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## Ziggy Marley And Family Cookbook: Whole, Organic Ingredients and Delicious Meals from the Marley Kitchen (Hardback)

By Ziggy Marley

Akashic Books,U.S., United States, 2016. Hardback. Condition: New. Language: English . Brand New Book. [Ziggy s] 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. Ziggy s cookbook is designed to nourish the body, mind, and soul. --Food Wine With a health-focused approach, Ziggy Marley reveals memories and food traditions in his new family cookbook. --Ebony The easy directions will have you heading to the kitchen to try these recipes yourself. --San Francisco Chronicle 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, Mama 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...



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