



Caribbean Vegan: Meat-Free, Egg-Free, Dairy-Free Authentic Island Cuisine for Every Occasion

Taymer Mason

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Here is your passport to a world of distinctive, unforgettable food—125 delicious, authentic vegan recipes that showcase flavors and ingredients from across the Caribbean islands

If “Caribbean cuisine” makes you think of pineapples and coconuts, you’re missing out. The Caribbean islands are home to a rich cooking tradition that combines African, French, Spanish, British, Asian, and Indian influences, adds an unmistakable local flair . . . and tastes like paradise. A real secret is in the herbs and spices—with the right uncooked sauce, cooked sauce, or “wet seasoning” blend, you can transform everyday ingredients into Caribbean delights.

Caribbean Vegan will spice up your vegan diet like no other cookbook. Popular blogger Taymer Mason serves up 125 completely vegan recipes—for breakfast dishes, appetizers, entrées, sides, soups, desserts, and drinks that are *anything* but bland. Sample the local flavors of Barbados, Saint Lucia, Trinidad and Tobago, Jamaica, Grenada, and the French West Indies with:

Saint Lucian Bakes

Eggplant and Seaweed Accras

Bajan Soup with Dumplings

Rummy Rum and Raisin Ice Cream . . . and much more!

Enticing color photos and Island Tips explain the key ingredients, equipment, and techniques of Caribbean cuisine—so whatever your previous familiarity with Caribbean food, you’ll be cooking like an islander in no time.

Caribbean Vegan: Meat-Free, Egg-Free, Dairy-Free Authentic Island Cuisine for Every Occasion Details

Date : Published November 16th 2010 by The Experiment (first published September 1st 2010)

ISBN : 9781615190256

Author : Taymer Mason

Format : Paperback 272 pages

Genre : Food and Drink, Cookbooks, Food, Vegan, Nonfiction, Cooking, Reference, Vegetarian, Vegetarianism

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Susan says

This one is between three and four stars. I think it would be four if I lived in a city with more diversity, and so more ability to buy the Caribbean ingredients. However, it is not really fair to blame Mason because the people where I live fail to have adventurous enough tastes to support a market for these foods.

The book itself is well thought out. You can tell Mason really enjoys, and takes justifiable pride, in cooking and her Caribbean heritage. The stories that come with the recipes are short and sweet and contain solid information about the dish and the culture that it comes from. I also really enjoyed that the recipes are usually based on whole foods rather than 'pretend non-vegan' products. Yes, I do eat store-bought faux sausages, but if I am taking the trouble to get out a recipe book and cook proper meals, then I appreciate it when there are 'proper foods' in the recipes.

Kate says

I read the second revised edition. Long lists of ingredients. Lovely recipes for sauces and spice mixes which just add that extra flavour and authentic zing to dishes. Highly recommended.

Donna says

Cookbooks are hard to review as it then becomes more of what you like. I've always been drawn to the flavors of the Caribbean and eating a more planet based diet this book gives me a whole new arsenal of food and spices.

Critterbee✿ says

Colorful, bright, full of traditional Caribbean flavor and flair.

This book is a visual feast! Everything from the gorgeous photographs to the great use of color throughout the book, even the font used, is pleasing to the eye and transforms the book from a mere collection of delicious recipes to a slice of the Caribbean experience. I know I am gushing; I just really loved the book. Adding to the style with which the book was put together, this book is completely vegan, which just puts it over the top.

The recipes range from the simple and delicious (Onion Gravy, Creamy Pumpkin Soup and Lentil Stew) to the elaborate and delicious (Jerk Pizza with Sweet Potato Crust, Fried Rice and Pea Balls with Coconut Aioli).

Recipes for seasonings and sauces, short crust pastry and many desserts are included. This is definitely worth a look for home cooks interested in vegetarian, vegan or Caribbean cuisine.

****eARC Netgalley****

Shandra Jackson says

Not enough photos, but some great sounding recipes.

Hannah says

I am not quite sure how to review a cookbook, having never done that before. But I really like cooking and I really like trying new recipes, so I requested way too many things on NetGalley - as you do.

This book was fine - but sadly not great. I liked every recipe I tried (my partner liked them even more but that's because he thinks fresh coriander is the best thing ever) and I felt pleasantly reminded of our holiday in Columbia last year. My problem comes from the fact that a few recipes are not very appealing to me (to be fair, I love cooking, hate everything baking-related) and from the fact that loads of ingredients are not available to me. But to be fair, I don't think the author wrote the book with the German small town market in mind. So that one is on me.

I am still highly considering buying the book - mostly because I do want to cook more caribbean food and because the cocktail recipes are brilliant.

I received a copy of this book curtesy of NetGalley and The Experiment in exchange for an honest review. Thanks for that!

Samantha Arias says

I really really liked this cookbook. I've been trying to add a bit of tropical and spices into my vegan cooking. This book has a bunch of delicious authentic as possible recipes. I may have botched the mashed plantains but I swear I'll get em right next time LoL! If you love Caribbean food or looking to add a little something to your dishes like me, I totally recommend you get this book. It'll add a whole another dimension to your cooking.

