

The Council For Black Aging Community of Mtl. Inc.

OUR RECIPES



OUR HERITAGE

Preface

The Council for Black Aging community of Montreal Inc., is a non-profit charitable organization whose mission is to improve the quality of life of all black seniors of all origins living in the greater Montreal area and surroundings.

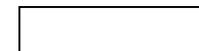
Acknowledgement:

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Some of the contributors to this book

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APPETIZER RECIPES



Hominy Corn Porridge

From Jamaica

Ingredients:

- 1 Cup Hominy Corn
- 2 cups Coconut milk (Skim milk can substitute)
- 3-5 cups water
- 3 tablespoons flour
- 6 tablespoons water
- 1/2 tsp. salt
- Brown sugar to taste
- 1 teaspoon nutmeg to taste
- Vanilla - optional

Method:

1. Put the Hominy corn in a slow cooker and fill with 3-5 cups water and leave for 5-6 hours (or Overnight).
2. Be sure the Hominy corns are completely submerged and there is enough water to leave it overnight.
3. Add a teaspoon of salt to taste (option).
4. If you do not have a slow cooker you can leave hominy corn to soak in water overnight. Pour coconut milk in a pot and boil on a medium/high burner.
5. Drain the water from the corn.
6. Pour the Hominy corn in the pot with the coconut milk.
7. Mix the 3 tablespoons of flour and 6 tablespoons of water together to make a paste.
8. Pour the flour and water paste in to the pot and mix. Sweeten with sugar to taste.
9. Add vanilla to taste (Optional).
10. Stirring constantly to prevent lumping.
11. Sprinkle nutmeg to taste.
12. Continue cooking and let it simmer over low heat.

Banana Fritters

From Jamaica

Ingredients:

- 3 bananas
- 2 tablespoons sugar
- 1 1/2 teaspoons baking powder
- 1/3 cup milk
- 6 tablespoons flour
- 1/2 grated nutmeg

Method:

1. Crush bananas till they are creamed.
2. Combine flour, baking powder, sugar and nutmeg.
3. Add milk and bananas then mix.
4. Dip a large spoon in oil and spoon scoop batter into frying pan.
5. Deep fry in a frying pan till brown and crisp on the edges.
6. Drain on paper towel and serve

Cornmeal Porridge

From Jamaica

Ingredients:

- 4 ozs. Cornmeal
- 1pt water
- 1cup milk
- Salt to taste, nutmeg, (vanilla optional)
- Sugar to taste or fat free condensed milk
- 1/2 teaspoon salt

Method:

1. Mix cornmeal in 1/2pt. water.
2. Bring remainder of water and milk to boil and stir in cornmeal and salt.
3. Cook for about 10-12 mins. Sweeten to taste and add nutmeg and vanilla.
Serve hot.

Papaya Ice Cream Patch

From Jamaica

Ingredients:

- 2 small Papayas (papaws) (about 3 inches in diameter)
- Rum raisin ice cream
- Caramel
- 4 tablespoons of nutmeg

Method:

1. Slice Papayas (papaws) in half.
2. Scoop out seeds with a spoon.
3. Place the four halves upright in the center of their own desert plates.
4. Add a large scope of ice cream in the center of each Papaya (papaw).
5. Pour warm caramel over the Ice Cream & around Papaya (papaw).
6. Dust with nut meg & serve immediately

Fried Ripe Plantains

From Jamaica

Ingredients:

- 1 ripe plantain
- 1 tablespoon cinnamon or nutmeg

Method:

1. Peel plantain by making 2 incisions on opposite sides of the plantain skin and then peel.
2. Slice the plantains into 2 in the middle (width not length - like breaking a banana in 2).
3. Cut up both pieces of plantains into 1/4-inch slices long ways.
4. Heat skillet filled with just enough oil to cover the 1/4 inch slices.
5. Fry plantain slices until golden brown on each side.

6. Each slice needs about 45 seconds to a minute to cook.
7. Be careful not to burn.
8. Place cooked plantain in a dish layered with napkins so as to drain/soak up the oil.
9. Sprinkle with cinnamon or nutmeg to taste.

Fried Breadfruit

From Jamaica

Ingredients:

- A roasted breadfruit
- 1 tablespoon salt

Method:

1. Take 1 whole roast breadfruit and cut out the 'heart' (uneatable portion in the middle with seed).
2. Cut breadfruit into pegs.
3. Pour oil in skillet and heat.
4. Fry pegs till golden brown each side. Serve with calloo or ackee

Banana Porridge

From Jamaica

Ingredients:

- 3 fingers of green bananas
- 1 cup milk
- 5 cups water
- 1/2cup flour
- 1/2 tsp. salt sugar to taste nutmeg (vanilla optional)

Method:

1. Wash, peel and grate bananas.
2. Add flour and salt to grated bananas and mix well.
3. Beat mixture with fork while adding water until smooth.
4. Sweeten to taste and add nutmeg and vanilla.
5. Pour mixture into boiling water, stirring constantly to prevent lumping, stir until mixture thickens.
6. Continue cooking, and milk, and let it simmer over low heat.
7. Cook for about 30 mins.
8. Add sugar to taste and spices.

Pick Up Salt Fish

From Jamaica

Ingredients:

- 1/2 pound salt fish
- 1/2 onion
- 1/4 tomato
- 1 scotch bonnet pepper
- 2 tablespoons ketchup

Method:

1. Soak or boil salt fish to remove most of the salt, drain.
2. Cut up the onions, tomato and scotch bonnet (optional) and saute in a small bit of oil in a saucepan.
3. Remove and place in a dish. "Pick up" (break in to small portions and remove any bones) salt fish and fry in the same saucepan with light oil.
4. Add seasonings (onions, tomato, and scotch bonnet pepper) with ketchup and cook for 2-3 minutes.
5. Serve with one of the following or combination of all: Jamaican water crackers.
6. Fried Green Plantations, yellow or white yam, Flour dumplings and boiled Bananas

Festival

From Jamaica

Ingredients:

- 1 1/2 cups flour
- 3 tablespoons cornmeal
- 1/2 teaspoon salt
- 2/3 cup water
- 3 tablespoons brown sugar
- 1/2 teaspoon vanilla
- 3/4 teaspoon baking powder

Method:

1. Sift the flour, baking powder, salt, and cornmeal and combine.
2. Add the sugar and stir.
3. Add the vanilla to the water, and then add the mixture to the dry ingredients, binding to form soft dough.
4. Knead lightly, leave covered for about 1/2 an hour; divide the dough into eight portions.
5. Flour hands, knead lightly, then roll and pull each portion to form a 6 in x 1 1/2 in length, about 1/8 in thick.
6. Dip the festival in a mixture of cornmeal and flour then deep fry in hot oil until golden brown.

Roast Breadfruit

From Jamaica

Ingredients:

- Whole Breadfruit

Method:

1. Put whole breadfruit on grill.
2. Cook on all sides till brownish black.
3. Use skewer to check if cooked.
4. Take breadfruit off grill and use a potholder to hold and peel off skin, cut in half, cut out the 'heart' (uneatable portion in the middle with seed).
5. Cut breadfruit into pegs. Serve with calloo or ackee

Salt fish Fritters

From Jamaica

Ingredients:

- 1/4 raw salt fish (codfish)
- 1/4 flour
- 1 small clove garlic
- 1/2 teaspoon paprika
- 1 large onion
- 3 stalks of scallion
- 2 large tomatoes
- 1/4 scotch bonnet pepper

Method:

1. Wash and dry the salt fish.
2. Use your hands and shred the salt fish finely and set aside in a mixing bowl.
3. Cut the onions, garlic, scallion, pepper and tomatoes in to fine pieces.
4. Combine the onions, garlic, scallion, pepper and tomatoes.
5. Cook this seasoning thoroughly in a frying pan (skillet) using a small amount of oil.
6. Add flour and water to the salt fish and make a thin batter.
7. Stir this batter till it is smooth.
8. Combine the fried seasoning and paprika with this batter.
9. Mix batter; dip a large spoon in oil and spoon scoop thin batter into frying pan.
10. Deep fry in a frying pan till brown and crisp on both sides.
11. Drain on paper towel and serve

Fried Green Plantains

From Jamaica

Ingredients:

- 2 green plantains
- 1 tablespoon salt

Method:

1. Peel plantain by making 2 incisions on opposite sides of the plantain skin.
2. Please save the skin and try not to break it.
3. Lay the plantain on a cutting board & cut the plantain into 1 inch slices in the middle (width, not length-like breaking a banana in 2).
4. Heat skillet filled with just enough oil to cover the 1 inch slices.
5. Fry plantain slices until golden brown on each side. Each slice needs about 30 seconds to cook.
6. Remove them a slice at a time, then place between the plantain skin.
7. Press the plantain to make it flat.
8. Try not to break it up. Place pressed plantain back in skillet & fry till golden brown.
9. Place plantains in a dish layered with napkins so as to drain/soak up the oil. Sprinkle salt to taste.

Johnny Cakes - Fried Dumpling

From Barbados

Ingredients:

- 4 cups flour
- 2 teaspoons baking powder
- 1.5 teaspoon salt
- 1/2 cup butter or margarine
- 1/2 cup cold water
- 1 cup vegetable oil for frying

Method:

1. Sift the flour, baking powder, and salt together into a large mixing bowl.
2. Cut in the butter or margarine until the mixture forms marble-sized dough balls.
3. Add the water 1 teaspoon at a time, just enough to bring the dough together with a firm consistency.
4. Heat oil in a heavy bottomed frying pot over medium-low heat until hot.
5. Break off pieces and Form the dough into slightly flattened biscuits, about 2 inches across.
6. On a lightly floured surface, knead the dough well, for about five minutes.
7. Fry the Johnny Cakes, uncrowned, in the hot oil only until they become golden--(Approx about 2- 3 minutes)
8. Remove the Johnnycakes with and drain on a paper towels to absorb the extra vegetable oil.
9. Johnnycakes are usually served for breakfast with Bully Beef or Ackees.

Pumpkin Fritters

From Barbados

Ingredients:

- 1/4 of a small pumpkin
- 2 tablespoons sugar
- 1 1/2 teaspoons baking powder
- 1/3 cup milk
- 6 tablespoons flour
- 1/2 grated nutmeg.

Method:

1. Boil Pumpkin in Water.
2. Drain water and Crush bananas they are creamed.
3. Combine flour, baking powder, sugar and nutmeg.
4. Add milk and pumpkin then mix.
5. Dip a large spoon in oil and spoon scoop batter into frying pan.
6. Deep fry in a frying pan till brown and crisp on the edges.
7. Drain on paper towel and serve.

Fish Cakes

From Barbados

Ingredients:

- 4 oz. Boneless salted cod
- 1 tsp. Onion powder
- 1/2 tsp. Granulated garlic
- 1 tbsp. Baking powder
- Oil for frying
- 3 medium potatoes boiled and mashed
- 10 oz. flour
- Hot & Spicy Dip
- 1 tbsp. Tropical Inferno
- 1/2 Cup Tomato Ketchup Seasoning Blend
- 1/4 tsp. Tropical Inferno
- 1 Pinch ground clove
- 2 tbsp. Vinegar
- 1/2 tsp of each -Thyme, Marjoram
- Basil 1 Small onion minced
- 4 Cloves minced garlic 2 tbsp.
- Worcestershire Sauce

Method

1. Boil the salted cod in water for five minutes, drain & cool under running water to tenderize the fish & reduces the salt content.
2. Shred the fish with your fingers.
3. Mix together the fish, potatoes.
4. Blend onion, garlic, baking powder & flour & add water to the mix a little at a time until you get the consistency of a thick batter.
5. Adjust the seasonings to taste.
6. Heat the oil in a wok or deep pan and drop the batter by the teaspoon full into the hot oil.

