

**THE ORIGINAL JAMAICAN SOLOMON
GUNDY/SOLOMON-A-GUNDY RECIPE**

Gregory X. Kilroy

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Homemade Jamaican Solomon Gundy Recipe with Green Plantain Tostones | Chef and Steward®

Solomon Gundy is a Jamaican favourite. It's a fish spread made with smoked herring that is delicious on crackers, especially water crackers.

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Dymocks - (ebook) Original Jamaican Solomon Gundy/Solomon-A-Grundy Recipe, eBook ()

This authentic Homemade Jamaican Solomon Gundy Recipe is the best ever you ' ll eat. Great for singles, families and parties. Paleo.

Jamaica's Solomon Gundy, Caribbean "Caviar" With a Kick | Jamaica |

Solomon-a-Gundy is a pickled fish pâté made from smoked red herring. It is usually served with crackers as an appetizer or hors d'oeuvre. The term " Solomon-a-".

Jamaican Solomon Gundy Recipe | Recipes | Food recipes, Cooking recipes, Jamaican cuisine

The Original Jamaican Solomon Gundy/Solomon-A-Gundy Recipe.

Solomon Gundy Spread Recipe | Cook Like A Jamaican

Posted in Recipes, tagged 52 weeks, fish, Jamaican, patê, seafood on February Almost a year ago today, I tried my hand at a traditional version of Jerk While Solomon Gundy is reminiscent of it's European cousin, it uses.

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Karyl, it could be that you know it by a different. Solomon Gundy appears in many seventeenth and eighteenth century recipe books, purportedly as a meal made on pirate ships. JamaicanSolomon-a-GundyIngredients:1lb. Remove bones and skin from the herring. In addition to the estimated delivery date range, on the product page you will find how long an item will take to be dispatched. One Dream.

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