



Flavors of Belize

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 may 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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