Jessica says

Lentil patties: I was more than a little intimidated by Taymer Mason's instructions on getting the perfect short crust pastry crust for these, and I admit to being a bit frantic when folding up the lentil patties, but the end result was worth it! I'm hoping to perfect my ability to prepare this recipe. Rather than being a lame

alternative to a traditional yucca-based empanada dough as I feared, the short crust pastry crust was really lovely in its own right - flaky and light. My only note for future use is to make a double pastry crust for the appetizer-sized patties; I had a lot of filling left over.

Pumpkin soup: This squash-based soup (Caribbean pumpkin is actually squash) was really easy to make and perfectly spiced. I will make it again, particularly if I want to dress up a dinner for company.

Lisa Vegan says

I'd started this but then put it down because I've also been waiting for another book, *A Vegan Taste of the Caribbean*, so that I could ideally read both books together, but that book is still in transit and this book is due back at the library very soon, so I went ahead and read the rest of this book first. I love that there are at least two cookbooks with Caribbean area recipes that are both 100% vegan.

I really like this author. She writes well and engagingly. I like all the "Island Tip" tips. I love the text at the beginning of each section and at the start of each recipe. The biographical, cultural, and especially historical information I found all of it interesting. The mingling of history and food is my cup of tea. And I really enjoyed reading about the different islands/communities and their different food traditions. I want to support this author. If/when I'm in a position to again buy books this is one I'll buy. As it is, I might have to borrow it again from the library; my city's library did not have it so I got my copy from our sister library system. I think I will ask my library to purchase at least one copy.

I'm not as familiar with Caribbean cuisine as I am with many other types. I'm now very intrigued. Even though I don't like many frequently used foods, I'd like to try some of these dishes. For those eaters/cooks/reader who, unlike me, do like coconut, vinegar, rum, mustard, and a few other foods not appealing to me, they'll probably enjoy these recipes without the tweaks I'd have to make to some of them. I love hot peppers and was delighted to see that habanero peppers and Scotch Bonnet peppers make frequent appearances. My favorite peppers are probably the milder jalapeños, but I also like habañeros a lot and I think I've enjoyed Scotch Bonnet peppers when I've had them.

Toward the beginning of the book there is a glossary and I'm so glad it is there. There were a couple completely unknown to me foods and a few others I've never seen or tasted.

Recently, my Goodreads' friend Petra asked me if I'd ever tried breadfruit. I haven't. But now I'd really like to find and eat some. It's included in this book, in recipes and there is even a photo of the whole fruit. I'll have to hunt around at the many ethnic markets in my area and try to find some. Not local but I am not likely to ever travel to areas where it is grown and I need a bit of adventure in my life.

All the photos are in a center section and there are not photos for each recipe, but the ones there are in gorgeous and mouthwatering color, and there is a nifty camera icon right on the contents pages and index pages at each recipe that does have an included photo. I really appreciate how for a few of the recipes there are multiple photographs that show step by step the making of the recipes. Wonderful touch!

The Introduction includes: Some Notes on Caribbean Cooking; Glossary of Ingredients; Essential Equipment for a Caribbean Kitchen; Some Basic Techniques in the Caribbean Kitchen.

Contents:

Introduction

Chapter 1: Condiments and Sauces

Chapter 2: Breakfast Dishes

Chapter 3: Appetizers

Chapter 4: Soups and Stews

Chapter 5: Entrées

Chapter 6: Side Dishes

Chapter 7: Caribbean Tea Party

Chapter 8: Desserts

Chapter 9: Drinks and Cocktails

Acknowledgments

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About the Author

Some of the recipes that especially caught my eye and that I'd enjoy without leaving out ingredients are:

from condiments and sauces: Green Mango Chutney, Curry Sauce

from breakfast dishes: Cornmeal Bakes, Sweet Potato Drop Biscuits, Herbed Sada Roti, Banana Fritters, Pumpkin Fritters, Hearts of Palm and Tofu Scramble

from appetizers: Photourie (Split Pea Fritters), Breadfruit Chips, Eggplant Choka

from soups and stews: Creamy Pumpkin Soup, Yellow Split Pea Dal

from entrées: Lentil Patties, Trinidadian Doubles, Bajan Macaroni Pie with Tofu Cheddar (okay, for that last one I would have to leave out vinegar & mustard)

from side dishes: Creole Rice, Dal Puri Roti, Spicy Baked Sweet Potato Wedges, Classic Barbadian Sweet Potato Pie, Breadfruit Cou-Cou, Boil and Fry, Creole Ratatouille, Sautéed Spinach, Warm Green Banana and Squash Stir-Fry, Okra in Sofrito Sauce, Sautéed Okra

from Caribbean tea party: Light Sweet Raisin Bread, Jam Buns, Arrowroot Tea Biscuits, Ginger Tea, Lemongrass Agave Tisane, Citrus Spiced Tea

from desserts: Gingerbread, Pineapple Tarts, Soursop Ice Cream, Gooseberry Syrup, Nut Cake

from drinks and cocktails: Caribbean Lemonade, Unfermented Ginger Beer, Soursop Punch (What's weird is that I loved the author's note at the beginning of this section "Please remember to drink responsibly." but I then didn't notice any alcoholic beverages. Where's the rum? Or in my hurry to finish the book, did I miss it?)

