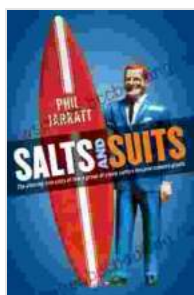


Salts And Suits: A Culinary Journey Through The World Of Surfing

By Phil Jarratt

Surfing and food have always been intertwined. From the early days of the sport, when surfers would pack sandwiches and fruit for their beach days, to the modern era, when surfers can choose from a wide variety of restaurants and cafes near their favorite surf spots, food has always been an important part of the surfing experience.



Salts and Suits by Phil Jarratt

★★★★☆ 4.1 out of 5

Language : English
File size : 1615 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 304 pages



In his new book, *Salts And Suits*, Phil Jarratt explores the connection between surfing and food in a unique and engaging way. The book features recipes from some of the world's top surfers, as well as stories about the culture and lifestyle of surfing. Jarratt's writing is both informative and entertaining, and he provides a fresh perspective on the sport that he loves.

One of the things that makes *Salts And Suits* so unique is the way that Jarratt weaves together the stories of surfing and food. In one chapter, he

tells the story of how he and his friends would cook meals on the beach after a day of surfing. In another chapter, he interviews a professional surfer about his favorite foods to eat before and after a surf session. Jarratt's writing is full of humor and passion, and he has a knack for capturing the essence of the surfing lifestyle.

In addition to the stories, Salts And Suits also features a number of delicious recipes. The recipes are all easy to follow, and they are sure to please even the most discerning palate. Whether you are a seasoned surfer or a complete beginner, you are sure to find something to love in Salts And Suits.

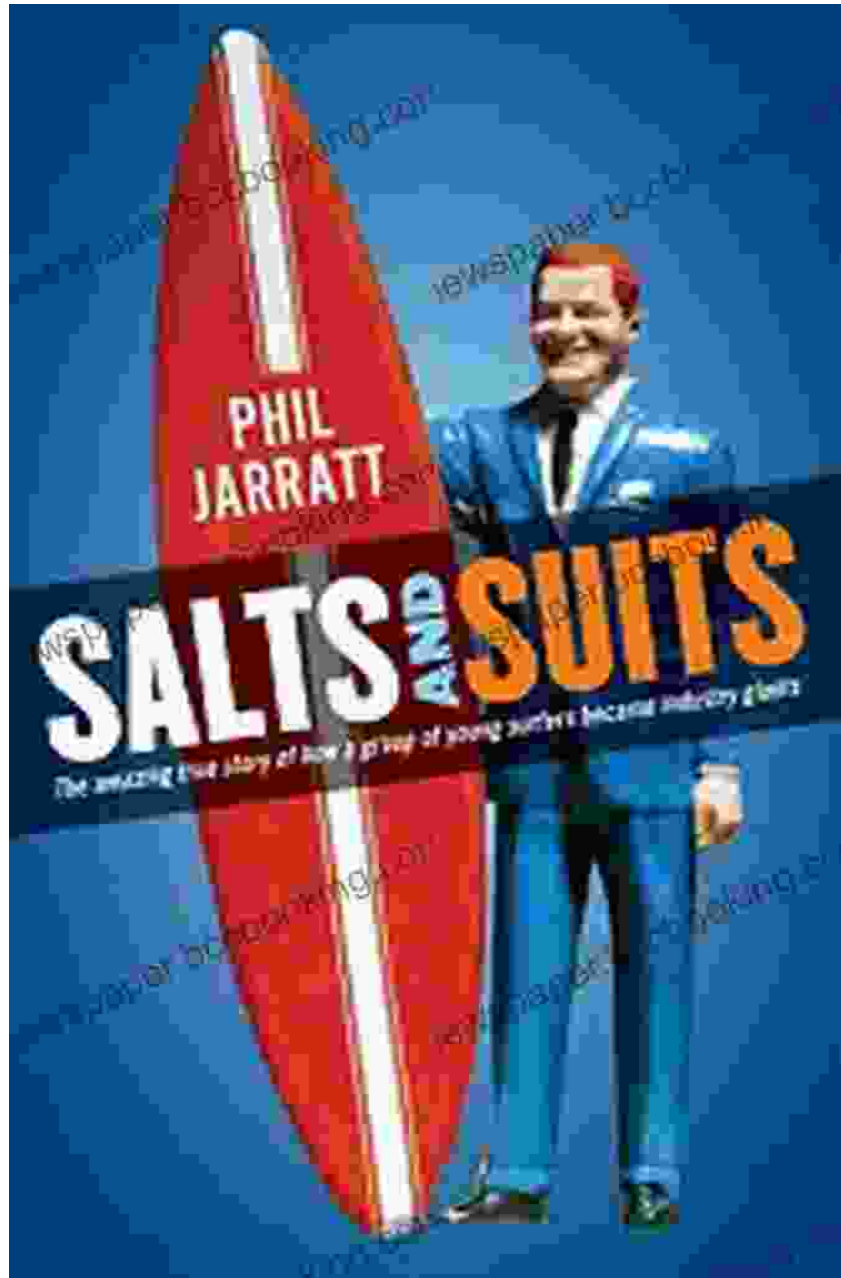
Here are a few of the recipes that you will find in Salts And Suits:

- **Surfer's Breakfast Burritos:** These burritos are the perfect way to start your day before a surf session. They are packed with protein and carbohydrates, and they are easy to eat on the go.
- **Grilled Fish Tacos:** These tacos are a delicious and healthy way to enjoy your catch of the day. They are made with fresh fish, grilled to perfection, and served on warm tortillas.
- **Pad Thai:** This classic Thai dish is a favorite among surfers. It is made with rice noodles, chicken, shrimp, and vegetables, and it is tossed in a delicious peanut sauce.
- **Chocolate Chip Cookies:** These cookies are the perfect way to end a day of surfing. They are soft and chewy, and they are sure to satisfy your sweet tooth.

Salts And Suits is a must-read for any surfer who loves food. It is a unique and engaging book that offers a fresh perspective on the sport of surfing.

Whether you are a seasoned surfer or a complete beginner, you are sure to find something to love in Salts And Suits.

Free Download your copy of Salts And Suits today!

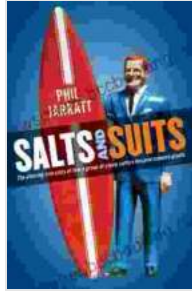


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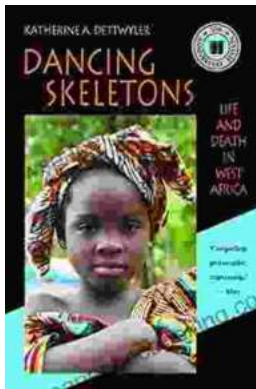
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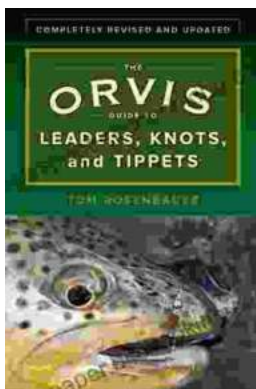
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