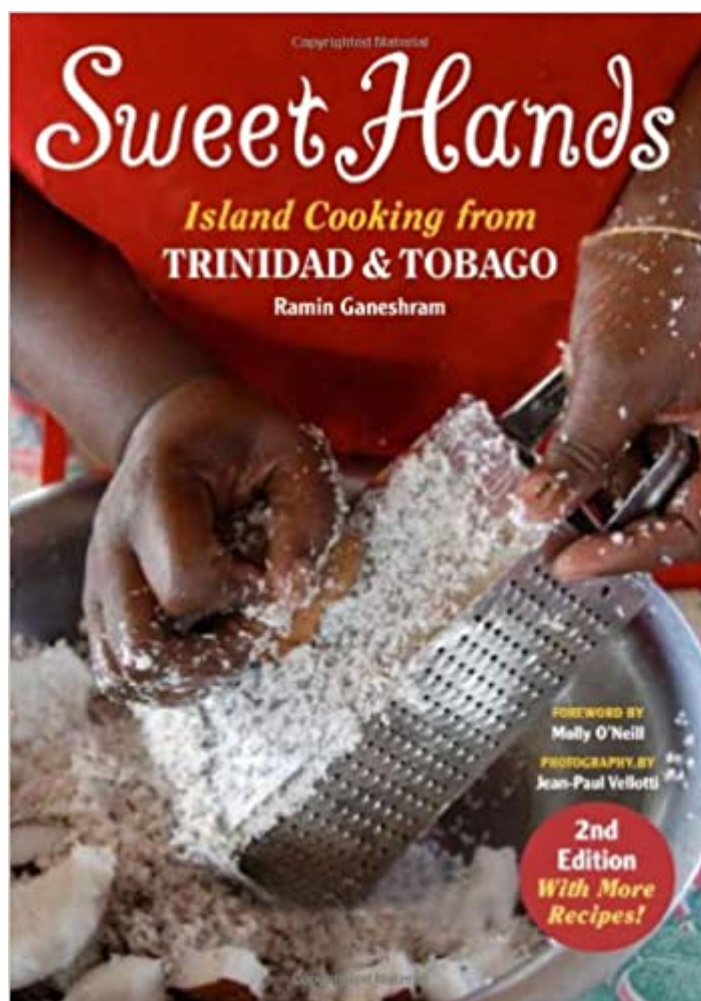


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# Sweet Hands: Island Cooking From Trinidad And Tobago (Hippocrene Cookbook Library)



## Synopsis

Callaloo and Buss Up Shut, Mother-in-Law and Kuchela, Chip Chip and Doubles. The verbiage of Trinidad's cuisine is both lyrical and mysterious. The variety of foods from this Caribbean nation and their fanciful names tell the story of a rich and eclectic cultural heritage. A British colony from 1779 until 1962, during those years Trinidad & Tobago's population grew to include East Indian and Chinese indentured servants who worked in the sugar plantations alongside former slaves. Trinidadian food is marked by the blending of these cultures. As such, curry, Indian breads, callaloo (a soup of West African origin), and fried rice are all among the national dishes. Recipes for these dishes can be found within these pages, along with many others, such as Shrimp Creole, Beef Stew with Dumplings, and Ginger Beer. Join author Ramin Ganeshram on a culinary journey through her ancestral home as she introduces you to street foods such as Shrimp Patties and Shark and Bake, teatime favorites like Lemon Crunch Teacakes or Coconut Shortbread, and elegant dinner fare ranging from Avocado Soup to Spicy Stuffed Red Snapper and Curried Crab and Dumplings. These little-known delicacies, along with fascinating histories and anecdotes on such topics as Trinidadian rum, Buccaneer Cooking, and Black Cake bring the islands of Trinidad & Tobago into your kitchen.

## Book Information

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## Customer Reviews

" A tender tribute to [the author's] father... A book filled with enticing recipes, Ganeshram conjures strong memories." -- Newsday, April 12, 2006  
"Sweet Hands is a tribute to Trinidad." -- Miami Herald, June 1, 2006  
"Sweet Hands" is an enjoyable acquisition for Caribbean cuisine novices and those who were raised on the fare. -- New York Daily News, September 17, 2005  
"The recipes in this

book are simply delicious, extremely filling, and will be enjoyed by even the most finicky audience."  
-- TCM Reviews, April 14, 2006  
I really appreciate the book's historical content and the easy to follow recipes that can be prepared in no time. -- Everybody's --The Caribbean-American Magazine

Ramin Ganeshram was born in New York City of a Trinidadian father and Iranian mother. She has been a journalist for 14 years, and has written about food for Bon Appetit, Gourmet, Saveur, Four Seasons, Cooking Light, Newsday (as a regular contributor), and many other publications. A professionally trained chef, she has a degree from the Institute of Culinary Education in New York City and a master's degree in journalism from Columbia University.

There were a lot of Indian Trini recipes in here. Most of the recipes I was looking for that I grew up on, Black Trinis, weren't in here which was really disappointing.

I so very please I bought this book. As Trinidadian there are foods I love but was never taught how to cook. This book is hands down a treasure. I was actually looking for the Naparima Cookbook and arcane across this one. I do not regret buying. It have increased the flavour of the dishes I have been cooking for years and taught me so many new ones. Awesome find!

This book truly have some very good recipes. Once you follow the directions you will not go wrong, Have tried a few of them already and planning to learn a few more.

My mom was from Trinidad and since her passing several years ago, I haven't really cooked any traditional Trini meals. Now I have recipes of some of my favorite Trini dishes plus background on where the dishes originated. Love this cookbook!

I like this author. I bought this book because of her Black Cake (Christmas Cake) recipe. If you like Trini food I recommend this cook book.

Good book, make sure you have the spices , and follow the recipe instruction.

Good TrinBago recipes, but there are still many good traditional recipes missing. I also remembered so many of my mums recipes from my childhood. Apart from that the book is OK for a newcomer to

Trinidadian and Tobagoian cooking. How lucky we are as a nation, to have such an infusion of different cultural influences of cooking skills. Unfortunately, (now I am being fussy), the photographs don't depict the true ethnicity of Trinidad and Tobago, those of us from these twin islands will look at these photos and agree with me. But hey! all books will always be bias in some way or the other. Happy cooking!!

Growing up in trinidad and tobago is a unique experience and the foods there are definitely #1 compared to a lot of other islands. When I first moved to the USA, I was not all that concerned with trying to find the foods since there was a place for roti near our house, and you can find most of those ingredients in Miami. It was not until after college when i moved to the Northwest States that I felt "homesick" for dahlpuri and callaloo and other such things. I have purchased and tested several books that are a generalized Caribbean cookbook, as well as hunted down the Naparima Girls Guide to Cooking. It was not until I found Sweet Hands and read through it that I found what I needed. The pictures of Trinidad and the stories bring that element of history and home and passion to the recipes. And I LOVE that she offers substitutions for some of the ingredients. I made a callaloo stew with swiss chard and spinach as suggested, and while the taste was slightly less sweet, it carried such a good flavour that I felt I was home again. Those other cookbooks maybe going to the second hand store.

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