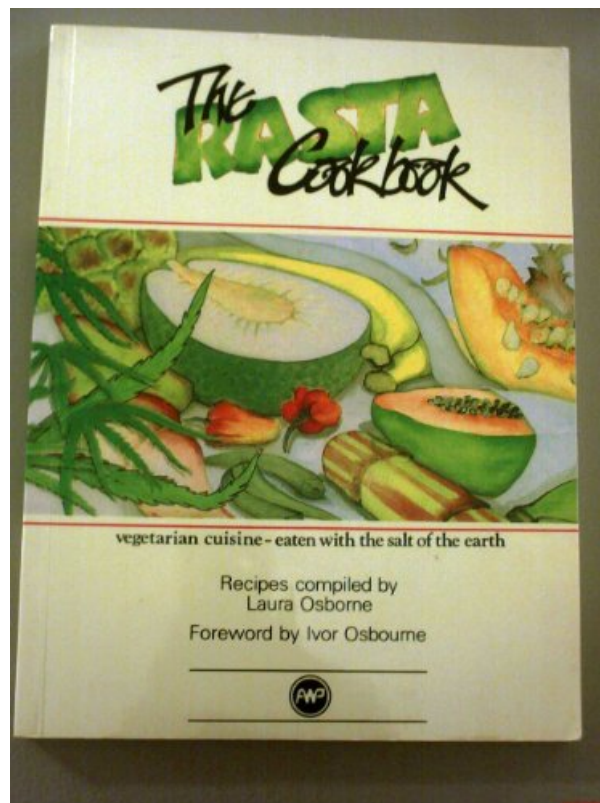
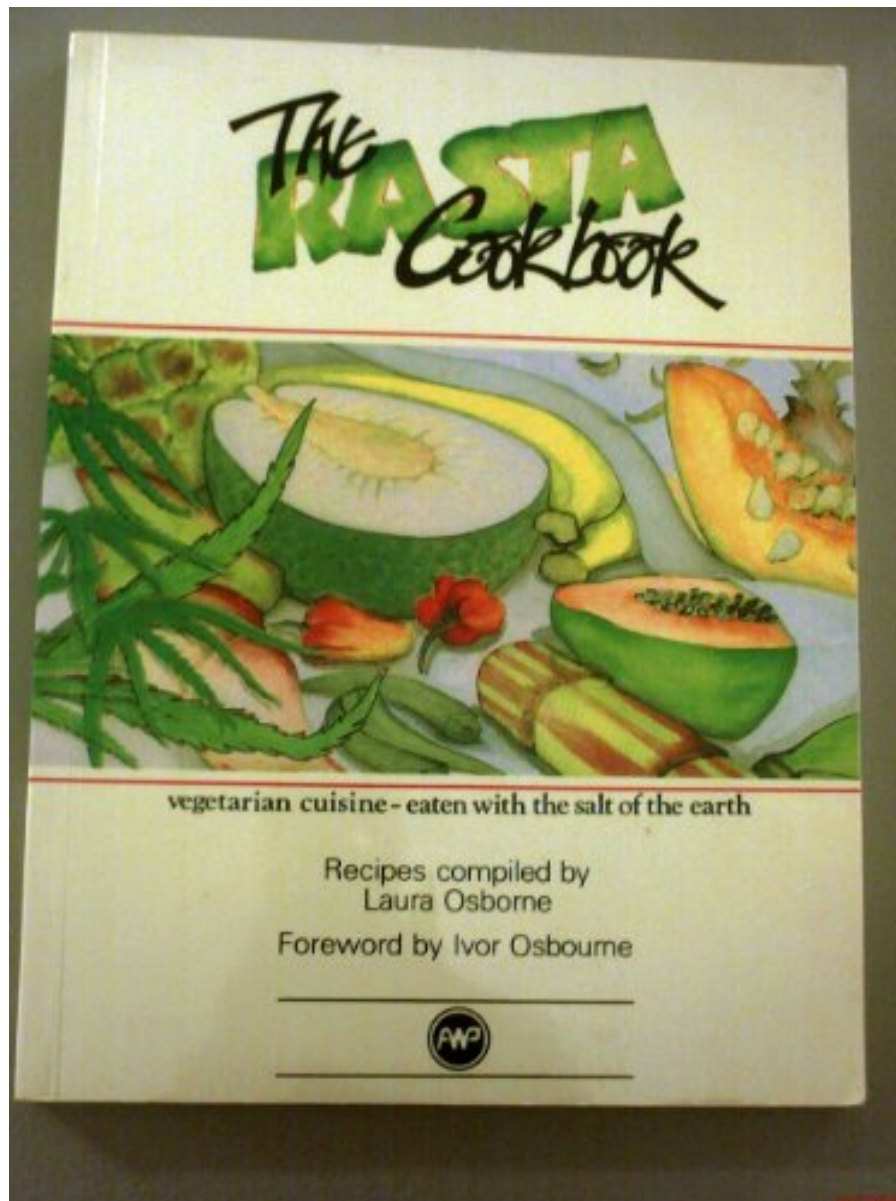


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From the Back Cover

"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.

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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

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Vegetarian Cuisine, Eaten with the salt of the earth

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