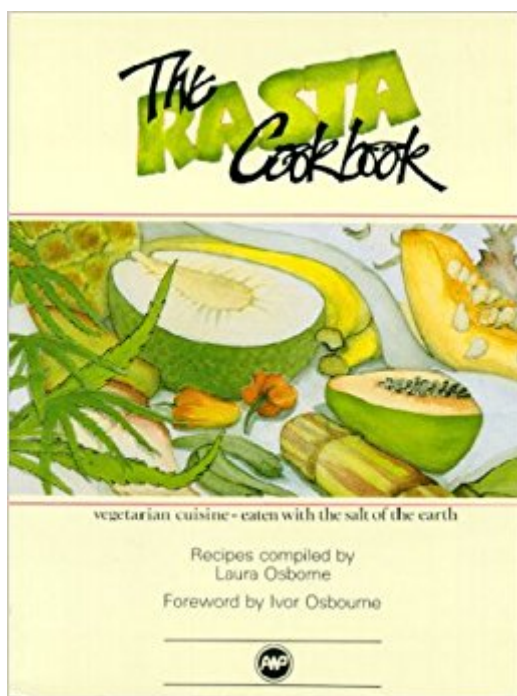


The book was found

The Rasta Cookbook: Vegetarian Cuisine Eaten With The Salt Of The Earth : Recipes



Synopsis

Vegetarian Cuisine, Eaten with the salt of the earth

Book Information

Paperback: 132 pages

Publisher: Africa World Pr (March 1993)

Language: English

ISBN-10: 0865431337

ISBN-13: 978-0865431331

Product Dimensions: 0.5 x 7.2 x 9.5 inches

Shipping Weight: 4 ounces

Average Customer Review: 4.2 out of 5 stars 17 customer reviews

Best Sellers Rank: #853,753 in Books (See Top 100 in Books) #125 in [Books > Cookbooks, Food & Wine > Regional & International > Caribbean & West Indian](#) #787 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables](#) #924 in [Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian](#)

Customer Reviews

"You are what you eat" this is the core of the philosophy on which the Rastafari base their eating habits and cuisine. This book presents for the first time in print, a mouthwatering collection of recipes, the best of Rasta cooking. The cultural and religious basis of the cuisine are explained in full. A review of tropical fruits and vegetables is given and along with this, vital information on where, how to get and how to prepare the ingredients for this exotic cuisine.

YOU ARE WHAT YOU EAT Nowhere is the belief that we are what we eat held more steadfastly than among the brethren of the Rastafari. There is good reason to shun additives, preservatives, all processed foods, all that is generally eaten which has no direct root in nature. For this reason the Rastafari always cook without added salt, a practice commonly known as 'Ital'. **TO BE IRIE IS TO BE AT ONE WITH NATURE** The state of being at one with nature, being at peace with oneself, with all the things around us is of the highest states. This is the natural high, and as it derives in music and chant, so it derives in good health and vitality, in the nature of the food we eat, the fruits and vegetables, the spices and the herbs. **ITAL IS VITAL** In Rasta cooking the natural flavour of each dish is embellished through the use of spices and herbs which compliment the natural essence of the ingredients. All care should be taken to preserve the natural purity of ingredients

used in the preparation of 'Ital' food. This caring should extend from the preparation and serving, to eating. For this reason the devout brethren of the Rastafari will use only utensils made from natural materials, stone, earthenware. The matching of herbs or spice with vegetable is the result of a long and skilfully laid tradition originating from the African ancestry and cultural heritage of the Rastafari. The herbs and spices are also fruits of the earth and are as such essential ingredients to the diet of the vital man. The most widely used of the spices is pepper, fresh ripe peppers. The most piquant of the spices. The most widely used herb is marijuana, use of which is prohibited by law in the UK and a number of other countries. It is, however, the strongest of the herbs, and in the tradition of the Rastafari unlimited by dish. It sweetens and embellishes all, baked, boiled, fried or stewed. The spirit of Rasta is everywhere. As western man has set himself against the many essentials at the nature from which he was born, so he yearns to find peace with the world, to arrest the destruction of things which are natural, of himself. Where better to halt the destruction but at the point where the body interfaces with nature, with the food we eat. Eat Rasta

I really like the simple recipes in this book. I made the Jamaican dumplings with my kids and they really liked them. This is an excellent book for anyone who likes to make fresh organic foods.

But they are great, easy recipes :)) I read it almost daily. Full of vegan recipes. My carrot fritters came out tasting terrible though.. We'll see.

This has a really good selection of recipes and all stuff you can find in a local grocery stores.