7. Fry until golden brown.
8. Place the fishcakes on paper towels to remove excess oil.
9. Mix together the Tropical Inferno Sauce and the Tomato Ketchup.
10. Use as a dip for the hot fishcakes.

DESSERTS RECIPES



Recipe for Jamaican Banana Bread

From Jamaica

Ingredients:

- Vegetable cooking spray
- 2 tablespoons margarine (softened)
- 2 tablespoons Neufchatel cheese (softened)
- 1 cup sugar
- 1 large egg
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/8 teaspoon salt
- 1 cup ripe banana (mashed)
- 1/2 cup skim milk
- 2 tablespoons dark rum
- 1/2 teaspoon lemon zest
- 2 teaspoons lemon juice
- 1 teaspoon vanilla extract
- 1/4 cup pecans, chopped
- 1/4 cup coconut flakes

Topping:

- 1/4 cup brown sugar
- 2 teaspoons margarine
- 2 teaspoons lemon juice
- 2 teaspoons dark rum
- 2 tablespoons chopped pecans
- 2 tablespoons coconut flakes

Method:

1. Preheat oven to 375 degrees F.
2. Coat an 8 x 4 inch loaf pan with cooking spray; set aside.
3. In a large bowl, beat margarine and cheese at medium speed.
4. Add sugar; beat well, add egg, beat well (Set aside.)
5. In a medium bowl, combine flour, baking powder, baking soda, and salt & stir well.
6. In another medium bowl, stir together banana, milk, rum, lemon zest, lemon juice, and vanilla.
7. Add flour mixture to creamed mixture alternately with banana mixture, beginning and ending with flour mixture; mix well after each addition.
8. Stir in pecans and coconut. Pour batter into prepared pan; bake for 1 hour.
9. Let cool in pan 10 minutes. Remove from pan. Let cool slightly on rack.
10. Combine brown sugar, margarine, lemon juice, and rum in a saucepan; bring to a simmer. Cook 1 minute; stir constantly.
11. Remove from heat and stir in pecans and coconut; spoon over loaf

Recipe for Banana Flambe

From Jamaica

Ingredients:

- 6 Tablespoons Butter

- 1 Tablespoons Cinnamon (Ground)
- 6 oz White Rum
- 3 oz Banana Liquor
- 3/4 Cup Brown Sugar
- 6 Bananas, Peeled & Sliced Lengthwise
- Vanilla Ice Cream

Method:

1. Combine the rum and the banana liquor.
2. Then, gently heat - do not allow boiling.
3. Melt the butter in a chafing dish and thoroughly blend in the brown sugar.
4. Then add the bananas, sauté lightly & sprinkle the cinnamon over.
5. Lower the flame and pour the rum and banana liquor mixture over the bananas.
6. Ignite carefully, basting the bananas with the flaming liquid.
7. Serve over ice cream after the flames have died.

Corn Bread

From Jamaica

Ingredient:

- 1 cup all purpose flour
- 1 cup cornmeal
- 1/4 cup sugar
- 4 tsp. baking powder
- 3/4 tsp. salt
- 2 eggs
- 1 cup milk
- 1/4 cup cooking oil
- 1 tsp. vanilla

Method:

1. Stir together flour, cornmeal, sugar, baking powder and salt.
2. Add milk, eggs, vanilla and oil.
3. Beat fast until smooth (do not over beat).
4. Pour into a greased baking pan.
5. Bake in 425 degrees oven for 25 - 30 minutes.

Recipe for Black Cake

From Jamaica

Ingredients:

- 3 oz dried fruit, mango

- Papaya (pawpaw)
- Pineapple
- Red cherries
- 2 oz raisins
- Currants
- Chopped dates
- 2 teaspoons (tsp) vanilla (optional)
- 2 tsp browning sauce
- 1-1½ cups dark rum
- 1¼ cups flour, 3 eggs
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- ¾ cup firmly packed dark brown sugar
- ½ cup (1 stick) softened butter
- ½ cup chopped pecans
- ½ teaspoon almond extract (optional)
- ½ teaspoon ground nutmeg,
- ¼ teaspoon ground cloves
- ¼ teaspoon salt
- Confectioner sugar icing

Method:

1. Finely chop dried mango, papaya (pawpaw), pineapple and red cherries.
2. Place in a large bowl with the remaining fruits.
3. Pour enough rum over to cover; Then cover and allow to stand overnight or in a refrigerator for about one week or longer.
4. Line bottom of 9x5x3 loaf pan with wax paper.
5. Grease paper and sides of pan, and then dust with flour. Preheat oven to 350 degrees.
6. In a bowl, beat butter and brown sugar until fluffy.
7. Add eggs one at a time, beating in vanilla, almond extract, and browning sauce if desired.
8. Drain fruits, reserving the rum.
9. Measure quarter cup rum and reserve remainder (if necessary, add additional rum to make a half cup).
10. Sift together the dry ingredients.
11. Add ingredients to mixer bowl alternatively with the ¼ cup rum, beating just until there is a combined fold in fruits and nuts.
12. Turn into prepared pan and bake for 55 to 60 minutes or until a toothpick inserted comes out clean.
13. Let it cool in the pan for 10 minutes, and then let it cool on a wire rack.
14. If desired, soak cheesecloth in rum and wrap the cloth around the cake.

Notes: Amount of certain ingredients may vary depending on your tastes, such as the amount of rum.

Recipe for Banana Nut Tea Bread

From the Caribbean

Ingredients:

- 1 cup sugar

- 2 eggs
- 1/2 tsp salt
- 1 tsp soda
- 1/2-cup butter
- 1 tsp vanilla
- 1 cup mashed banana
- 1 1/2 cup flour
- 1/2 cup chopped nuts (walnuts are best - pecans aren't assertive enough)
- 1/2 cup sour cream (this is the magic ingredient that makes it so moist)

Method:

1. Cream sugar and butter; add eggs one at a time, mixing well after each.
2. Add vanilla and stir in bananas & mix well.
3. Combine flour, salt and soda and blend into banana mixture 1/2 cup at a time.
4. Stir in nuts.
5. Gently fold in sour cream.
6. Pour mixture into 9x5x3-greased pan and bake at 350 degrees F for 1 hour.
7. Cool in pan for 20 minutes before turning onto a rack.

Recipe for Banana Bread

From the Caribbean

Ingredients:

- 1/2 c shortening
- 1 c sugar
- 2 eggs
- 3 mashed bananas
- 2 c flour
- 1 teaspoon baking soda
- 1/4 c chopped walnuts or pecans
- 1/4 c chopped maraschino cherries (optional)
- 1/4 c chocolate chips (optional)

Method:

1. Mix ingredients in order given.
2. Grease and flour 2 small loaf pans.
3. Pour half of batter into each.
4. Bake at 350 degrees for 45 minutes.
5. Remove from pan and cool on rack.
6. Wrap in plastic wrap to store.

Recipe for Gingerbread

From the Caribbean

Ingredients:

- 1 1/2 cups flour
- 3/4 tsp ground ginger

- 3/4 tsp ground cinnamon
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 cup shortening
- 1/4 cup packed brown sugar, 1 egg
- 1/2 cup light molasses
- 1/2 cup boiling water

Method:

1. Grease and flour a 9-inch by 1 1/2 inch round baking pan; set aside.
2. Stir together flour, ginger, cinnamon, baking powder, soda, and 1/2 tsp salt.
3. In mixing bowl beat shortening with electric mixer about 30 seconds.
4. Then add brown sugar and beat until fluffy.
5. Add egg and molasses to the electric mixer and beat for 1 minute.
6. Add dry ingredients and boiling water alternately to beaten mixture, beating on low speed after each addition just until combined.
7. Turn into prepared pan and bake in a 350-degree oven for 30-35 minutes or till done.
8. Cool 10 minutes on wire rack.
9. Remove from pan and serve warm.

Recipe for Banana Foster

From the Caribbean

Ingredients:

- 2 tsp Sweet Butter
- 1 tsp Banana Liqueur
- 4 tsp Dark Brown Sugar
- 1/4 Cup Cognac
- 6 Bananas
- 1 Pinch Cinnamon
- Vanilla Ice Cream

Method:

1. Combine the butter and brown sugar in a saucepan.
2. Cook over medium heat until caramelized.
3. Cut the bananas in quarters and then split and place in the saucepan.
4. Cook until tender.
5. Add the cinnamon and liqueur.
6. Blend well.
7. Place a generous scoop of ice cream in each serving plate.
8. Heat the cognac and then pour over the bananas (do not stir).
9. Ignite and spoon the flaming bananas over the ice cream.

Recipe for Rum-Raisin Pound Cake

From the Caribbean

Ingredients:

- 1 1/2 cups brown raisins
- 2 1/4 cups sifted all purpose flour
- 1 teaspoon baking powder

- 1/2 teaspoon salt
- 1 1/4 cups (2 1/2 sticks) unsalted butter
- 1 2/3 cups sugar
- 5 large eggs
- 7 tablespoons dark rum
- 2 teaspoons vanilla extract
- 1/2 cup powdered sugar
- 2 teaspoons whipping cream

Method:

1. Preheat oven to 350 degrees Fahrenheit.
2. Butter and flour 12-cup Bund pan.
3. Toss raisins with 2 tablespoons flour in small bowl.
4. Combine remaining flour, baking powder and salt in medium bowl.
5. Using electric mixer, beat butter in large bowl until light.
6. Add 1 2/3 cups sugar and beat until fluffy.
7. Adding eggs 2 at a time beat after each addition until well blended. Beat in 6 tablespoons rum and vanilla.
8. Mix in flour mixture; fold in raisin mixture and spoon batter into prepared pan.
9. Bake cake until top is golden and tester inserted near center comes out clean, about 1 hour.
10. Cool in Turn out cake onto rack and cool completely.
11. Stir powdered sugar and 1 tablespoon rum in bowl until smooth; mix in cream and spoon over cake.
12. Let stand until glaze is set, about 30 minutes.

Recipe for Rum Raisin Rice Pudding

From the Caribbean

Ingredients:

- 1 cup milk
- 1 cup light cream
- 1 cup sugar
- 3 Tbsp cornstarch

- 1 egg, 1 tsp vanilla
- 6 Tbsp dark rum
- 1 cup very overcooked rice
- 1/2 raisins

Method:

1. One half hour before cooking, put raisins to soak in rum.
2. Then, in large saucepan, mix together milk, cream and sugar; set aside.
3. Place cornstarch in a bowl and dissolve with 1/4 of the milk mixture.
4. Beat together egg and vanilla in another bowl, then add cornstarch mixture, beat together and set aside.
5. Heat original milk mixture almost to the boil, stir in cornstarch/egg mixture, beating constantly with a whisk.
6. Continue cooking, stirring constantly until mixture thickens, and then remove from heat.
7. Add rice, raisins and rum to cooked pudding.
8. Chill before serving.

