

taste^{the} islands

with **CHEF IRIE**

Take one colorful Caribbean culinarian, add all the sweet, spicy, exotic flavors of the islands, and you've got a recipe for a delicious tropical adventure. For mouthwatering Caribbean cuisine that you can try at home, join Chef Irie and his friends, as we invite you to **Taste the Islands**.

Caribbean Cuisine
for your every day



13 x 22 Minutes
Presented in High Definition

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www.tastetheislands.tv



TASTE THE ISLANDS is a Caribbean-cooking television series hosted by South Florida's Chef Irie. On each episode Chef Irie elevates elements of Caribbean cuisine to a world class level, showing viewers how to create island inspired meals at home, the way he does for his private and elite clientele.

The program introduces a spice, flavor or traditional dish from the Caribbean, talks a bit about its history and relevance in the Caribbean culture, then challenges Chef Irie to put his own interesting spin on it to create a universally appealing meal.

RECIPES INCLUDE:

Ripe Plantain dip, Pan Grilled Jerk Pork Medallions and Sweet Mango Chutney, with Pekora (chick pea fritters)

Chicken Kebabs with Pickled Red Onions, Breadfruit Shrimp Salad, Jackfruit Cobbler with Coconut Oat Topping

Carrot Ginger Soup, Citrus Marinated Grilled Shrimp Skewers with Chimichurri and Guanabana Sauce, Grilled Pineapple with Guava Rum Sauce, Mojitos

Cilantro Corn soup, Chicken Pelau, Pineapple Pepper Slaw with homemade ginger beer



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