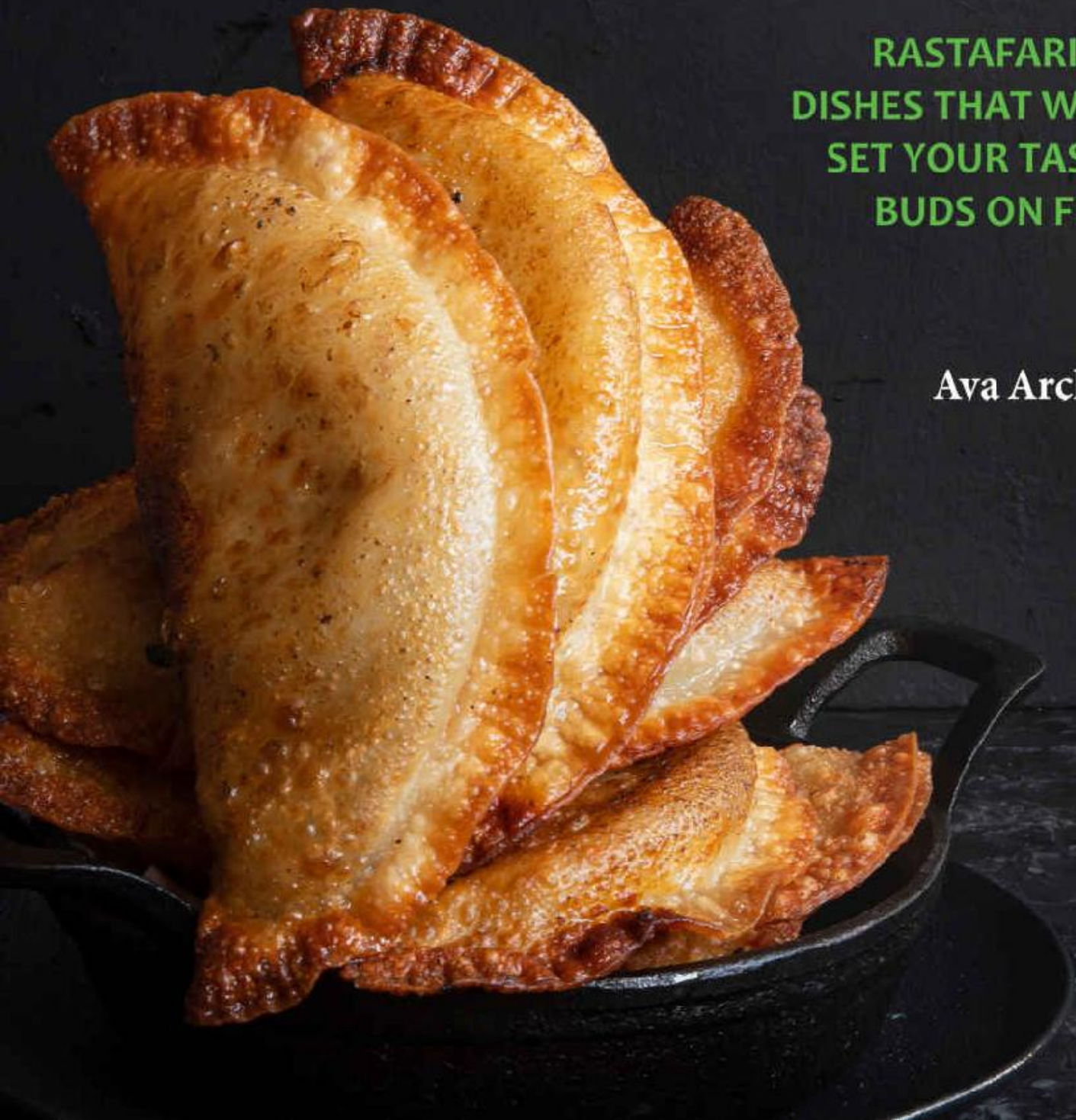


JAMAICAN RECIPES

RASTAFARIAN
DISHES THAT WILL
SET YOUR TASTE
BUDS ON FIRE

by
Ava Archer



Jamaican Recipes

Rastafarian Dishes That Will Set Your Taste Buds on Fire

Ava Archer

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Introduction



It's almost impossible to have never come across something astonishing from Jamaica. It could be the country's beautiful world acclaimed reggae music, perfect climate, or stories of an impressive bob-sled performance at the 1988 Winter Olympics. However, one more thing that adds to the list of "amazing-s" is Jamaica's globally renowned dishes. If you're a big fan of tasty meals, the 'Rastafarians' are the best set of accomplices you can have. However, in their absence, we have something that can help. Here's a list of 30 world-class Jamaican recipes.

1. Reggae Booze



Nothing lights up a dull day like a bit of reggae music, and nothing lights up a dull meal like a glass of reggae booze.

Ingredients:

- 5 cups of water
- 1 can of condensed milk, sweetened
- 1 tbsp. of vanilla extract
- 1 tsp. of nutmeg, grated
- 2 tbsp. of lime juice, fresh
- 1 ripe Soursop, gubabana

Serving size:

- 3 servings

Directions:

Extract flesh alone from Soursop

Blend in blender alongside 3c of water

Extract to mixing bowl and add 2c of water

Stir in nutmeg, condensed milk, lime juice and vanilla

Stir thoroughly

Serve with ice to enjoy chilled

Preparation time:

- 15 minutes

2. The Bolt Breadfruit



Not only did Jamaica produce the world's fastest man, but the country also has produced one of the world's fastest meals. That's the delicious Bolt Breadfruit.

Ingredients:

- 2 large-sized Breadfruit
- 5 tbsp. of vegetable oil
- 1 tsp. of salt

Serving size:

- 2 servings

Directions:

Place the breadfruit in an oven at a temperature of 375°

Cook for 1 to 1 ½ hours