Recipe for Roasted Fig Salad with Walnut

From the Caribbean

Ingredients:

- 16 dried Figs
- Each cut into 3 pieces
- 8 oz Gorgonzola Cheese
- 6 oz whole Walnuts
- 4 oz Olive Oil
- 2 oz Balsamic Vinegar
- 1 oz dry White Wine
- 6 bunches mixed baby greens (I would interpret this as about 6 cups)
- 1/2 head Radicchio
- 2 heads Belgian Endive
- Flamboyant Leaves (if you live in a tropical area this is possible otherwise I'd say this is optional - salads are really loose)

Method:

1. Mix first 5 ingredients and spread in shallow baking pan.
2. Roast in 400-degree oven for 6 minutes.
3. Remove tray from oven and deglaze with wine.
4. Clean and rinse lettuce in ice water.
5. Drain and dry well.
6. Assemble lettuce on plates (four of them is the recommended number) and divide figs and dressing among them evenly.

Recipe for Coconut Lemon Sponge Pudding

From St. Lucia

Ingredients:

- 3 Tablespoons of flour
- 3/4 Cup white sugar
- 1 lemon

- Zest and juice
- 1 Tablespoon butter
- 1 cup coconut milk
- 2 egg yolks
- 2 egg whites
- Stiffly beaten.

Method:

1. Mix flour and sugar.
2. Add lemon zest and juice. Stir well.
3. Add butter, and stir again.
4. Add coconut milk and egg yolks and stir thoroughly (I use a whisk).
5. Then, fold in the egg whites.
6. Place in a lightly sprayed (or oiled) 1&1/2 quart casserole dish.
7. Place casserole dish in a pan of water in the oven and bake uncovered at 350 degrees for about 40 minutes.
8. The pudding separates out while it's cooking, making a lovely sponge layer on top and having a creamy, rich sauce underneath.

Recipe for Conkies

From Barbados

Ingredients:

- 3 cups grated coconut (1 large)
- 2 cups fresh corn flour
- 4 oz raisins (optional)
- 6 oz shortening
- 1/2 cup flour
- 3/4 lb brown sugar
- 3/4 lb pumpkin
- 1/2 lb sweet potato
- 1 cup milk, 1 tsp salt
- 1 tsp powdered cinnamon
- 1 tsp grated nutmeg
- 1 tsp almond essence

Method:

1. Grate coconut, pumpkin and sweet potato.
2. Mix in sugar, liquids and spices.
3. Add raisins and flour last and combine well.
4. Melt shortening before adding with milk, etc.
5. Fold a few tablespoons of the mixture in steamed plantain leaves.
6. Cut in squares about 8 inches wide.
7. Steam conkies on a rack over boiling water in a large pot or in a steamer until they are firm and cooked.

Note: Wax paper will work instead of banana or plantain leaves

Recipe for Mango Chutney

From Trinidad

Ingredients:

- 4 cups under ripe mangoes (diced)
- 1 cup raisins
- 1 cup dates
- Chopped
- 4 oz green ginger
- Chopped
- 1 teaspoon mustard seed
- 4 cups sugar
- 2 oz salt
- 2 cloves minced garlic
- 2 hot chopped peppers
- 4 cups red wine vinegar
- 1/2 lb chopped onions

Method:

1. Add fruit and peppers to vinegar and allow steeping until the next day.
2. To mangoes, add sugar, ginger, garlic, onions and other seasonings.
3. Boil all ingredients together gently until Chutney is thick and brown.

Note: This works well with Pears, peaches or apples too. Serve on roasted meats or baked potatoes or mix 1 1/2 cups mayonnaise, 1/4 cup of the chutney and 1/2-teaspoon curry powder for a delicious dressing for salads or hot vegetables.

Sweet Cassava Bread

From St. Thomas

Ingredients:

- 2 cups finely grated cassava
- 1 teaspoon salt
- 1/2 cup dried shredded coconut
- 1/2 cup brown sugar

Method:

1. Mix the cassava and salt. Place in a damp kitchen towel or cloth and wring out all the liquid.
2. Spread half of the cassava meal in the bottom of a small iron frying pan or other heavy frying pan and pat down firmly.
3. Cover with the coconut and the brown sugar.
4. Add the rest of the cassava and pat down lightly.
5. Bake in a 350° oven until lightly browned or about 20 minutes.

Cold Conch Salad

From St. Thomas

Ingredients:

- 5 pounds cleaned cooked and diced conch
- 3 medium diced tomatoes
- 3 medium peeled and diced cucumbers
- 2 red finely chopped onions

- ¼-cup limejuice
- Juice of 2 fresh oranges
- 3-teaspoon salt
- 2-teaspoon ground pepper
- 1 diced red pepper (capsicum)
- 1 diced green pepper (capsicum)
- 2-teaspoon garlic

Method:

1. Combine all ingredients in a large mixing bowl, preferably while the conch is still warm, and mix well.
2. Refrigerate salad for at least an hour.
3. Serve chilled.

Short Bread

From Aruba

Ingredients:

- 2 tablespoons yeast
- 1 cup water Brown sugar
- Water
- 1 1/2 cups flour
- 1 tablespoon vanilla
- 1 tablespoon almond flavoring
- 1 tablespoon baking powder
- 1/2 cup melted margarine
- 2 tablespoons shortening
- 2 teaspoons anise seeds
- 1/4 lb raisins
- 1/4 cup water
- 1 egg
- 1/2 cup milk
- 1/2 tablespoon salt
- 1 1/2 cups brown sugar
- 4 1/2 cups flour

Method:

1. Dissolve yeast in warm water.
2. Stir in 1 1/2 cup flour & let set for 15 minutes.
3. Add vanilla, almond flavoring, baking powder, margarine, anise seed, raisin, egg, yeast mixture, milk, salt, sugar, and enough flour until dough stops sticking to side of bowl (may be up to 4 1/2 cups).
4. Knead into soft dough.
5. Place dough in greased bowl & cover let rise until doubled in size.
6. Punch down dough and shape into round rolls.
7. Place in greased baking pans.
8. Let rise.
9. Bake at 350 for 20 minutes, or until golden brown.
10. Brush with a mixture of brown sugar and a little water.

Conch Chowder

From Bahamas

Ingredients:

- 2 cups conch (ground)
- 2 cups potatoes (diced)
- ½ cup celery (diced)
- ½ cup carrots (diced)
- 1 or 2 cans whole tomato (chopped)
- ½ cup onion (diced)
- 2 tablespoons tomato paste
- Salt & pepper to taste
- 1/4 teaspoon fresh thyme leaves
- 2 tablespoons Worcestershire sauce
- Soda crackers (6 each)
- 1 oz. cooking oil
- 1 oz. salt pork

Method:

1. Bruise conch to tenderize and cook in water until tender, then grind.
2. In a 1-gallon pot, put potatoes, celery, carrots, green peppers, tomatoes and onions with two quarts water.
3. Cook over medium heat. In a frying pan cook salt port in oil until salt port is half brown.
4. Add tomato paste, fresh thyme leaves and salt & pepper.
5. Stir while cooking, permitting the paste to cook properly and then adds to pot.
6. Add the ground conch.
7. Cook on slow heat until all ingredients are well cooked.
8. Add Worcestershire sauce and soda crackers, stir well and simmer for 20 minutes.

Papaya salad

From Bahamas

Ingredients:

- 1 small papaya
- 1 small green pepper
- 1 small tomato
- 1 small onion

- 1 tablespoon chopped parsley
- 4 tablespoons oil
- 1 tablespoon vinegar
- 2 oz. Salami
- Pinch ground white pepper
- 1/4 teaspoon salt
- 2 boiled eggs

Method:

1. Clean & separate green pepper & papaya.
2. Finely slice papaya, green pepper, onion and tomato.
3. Place in small bowl.
4. Beat oil and vinegar, salt, white pepper & chopped parsley.
5. Mix the dressing with papaya, green pepper, onion, tomato & salami, shell eggs and cut into wedges.
6. Arrange egg on the salad and serve

Coconut Bread

From Barbados

Ingredients:

- 4 lb self-rising flour
- 26 oz granulated sugar
- 1½ lb grated coconut *or* 1 lb desiccated
- 1 lb melted margarine, 4 large eggs
- 3 tbs mixed essence *or* 1½ tsp each vanilla and almond essence
- 4 oz raisins
- 8 oz glace cherries

Method:

1. In a bowl, mix together the flour, 24 oz sugar, 1 lb of coconut, raisins, cherries & almonds.
2. Pour in the melted margarine and continue to mix.
3. Beat the eggs lightly and add 2 tbs essence.
4. Pour into the bowl and blend well.
5. Divide the dough into four equal parts and knead each piece very lightly for 1 minute.
6. Do not overdo this step because it will cause the bread to become too stiff.
7. Grease & flour for 2 lb loaves tins & shape each piece to fit the tin before placing it in.
8. Mix together the remaining ½ lb of grated coconut, 2 oz sugar and 1-tablespoon essence.
9. Make a gutter-like opening about 1½ inch wide and 1 inch deep in the dough for the entire length of the pan.
10. Divide this mixture into four equal parts and sprinkle it into each gutter.
11. Pull the dough together to close it.
12. Pat it to make sure the coconut is sealed inside the pocket.
13. With a knife, make three diagonal cuts in the top of each loaf and bake in a preheated 300 °F oven for 1 hour, or until an inserted skewer comes out clean. (Another way to check whether it is ready is to press the loaf lightly with your fingertips)
14. When done it will spring back into its original shape.)

Easter Bun

From Bahamas

Ingredients:

- 3 cups flour
- 3 teaspoons baking powder
- 3/4 cup brown sugar
- 2 eggs beaten
- 1 tablespoon browning, 1/2 pint milk
- 2 tablespoon melted margarine
- 1 tablespoon nutmeg
- Raisins and mixed peel (amount based on your taste)
- 1 tablespoon mixed spice
- 1 tablespoon cinnamon

Method:

1. Measure all ingredients in a bowl and mix well.
2. Pour into bun shaped baking pans and bake in a moderate 350F until done well.
3. Glaze with Sugar and water or pancake syrup and serve.

Root Vegetable Dessert

From Seychelles

Ingredients:

- 1-pound cassava, 1-pound yam
- 3-4 ripe plantains
- 1-pound sweet potatoes (red or yellow)
- Pinch of salt
- 1 cup Sugar
- 2-cups of water
- 1 teaspoon of grated nutmeg
- 1/4 teaspoon of vanilla essence
- 2 cans of coconut milk

Method:

1. Peel root vegetables, cut in two or three pieces depending on the size and halves them.
2. Peel the plantains and slice thickly. Arrange all vegetables into sizeable pot
3. Pour water, add sugar, salt, sprinkle nutmeg evenly, and add vanilla essence and coconut milk.
4. Cover with banana leaf and bring to the boil
5. Cook on medium for approximately 1 hour.

DRINKS RECIPES



Recipe for Ginger Beer

From Jamaica

Ingredients:

- 2 oz green ginger
- 2 oz cream of tartar
- 1½ lbs sugar
- ½ cake yeast
- 1 gallon boiling water
- Juice and rind of 2 small limes

Method:

1. Wash and pound ginger and add boiling water.
2. Add juice and rind of limes and cream of tartar.
3. Then cover but stir frequently.
4. When lukewarm (tepid), add yeast dissolved in a little water.
5. Mix well, cover, and leave to stand for six (6) hours.
6. Sweeten and bottle.

