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# **Ainsleys Caribbean Kitchen Fullflavour Easy Recipes From The Major Itv Series**

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## Ainsleys Caribbean Kitchen Fullflavour Easy

The London-born chef is back on screens with a new ITV food/travel series and accompanying cookbook of the same name - Ainsley's Caribbean Kitchen ... but not so easy to get hold of here.

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## Three recipes from Ainsley's Caribbean Kitchen

The cook and presenter took some time out the spotlight after the height of his fame but has had a late resurgence with recent TV shows Ainsley's Caribbean Kitchen ... that's easy to understand ...

## FOOD: Ainsley Harriott explores the Med for his new show and cookbook

1) Pluck and shape eyebrows. It's important to take out any stray hairs to create a smooth line. Do this after a shower, when the pores are open. It's less painful. Never

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pluck from the top of the ...

## Easy steps to the perfect asado

An Argentinian barbecue, or asado, is both a celebration of the country's superb beef and part of its gaucho culture. One of the things that makes an asado so special is the mix of prime cuts ...

## The world's best barbecue tips for your next cookout

Add a splash of white wine or vermouth to add extra depth of flavour. Get the recipe for mushroom risotto here Easy ham and rice

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casserole Egg fried rice Fried rice is a takeout classic but it's ...

## 30 delicious rice recipes everyone will love

There are ten unforgettable UNESCO World Heritage sites within easy mooring distance - the hardest decision is deciding which to visit first. We asked some of the UK's top travel experts to share ...

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