After cooking, remove from oven and peel the breadfruit

Slice into smaller sizes

Fry in vegetable oil over low heat until golden

Serve

Preparation time:

- 2 hours

3. Patois Goat Stew



Nothing signifies traditional Jamaica more than the patois dialect. Hence, nothing signifies a traditional Jamaican meal more than the Patois Goat Stew.

Ingredients:

- 1 tsp. of garlic & ginger, minced
- 1 tsp. of smoked paprika
- 1 tsp. of white pepper
- 3 tsp. of curry powder
- 1 tsp. of fresh thyme, chopped
- ½ cup of cooking oil
- 3 pounds of goat meat, chopped
- 1 medium-sized onion, sliced
- 4 tomatoes, chopped
- 2 tbsp. of parsley

- 2 tsp. of hot pepper
- 2 medium-sized green onions, sliced

Serving size:

- 6 servings

Directions:

Use pressure cooker to boil goat meat alongside pepper, salt and chopped onions, until tender.

Add ¼ cup of oil into a frying pan and cook goat for 5 minutes

Stir in ginger, onions and garlic and cook for another 2 minutes

Stir in curry, tomatoes, white pepper, fresh thyme, smoke paprika and hot pepper

Add salt to preference and 2 cups of stock

Bring the mixture to boil. Then, let simmer for about 35 minutes

Stir continually while cooking

Add green onions and adjust seasonings to taste

Serve alongside preferred dish.

Preparation time:

- 1 hour 45 minutes

4. Jamaican Beach Drink



The Caribbean Country is known for its many beaches, and of course, the perfect drink to give the buzz while on them.

Ingredients:

- ¼ cup of lime juice, fresh
- 1 cup of dark rum
- 1 ½ cup of orange juice
- 2 cups of pineapple juice
- 1 cup of sparkling white wine

Serving size:

- 6 servings

Directions:

Empty all juice into a pitcher

Mix thoroughly

Extract the serving glasses

Add ice to enjoy chilled

Preparation time:

- 5 minutes

5. Jam Blast



The Jam Blast is another exotic Jamaican drink that'll leave you asking for more.