This book is full of Rasta "Ital" dishes, the heart and soul of Jamaican vegetarian food. I have owned a copy of this book for years, and wanted to share it with a friend, could not find it anywhere but (reasonably priced). Rasta cook book is a treasure, worth it's weight in gold, the recipes will make you homesick for Jamaica as some of the ingredients can only be found fresh on sweet "Jah make Yah". A must for vegetarian cooks, Rastas, and lovers of Jamaica.

This cookbook is truly for those interested in the Rastafari way and Ital diet. It has great recipes that anyone can use, however. I bought this for my son, who lives in Florida, so he will be able to find many of the tropical and exotic ingredients used in these recipes. I live in Vermont and would have to make many substitutions. I am a professional cook and I really enjoyed reading through the book, even though I probably wouldn't make a lot of the recipes in it.

great

This is a good one for my library. I will have a great time reading & cook for family & friends.

I was hoping for a wider variety of recipes.....the recipes in the book are made in any Jamaican household.A bit on the disappointed side.....

[Download to continue reading...](#)

Vegetarian: 365 Days of Vegetarian Recipes (Vegetarian, Vegetarian Cookbook, Vegetarian Diet, Vegetarian Slow Cooker, Vegetarian Recipes, Vegetarian Weight Loss, Vegetarian Diet For Beginners) The Rasta Cookbook: Vegetarian Cuisine Eaten With the Salt of the Earth : Recipes Vegetarian: Everyday : Vegetarian For Beginners(vegetarian paleo, vegetarian health recipes, vegetarian weight loss recipes, vegetarian weight loss, vegetarian ... book) (healthy food for everyday Book 2) Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget(Crockpot,Slowcooker,Cast Iron) (Vegetarian,Vegetarian Cookbook,Vegetarian ... low carb,Vegetarian low fat) VIETNAMESE VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN FOOD RECIPES FROM OUR VIETNAMESE HOME - VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ... RECIPES ASIAN VEGAN SERIES Book 1) Vegetarian: 4-Week Vegetarian Nutrition Cookbook for Everyday Lifestyle - 39 Quick & Easy Vegetarian Meal Plans for Beginners (Healthy Low Carb Vegetarian Recipes for Diet and Lifestyle) KETOGENIC DIET VEGETARIAN: 120 BEST KETOGENIC VEGETARIAN RECIPES (weight loss, ketogenic cookbook, vegetarian, keto, healthy living, healthy recipes, ketogenic diet, breakfast, lunch, dinner, vegan) 50 Dutch Oven Recipes For The Vegetarian - 50 Quick and Easy One Pot Meals (Vegetarian Cookbook and Vegetarian Recipes Collection 8) Instant Pot CookBook For Vegetarian Legends: Electric Pressure Cooker Guide Through The Best Vegetarian Recipes Ever (vegetarian, Instant pot slow cooker, ... lunch, dessert, dinner, snacks, SERIES 2) Instant Pot CookBook For Vegetarian Legends: Electric Pressure Cooker Guide through the best vegetarian recipes ever (vegetarian, Instant pot slow ... lunch, dessert, dinner, snacks, for two) The Healthy Ketogenic Vegetarian Cookbook: 100 Easy & Delicious Ketogenic Vegetarian Diet Recipes For Weight Loss and Radiant Health (Vegetarian Keto Diet) (Volume 1) Mug Recipes Cookbook : 50 Most Delicious of Mug Recipes (Mug Recipes, Mug Recipes Cookbook, Mug Cookbook, Mug Cakes, Mug Cakes Cookbook, Mug Meals, Mug Cookbook) (Easy Recipes Cookbook 1) How to Become a Rasta: Rastafari, Rasta Beliefs, Rastafarian Culture Rasta Books (A): 7 Principles of

Rastafari + How to Become a Rasta + Convert to Rastafari Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1) Veg Out Vegetarian Guide to Denver & Salt Lake City (Vegetarian Guides) Epsom Salt: The Magic Mineral For - Weight Loss, Eczema, Psoriasis, Gout & Much More! (Yeast Infection, Enema, Acne, Dead Sea Salt, Sea Salt, Magnesium, Natural Hair Care) Salt Lake City, Utah: Including its History, The Utah Museum of Fine Arts, The Salt Lake Temple, The Bonneville Salt Flats, and More Welcome to Japanese Food World: Unlock EVERY Secret of Cooking Through 500 AMAZING Japanese Recipes (Japanese Cookbook, Japanese Cuisine, Asian Cookbook, Asian Cuisine) (Unlock Cooking, Cookbook [#7]) Welcome to Korean Food World: Unlock EVERY Secret of Cooking Through 500 AMAZING Korean Recipes (Korean Cookbook, Korean Cuisine, Korean Cooking Pot, Asian Cuisine...) (Unlock Cooking, Cookbook [#8])

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)