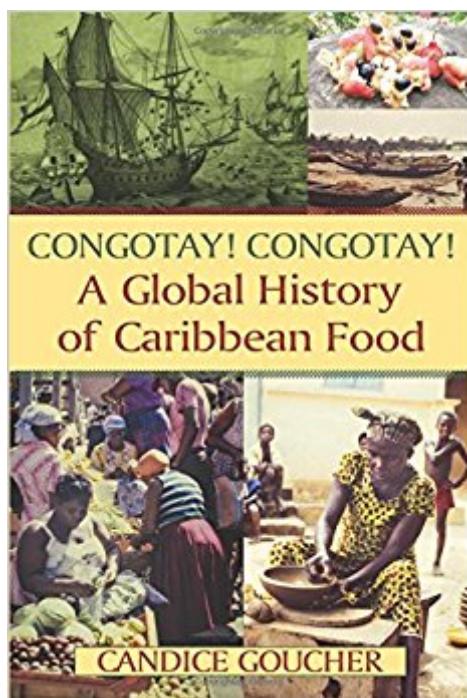


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# Congotay! Congotay! A Global History Of Caribbean Food



## Synopsis

Since 1492, the distinct cultures, peoples, and languages of four continents have met in the Caribbean and intermingled in wave after wave of post-Columbian encounters, with foods and their styles of preparation being among the most consumable of the converging cultural elements. This book traces the pathways of migrants and travellers and the mixing of their cultures in the Caribbean from the Atlantic slave trade to the modern tourism economy. As an object of cultural exchange and global trade, food offers an intriguing window into this world. The many topics covered in the book include foodways, Atlantic history, the slave trade, the importance of sugar, the place of food in African-derived religion, resistance, sexuality and the Caribbean kitchen, contemporary Caribbean identity, and the politics of the new globalisation. The author draws on archival sources and European written descriptions to reconstruct African foodways in the diaspora and places them in the context of archaeology and oral traditions, performance arts, ritual, proverbs, folktales, and the children's song game "Congotay." Enriching the presentation are sixteen recipes located in special boxes throughout the book.

## Customer Reviews

\*\*\* Winner of the Gourmand World Award for best book on Caribbean cuisine and culture 2015 \*\*\*  
"This excellent book introduces Caribbean history to world historians in a truly delightful way. Using food as a way into a multitude of world historical processes, from enslavement to resistance, from sexuality to globalization, Candice Goucher expertly cooks up the perfect regional history of Caribbean social life. Replete with modern and historical recipes, this book ought to be required reading for anyone with an interest in either the Caribbean or in food (and the recipes are simple too!)." -- Alan Karras, University of California, Berkeley "This richly textured and lively written volume offers profound insights into the significance of food in world history and human experience, making me hungry for Caribbean food." -- Yong Chen, University of California, Irvine

Candice Goucher, Washington State University, Vancouver, Canada

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