Ingredients:

- 1 shot Coconut rum
- 1 ½ shots Passion fruit juice
- 1 shot Coconut rum
- 2 shots Cranberry juice
- 2 shots Bacardi Carta Blanca light rum
- ¾ shots Giffard Grenadine Syrup
- 2 shots Orange juice (fresh)

Serving size:

- 1 serving

Directions:

Empty first four ingredients into a pitcher

Stir in the syrup and orange juice

Stir in coconut rum

Mix all ingredients in a pitcher

Strain to serving glass

Add ice to serve chilled

Preparation time:

- 5 minutes

6. Pirate Soup



Unknown to many people, Jamaica has a bit of pirate history. However, times have changed Port Royal is now known for beautiful dishes such as this recipe rather than sea monsters.

Ingredients:

- 4 cups of vegetable stock
- 1 yellow yam, sliced
- 1 white onion, chopped
- 6 scallions, chopped
- 3 sprigs thyme, chopped
- 2 cloves of garlic, minced
- 3 scotch bonnet chilies
- 2 tbsp. of vegetable oil
- Kosher salt & black pepper, ground
- 8 oz. of canned callaloo

Serving size:

- 6 servings

Directions:

Heat oil in large-sized saucepan over medium heat

Stir in thyme, onion, scallions and garlic

Cook for about 7 minutes until tender

Stir in halved chilli, stock and callaloo

Allow to simmer until tender

Extract the soup to blend

Get rid of Chile and blend until the mixture is smooth

Return the soup back to pot over medium heat

Stir in yam and cook for about 20 minutes until tender

Season with pepper and salt

Serve, garnished with minced by the side

Preparation time:

- 50 minutes

7. Montego Cakes



Jamaica has a lot of exotic resorts and incredible dishes to complement them. The Montego Cakes is one of such. Simple and delicious.

Ingredients:

- $\frac{3}{4}$ cups of milk
- $\frac{1}{2}$ tbsp. of kosher salt
- 2 tbsp. of baking powder
- 4 cups of flour
- 4 tbsp. of unsalted butter, sliced
- 4 cups of Canola oil

Serving size:

- 14 servings

Directions:

Pour oil into a deep-fryer and heat at 325°

Next, whisk sugar, flour, salt and baking powder in a large bowl

Stir in butter and mix thoroughly

Stir in milk to form dough

Slice and form dough into 14 ball-shaped pieces

Cook in deep-fryer until golden

Extract from deep fryer and drain balls

Serve

Preparation time

- 45 minutes

8. Banana Islands



The Banana Island meal is a perfect blend of fruity and delicious. A piece you'd love to share at a family table.

Ingredients:

- Kosher salt
- 1 large egg
- 1 tbsp. of granulated sugar
- 2 tbsp. of Brown sugar
- $\frac{1}{4}$ cup of All-purpose flour
- 1 tsp. of fresh lime juice
- 3 ripe bananas, peeled
- Dark rum

- ¼ cup of vegetable oil
- 1 tbsp. Of cinnamon, ground

Serving size:

- 7 servings

Directions:

Mash lime juice, brown sugar, flour with banana using a bowl

Add salt to mixture to season

In another bowl, mix cinnamon with granulated sugar

Using a medium-sized skillet, heat oil over medium heat

Scoop tablespoons of banana mash into oil and cook until both sides are golden

Transfer the cooked mash to paper towels to drain excess oil

Brush the cooked mash with cinnamon mixture

Drizzle the cooked mash with rum

Serve while hot

Preparation time:

- 20 minutes

9. Jam Punch



The Jam punch, full name “Jamaican Punch,” is another one for our list of delicious and refreshing drinks from Caribbean country.

Ingredients:

- 1 oz. of grated nutmeg
- ½ oz. of allspice dram
- 2 oz. of Smith & Cross Navy Strength Rum
- ½ oz. of sugar cane syrup

Serving size:

- 1 serving

Directions:

Mix all ingredients in a pitcher

Place cubes of ice in a serving glass

Strain the mixture over the ice

Garnish with nutmeg (grated) and orange peel (optional)

Preparation time:

- 5 minutes

10. Konoko Porridge



The Konoko waterfalls are one of Jamaica's favourites due to its beauty. The Konoko porridge offers the same intrigue with its incredible outlook. Much better, it also has amazing taste.

