



Left: Simon Hall, Bahamas

Above: Helen Smoulders, Curacao

Below: Garcia Brown, Jamaica



PHOTOS COURTESY OF CARIBBEAN COOK-OUT SHOW

A TASTE OF THE CARIBBEAN

The Caribbean Cook-Out Show – the first-ever Caribbean-themed cookery programme in the US – aired earlier this year. The innovative show explores the region's rich culture, its diversity, its stories and, of course, its flavours

Q How did you come up with the idea for the Caribbean Cook-out Show?

A We wanted to create a platform that would elevate and celebrate Caribbean cuisine and culture. As Caribbean-Americans, we wanted the narrative to be told by us for us. Often, people think about only beaches and rum when they refer to the Caribbean. We wanted to showcase and honour the rich traditions, diverse culture and succulent dishes of the region. We also wanted to educate our viewers; for example, we wanted them to appreciate that there is more to Jamaica than jerk and to Haiti than griot.

Q Where are your chefs from? For season 1, we had chefs from Haiti, Puerto Rico, Curacao, Bahamas, Jamaica and Guyana. Plus, the show's producers, although based

in Miami, Florida, are all from the Caribbean.

Q Who are your judges?

A Instead of judges, we consider our special guests "tasting consultants". Because the show was not a competition but a celebration of culture, we invited international artists, entrepreneurs and other leaders that had a Caribbean connection to join us at the table.

Q What has been your favourite thing about filming?

A There was an energy on set that was palpable. We had some guests that instead of leaving when they finished taping stayed the entire day. We have all seen cooking shows that have one or two episodes touching on Caribbean food, but in the US, we have never experienced a cultural phenomenon like the Caribbean Cook-Out Show. The entire series is an exploration of the Caribbean through food and great stories around the table.

Q Where can people watch the show?

A On Island TV. The Caribbean-owned and women-led channel is available in the region and also via the app, Apple TV, Amazon Fire TV and Roku.



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The Caribbean Cook

K Morrison



The Caribbean Cook:

The Caribbean Cook Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the ability of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **The Caribbean Cook**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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