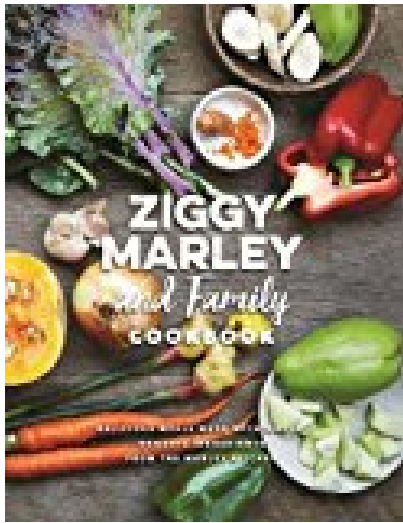


# Ziggy Marley and Family Cookbook Delicious Meals Made With Whole Organic Ingredients from the Marley Kitchen

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## BOOK DETAILS

- Author : Ziggy Marley
- Pages : 120 Pages
- Publisher : Akashic Books
- Language : English
- ISBN : 1617754838

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## BOOK SYNOPSIS

"[Ziggys] first collection of recipes pays homage to the flavors of his youth and the food he loves to cook for his wife and five children." --People.com "The musician, his family, and a few well-known chefs all contributed recipes, which are vibrant with fresh vegetables, herbs, and signature Jamaican ingredients like allspice berries and Scotch bonnet peppers . . . Readers will enjoy the vivid, colorful photos of the food and Marley's family." --Booklist "With a health-focused approach, Ziggy Marley reveals memories and food traditions in his new family cookbook." --Ebony "Ziggy rolls up his sleeves to produce Vegetarian Hash, dumplings, Jerk Chicken, Tofu in Coconut Curry, Fish Soup, Caribbean Salsa, Hempseed Pesto, Date and Kale Smoothie, Frittata, Mancakes, Mamá Carmelita's flan and even offers the best recipe for baking Stout Gingerbread. Simply explained, gluten-free, organic fruits and vegetables combine to make healthy, vegetarian, vegan and non-vegetarian meals." --The New York Beacon "The book features updated versions of favorite Jamaican and Rastafarian-inspired meals from those closest to him. Along with Marley's own creations, like the sublime Coconut Dream Fish and aforementioned Mancakes, recipes include his wife Orly's morning oatmeal, his sister Karen's lentil soup, recipes from his daughter Judah and mother-in-law, fresh juices like those his father enjoyed and contributions from several renowned chefs." --Parade "Ziggy Marley and Family Cookbook is a medley of lively recipes like Roasted Yam Tart and Coconut Dream Fish." --Family Circle "Filled with enticing photos, the book includes the recipes of Marley and those close to him, including sister Karen and daughter Judah. It's a celebration of food and family. Containing meat and fish dishes, as well as vegan and vegetarian creations, it draws not only from the Jamaican and Rastafarian cultures that nurtured Marley, but also his wife Orly's Israeli-Iranian roots." --The Mercury News "An exquisite and delectable menu of succulent food." --Crave "The book is inspired by Jamaican meals Ziggy enjoyed while growing up--but with an up-dated healthy spin. It features contributions by wife Orly, sister Karen and daughter Judah. --The Chronicle Journal "Marley delivers a book full of flavors that appeal to the taste buds but also to clean eating . . . There is truly something here for every adventurous and organic-conscious foodie from the Marley family kitchen." --Insights Magazine "This is no typical island cookbook; rather, it's an innovative collection of healthful recipes from his family's Rastafarian and Jamaican roots, combined with dishes from his wife's Persian/Israeli background." --Palo Alto Daily News As the oldest son of Bob and Rita Marley, Ziggy was raised with both traditional Jamaican food and the more natural and healthy "ital" food of the family's Rastafari culture. The fifty-four recipes included in the book, inspired by Ziggys youth and accompanied by beautiful photos, are contributed by Ziggy, his wife Orly, his sister Karen, as well as renowned chefs Bruce Sherman (Coconut Carrot Curry), Ben Ford (Escabeche, Escovitch), and Leonie McDonald (Caribbean Salsa). Many of the recipes are vegetarian, vegan, and/or gluten-free. From the introduction by Ziggy Marley: "I first started dabbling in the kitchen as a teenager. I enjoyed making cornmeal porridge, and it helped me to begin appreciating the idea of nour

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