Ingredients:

- 1 stick of cinnamon
- 1 tsp. of kosher salt
- 1 (14 oz.) can of sweetened condensed milk
- 1 (15 oz.) can of coconut milk
- ½ cup of mixed candied fruits
- 1 cup of heavy cream
- Nutmeg (for garnish), freshly grated
- 1 cup of broken yellow hominy, dried

- 2 tsp. of vanilla extract
- 4 cups of milk.

Serving size:

- 7 servings

Directions:

Boil hominy, milk alongside 2 cups of water in a medium-sized saucepan

On boil, lower heat and cook for about 4 hours until tender

Season with salt, condensed milk, cinnamon and coconut

Cook for an additional one hours, stirring until mixture thickens

Remove the saucepan from heat and stir in vanilla, nutmeg and cream

Serve in plates, and garnish with candied fruit sprinkles

Preparation time:

- 6 hours

11. Bamboo-Berry



A walk in some of the most beautiful resorts in Jamaica would leave you drooling over some Bamboo buildings. Legend said those amazing works were inspired after a taste of this wonderful cocktail.

Ingredients:

- 4 basil leaves, fresh
- 5 strawberries, ripe
- Splash club soda
- 1 medium-sized lemon, juiced
- 1.5 oz. of vodka
- 1 oz. of honey syrup

Serving size:

- 1 serving

Directions:

Using a cocktail shaker, muddle the basil leaves and strawberries

Stir in lemon juice, vodka and syrup

Add 6 cubes of ice to the mixture

Shake hard for 20 seconds

Add crushed ice into serving glass

Strain the mixture into the glass

Add Club soda (a splash)

Garnish the cocktail with basil leaves and fresh strawberry

Serve chilled

Preparation time:

- 10 minutes

12. Kingston Booze



There's a reason this drink takes on Jamaica's capital name. Well, your guess is as good as mine.

Ingredients:

- 1 cup of vanilla
- 2 tsp. of ground nutmeg
- 1 shot Rum (optional)
- 1 can of condensed milk
- 5 cups of water
- 1 bottle of Guinness

Serving size:

- 2 servings

Directions:

Chop carrots and boil in 5 cups of water

Once tender, stop cooking and save carrot and boiling water

Blend the carrot with boiling water in batch

Once done blending all carrots, strain the juice with sieve strainer

Stir in condensed milk, Guinness and vanilla to extracted juice

Serve chilled with ice

Preparation time:

- 45 minutes

13. Rasta Bites



The Rasta Bites is a delicious cassava-bread and milk mixture.

Ingredients:

- 2 pounds of frozen cassava, grated
- 1 cup of coconut milk
- 1 tsp. of salt
- 3 tbsp. of vegetable oil
- 1 tbsp. of sugar

Serving size:

- 7 servings

Directions:

Squeeze grated cassava thoroughly using a cheesecloth

Place in large bowl and add sugar and salt

Stir the mixture thoroughly

Heat up a frying pan over medium temperature heat

Split the mixture into 8 parts, form circles with them and place in frying pan

Cook until both sides are golden brown

Extract the dough and dip in coconut milk

Refry for another 3 minutes

Serve hot

Preparation time:

- 40 minutes

14. Jamaican Beef Patties



If you're a fan of easy to make snacks, the Jamaican Beef Patties is for you.

Ingredients:

- drizzle of oil
- 1 small onion, finely chopped
- 2 cloves of garlic, crushed
- 250 g of beef mince
- 1 potato, sliced
- 2 tsp. of turmeric
- 2 tbsp. of tomato purée
- thyme sprigs
- 2 tbsp. of hot pepper sauce
- 500 g of block shortcrust pastry
- 1 egg, beaten
- green salad, to serve

Serving size:

- 4 servings

Directions:

Cook onions over low heat for 5-7 minutes

Stir in beef and garlic and cook until beef is brown

Add ½ of turmeric, thyme, purée, potato and 200ml of water

Cook for 20 over high heat

Season with pepper sauce and allow mixture to cool

Divide means and fill up with mixture

Seal mince edges

Bake for about 20 minutes in over

Serve, garnished with green salad

Preparation time:

- 1 hour

15. Ríos Barbecued Plantains



This delicious meal, named after one of Jamaica's most beautiful locations, will remind you of all good things that exist, and of course, fill your stomach.

