

Getting to Know the Author: ROSEMARY PARKINSON

All author photos by Cookie Kinkead



Rosemary Parkinson – born in Venezuela of Trinidadian parents – has already had two books published – *Shake Dat Cocktail* (Macmillans) and the highly acclaimed *Culinaria: The Caribbean* (Konemann), Parkinson has now embarked on another: *Nyam Jamaica – a culinary tour*. Recently Rosemary won the rights to all her books and consequently self-published this 425 paged hard cover delight. The book is a culinary roller-coaster ride, parish by parish, around the island of Jamaica with Jamaicans, Chef Norma Shirley and international photographer, Cookie Kinkead, jumping in and out of Parkinson’s van that according to her is ‘tied up with more string and stuck together with more crazy glue than the makers of Toyota might desire’. Parkinson’s message at the front of the book is of note: ‘*Nyam Jamaica* is a testament that where there is a will, there is a way.... We islanders are a wealth of information with gifts of storytelling and natural creativity...’. *Nyam Jamaica* is touted as the best coffee-table book written on Jamaica and will be in bookstores by the end of March 2008. Rosemary bounces between Jamaica and Barbados; writes for various regional and international publications and has recently also embarked on a ‘passionate experience’ – to re-invent Pelican Village



PASSION FRUIT (*Passiflora edulis*)

Passion fruit, also known as maracudju or granadilla, is native to South America and was brought to the islands by the Amerindians. It is a vine-like plant of some four hundred different species. The name passion was given because the inner parts of the flower are said to symbolize the crucifixion. Passion fruit are yellow or purple and wrinkle when ripe. The flesh can be eaten straight from the shell by cutting in half and sucking out the inside flesh with the seeds. In Jamaica passion fruit are made into juices, ice creams, desserts with gourmet chefs using them to make exotic sauces.

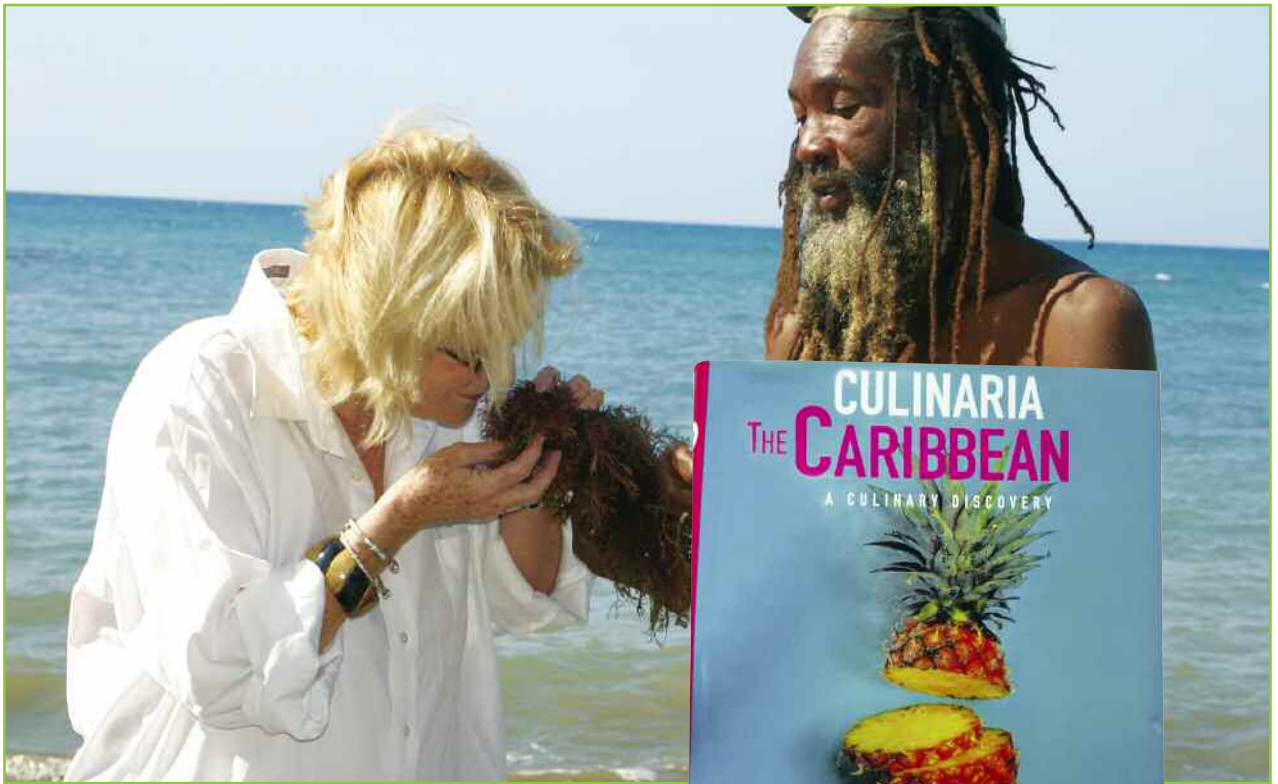
VILLA PASSION FRUIT PIE

Ann Lopez, Westbury, Jamaica

- 1 Graham Cracker pie crust with lime zest
- 4 eggs - separated
- 1 x 14 ounce can sweetened condensed milk
- 1/2 cup fresh passion fruit juice - undiluted
- pinch of cream of tartar
- 6 tablespoons white sugar

Refrigerate the Graham cracker crust. Preheat oven to 350° F. In a mixing bowl, beat the egg yolks slightly. Stir in the condensed milk and passion fruit juice. Stir until the mixture thickens - 2 or 3 minutes. Pour into the pie shell. Bake for 15 minutes. While the pie bakes, beat the egg whites until foamy throughout. Add the cream of tartar. Continue beating until soft peaks form. Add the sugar, 2 tablespoons at a time. Continue beating until stiff. Swirl the meringue over the hot pie filling, sealing it to the edges of the crust all around and bake for 15 minutes more, until tips are browned. Cool before serving. The pie is best chilled for 2-3 hours.





on the outskirts of Bridgetown, Barbados, creating an eco-sustainable botanical gardens with restaurants (one, a raw-food health centre) where the art of traditional cuisine can be taught together with traditional arts and crafts. Her future? 'To write Nyam Barbados, Trinidad, St. Lucia – in fact all the islands! Oh! And a book on women in agriculture. These are my goals, so time is of the essence!'



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