

What Is Caribbean Cuisine?

Posted: 11/11/2014 8:03 am EST



[For more food, drink, and travel videos, visit www.potluckvideo.com](http://www.potluckvideo.com)

A visit to the sun and beaches of the Caribbean always sounds good this time of year, but you may also want to start traveling for the food. From conch salad to grilled fish to mango salsas and desserts, it's hard to beat the fresh, spicy and flavorful dishes of the Caribbean.

This past weekend saw the fourth annual Caribbean Wine and Food Festival on the beautiful Providenciales island in Turks and Caicos. The event - created by Grace Bay Resorts with the Turks and Caicos Tourist Board - aims to bring new talent to the islands while highlighting the seafood, recipes and restaurants of the Caribbean. It's a three day event with dinners, wine pairings and a local street food fair that will make a Caribbean food expert out of even the newest visitors.

In the video above we talked to some of the local chefs about what really makes Caribbean cuisine stand out. They highlight everything from specific dishes to their favorite spices.

So watch the video above and we won't blame you if you immediately book tickets right after watching.