Ingredients:

- 2 ripe plantains
- 2 tbsp. of butter
- 2 tbsp. of demerara sugar
- 8 tbsp. of squeezed orange juice, fresh

Serving size:

- 6 servings

Directions:

Peel the plantain and slice them crossways

Maintain the original position, place the sliced plantain in a foil

Brush the plantains with sugar and butter

Wrap foil around them, and drizzle with ground pepper, salt and orange juice

Using barbecue rack, cook the plantains for about 30 minutes until soft

Serve hot

Preparation time:

- 30 minutes

16. Mayfield Glass



If you want an excellent tasting drink, get it in a glass.

Ingredients:

- 1/2 cup of coconut rum
- 1/2 cup of pineapple juice
- 2 tbsp. of lime juice
- 2 tbsp. of grenadine
- 1 cup of lemon lime soda, divided
- fresh pineapple, sliced
- lime, sliced

Serving size:

- 2 servings

Directions:

Mix all ingredients, except lemon lime soda in a pitcher

Strain the mixture into serving glass

Top of with ½ cup of lemon lime soda each

Garnish with lime and pineapple slices

Preparation time:

- 5 minutes

17. Bay Sunshine



There's no better accomplice for a sunny day in the Caribbean, such as the Bay Sunshine drink. This recipe is an excellent mix of nutrients and deliciousness.

Ingredients:

- $\frac{3}{4}$ ounce of Coco López cream of coconut
- 1 ounce of orange juice
- 2 ounces of dark rum
- A pinch of salt
- $\frac{1}{4}$ tsp. of nutmeg
- $\frac{3}{4}$ ounce of pineapple juice
- Ice

Serving size:

- 1 serving

Directions:

Mix all ingredients in a shaker

Add in ice and shake thoroughly once more

Strain the mixture into a serving glass

Garnish with nutmeg

Preparation time:

- 5 minutes

18. Surrey Tornado



Surrey might be Jamaica's smallest county, but it is home to one of its 'biggest' drinks.

Ingredients:

- 2 cups of dried hibiscus
- 10 cups of water
- 3 cinnamon sticks
- 2 pieces orange peel, fresh
- white sugar (apply to taste)
- 4-star anise, whole

Serving size:

- 10 servings

Directions:

First, mix all the ingredients except sugar in a large-sized pot

Simmer on high heat for about 10 minutes

Take the mixture off heat, then allow to cool for half an hour

Into a glass pitcher, strain the mixture

Refrigerate

Serve with ice and sugar to taste

Preparation time:

- 15 minutes

19. The Jam Bam



There's nothing better to end your meal than with a perfect tasty dessert. The Jam Bam is that perfect tasting dessert from Jamaica.

Ingredients:

- 3 tbsp. of Coco Lopez cream of coconut
- 1/4 cup of Bailey's Irish Cream
- 1 tbsp. of Kahlua
- 1 tbsp. of white rum
- 1 banana, very ripe
- 1 ½ cups of crushed ice
- Nutmeg, punch
- Sliced banana for garnish

Serving size:

- 2 servings

Directions:

Place the baileys ice cream, coco López, banana, Kahlua rum and ice in a blender

Blend thoroughly until smooth

Scoop mixture into serving glasses

Garnish with sliced banana and nutmeg

Preparation time:

- 5 minutes

20. Amoy



The Amoy is a perfect drink for romantic gatherings, being named after a Jamaican word, which means “beautiful goddess.”

