



Cookin' in the Keys: Revised edition

William Flagg

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This cookbook covers the various local cuisines of the Florida Keys, including seafood, Cuban, Conch, and island originals. Simple and direct instructions on food preparation are provided, and information on buying and storing island ingredients necessary for many of the recipes is also included. Classic recipes for black beans and rice, key lime pie, and strawberry daiquiris are presented as well as Florida Keys specialties such as honey baked bananas, candied plantains, conch fritters, and arroz con pollo.



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