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# Barbados Bu'n-Bu'n: My Culinary Adventure: Volume IV



## Synopsis

This 4-volumed book divided into the 11 parishes of the island, Barbados Bu'n-Bu'n, takes one on a culinary ride of this gem of the Caribbean. From history, culture and tradition to meeting the people from all walks of life; the book tells their stories, both fun and educational, accompanied by stunning photography and recipes. Volume IV, ends the journey with the parish of St. Michael, home of the capital Bridgetown. Winner of Gourmand's World Cookbook Awards: For Barbados: Best Photography, Best Design, Best Historic Recipes, Best Self-Published Book (2014) Internationally: Gold - Best Self-Published Book in the World (China 2015) Experience the tropical beauty and tastes of this very special region through the books of Rosemary Parkinson. Her book Culinaria: The Caribbean is the one and only book to Caribbean cooking; her Nyam Jamaica is a comprehensive taste of one of the world's finest cuisines.

- Chef Art Smith (until 2007 personal chef to Oprah Winfrey) award-winning author, restaurateur, contributor to O, The Oprah Magazine and founder of the non-profit charity Common Threads that brings low-income families together through food and art.
- Barbados Bu'n-Bu'n - book of satisfaction, good taste, images between the lines from kitchen to heart. Rosemary does it again.
- Lennox Raphael, playwright, author, poet and artist.
- Rosie Parkinson does not just produce cookbooks. Since the beginning of the 21st Century, she has chronicled in Caribbean Culinaria and Nyam Jamaica how the culture of foods in the Caribbean has become Caribbean Cuisine - marinated for over 300 years in the pots of villages, the boucans of the forests and sandy beaches aromatized by the bushes of the land. These tomes are filled with mouth-watering photographs of food produced by the descendants of migrants from Europe, Africa, India, China and the Middle East combined with the ancient practices of the indigenous Amerindian people. Now there's Barbados Bu'n-Bu'n. Look. Read. Try. The after-taste is tantalizingly unbelievable.
- Baba Elombe Mottley, author & activist.
- Bu'n-Bu'n is an incredible journey...with Rosemary's inimitable prose, observations, human interest stories and photographs. Exquisite...!
- Dr Karl Watson, historian & author.
- To say that I was blown away is an understatement and I am still bursting with excitement, Barbados Bu'n-Bu'n literally packages by illustration Barbados's cultural identity. This book is indeed a national treasure.
- Beverley Alleyne, Senior Business Development Officer, Barbados Investment & Development Corporation.

## Book Information

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