Ingredients:

- 1 cup of cubes
- 1 small banana, chopped
- $\frac{3}{4}$ cup of pouring cream
- 40 ml of dark rum
- 40 ml of vanilla vodka
- 1 tbsp. of brown sugar
- Ice, crushed
- Brown sugar, garnish
- Thin banana wedges, garnish

Serving size:

- 2 servings

Directions:

Mix banana, rum, cream, ice cubes, sugar and vodka in a blender

Blend all ingredients until mixture is smooth

Fill up serving glasses halfway with crushed ice

Top up with the blended mixture

Garnish with brown sugar sprinkles and banana wedges

Preparation time:

- 5 minutes

21. Taino Grilled Sausage



The Taino is one of Jamaica's first settlers with a history of amazing dishes. An instance is this delicious grilled sausage recipe.

Ingredients:

- 7 split rolls
- 7 spicy Italian sausages

Serving size:

- 7 servings

Directions:

Preheat grill to a medium temperature

Grill sausages for 15 minutes

Place the sausages in roles

Add in desired toppings

Preparation time:

- 25 minutes

22. The Arawakan Booze



The Arawakan Booze is a healthy drink perfect for sharing alongside kids and family.

Ingredients:

- 3 medium-sized carrots
- 5 oranges
- 1 small-sized fresh ginger
- 1 lemon
- 1 – 1 ½ tsp. of honey
- 1 tsp. of turmeric powder

Serving size:

- 2 servings

Directions:

Peel all fruits and cut them into smaller pieces

Using a juicer, mix them

Extract the juice

Add honey and turmeric powder and stir

To enjoy chilled, refrigerate (optional)

Preparation time:

- 20 minutes

23. Yamaye Salmon



Here's another fantastic meal from Jamaican natives.

Ingredients:

- 2 ½ pounds salmon fillet, skin-on (1)
- 2 tsp. of smoked paprika
- 2 tbsp. of Brown sugar
- 1 tsp. of lemon zest (grated)
- Black pepper
- Kosher salt

Serving size:

- 8 servings

Directions:

Soak a grilling plank in water for about two hours (15 in by 7 in)

Heat the grill to a medium temperature

Mix sugar, salt, pepper, lemon zest and paprika in a bowl

Using salt, season the salmon and then brush it with the mixture

Transfer the salmon to the top of the soaked plank

Grill for about 30 minutes

Serve to taste

Preparation time:

- 1 hour 25 minutes

24. Rasta Balls



The Rasta Balls which is a chocolate balls dessert is excellent way to conclude a fantastic meal as well.

Ingredients:

- 1 cup of butter, melted
- 1 2/3 cups of peanut butter
- 5 ½ cups of confectioners' sugar
- 1 tsp. of shortening
- 4 cups of chocolate chips, semi-sweet (24 o)

Serving size:

- 6 dozen

Directions:

Beat sugar, butter, peanut butter in a large-sized bowl until the mixture is smooth

Shape the mixture into balls of 1 in, and set aside

Melt chocolate chips by microwaving

Stir the melted chocolate until smooth

Dip the set aside balls in the melted chocolate

Allow excess dips to drop off

Place the dipped balls on a wire rack

Leave the rack over waxed paper

Refrigerate the balls for about 15 minutes to ensure firmness

Serve chilled

Preparation time:

- 40 minutes

25. Jamcorn



This is a corn meal that will set your taste buds on fire.

Ingredients:

- ¼ cup of cilantro, minced
- ½ cup of softened butter
- 1 tbsp. of lime juice
- 12 medium-sized ears sweet corn, husks out
- 1 ½ tsp. of lime zest, grated

Serving size:

- 12 servings

Directions:

Mix lime juice, butter, cilantro and lime zest in a small-sized bowl

Shape the mixture into a log. Then, wrap in plastic

Refrigerate the mixture for 30 minutes until its firm

Wrap the corn with foil

Over medium-heat, grill corn until tender for about 20 minutes

Cut the lime butter into 12 slices

Take away the corn from grill

Serve corn alongside butter

Preparation time:

- 35 minutes

26. Caribbean Liquor



If there's something the Caribbean shares in common, it's a good liquor from Jamaica.

Ingredients:

- 1 slice of ginger, fresh
- 2 ounces of pineapple juice
- 1 dash of Angostura bitters
- 1 ½ ounces of rum
- ½ ounce of simple syrup

Serving size:

- 4 servings

Directions:

Mix all ingredients in a shaker

Extract to serving glasses

Add in ice to

Garnish with lemon slices

Preparation time:

- 5 minutes

27. 1962 Grilled Chicken



Here's a favorite chicken recipe named after Jamaica's independence date. It's a perfect meal for hangouts and celebrations.

