

Jamaican Cookbook: Looking For Some Variety

Allspice

drying process. Wikibooks Cookbook has a recipe/module on Allspice Allspice is one of the most important ingredients of Jamaican cuisine. Under the name

Allspice, also known as Jamaica pepper, myrtle pepper, pimenta, or pimento, is the dried unripe berry of *Pimenta dioica*, a midcanopy tree native to the Greater Antilles, southern Mexico, and Central America, now cultivated in many warm parts of the world. The name allspice was coined as early as 1621 by the English, who valued it as a spice that combined the flavours of cinnamon, nutmeg, and clove. Contrary to common misconception, it is not a mixture of spices.

Several unrelated fragrant shrubs are called "Carolina allspice" (*Calycanthus floridus*), "Japanese allspice" (*Chimonanthus praecox*), or "wild allspice" (*Lindera benzoin*).

Jamaican cuisine

over time. Popular Jamaican dishes include curry goat, fried dumplings, brown stew (oxtail), ackee and saltfish and jerk. Jamaican patties along with

Jamaican cuisine includes a mixture of cooking techniques, flavours and spices influenced by Amerindian, West African, Irish, English, French, Portuguese, Spanish, Indian, Chinese and Middle Eastern people who have inhabited the island. It is also influenced by indigenous crops, as well as crops and livestock introduced to the island from Mesoamerica, Europe, tropical West Africa and Southeast Asia— which are now grown locally. A wide variety of seafood, tropical fruits and meats are available.

Some Jamaican dishes are variations of cuisines brought to the island from elsewhere, which are often modified to incorporate local produce and spices. Many others are novel or Creole dishes, created from a fusion of dishes, techniques and ingredients from different cultures— which have developed locally over time. Popular Jamaican dishes include curry goat, fried dumplings, brown stew (oxtail), ackee and saltfish and jerk.

Jamaican patties along with various pastries, breads and beverages are also popular.

Jamaican cuisine has spread with migration, between the mid-17th and 20th centuries. Contingents of Jamaican merchants and labourers, who settled in coastal Latin America, to establish businesses, and work in agriculture and the construction of railroads, ports and the Panama Canal, contributed Jamaican dishes to the region. Also, Jamaicans who have sought economic opportunities in other parts of the world, have spread their culture and culinary practices.

Kabocha

the outside with knobbly-looking skin. It is shaped like a squat pumpkin and has a dull-finished, deep-green skin with some celadon-to-white stripes and

Kabocha (; from Japanese 南瓜, ??) is a type of winter squash, a Japanese variety of the species *Cucurbita maxima*. It is also called kabocha squash or Japanese pumpkin in North America. In Japan, kabocha may refer to either this squash, to the Western pumpkin, or indeed to other squashes. In Australia, "Japanese pumpkin" is a synonym of Kent pumpkin, a variety of winter squash (*C. moschata*).

Many of the kabocha in the market are kuri kabocha, a type created from seiyo kabocha (buttercup squash). Varieties of kabocha include Ajihei, Ajihei No. 107, Ajihei No. 331, Ajihei No. 335, Ebisu, Emiguri, Marron d'Or and Miyako.

Anthony Bourdain

2018. Retrieved June 8, 2018. "Anthony Bourdain explores Jamaican foods on CNN Sunday"; The Jamaica Observer. November 15, 2014. Archived from the original

Anthony Michael Bourdain (bor-DAYN; June 25, 1956 – June 8, 2018) was an American celebrity chef, author and travel documentarian. He starred in programs focusing on the exploration of international culture, cuisine, and the human condition.

Bourdain was a 1978 graduate of the Culinary Institute of America and a veteran of many professional kitchens during his career, which included several years spent as an executive chef at Brasserie Les Halles in Manhattan. In the late 1990s Bourdain wrote an essay about the ugly secrets of a Manhattan restaurant but he was having difficulty getting it published. According to the New York Times, his mother Gladys—then an editor and writer at the paper—handed her son's essay to friend and fellow editor Esther B. Fein, the wife of David Remnick, editor of the magazine The New Yorker. Remnick ran Bourdain's essay in the magazine, kickstarting Bourdain's career and legitimizing the point-blank tone that would become his trademark. The success of the article was followed a year later by the publication of a New York Times best-selling book, Kitchen Confidential: Adventures in the Culinary Underbelly (2000).