Notes: The amount of sugar can be varied to suit your needs. The addition of some rum makes the ginger beer keep better and taste better. Ginger beer should be kept in the refrigerator after it is made.

Recipe for Guinep Drink

From Jamaica

Ingredients:

- 6 cups guinep (remove skins)
- Water
- Honey
- 1 1/2 tspn lime juice

Method:

1. Obtain pulp from guinep by washing, using only enough water to remain thick.
2. Add honey to taste, add limejuice.

Recipe for Jamaican Rum Punch

From Jamaica

Ingredients:

- 1 part sour
- 2 parts sweet
- 3 part strong
- 4 parts weak

Method:

1. One part sour is all natural squeezed lime juice where 2 parts sweet is Grace concentrated Strawberry syrup, where 3 parts strong is the white Appleton rum and where 4 parts weak is 100% tap water

Recipe for Jamaican Sorrel Rum Punch

From Jamaica

Ingredients:

- 2 ounces (about 1 1/2 cups) dried sorrel calyxes (also called Jamaica or hibiscus)
- Two 1-inch cubes of peeled fresh gingerroot
- Chopped fine
- 3 whole cloves
- 5 3/4 cups water
- 3/4 cup sugar
- 1 1/2 cups amber rum
- 2 cups ice cubes or to taste
- Lime and orange slices for garnish

Method:

1. In a heatproof bowl combine the sorrel, the gingerroot, and the cloves.
2. In a saucepan bring 5 cups of the water to a boil, pour it over the sorrel mixture, and let the mixture steep for 4 hours or overnight.
3. While the mixture is steeping, in a small saucepan bring the remaining 3/4 cup water and the sugar to a boil, stirring until the sugar is dissolved, and let the syrup cool.
4. Strain the sorrel liquid into a pitcher, discarding the solids, stir in the sugar syrup, the rum, and the ice cubes, and garnish the punch with the lime and orange slices.

Recipe for Special Rum Punch

From Jamaica

Ingredients:

- 4 cups boiling water
- 1-1/2 cups rum
- 1 small (12 oz) bottle claret wine
- 3-4 bay leaves
- 1 (6-oz) bottle soda water
- 1 egg white
- 2 oranges juice
- 2 oz granulated sugar
- 1 large lime or lemon juice
- 1 tablespoon grenadine syrup
- A little grated nutmeg
- 1/2 teaspoon bitters

Method:

1. Allow the water to cool. Add the rum and bay leaves, soda water, claret wine and stir in one egg white, beaten until frothy.
2. Add slowly 2 oz granulated sugar dissolved in the lemon or lime and orange juice.
3. Add the rind of one orange, grenadine syrup and a dash of bitters.
4. Mix the ingredients together well.
5. Serve in punch glasses with chopped ice and a little grated nutmeg.

Recipe for Pina Colada Punch

From Jamaica

Ingredients

- 8 ounces (1 cup) well-stirred canned cream of coconut
- 2 1/2 cups unsweetened pineapple juice
- 1 1/2 cups light rum
- 2 cups ice cubes
- A wedge of fresh pineapple with its leaves for garnish plus additional small, thin wedges for garnishing the drinks

Method:

1. In a blender blend together, in batches if necessary, the cream of coconut, the pineapple juice, and the rum and transfer the punch to a large pitcher.
 2. Stir in the ice cubes and garnish the punch with the pineapple wedge.
 3. Garnish each drink with a pineapple wedge.
- Serving: This recipe makes about 6 1/2 cups.

Ginger Beer Recipe

From Jamaica

Ingredients:

- 1 pound ginger
- 8 tablespoons of brown sugar

Method:

1. Puree ginger and water in blender.
2. Let it sit for a day. Add sugar & mix (add more or less sugar based on your taste)
3. Best served with crushed ice.

Recipe for Tropical Fruit with Rum & Lime

From Jamaica

Ingredients:

- 1/4 cup water
- 2 tablespoons sugar
- 2 tablespoons dark rum
- 2 lime wedges
- 1/4 teaspoon grenadine syrup (optional)
- 1 ripe mango peeled, pitted, sliced
- 1 ripe banana peeled, thinly sliced on diagonal

Method:

1. Bring water and sugar to simmer in heavy small saucepan over medium heat, stirring until sugar dissolves and simmer syrup 1 minute.
2. Remove from heat; mix in rum and grenadine, if desired. Cover syrup and refrigerate until chilled. (Can be prepared 3 days ahead.)
3. Arrange mango and banana slices on 2 plates, dividing equally.
4. Spoon syrup over fruit, squeeze 1 lime wedges over each and serve.

Mango Smoothie

From Jamaica

Ingredients:

- 2 or 3 mangos, peeled and cut into chunks
- 1/4 cup frozen orange juice concentrate
- 1 cup milk (you may also use half regular milk and half coconut milk)
- 8 ice cubes, crushed

Method:

1. Crush ice in blender
2. Add the mangos, orange juice concentrate, and milk to the crushed ice
3. Puree all the ingredients in the blender until smooth.
4. Pour into glasses and serve as a smoothie

Mango Lada

From Jamaica

Ingredients:

- 4 ounces pureed fresh mango
- .5 ounce coconut mil
- .5 ounce pineapple juice
- 1 table spoon condensed milk (optional)

Method:

1. Blend the pureed fresh mango, coconut milk & pineapple juice.
2. Add 10 cubes ice & blend again till smooth.
3. Add condensed milk to sweeten if needed

Carrot Juice

From Jamaica

Ingredients:

- 2 lbs carrots
- 5 cups water
- 1 cup condensed milk
- 1 teaspoon vanilla
- 1 teaspoon finely grated nutmeg

Method:

1. Scrape outer skin of carrots.
2. Cut carrots into chunks then blend (puree) with in blender. Pour through strainer into container.
3. Keep juice & discard pulp in strainer.
4. Add condensed milk & vanilla. And mix (add more or less condensed based on your taste).
5. Sprinkle nutmeg on top of juice & mix lightly.
6. Best served with crushed ice

Recipe for Soursop Punch

From Trinidad

Ingredients:

- 1 medium sour sop
- 4 cups cold water
- 1 piece of lime peel
- Honey

Method:

1. Wash & peel sour sop, mash up the lime peel, and add 2 cups of cold water.
2. Mix well and strain the mixture, add honey to taste & then add the last 2 cups water.
Serve very cold.

Recipe for Mawby

From Trinidad

Ingredients:

- 4 oz mawby bark
- 2 qts water
- 3 bay leaves
- Sugar

Method:

1. Bring to boil mawby bark, bay leaves, and sugar in a large saucepan, and then simmer for 10 minutes.
2. Strain and refrigerate liquid.
3. Serve mixture with ice cubes.

Recipe for Ginger Beer

From Trinidad

Ingredients:

- 1/2 lb green ginger
- 1 gallon water
- 1 large green lime
- 2 pounds granulated sugar

Method:

1. Scrape ginger, wash and pound it.
2. Put it in a large bowl and pour boiling water over.
3. Stir in the sugar until dissolved.
4. Peel the lime and add both lime and rind to the liquid.
5. Cool and pour in a glass or earthenware jar. Cover and let it stand for 6 days, stirring with a wooden spoon every other day.
6. When ripe, strain, pour off into bottles, which may be placed in the refrigerator to chill.
7. 7. Bottles may be kept at room temperature and allowed to ripen for a further 2 or 3 days before using.

Mango Punch

From the Caribbean

Ingredients:

- ¼ cup water
- ¼ cup sugar
- 3 cups mango juice
- 2 cups orange juice
- 1 cup pineapple juice
- 1 tablespoon lime juice

Method:

1. In a small saucepan, bring the water and sugar to a boil.
2. Boil for 10 minutes, stirring constantly.
4. Let the syrup cool.
5. In a large bowl, stir together the sugar syrup, mango juice, orange juice, pineapple juice and lime juice. Chill.
Serve over crushed ice.

Sour Sop Drink

From the Caribbean

Ingredients:

- 1 pound sour sop peeled seeded & sliced
- 1.5 cups milk
- 1 cup crushed ice
- 1 squeezed lime
- 5 tablespoon sugar (add more or less to taste)

Method:

1. Blend the sour sop, milk & sugar in blender.
2. Add ice, lime & blend again till smooth.
3. Add sugar if needed

Recipe for Linseed (aka Sea Mass)

From the Caribbean

Ingredients:

- Cinnamon, Carnation Milk
- Sweetened Milk
- Sugar
- Vanilla Extract
- Sea Moss
- Egg Nog
- Brandy
- Ponche Cuba (if you want alcohol)

Method:

1. Simply mix up the ingredients.

Note: If you have Ginseng (root kind) put some of that in too. Serve chilled

Recipe for Peanut Punch

From the Caribbean

Ingredients:

- 1/2 cup peanut butter
- 2 cups coconut milk
- Honey

Method:

1. Blend all items.
2. Serve cold

Recipe for Whale Watcher

From Barbados

Ingredients:

- 1 tablespoon sugar
- 1 tablespoon hot water
- 2 cups ice cubes
- 1/2 cup grapefruit juice
- 2 tablespoons fresh lemon juice
- 1 tablespoon grenadine
- 2 tablespoons amber rum
- 2 tablespoons banana cream
- 2 tablespoons Myer's Original Rum Cream

Method:

1. Combine sugar and water in small bowl and stir until sugar dissolves. Cool and transfer to blender.
2. Add all remaining ingredients and blend until smooth.
3. Divide among 4 glasses.

Recipe for Zombie

From Barbados

Ingredients:

- 1 1/2 ounces (1 jigger) light rum
- 1 1/2 ounces (1 jigger) amber rum
- 1 1/2 ounces (1 jigger) dark rum
- 1 tablespoon apricot liqueur (not brandy)
- 2 tablespoons fresh lime juice
- 2 tablespoons unsweetened pineapple juice
- Orange and lime slices for garnish, Cracked ice

Method:

1. In a cocktail shaker filled with ice cubes combine the rums, the apricot liqueur, and the juices, and shake the mixture well.
2. Strain it into a tall glass filled with the cracked ice.
3. Garnish the Zombie with the orange and lime slices.

Cherry Drink

From Barbados

Ingredients:

- 1 quart ripe Jamaican cherries
- 2 1/2 quart water
- 1 lime (lemon)
- 1/4 cup sugar
- 1/4 cup red syrup

Method:

1. Puree cherry in blender.
2. Pour through strainer into container.
3. Keep juice & discard pulp in strainer
4. Squeeze lime into juice, add syrup & mix, and mix (add more or less sugar based on your taste)
5. Best served with crushed ice

Barbadian Rum Punch

From Barbados

Ingredients:

- 3 oz lime juice
- 6 oz simple syrup
- 9 oz rum
- 12 oz water
- Grated nutmeg
- A few dashes of Angostura bitters

Method:

1. In a jug, blend the ingredients with the exception of the nutmeg.

Grenada Cocoa – Tea

From Grenada

Ingredients:

- 2 cl. Dark Rum
- 2 cl. Galliano
- 2 cl. Maraschino
- 1 Egg
- 1 tsp. Chocolate Powder
- Dash of Nutmeg

Method:

1. Blend all the ingredients for our firewater with a little crushed ice, pour into a Champagne glass, sprinkle some chocolate flakes on top with a dash of nutmeg.
2. Garnish with a cherry
3. Serve in a glass with lots of ice. Sprinkle the nutmeg on the surface

Guava berry Liqueur

From St. Thomas

Ingredients:

- 1 pound red guava berries
- 1 pound yellow guava berries
- 1 pound brown sugar
- 2 bottles Virgin Islands rum
- 1 pound prunes
- 1 pound raisins, 3 sticks vanilla beans
- 1 pound sorrel
- ½ pound ginger root,
- 3 sticks cinnamon bark

Method:

1. Rinse berries with a small amount of water.
2. Clean by popping berries and removing seeds, rinse seeds, strain and save liquid.
3. Put seedless berries into a large pot, but reserve ½-cup yellow and ½-cup red berries for later use.
4. Add liquid saved from rinsing seeds into the pot and add brown sugar.
5. Boil mixture until berries are soft.
6. The juice should be a medium syrup consistency or sticky when cool.
7. Mash or grind berries that were saved and mix with strongest old rum available.
8. To the cooled mixture, add prunes, raisins, vanilla beans, sorrel, ginger root and cinnamon bark.
9. Pour into bottles, cork and wire down securely. Store in a dark place or cellar for several months.
10. When guava berry liqueur is fully ripened (the taste will tell), strain and re-bottle for use.