I just had to look up Conkies. They're on pages 191-192 but that page was torn out of the book by a previous (rude) library patron. Photocopying may be against copyright law but doing that seems preferable to making this recipe unavailable to future readers. I probably wouldn't have listed them above because they have coconut but I'll bet the author wrote an interesting note for the recipe and I'll bet many readers of this book would love them. Sad and irritating.

So, I learned a lot from this book and I enjoyed reading it. I stayed up to finish it, and managed to put down my current “can’t put down” novel, *The Invisible Bridge*, and read this book instead.

4 ½ stars

Nicole says

As someone from the Caribbean I was expecting to see a few more familiar foods from my country (The Bahamas) tweaked for a vegan diet, but there are many islands in the Caribbean and probably too much culinary diversity for me to have realistically expected that. Still, there seem to be a lot of great recipes in this book. I wish there were more photos and I'm not sure how easy the recipes are to follow having not tried any of them yet but, from what I skimmed, it seemed fairly straightforward. I also wonder how easy it would be to source all of the ingredients for those outside of the Caribbean, but that's their problem ;) haha Good cookbook. I'm looking forward to trying some of these some time.

Claire says

Review: *Caribbean Vegan* by Taymer Mason Published by: The Experiment (13 January 2017)

ISBN: 978-1615193608

Source: NetGalley

Rating: 4*

Description:

There's so much more to Caribbean cuisine than pineapples and coconuts. The real secret is in the herbs and spices: With the right sauce or seasoning blend, everyday ingredients transform into unforgettable Caribbean delights. Taymer Mason welcomes vegan home cooks to this rich tradition that combines African, French, Asian, and Indian influences with an unmistakable local flair. Covering a remarkable variety of tropical flavours and ingredients, *Caribbean Vegan* serves up 175 recipes--for every meal--that will spice up your diet like no other cookbook.

Review:

I'm always looking to try different meals and really liked the local food I tried on honeymoon in the Dominican Republic. Unfortunately, most of the catering in the hotel was towards the American/British diet but this book has given me the opportunity to try lots more delicious Caribbean food. Most of the ingredients were quite easy to source either in a supermarket, online or in a health food store, but it does seem to be aimed more towards the U.S. market than U.K.

There are options for every meal time, which is great if you want to try something a little different. The recipes are easy to follow and the author is clearly passionate about this type of food. Having the recipes for the seasonings at the beginning is brilliant, as they can be prepared in advance, thus avoiding being held up/loss of mess in the middle of a recipe. My only criticism is that more pictures would've been useful, if only to know if what I was doing looked right! Thanks to the publisher and NetGalley for providing me with a review copy in return for my honest opinion.

AJ says

I've been to the Caribbean several times, twice as a vegan, and nothing sucks more than not being able to eat local food. (Except for the rare exception like an amazing vegan cafeteria in Barbados.) I can't wait to try out a lot of the recipes in this book, but I think I'll wait until summer.

Patricia Romero says

As a Vegan I am always looking for new recipes and cookbooks. For the most part I am usually disappointed with the same recipes over and over. When I saw the cover of the book I just knew this one was going to be special.

Everything from the cover to the layout was perfect. The recipes may look like a lot of ingredients, but really they were easy to prepare and the flavor was outstanding. Each recipe was fresh and new to me and even my non-vegan husband was ready to head for the Caribbean if this was what food would be like! Now that is an endorsement as he is more of a meat and potatoes guy.

Taymer Mason has a hit with one! I am one happy Vegan!

I received this book from Netgalley in exchange for an honest review And I will be purchasing the book version to keep in my collection.

Jamie Mauldin says

I've been vegan for 4 years, but not once have I ever thought of eating caribbean food.. This book has me convinced though! There are so many great recipes in here, I can't wait to try a few. This book is easy to read and has a lot of great pictures and guides to spices and ingredients. I'm most excited to try the curried potato salad. I think next time I have some friends over I will make something from this book.

Disclaimer: I recieved this book in exchange for an honest review thanks to Netgalley.

Yodamom says

I learned a lot from this book. Spices, herbs, vegetables, flours, so many ingredients. I can't wait to put this new knowledge to work with the many recipes in this book. Moringa, a plant I've seen sold at a local farm but had no idea what to do with is now growing in my garden.

The spice blends while they have an extensive list of ingredients are so delicious. My family is using the Magical Moringa Spice blend , a nutritional power boast daily on just about everything. In this section there are many sauces, spreads and other flavorings as well.

I tried several recipes some I liked better than others but all were good. The Split Pea Fritters, not loved. The Caribbean Caesar Salad with Coconut Bacon, The Holiday "Ham", the Jerk Sausages,the Coconut Bread, the

Coconut flan (the best !) and the Rum Raisin Ice Cream were all fabulous.

I really enjoyed this book. I loved the new combinations of food and spices and learned from it. That is a winner for me. I did have one complaint, I wanted more pictures. I taste food with my eyes first and didn't enjoy reading through all the recipes to drag interest out of my cooking soul.