Bourdain's first food and world-travel television show A Cook's Tour ran for 35 episodes on the Food Network in 2002 and 2003. In 2005, he began hosting the Travel Channel's culinary and cultural adventure programs Anthony Bourdain: No Reservations (2005–2012) and The Layover (2011–2013). In 2013, he began a three-season run as a judge on The Taste and consequently switched his travelogue programming to CNN to host Anthony Bourdain: Parts Unknown. Although best known for his culinary writings and television presentations along with several books on food and cooking and travel adventures, Bourdain also wrote both fiction and historical nonfiction. On June 8, 2018, Bourdain died while on location in France, filming for Parts Unknown, of suicide by hanging.

Hot sauce

used to create buffalo wings. Many recipes for hot sauces exist, but the only common ingredient is some variety of chili pepper. Many hot sauces are made

Hot sauce is a type of condiment, seasoning, or salsa made from chili peppers and other ingredients. Many commercial varieties of mass-produced hot sauce exist.

Hominy

Other nutrients are in low amounts (table). Wikibooks Cookbook has a recipe/module on Hominy recipe Look up hominy in Wiktionary, the free dictionary. Arepa

Hominy is a food item produced from dried maize (corn) kernels that have been treated with an alkali, in a process called nixtamalization (nextamalli is the Nahuatl word for "hominy"). "Lye hominy" is a type of hominy made with lye.

Chorizo

made in many national and regional varieties in several countries on different continents. Some of these varieties are quite different from each other

Chorizo (ch?-REE-zoh, -?soh, Spanish: [tʰoɾiˈso, tʰoɾiˈso]; Portuguese: chouriço [ʃo(w)ʁiˈsu]) is a type of pork sausage originating from the Iberian Peninsula. It is made in many national and regional varieties in several countries on different continents. Some of these varieties are quite different from each other, occasionally leading to confusion or disagreements over the names and identities of the products in question.

In Europe, Spanish chorizo and Portuguese chouriço is a fermented, cured, smoked sausage which gets its smokiness and deep red color from dried, smoked, red peppers (pimentón/colorau); it may be sliced and eaten without cooking, or added as an ingredient to add flavor to other dishes. Elsewhere, chorizo may not be fermented or cured, requiring cooking before eating. In Mexico it is made with chili peppers instead of paprika.

Iberian chorizo is eaten sliced in a sandwich, grilled, fried, or simmered in liquid, including apple cider or strong alcoholic beverages such as aguardiente. It is also used as a partial replacement for ground (minced) beef or pork.

Dumpling

"halloumi"; ("??????"). They look like some types of Italian ravioli. The fifth-century Roman cookbook Apicius contains a recipe for roasted pheasant dumplings

Dumplings are a broad class of dishes that consist of pieces of cooked dough (made from a variety of starchy sources), often wrapped around a filling. The dough can be based on bread, wheat or other flours, or potatoes, and it may be filled with meat, fish, tofu, cheese, vegetables, or a combination. Dumplings may be prepared using a variety of cooking methods and are found in many world cuisines.

One of the earliest mentions of dumplings comes from the Chinese scholar Shu Xi who mentions them in a poem 1,700 years ago. In addition, archaeologically preserved dumplings have been found in Turfan, Xinjiang, China dating back over 1,000 years.

Galangal

also used for the rhizome of the unrelated sweet cyperus (Cyperus longus), traditionally used as a folk medicine in Europe. Wikibooks Cookbook has a recipe/module

Galangal () is a rhizome of plants in the ginger family Zingiberaceae, with culinary and medicinal uses originating in Indonesia. It is one of four species in the genus *Alpinia*, and is known for its pungent, aromatic flavor. Greater galangal (*Alpinia galanga*) is most commonly used, and is similar to ginger and turmeric. It is native to South Asia and Southeast Asia. Lesser galangal (*Alpinia officinarum*) and other types are also used, though less frequently. In traditional medicine, galangal is used to treat various ailments. It is a common ingredient in Thai, Indonesian, and Malaysian cuisine, and is also used in some traditional Chinese medicine.

Grater

ribbons or noodles Mandoline Orophigane Surform Tamis Soap grater Wikibooks Cookbook has a recipe/module on Grater "The 4 Best Graters of 2025";. The New York

A grater, also known as a shredder, is a kitchen utensil used to grate foods into fine pieces. They come in several shapes and sizes, with box graters being the most common. Other styles include paddles, microplane/rasp graters, and rotary drum graters.

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