Haitian Blues

From Haiti

Ingredients:

- 4 cl. Brandy
- 2 cl. Batida de Coco
- 6 cl. Orange Juice
- 6 cl. Grapefruit Juice
- 1 cl. Cherry Juice
- Dash Blue Curaçao

Method:

1. Blend this cocktail for Haiti with crushed ice, pour into a large cocktail glass, and add dash of Blue Curaçao.

Mix 'n Shake

From Aruba

Ingredients:

- 1 oz. Bacardi White Rum
- 1/2 oz. Malibu Rum
- 1 oz. Melon Liquor
- 1 oz. Margarita Mix
- A slash of sprite on the top 2 oz.



MAIN DISH RECIPES

Recipe for Blaff

From Martinique

Ingredients:

- 1/2-pound fish cut into steaks (Haddock, Marlin, Swordfish, etc.)
- Juice of 8 limes
- 1 scotch bonnet pepper
- 2 baby scallions
- 4 cloves crushed garlic
- (Rice and/or boiled plantains as a complement)

Method:

1. Chop scallions, Place in bowl or plastic storage container with limejuice; scotch bonnet pepper (cut in half if you want the dish to be spicy), and the garlic.
2. Marinate the fish in the refrigerator until you are ready to cook it (1 to 24 hours).
3. To prepare fish, heat vegetable oil in a skillet -- brown the fish on both sides.
4. Then add the marinade and simmer covered until fish is cooked (8-15 minutes depending on thickness of steaks).
5. Add water to make more broth, if desired. Serve over rice.

Recipe for Antillean Beans and Rice

From Martinique

Ingredients:

- 1 8-oz bag dried red beans
- 1 head garlic
- 1 tbsp. parsley
- 3 scotch bonnet peppers
- 1 medium size onion
- Salt to taste
- 1 lb dry rice cooked

Method:

1. Wash beans and soak in at least 6 inches of water overnight.
2. Chop onion in an 8-quart pot in a bit of margarine or vegetable oil.
3. When onion is soft, add beans with their water.
4. Add scotch bonnet peppers, cutting only one in half (this will render the dish pretty spicy).
5. Boil over medium heat for several hours, adding water as necessary.
6. Cook until beans are very soft and there is little water left.
7. Add crushed garlic, parsley, and salt.
8. Leave over heat for 10 or 15 more minutes, stirring frequently.
9. Add to cooked rice, pouring over it or mixing the rice and beans together as desired.

Roast Lamb with Yogurt

From Mauritius

Ingredients:

- 1.3kg/2 1/2lb boneless leg of lamb
- 4 Garlic Cloves thinly sliced
- 300g/11 oz Natural Yogurt
- 3 tbsp Fresh Mint, chopped
- Salt and Black Pepper
- 2 tbsp Fresh chopped Coriander
- 2 tbsp Olive Oil

Method:

1. Make deep cuts all over the joint and push the garlic slivers into the cuts.
2. In a bowl, mix together the yogurt, mint, coriander, oil, salt and pepper.
3. Place the leg of lamb in a roasting tin and pour over the yogurt mixture.
4. Cover and refrigerate for at least 4 hours.
5. Preheat the oven to 180C, 350F.
6. Roast the lamb in the oven for 2-2½ hours, according to taste.

Recipe for Escargot Stilton

From Jamaica

Ingredients:

- 1 dozen large snails
- 3 oz Stilton cheese (cut into small pieces)
- 1/2 cup white wine
- 3/4 cup heavy cream
- Pinch of diced shallots salt and pepper to taste
- 1 pkg frozen puff pastry (or you could make your own)

Method:

1. Preheat oven to 425 degrees.
2. Defrost puff pastry according to package directions.
3. Place 2 large snails in 2" x 2" puff pastry squares.
4. Fold corners in and enclose.
5. Place on greased baking sheet and bake in the oven until golden brown, approximately 13-15 minutes. In a saucepan, place the white wine and shallots.
6. Cook over medium high heat until reduced by half.
7. Add the cream and again reduce by half.
8. Remove from heat and add Stilton, stirring until well combined.
9. Add salt and pepper to taste.
10. To serve, divide the sauce onto 2 plates and place 3 escargot packets on each.

Curry Chicken

From Jamaica

Ingredients:

- 1- 3lbs chicken
- 2 tablespoon curry powder
- Onion, thyme, garlic, pepper, black pepper.
- Salt to taste
- Lemon or lime juice

Method:

1. Clean, skin, and cut chicken in small pieces and wash with lime or lemon juice.
2. Drain chicken, season with curry, onion, thyme, garlic, and peppers, salt and let marinate for a while.
3. In a skillet pour about 3 tablespoon of oil.
4. Let oil heat but not too hot, add chicken and let cook until done.
Serve over white rice

Recipe for Curried Goat

From Jamaica

Ingredients:

- 2 lbs goat meat, 1 tablespoon fat
- 1 bunch herbs, 1 clove garlic
- 1 dessertspoon salt or to taste water to cover,
- 1/2 lb carrots, 2 tablespoons curry powder
- 1 teaspoon sugar, 2 tablespoons tomato ketchup

Method:

1. Cut meat in pieces.
2. Fry lightly in fat.
3. Add curry powder and simmer in water to cover with seasonings until meat is nearly tender (about 1 1/2 hours).
4. Dice carrots and add to pot (pan).
5. Continue cooking until meat and carrots are tender.

Note: I use what ever green herbs I have at hand about 1/4 teaspoon of each dried herb, plus 1/2 teaspoon of allspice. I also make it hotter in the Jamaican tradition of my family with 2-3 hot peppers, depending on who is eating this. I usually serve this on rice with boiled green banana on the side.

Fricassee Chicken

From Jamaica

Ingredients:

- 1 chicken (2.5 - 3lbs)
- Onions and or scallion
- Garlic, Thyme
- Country pepper or black pepper
- Salt to taste, Ketchup
- Soy sauce, Cooking oil

Method:

1. Clean chicken, wash whole in limewater if desired, cut into serving pieces season to taste.
 2. Remove seasoning from serving pieces, fry pieces of chicken in shallow fat until golden brown, but not burnt.
 3. Pour off excess fat leaving small quantity in frying pan or dutch pot.
 4. Place browned pieces in pan or Dutch pot.
 5. Add seasoning and small quantity of water.
 6. Cover and cook slowly until chicken is tender, but not overdone.
- Serve with side dishes

Southern Fried Jerk Chicken

From Jamaica

Ingredients:

- 1-Cup Buttermilk
- $\frac{2}{3}$ cup Red Stripe Beer
- 8 Drumsticks
- 1 cup yellow Cornmeal
- 1 Cup all Purpose Flour
- $\frac{1}{2}$ cup cornstarch
- $\frac{1}{2}$ Dry Jerk Seasoning
- 1 Tablespoon Paprika
- 2 Tablespoon salt
- 2 tablespoons black pepper
- Vegetable or Peanut Oil for frying

Method:

1. Combine the Red Stripe Beer & cup Buttermilk in a large glass bowl.
2. Add Chicken to the bowl and marinate.
3. Leave in the refrigerator for 2 hours.
4. Combine the flour, cornmeal, jerk seasoning, cornstarch, paprika, salt and pepper in a bowl.
5. Mix to combine.
6. Drain the chicken and discard the marinade.
7. Toss the Chicken lightly one at a time to coat them.
8. You can use a zip lock bag with the breading mixture to do this.
9. Place the breaded chicken on a large baking sheet lined with wax paper.
10. Be sure they do not touch each other.
11. Place in the refrigerator for 30 minutes.
12. Heat oil to approx 355f.

13. Add the chicken 2 at a time.
14. Fry each for about 4 minutes on each side or until they are golden brown.
15. Remove each piece of chicken and place on paper towel to drain oil.
16. Transfer to an oven safe platter once oil is drained.
17. Place in an oven set at 200f to keep warm.
18. Once all the chicken is cooked, it is best to serve immediately.

Jerk Chicken

From Jamaica

Ingredients:

- 1- 3lbs chicken
- Jerk sauce
- Lemon or lime juice

Method:

1. Clean, skin, cut chicken in medium pieces and wash with lime or lemon juice.
2. Rub the chicken with the Jerk seasoning.
3. Be sure to rub under skin and in cavities, Marinate overnight.
4. Grill at lowest possible setting over a low fire until done. Pimento (all spice) branches (this is what is used in Jamaica) mixed with charcoal are best. If not try to use an aromatic wood in the barbecue grill to enhance the flavor.
5. Chop meat into pieces, and serve traditionally with hard-dough bread

Baked Sweet & Sour Chicken

From Jamaica

Ingredients:

- 4 chicken legs and thighs (or other chicken parts to equal that)
- 1/2 tsp. Salt
- 2 tbsp. peanut oil
- 4 tbsp. soy sauce
- 4 tbsp. Honey
- 3 tbsp. white vinegar
- 1 1/2 tsp. dried thyme
- 1/2 tsp. Szechwan pepper (toasted in dry skillet and ground)(optional)
- 1/2 tsp. ground black pepper
- 1/2 tsp. pimento (allspice) ground

Method:

1. Preheat oven to 375 degrees.
2. Combine oil, salt, soy sauce, honey, vinegar, thyme, szechuan & black pepper, and allspice in shallow 9" X 13" baking dish, and mix well.
3. Place chicken pieces in marinade and turn over several times.
4. Cover and marinate for 30 minute in fridge.
5. Bake chicken skin side down for 20 minutes, then turn chicken pieces over and bake for another 20 minutes.
6. Check to see if it's thoroughly cooked through.
7. If not, cook till done.