Ingredients:

- 8 Chicken wings
- 1 tsp. of olive oil
- 3 tbsp. of butter, unsalted & melted
- Ranch dressing

Serving size:

- 4servings

Directions:

Preheat the grill to medium temperature

Toss the chicken wings with oil and 1 tsp. Of seasoning in a large bowl

Grill the chicken wings for about 20 minutes, turning once

In another bowl, mix butter and leftover tsp. Of seafood seasoning in a large bowl

Add in the chicken wings and toss

Serve the chicken wings alongside ranch to allow for dipping

Preparation time:

- 30 minutes

28. Hurricane Tea



As the name says, this recipe gives you the hurricanes.

Ingredients:

- 24 ounces of water
- 4 cinnamon sticks, small size
- 2 tbsp. of whole allspice
- 2 tea bags, medium size
- 3 tbsp. of fresh lemon juice
- Honey, taste
- Jamaican rum

Serving size:

- 4 servings

Directions:

Bring water to boil

Add all ingredients, then allow to simmer for 10 minutes

Strain juice to serving plates

Add honey to taste

Enjoy

Preparation time:

- 20 minutes

29. Marley Peas



The Marley Peas is an easy to make and fantastic meal that takes on the name of legendary Jamaican musician, Bob Marley. With that in mind, you can expect nothing but the best.

Ingredients:

- 1 tbsp. of olive oil
- 1 can of chickpeas, 15.5 o.
- 1 tsp. of smoked paprika

Serving size:

- 2 servings

Directions:

Leave the oven to a temperature of about 425°

Stir chickpeas in paprika and olive oil

Spread the mixture on a baking sheet

Roast the chickpeas until they're crispy, cooking for about 20 minutes

Preparation time:

- 30 minutes

30. Jam Wings



Last on the list is the delicious Jamaican Jam Wings. With this recipe, chicken never tasted better.

Ingredients:

- 4 lbs. of chicken wing drums
- 10 tbsp. of Jerk Seasoning
- Lemon juice
- 2 tsp. of garlic
- 2 tsp. of paprika
- 2 tbsp. of Dry Jerk Seasoning

Serving size:

- 4 servings

Directions:

Clean the chicken wings with lemon juice

In a different bowl, mix jerk seasoning, paprika and garlic

Rub the chicken in the mixture

Leave your oven at 200°F

Cook the chicken wings for about 40 minutes

Set up your grill

Grill chicken until golden

Chop into small pieces when ready

Serve alongside preferred dish

Preparation time:

- 1 hour 30 minutes

Conclusion

While we add our full-stop here, there's no end when it comes to amazing dishes from Jamaica. However, one thing you can be undeniable sure of is that the listed 30 delicious recipes here are some of the best you'll certainly ever get. Now, get to cooking.

Author's Afterthoughts



I can describe how grateful I am for buying this book. Every book purchased shows me that people are learning from my experience, my content. I become a writer because it is the best way to share my experience and skills.

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Yours Truly

Ava Archer

About the Author

There is no one more interested into gastronomy like Ava Archer is. The first thing that made her fall in love with food and cooking was seeing her grandmother cooking. That was the first time when she saw how can one meal be made perfect if you just do it with love. For her, love is the most important ingredient in one meal.

Trough the years she dedicated her life in traveling in different countries to learn traditional recipes. But also she made sure to learn about modern cuisine too. With a combination of both, she started an experiment with food to create unique and mouthwatering recipes.

In her books, you can find many types of recipes. Traditional, modern and her creations. But most importantly each recipe is explained carefully so that even beginners can start making recipes that everyone will love.

But he is not only focused on sharing her experience with the recipes. She is still researching and traveling so that she can always have something to share with the world.

She believes that everyone can create a masterpiece all that you need is to be willing to make even the weirdest combinations. You never know what can come out, maybe even the next worldwide famous meal.

