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Flavors of Belize

By Tanya McNab



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The Flavors of Belize cookbook represents a remarkable collaboration between Belize's most valuable asset... It's people. Your culinary journey would be incomplete without sampling the flavors and traditions of some of Belize's most diverse cultures: Maya, Mestizo, Creole, East Indian, Garifuna, Lebanese, Chinese, Mennonite, Caribbean and British, all of which are represented in this cookbook.

As Central America's gateway to the Caribbean, the beautiful beaches of Belize welcomed a fascinating parade of immigrants from remote corners of the globe. When all of these cultures came to peacefully coexist in such a small geography, their food was magically infused with a worldly flair. That is why Belize cuisine today is unlike that of any other country, yet hints at certain familiar tastes and influences you many have experienced from all corners of the world.

Flavors of Belize is the most comprehensive compilation of Belizean recipes; recipes from across cultures and recipes handed down through generations. The recipes contained within these pages will tantalize your palette and the enchanting variety of experiential dishes will bring good cheer to your kitchen, family, and friends.

If you love great food, you will love this book.



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Editorial Review

Review

Hello everyone!

You may remember a post we wrote last year about visiting the beautiful country of Belize to work on a cookbook. I'm proud to announce that the book is now here and it's every bit of beautiful I hoped it would be. Not that I'm biased, mind you. It's just great to be involved in such a delicious endeavor.

There's so many wonderful recipes to dive into within the book's pages, and if you've never experienced Belizean food then you're in for a treat. It's a fantastic blend of distinct cultures, sometimes moving in one direction before coming back to another. It's Mayan, it's Caribbeean, It's Asian, it's Creole, and it's all delicious. In fact, several recipes from the book have become standards at our house.

Matt Bites -**Matt Armendariz**

--Matt Bites Blog

Recipe chapters include Starters, Soups, Seafood; Pork, Chicken, and Meat; Salads and Vegetables; Breads, Grains, and Legumes; Finishing Touches; and Desserts. Each chapter begins with a look back into the history of Belize and an explanation of the different cultures that create a foundation of Belizean heritage. Each alternating page in the cookbook is a full page photograph which makes this cookbook a real joy to read. Photographs are from renowned food photographer Matt Armendariz. The recipes themselves are quite varied in experience level. I found a number of recipes that could easily be prepared by someone without a lot of experience in the kitchen (like the Habanero Salsa). Also included are recipes that are more challenging including the Lobster Robert and the Tamales.

This cookbook has a wonderful selection of recipes you can enjoy at every meal of the day. You may need to head to a larger grocery store or ethnic market for some of the ingredients needed in Flavors of Belize. I know that my grocery store doesn't carry things like chaya leaves, red racado, or cow foot. Many of the recipes can be prepared without ethnic ingredients and I'm looking forward to trying the Pork Chops with Pineapple Salsa and the Maya Chocolate Cake. If you're interested in Belize recipes, you definitely need to purchase Flavors of Belize The Cookbook.

Confessions of an Overworked Mom -**Ellen Christian** --Confessions of an Overworked Mom Blog

For all its variety, Belizean food often gets short shrift, overshadowed by that of its neighbor to the north, Mexico. But last year saw the publication of the first proper Belizean cookbook, Flavors of Belize, compiled by Belize City designer and publisher Tanya McNab and packed with a mix of traditional and contemporary Belizean recipes, as well as insight into the history and development of the native cuisine.

The inspiration came from McNab's childhood. Her grandfather, who owned the first supermarket in Belize City, ran an annual Christmas contest that asked customers to send in their favorite recipes which they did, in vast numbers. Aiming to recapture that collaborative spirit, McNab spent a year gathering as many recipes as she could from locals, chefs and even her own grandmother. That last one, though, proved a challenge. The hardest part, McNab says, was pinning her down and getting her to tell us what goes in there.

--United Airlines Hemisphere Magazine

Users Review

From reader reviews:

Belinda Timmer:

Now a day people that Living in the era everywhere everything reachable by talk with the internet and the resources inside can be true or not call for people to be aware of each facts they get. How many people to be smart in acquiring any information nowadays? Of course the reply is reading a book. Reading through a book can help persons out of this uncertainty Information particularly this Flavors of Belize book because this book offers you rich details and knowledge. Of course the information in this book hundred % guarantees there is no doubt in it everbody knows.

Derrick Minor:

Reading a book tends to be new life style in this particular era globalization. With reading through you can get a lot of information that will give you benefit in your life. Using book everyone in this world can share their idea. Guides can also inspire a lot of people. Many author can inspire all their reader with their story or maybe their experience. Not only situation that share in the textbooks. But also they write about the knowledge about something that you need illustration. How to get the good score toefl, or how to teach your children, there are many kinds of book which exist now. The authors these days always try to improve their ability in writing, they also doing some exploration before they write to their book. One of them is this Flavors of Belize.

Mary Olive:

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Ann Walsh:

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