Jamaican Roast Beef

From Jamaica

Ingredients:

- 1 medium rib eye
- 1 small onion
- 2 gloves garlic
- Thyme, Scallion
- Crushed pimiento seeds
- ½ hot scotch bonnet pepper
- Pick-a-pepper sauce
- Paprika, Corn starch
- Soy Sauce, Ketchup, Oil, Salt & Black pepper

Method:

1. Dice all of the seasoning and mix with a little pick-a-pepper sauce and salt.
2. Make small holes in roast and stuff the mix seasoning in the holes, all around, leaving enough seasoning to make gravy.
3. Add Soy sauce, ketchup, salt, black pepper, paprika, pick-a-pepper and rub along meat.
4. Let stand for a while.
5. Heat oil in skillet, shake excess seasoning off & add meat.
6. Cook over medium heat, turning constantly to prevent sticking.
7. Let it brown on each side.
8. Do not add a lot of water. Just a little each time it dries out. Keep adding water until cooked.
9. When cooked, remove from skillet to make gravy.
10. Make cornstarch in a paste and add to stock to make gravy.
11. Serve over a bed of white rice or rice and peas

Cow Foot

From Jamaica

Ingredients:

- 2 lbs Cow Foot
- 1 Can butter beans
- 2 peg garlic crushed
- 8 pimentos
- 2 sprig of thyme
- 2 onions chopped
- 1 whole scotch bonnet pepper for taste (should have the stem)
- Salt and Pepper
- 1 1/2 cup water,
- 5 cup flour water to mix

Method:

1. Season Cow foot with pimento, onion, crushed garlic, pepper & salt.
2. Cook cow foot in the 1 1/2 cup water till tender, add butter beans, thyme, salt and pepper if necessary for taste
3. Cook for approx 8 mins then add whole Scotch bonnet
4. Cook for approx. 2 minutes

Jamaican Chicken Chinese Fried Rice

From Jamaica

Ingredients:

- 4-6 cups cooked rice (cold)
- 1 cup cooked chicken chopped
- 1 sweet pepper (Bell pepper) chopped finely
- 2 stalks scallion chopped
- 1 large onion chopped
- 1 egg (optional), Soy Sauce
- Black Pepper

Method:

1. Saute Chicken, onion, pepper, and scallion in 2 - 2.5-tablespoon cooking oil in large pan.
2. Add egg unbeaten to pot and stir, add rice and mix well, add soy sauce gradually stirring mixture after each addition until rice is colored and sufficiently heated.
3. Serve hot.

Oxtails Stew

From Jamaica

Ingredients:

- 1 oxtail about 2-2.5 lb. Cut up
- 4 tablespoon corn flour
- 2 tablespoon Cooking oil
- Salt and Black pepper
- 4 rashers (slices) Bacon (Sugar cured, rindless)
- 2 medium onions sliced
- 1 clove garlic crushed
- 4 carrots pared and sliced
- 1 cup peeled chopped tomatoes
- 1 pint (16 fl. Oz) hot water
- 2 stalks green onions finely sliced
- 1 spring thyme
- 1 can butter beans (Lima beans)

Method:

1. Trim away excess fat and place oxtail in boiling water for 2 to 3 minutes to blanch.
2. Drain well on absorbent paper and coat with corn flour. Sprinkle with salt and pepper.
3. Heat oil in heavy skillet and brown oxtail on both sides removing when brown.
4. Pour off excess fat. Dice bacon and fry for a few minutes. Return oxtail to pot with bacon; add carrots, onion, garlic, tomatoes and hot water.
5. Cover and simmer gently for 3.5 to 4 hours or until oxtail is almost tender.
6. At this stage add more liquid if necessary and season.
7. Cover and simmer for 20 to 30 minutes.
8. Add the butter beans and allow simmering for 3 to 4 minutes.

Bully Beef

From Jamaica

Ingredients:

- 1 can corned beef
- 1 medium onion (sliced)
- 2 sprigs fresh thyme
- 1 medium ripe tomato (chopped)
- 2 stalks chopped scallion
- 1 tsp. browning (optional)
- 1 scotch bonnet pepper (de-seed and chopped)
- 1 tablespoon vegetable oil or coconut oil

Method:

1. Heat oil in a heavy bottomed frying pan (skillet) over moderate heat.
2. Add onions, garlic (optional) and scotch bonnet to frying pan.
3. Sauté for approx 1-2 mins.
4. Add thyme and corned beef.
5. Turn down heat to medium- low and stir until cooked.
6. Add onions, garlic and chopped scotch bonnet in frying pan, add chopped tomatoes, scallions, and browning (optional), stir well and cook for another 3 minutes.
7. Use paper towels to absorb the extra vegetable oil, if any.
8. Bully Beef is usually served for breakfast with Johnnycakes, boiled green bananas or toast.
9. It can also be served with white rice.

Curry Goat

From Jamaica

Ingredients:

- 3 lb. Goat
- 3-4 tablespoon curry
- 2 onion
- 4 stalks thyme
- 2 stalks garlic
- 2 Whole Scotch Bonnet pepper
- Black pepper and salt
- 2 Small carrots cut in slices (Optional)

Method:

1. Wash & season with curry, thyme, garlic, black peppers & salt, onions.
2. For best results let seared meat sit overnight in refrigerator. Pour a little oil in pot and heat.
3. Please meat in pot and let brown a little, add 1-cup water and seasoning
4. Add Carrots (Optional). Cook until tender,
5. Add whole scotch bonnet pepper for flavor and simmer for minutes.
6. Make gravy by adding a teaspoon cornstarch, Serve with white rice

Meat Balls

From Jamaica

Ingredients:

- 2 pounds minced beef
- 1 egg slightly beaten
- 1 cup fine bread crumbs
- .25 cup finely chopped onions
- 1 teaspoon salt
- 2 tablespoons shortening
- 1.5 cup beef broth
- 1 can tomato soup
- 1 sprig thyme
- 4 medium carrots pared & diced
- 4 medium carrots potatoes & diced
- .25 teaspoon black pepper

Method:

1. Mix beef, egg, breadcrumbs, onions, black pepper & salt, shape into meatballs, brown meatballs in frying pan or skillet pour off oil, and add remaining ingredients.
2. Cook over medium heat, stirring now & then until done (30-40 min)

Tripe and Beans

From Jamaica

Ingredients:

- 1/2 teaspoon salt,
- 1 can baked
- 1 chopped onion beans
- 1 pound tripe
- 1 sprig thyme
- 2 stalks scallions
- .25 teaspoon black pepper
- 1 ounce margarine
- 6 pimento grains
- 1 tablespoon flour Spinners
- 5 cup flour water to mix

Method:

1. Cut tripe into 1 inch pieces, add tripe to water with half the season & cook till tender
2. Make spinner (small dumplings), add the rest of the seasoning along with the margarine and cook for 10 mins.
3. Mix the tablespoon flour with 2.5 cup water till smooth
Cool for 5 min

Tropical Coconut Chicken

From Jamaica

Ingredients:

- 4 boneless, skinless chicken breast halves
- 1 tablespoon extra virgin olive oil
- 2 tablespoons unsalted butter
- 1 large egg -- slightly beaten
- 1 teaspoon water
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup firmly packed
- Flaked coconut

Method:

1. Place chicken between two pieces of wax paper and gently pound to 1/4-inch thickness.
2. In small bowl, place egg, water, salt and pepper; stir to mix well. In shallow dish, place coconut.
3. Dredge chicken, first in egg mixture, then in coconut, pressing to coat well.
4. In large non-stick frying pan, place olive oil and butter over medium heat.
5. Add chicken and cook

Caribbean Beef Filet

From Jamaica

Ingredients:

- 1 beef filet or tenderloin (1½ to 2 pounds)
- Oil (I prefer corn or safflower oil, but olive oil is nice also)
- 5 tablespoons dry jerk seasoning

Method:

1. Preheat the oven to 325 degrees F.
2. Coat the filet lightly with oil, then generously coat with the dry Jerk Seasoning: (I find that the neatest way to do this is to put the jerk seasoning and the oiled beef in a plastic bag and then really massage the seasoning into the beef. The oil will help hold the seasoning on the filet).
3. Pour 1 tablespoon of oil into an ovenproof iron skillet.
4. Turn a stovetop burner on very high and heat oil until almost smoking.
5. Add the filet and sear for approximately 2 minutes, turning at least once, and watching it closely.
6. Then bake for 15 minutes, or until a meat thermometer registers 140 degrees F. for rare.
7. Allow the meat to rest for about 5 minutes, then slice and serve.

Ham and Blackeyes in Coconut Milk

From Jamaica

Ingredients:

- 1 cup Blackeye peas soaked in water overnight
- 1 lb. Ham cut into 1 inch cubes
- 7 cloves garlic minced
- 1 large onion chopped
- 1 tsp. Thyme
- 1 tsp. Marjoram
- ½ tsp. Basil
- 1 Tbsp. Liquid Smoke
- 1 tsp. Salt
- 1½ cups coconut milk
- 2 cups water
- ½ tsp. Hot pepper sauce

Method:

1. Wash and drain Blackeye peas and place them in a pressure cooker along with the garlic, onion, thyme, marjoram, basil, salt, coconut milk and water.
2. Cover and pressure for 25 minutes.
3. Allow the pressure to dissipate then open the cooker and add the ham and pepper sauce.
4. Add a little water if it is too thick.
5. Simmer for 10 minutes then adjust the seasonings e.g. more herbs or pepper sauce,
6. Simmer for another 10 minutes.
7. Stir in liquid smoke and cook for another minute.
8. Serve over boiled rice.

Jamaican Rice and Peas

From Jamaica

Ingredients:

- 1 (19-ounce / 540-mL) can gungo peas (pigeon peas) or kidney beans
- 2 cups / 500 ml coconut milk
- 2 green onions
- Chopped (about ½ cup / 125 ml)
- 1 whole hot pepper
- ½ teaspoon / 2 ml dried thyme
- ½ teaspoon salt
- 1 tablespoon margarine
- ½ teaspoon black pepper
- 2 cups / 500 ml rice

Method:

1. In a large measuring cup, combine the liquid from the canned peas with the coconut milk.
2. Add more water if necessary to make 3½ cups / 875 ml of liquid.
3. Pour the liquid into a large saucepan and add the peas, green onions, hot pepper, thyme, salt, and black pepper.
4. Bring to a rolling boil and boil for 3 minutes.

5. Add the rice and margarine; stir the pot once. (Don't burst the pepper.)
6. Reduce the heat to low, cover, and simmer for 20 to 30 minutes or until the water has completely evaporated and the rice is cooked. (If the rice is not tender after the water evaporates, add 2 to 4 tablespoons / 25 to 50 ml of water.
7. Cover and simmer for another 5 to 10 minutes.)
8. Serve hot.

Coconut chicken

From Jamaica

Ingredients:

- 4 skinless, boneless chicken breasts
- 1 teaspoon vegetable oil
- 1 1/2 chopped onions
- 1 red chopped bell pepper
- 1 green chopped bell pepper
- 1 tablespoon chopped roasted garlic
- 1/2 (14 ounce) can coconut milk
- Salt and pepper to taste
- 1 pinch crushed red pepper flakes

Method:

1. Preheat oven to 425 degrees F (220 degrees C).
2. In a large skillet, fry chicken breast in vegetable oil until the chicken just begins to brown.
3. Stir onions, green bell peppers and red bell peppers into the skillet with the chicken.
4. Saute until the onions are translucent.
5. When the vegetables are translucent, stir in the garlic and coconut milk.
6. Let the mixture cook 5 to 8 minutes before removing the skillet from the heat.
7. Season with salt, pepper, and red pepper flakes.
8. Transfer the mixture to a 9x13 inch baking dish and bake in a 425 degrees F (220 degrees C) oven for 45 minutes, or until the vegetables cook down and the chicken is tender.

