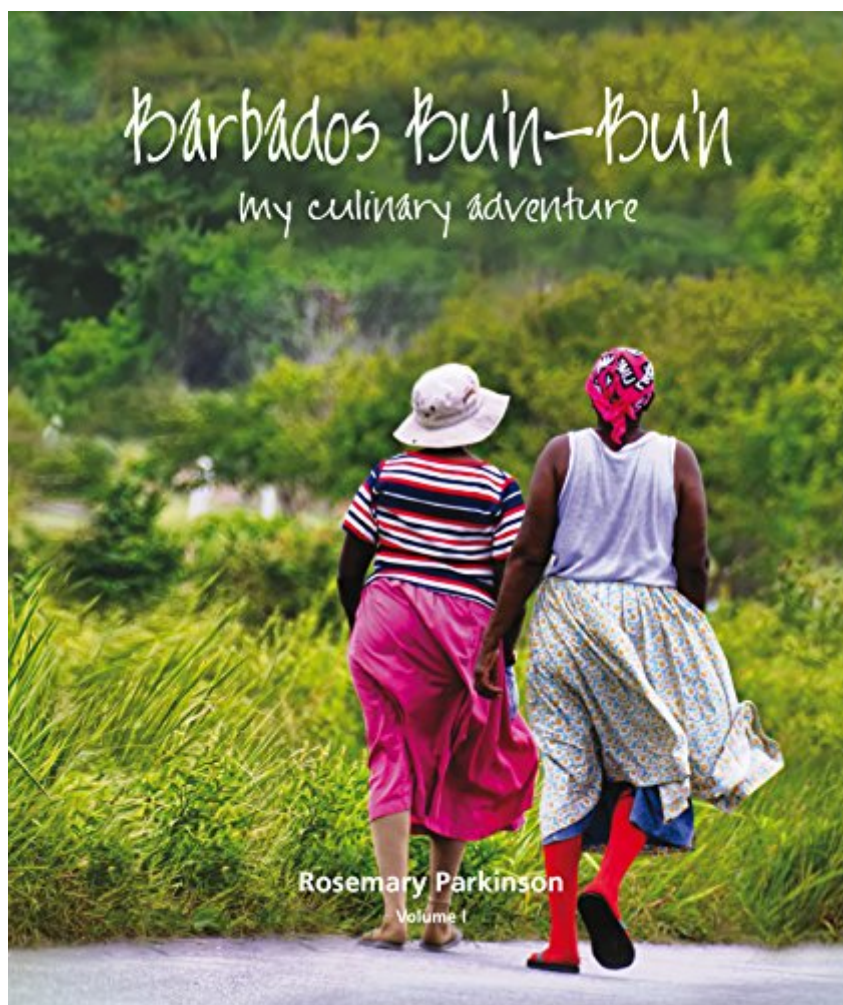


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Barbados Bu'n-Bu'n: My Culinary Adventure: Volume I



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 I, starts with an introduction to the island, and moves into the first parish on the journey; Christ Church. 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' 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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Customer Reviews

Excellent book. Both a great cookbook and a cultural treasure. A must have for Bajans and visitors alike!

I have the hard copies of both books and I also bought 4 more copies for family members as Xmas gifts last year. The books are delightful, with amazingly beautiful photos of the people the landscape and the food and drink of Barbados. The recipes are authentic and easy to follow and use. The books have traversed the length and breadth of Barbados and touched so many people, places and events. An invaluable investment for anyone who loves Barbados or those who want to learn about the culture, people, food, and beauty of Barbados! Enjoy!!

This book is more than a cook book. It brilliantly captures not only the cuisine of Barbados but the culture as well throughout the 11 parishes of the island. You meet people you know, see familiar houses and quiet nooks of Barbados. The photography is excellent. I love it and would recommend it to anyone interested in discovering Barbados. It is also a great present as well. Well done Rosemary!!

I have the hard copy and a true delight. This is not just a cook book it is a culture book. Bajans love food and this book highlights the enormous varieties and unique offering Barbados has to fill ya belly. Highly recommended.

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