rasta Cookbook is the perfect collection of authentic vegetarian recipes from Jamaica for anyone to enjoy. The introduction describes some aspects of the Rastafari movement, including the importance of Ital foods. The book emphasizes 'the core philosophy on which the Rastafari base their eating habits and cuisine' in that, "You are what you eat". The author offers helpful guidelines about preparation while stressing the importance of cleanliness. I also like the fact that she suggests possible substitutes for dairy products and even a Glossary of Terms is provided for readers who may be unfamiliar with some of the more exotic ingredients. The recipes are clear, easy to follow, fun to make, and even better to taste, (Yes, that's right. Ital food can be flavorful too). I give this book a five-star rating.

I'm a little disappointed that this is the only Rasta cookbook out there, however I really enjoyed this one. Recipes did lack a little flavor but with a little tweaking these recipes help to create new and healthy alternatives to everyday food. Overall this cookbook was well worth the money.

This book delivered on so many levels. It provided me with quick and easy recipes, Best of all it is completely vegetarian! This book will definitely add to my favorite recipes.

If you're in the mood for an occasional swing to the Rasta side then this may be the book for you. I have tried a few of the menu selections and wasn't really that impressed. The food is light and (of course) meat free, but I feel the meals lack a little in the flavor department. The nice thing about this book is that you can create some interesting delights that are more of a conversation piece than the best food on the table. The book gives a little background on what it is to eat Rasta and the spiritual reasons for doing so. Makes for great conversation. Although I'm not very impressed with the food itself, there are some creative dishes to be found inside. Although I don't LOVE it, I do \*like\* the book and feel that it is a worthwhile purchase for anyone who would like to cut meat out of their diet and/or try something new. Irie.

I think this book is a great book because it tells how to eat to good vegetarian food instead of the corrupted meat that is now so abundant in the world around us. You should get this book even if your not a rasta because it is also a good cookbook.

I have owned this coobook for a few years now and while it does have some nice recipes, the title is quite misleading. This is not a "rasta" cookbook, but more so a Caribbean vegetarian cookbook.

Many of the recipes are not Ital. The recipes in this book do include salt, dairy, white flour and frying of foods, however a few simple substitutions and omissions can easily make these recipes Ital. This is still a very nice reference. With the considerations mentioned, I can recommend this cookbook.

I really like the simple recipes in this book. I made the Jamaican dumplings with my kids and they really liked them. This is an excellent book for anyone who likes to make fresh organic foods.

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