Oxtail and Lima Bean Stew

From Jamaica

Ingredients:

- 3½ pounds/1.75 kg oxtail (cut at the joint by your butcher)
- 2 large chopped onions (about 3 cups / 750 ml)
- 6 cloves chopped garlic (about 3 tablespoons / 45 ml)
- 2 tablespoons / 25 ml soy sauce
- 1 teaspoon / 5 ml salt
- 1 large diced tomato (about 2 cups / 500 ml)
- 1 16-ounce / 454-g can lima beans (drained and rinsed)
- 2 sprigs of fresh thyme (or 1 teaspoon / 5 ml dried thyme), 2 tablespoons / 25 ml butter
- 1 teaspoon / 5 ml black pepper

Method:

1. Wash the oxtail in cold water.
2. In a stockpot, combine the oxtail, half of the onions, the garlic, soy sauce, and salt.

3. Add enough water to come halfway up the oxtail.
4. Bring to a rolling boil, occasionally skimming the scum as it forms, usually in the first 10 minutes of boiling.
5. Reduce the heat and simmer until the oxtail is tender, about 1½ hour.
6. Once the oxtail is tender, there should be about 2 cups / 500 ml of liquid in the stockpot.
7. If the liquid level is low, add enough to make 2 cups / 500 ml.
8. Add the remaining onion, tomato, lima beans, thyme, butter, and black pepper.
9. Cover and simmer for 10 to 15 minutes or until the lima beans are hot but not mushy.
10. Remove the thyme sprigs before serving.
11. Serve hot with white rice and boiled green bananas.

Curry Flavored Baked Chicken

From Jamaica

Ingredients:

- Two 3-3 1/2 LB chickens jointed & seasoned to taste
- 1 teaspoon paprika
- 8 oz. butter melted
- 2 tablespoons curry powder
- Black pepper to taste
- Pinch of ground ginger, salt to taste

Method:

1. Combine melted butter, curry powder, ginger, salt & paprika.
2. Set chicken in shallow roasting pan, top sides down & thoroughly baste on both sides with combined butter curry, etc.
3. Then bake at 375 degrees F. for about 20 mins, basting often with the sauce.
4. Turn all pieces of chicken to continue baking for a further 20 mins.
5. Pour off sauce from roasting pan place in a small saucepan & slice an onion & add to sauce, then place over low flame to simmer gently.
6. Set chicken on grill to brown to a nice rich color, spooning some of the sauce over it from time to time.
7. Pour rest of sauce over the chicken & serve at once.

Recipe for Caribbean Fruited Pork Roast

From Guyana

Ingredients for Caribbean Fruited Roast Pork:

- 1 cup chopped mixed dried fruits
- 1/4 cup dry sherry
- 1 Tablespoon Frank's Original Red hot Cayenne Pepper Sauce
- 1/2 teaspoon ground allspice
- 3 Tablespoons Chopped Almonds
- 1 Boneless Center Pork Loin Roast (about 3 pounds)

Ingredients for Spicy Glaze and Sauce:

- 1 can (6 ounces) frozen apple juice concentrate, thawed
- 1/4 Cup Frank's Original Red hot Cayenne Pepper Sauce
- 1 Tablespoon grated peeled fresh ginger

- 2 teaspoons ground cumin
- 2 teaspoons instant coffee granules
- 2 teaspoons cornstarch dissolved in 1 Tablespoon water
- 1 can (8 ounces) tomato sauce

Method:

1. Combine fruits, sherry, Red hot and allspice in small saucepan & bring to a boil.
2. Then remove from heat; let stand 10 minutes.
3. Stir in almonds.
4. Preheat oven to 350F.
5. With long sharp knife, make deep cut in center of each end of roast enlarge pocket with handle of wooden spoon, stuff fruit mixture into each opening, using handle of spoon to push filling into center.
6. Place roast, fat side up, in greased and foil-lined roasting pan & bake 30 minutes.
7. Combine juice concentrate, Red hot, ginger, cumin, coffee and cornstarch in small saucepan.
8. Bring to a boil over medium heat.
9. Reduce heat to low; cook 1 minute or until thickened, stirring often.
10. Pour 1/2-cup glaze into small bowl, reserve. Add tomato sauce to remaining glaze in saucepan.
11. Keep stirring, until heated through & then set aside.
12. Brush reserved glaze over roast, turn roast; brush glaze on bottom of roast.
13. Bake 45 minutes or until center of roast is no longer pink and internal temperature registers 160F on meat thermometer inserted in thickest part of roast.
14. Transfer roast to cutting board.
15. Let stand 15 minutes, then slice and serve with sauce.

Okras Cook-Up Rice

From Guyana

Ingredients:

- 1 lb stew beef cut up into 3/4 inch pieces
- 2 Tbsp tomato ketchup,
- 3 Tbsp Barbadian seasoning
- 2 Tbsp vegetable oil
- 3 salted pig-tails soaked in hot water and left to stand for four hours
- 1 tsp basil
- 1 tsp marjoram
- 1½ cups coconut milk
- 8 oz okras cut into cartwheels
- 3 cups long grain rice washed and soaked in water for 2 hours seasoning
- 3 cups water

Method:

1. Season the beef with Barbadian seasoning and ketchup.
2. Beat the oil in a saucepan and stir-fry the beef for 5 minutes.
3. Drain and cut the pigtails in half and add to the pot.
4. Continue to stir-fry for a further 5 minutes.
5. Next, add three cups of water, the coconut milk, herbs, seasoning peppers and simmer for 30 minutes or until the beef is tender.
6. Add the okras and continue to boil for a further 5 minutes.

7. Drain the rice and add to the contents of the pot; stir, and then add enough water to just cover the mixture.
8. Adjust the seasonings, for example add seasoning salt and a little more Barbadian seasoning.
9. Bring to the boil, then reduce the heat to the lowest level, cover and simmer for 25 minutes or until all the liquid is absorbed.
10. Ready to serve

Caribbean Rice and Stew

From Barbados

Ingredients

- 1 lb. Stew beef
- 1 large carrot - peeled and sliced
- 2 medium potatoes - peeled and quartered
- 1/4 tsp. Seasoned salt
- 4 tbsp. Tomato ketchup
- 1/4 Jar Kaiso Karamba Sauce
- 1 cup Water
- 2 tbsp. Vegetable oil

For the Rice

- 2 cups long grain rice soaked in water for 2 hours
- 1/2 cup pigeon peas soaked in water overnight
- 1 oz. Salt pork
- 1/2 tsp. Thyme
- 4 cups water

Seasoning Blend

- 1/4 tsp. Old Fashion Bajan pepper sauce
- 1 Pinch ground clove
- 2 tbsp. Vinegar
- 1/2 tsp of each -Thyme, Marjoram, Basil
- 1 Small onion minced
- 1 tsp. salt
- 4 Cloves minced garlic
- 2 tbsp. Worcestershire Sauce

Method

1. Mix all the ingredients of the Seasoning Blend together.
2. Wash and cut beef into bite-sized pieces then rub with the Seasoning Blend and Tomato Ketchup.
3. Heat the oil in a skillet and stir fry the meat for 10 minutes.
4. Add the water, cover and simmer for 30 minutes. Stir in the carrot and potatoes. Add the Kaiso Karamba Sauce and cook for another 15 minutes.
5. The meat should be tender after 45 minutes of cooking but if not add a little more water if necessary and cook for another 15 minutes.
6. For the rice, place the peas, salt pork and the thyme in a pan with 4 cups water and bring to the boil.
7. Reduce heat and simmer for 30 minutes or until peas are tender.
8. Wash and drain rice and add to the pan.

9. Pour in enough water to just be level with the rice and peas mixture.
10. Bring to the boil then reduce heat to its lowest level, cover and simmer for about 20 minutes or until all the water has evaporated.
11. Rice that has been soaked does not require a lot of liquid to cook and also the cooking time is reduced.

Coconut Flan

From Barbados

Ingredients:

- 1 1/4 cups sugar
- 4 eggs
- 1 tsp vanilla extract
- 1 can evaporated milk, undiluted
- 1 1/2 cups coconut milk (or coconut milk diluted with water)

Method:

1. Preheat oven to 350 degrees. Spread 1/2-cup sugar evenly over bottom of 8-inch round baking dish.
2. Heat in oven 30 minutes or until sugar is melted to a golden-brown syrup.
3. Remove from oven, let cool 15 minutes (or until hard)
4. While you wait, in medium bowl, beat eggs well with electric beater.
5. Add 3/4-cup sugar, the evaporated milk, coconut milk, and the vanilla and mix until the sugar is totally dissolved.
6. Pour this mixture over the hard sugar in the baking dish.
7. Place in a shallow pan so that you can pour water up to 1 inch around the baking dish. Bake 1 hour, or until a knife inserted in the center comes out clean. Cool before putting the baking dish in the fridge, then refrigerate well.
8. To serve, slide a sharp, thin knife around the edges of the flan; put a serving plate over the baking dish and invert. If the flan doesn't slide out immediately, let it sit upside down for 10 or 15 minutes and as the sugar warms and dissolves, the flan should slide onto the serving plate easily. Serve as is or decorate with fresh fruit.

Bassa Bassa Chicken

From Barbados

Ingredients:

- 4 Chicken Drumsticks
- 4 Chicken Thighs
- 1 tbsp. Seasoned salt
- 1 six ounce jar BASSA BASSA sauce or tamarind sauce

Method:

1. Wash and clean chicken pieces removing any excess skin and fat, pat dry then coat generously with the seasoned salt.
2. Pre-heat the oven to 350 degrees.
3. Place the chicken pieces in an ovenproof dish and bake for 30 minutes.
4. Baste each piece with BASSA BASSA SAUCE and return to the oven for a further 15 minutes.
5. The chicken can also be grilled over glowing coals.
6. Baste frequently with Bassa Bassa or Tamarind Sauce.

Pork Chops in Mango Sauce

From Barbados

Ingredients:

- 4 large pork chops
- 3 cloves garlic - minced
- Seasoned salt to taste

Mango Sauce:

- 1 large mango peeled (sliced & pureed in a blender)
- 1 cup water
- 1 tbs. Minced raisins
- 3 cloves garlic minced
- 1 small onion minced
- 1 tsp. Fresh ginger minced
- 1 cup wine vinegar
- 1/2 tsp. Sesame oil
- 1/2 tsp. Minced Scotch Bonnet or Habanero pepper
- 1/2 tsp. Salt
- 1 cup sugar
- 2 tbs. Cornstarch dissolved in 1/4 cup water

Method

1. Rub the chops with garlic and seasoned salt and set aside.
2. Place the chops in an oven-proof dish, and broil for 10 minutes on each side or until fully cooked.
3. In the meantime make the sauce.
4. Place all of the ingredients except the sesame oil and cornstarch in a pan and bring to a boil.
5. Reduce the heat and simmer for 10 minutes.
6. Pour in the cornstarch and simmer for a further minute.
7. Stir in the sesame oil and turn off the heat.
8. Remove the chops to a serving platter and pour over the sauce just before serving.

Chicken Chow Mien

From Barbados

Ingredients:

- 2 lb Chinese egg noodles
- 1 chicken breast boiled in salted water and shredded
- 7 cloves garlic minced
- ½ tsp fresh ginger minced
- 2 tablespoons soya sauce
- 3 tablespoons sugar
- ¼ tablespoon salt
- Pinch MSG (optional)
- 1 can (16 oz) mixed vegetables
- 3 tablespoons vegetable oil
- Vegetable oil cooking spray

Method:

1. Boil the noodles in salted water for 3 minutes, then drain and rinse under running water.
2. Heat the oil in a wok and stir-fry the garlic and ginger for 1 minute.
3. Add the noodles, soy sauce, salt, sugar, and MSG, stirring all the time.
4. Stir in the shredded chicken and mixed vegetables, and then heat through.

Lima Beans and Minced Chicken

From Barbados

Ingredients

- 8 oz. Minced chicken
- 1 cup lima beans soaked in water overnight or 2 cups canned variety
- 1 1/2 tsp. Mixed herbs - thyme, marjoram, oregano and basil
- 1/2 tsp. Seasoned salt
- 1 onion sliced
- 4 cloves garlic minced
- 1/2 tsp. Hot pepper sauce
- 4 cups water
- 3/4 cup tomato sauce
- 2 tbs. Worcestershire sauce

Method:

1. Place lima beans in a pan with water, onion, garlic, and pepper sauce, mixed herbs and seasoned salt and boil until beans are tender.
2. Add more water if necessary.
3. Add the chicken, Worcestershire sauce and tomato sauce, adjust seasonings to taste and simmer for 25 minutes.
4. Serve with boiled rice or pasta.

Curry Channa

From Barbados

Ingredients

- 1 pk. Channa (Chick Peas or Garbanzos)
- 1 large chopped
- Onion 5 cloves garlic minced
- Salt to taste
- 1 tsp. Hot pepper sauce
- 1 tbsp. ground cumin (Roasted)
- 4 tbsp. vegetable oil
- 1 tbsp curry powder
- 3 pints salted water

Method

1. Soak channa in water overnight.
2. Wash and drain and put into a pressure cooker.
3. Add 3 pints salted water and pressure for 30 minutes.
4. Drain and set aside.
5. In a wok or large saucepan heat the oil then stir fry the onion and garlic for a few minutes.

6. Add the cumin, curry powder and pepper sauce.
7. Stir twice then pour in the channa.
8. Adjust seasonings to taste.
9. Continue to stir-fry for a few minutes until the onion is cooked.

Creole Rice

From the Caribbean

Ingredients:

- 2½ cups long-grain white rice
- 1 teaspoon salt
- 1 peeled onion
- 1 branch parsley
- 1 branch thyme
- 1 peeled carrot

Method:

1. Soak the rice in cold water for 15 minutes and drain. In a large saucepan, bring 6 cups of water to a boil.
2. Add salt, onion, parsley, thyme, and carrot.
3. Add the rice and simmer over medium heat for 20 minutes.
4. Remove the onion, parsley, thyme, and carrot.
5. Drain the rice in a colander.
6. Rinse under cold running water.
7. Drain again and turn into saucepan.
8. Simmer over low heat for 5 minutes until the rice grains are completely dry.

Recipe for Roti

From the Caribbean

Ingredients:

- 3 cups flour
- 1 tablespoon oil
- Deep frying pan butter
- 1 teaspoon salt
- 1 1/2 cup boiled water

Method:

1. Put all the ingredients in a mixing bowl and mix until soft like rubber.
2. Knead the dough at least 5-10 times and add flour if sticky or water if hard.
3. Take a roller and roll till it looks like pizza dough, not very thick nor very thin, just in the middle.
4. Put frying pan on high heat and fry the roti.
5. Wait 5 seconds then turn it, then put butter on the fried side, then after 10 seconds turn it over again and put butter on the other side and wait at least 10 seconds and turn it back and make sure the roti is brown not black.

Recipe for Roti Bread

Ingredients:

- 1 cup flour
- Dash baking soda
- Milk (1 to 4 tablespoons, depending on humidity)
- 1/4 cup vegetable oil
- Salt to taste
- (optional-use combination of flour and ground chick peas) corn meal, bread crumbs, ground chick peas, or flour (for cutting board)
- Also-rolling pin + cutting board or similar surface

Method:

1. In a big bowl, mix flour, and baking soda (and salt if you want any) (Mix with your hands/fingers)
2. Add 1-tablespoon milk and work the mixture with your hands, trying to make a big ball.
3. Once you have the dough in a ball, stop adding milk.
4. Make the dough into 3 balls and let them rest for 10 minutes.
5. Put the oil in a bowl (so that you can get to it with your fingers).
6. Roll out the dough on a board covered with or cornmeal or ground chickpeas or flour.
7. Each ball should make a circle 8" wide.
8. Don't worry if it's too hard to roll out at this stage; the dough may be tough.
9. Brush a thin layer of oil over the top surface of the circle and then scrunch it back up into a ball.
10. Do this for all 3 balls, and then let them sit for 1/2 hour to rest. The roll them out and oil them again.
11. This time it should be easier, but they may be a little stickier, so make sure your board and rolling pin are well floured.
12. Now warm a frying pan with a thick, even bottom to medium heat, no oil (there is already oil on the roti).
13. Put one of the roti circles in and cook for about a minute.
14. Turn it and when the hot surface cools a little, wipe it with oil.
16. When there are some golden spots, the bread is done.
17. Keep it between 2 plates or under a cloth to keep it soft and warm.
18. Dump the potato curry mixture on top of the skin and fold the skin around it.
19. You can eat it with your hands, or if it is too messy, silverware

Eggs A' La Caneel

Ingredients:

- 2 tablespoon butter
- ½ cup chopped onion
- ½ cup chopped ham
- 8 tomatoes (hollowed into cups)
- 8 eggs
- 1 cup Hollandaise sauce

Ingredient for Hollandaise Sauce:

- 4 egg yolks, Juice of 1 lemon
- 1½ cups unsalted butter (cut into quarters.)

Hollandaise Sauce:

1. Mix egg yolks and lemon juice in the top of a double boiler.
2. Over boiling water whisk in butter, one piece at a time.
3. Continue cooking until sauce is thick.
4. Packaged or bottled Hollandaise sauce could be substituted for the homemade.

Method:

1. Melt butter in skillet and sauté onions until golden.
2. Add chopped ham and sauté 1 minute.
3. Spoon mixture into tomato cups, place cups in a greased baking dish or individual ramekin dishes.
4. Break 1 egg into each tomato.
5. Bake at 350 degree for 15 minutes or until firm to touch.
6. Top with Hollandaise Sauce and serve immediately

Chicken Creole with Mango

From Haiti

Ingredients:

- 3½ lb. broiler-fryer chicken (cut lengthwise in half)
- ½ cup orange juice
- ¼ cup lemon juice
- 1 clove minced garlic
- 2 tablespoon salt
- ¼ tablespoon ground pepper
- 1 green chopped bell pepper
- 4 cups water
- Vegetable oil
- 1 med. Onion peeled & cut into ½" slices
- 1 red bell pepper
- 3 tablespoons cider vinegar
- 2 tablespoons cornstarch
- 2 tablespoons tomato paste
- 2 tablespoons sugar
- 2 tablespoons water
- 2 mangoes (pitted, pared, cut into ½" slices)
- 2 oranges (cut in ½" slices)
- 3 small carrots

Method:

1. Combine chicken, orange juice, lemon juice, limejuice, garlic, salt and ground pepper in large bowl.
2. Let stand covered, turning occasionally, for 1 hour.
4. Transfer chicken mixture to large saucepan; add water and green pepper.
5. Heat to boiling; reduce heat.
6. Simmer covered until chicken is almost tender, about 20 minutes; remove chicken and pat dry.
7. Pour 6 inches oil into deep Dutch oven; heat to 375°F.
8. Meanwhile, skim grease from cooking liquid; add carrots, red pepper, onion, vinegar, tomato paste and sugar.
9. Dissolve cornstarch in water.
10. Stir into cooking liquid.
11. Heat until mixture thickness and bubbles for 2 minutes; reduce heat.

11. Add mangoes and oranges; keep warm.
12. Fry chicken in oil until golden brown, about 10 minutes; drain on paper toweling.
12. Transfer chicken to platter.
14. Pour sauce over chicken.

Beef with Okra

From Haiti

Ingredients:

- 5 pounds beef neck bones or 4 pounds stewing beef
- 1 lime (cut in half)
- 6 tablespoons pikliz vinegar, or to taste
- 1 green bell pepper, sliced thin
- ½ red bell pepper
- 2 scallion sprigs
- 3 garlic cloves
- ½ teaspoon black pepper
- 2 teaspoons seasoned salt
- 2 teaspoons salt
- 4 to 6 cloves
- 2 tablespoons tomato paste
- 4 small carrots cut in ½-inch rounds
- 2 pounds okra (fresh or frozen, snip ends and cut in 3 to 4 pieces)
- 1 thyme sprig
- 2 teaspoons butter

Method:

1. Rinse meat with cold water.
2. Clean meat with lime and rinse with water again.
3. Marinate meat with pikliz vinegar, green and red bell pepper, ½ onion, scallion, garlic, black pepper, seasoned salt, salt, and cloves. (Marinate overnight or at least 2 hours for flavor enhancement).
4. On medium-high heat, steam meat, covered, in the marinated juices for 30 minutes.
5. When meat juices start evaporating add tomato paste with ½ cup of water and continue browning for 20 minutes, stirring occasionally on medium heat.
6. Add ½ sliced onion, carrots, okra, and thyme with ¼ cup water and cover for 20 minutes.
7. Add 4 cups water, bring to a boil, and cook for 20 minutes, stirring every 10 minutes.
8. Add butter and serve with white rice.

Black Beans & Rice

From St. Thomas

Ingredients:

- 2 tablespoons olive oil
- 1 onion (finely chopped)
- 1 small green bell pepper (seeded and finely chopped)
- 2 tomatoes (peel, seeded & chopped)
- Salt and black pepper to taste
- 2 cups cooked black beans,
- 1 clove minced garlic
- 1 cup uncooked rice

- 2 cups cold water

Method:

1. Heat the oil in a saucepan and add the onion, garlic and pepper.
2. Sauté until the onion is tender.
3. Add the tomatoes and cook, stirring, until the mixture is well blended and thick.
4. Season to taste with salt and pepper.
5. Stir in the black beans and mix well.
6. Add rice and water, mixing lightly.
7. Cover and cook over very low heat until rice is tender and water is absorbed

Callaloo

From Trinidad & Tobago

Ingredients:

- 3 bundles callaloo or 3 bunches fresh spinach (washed tough ribs removed, coarsely chopped)
- 4 cups coconut milk
- 2 cups milk
- 2 cloves minced garlic
- 2 medium chopped onions
- 1 bunch chopped scallions
- ¼ pound pumpkin or Hubbard squash (peeled and coarsely chopped)
- ¼ pound butter or margarine
- Salt and pepper to taste

Method:

1. In a stockpot or soup pot, combine all the ingredients & boil for 4 minutes.
2. Reduce the heat and simmer for 40 minutes.
3. If too thick, add more coconut milk.
4. Remove from the heat, cool, and puree in a blender in small batches.
5. Reheat the soup and serve.

Garlic Pork

From Trinidad & Tobago

Ingredients:

- ¼ pound peeled garlic cloves
- 2 tablespoons fresh thyme or 4 tablespoons dried thyme
- 2 chopped onions
- 1 Congo pepper (Habanero), seeds, stem removed & chopped
- 2 teaspoons salt
- Juice of 1 lime
- 2 cups white vinegar
- 4 pounds boneless pork leg or shoulder (cut into 1-inch cubes)
- Vegetable oil for frying

Method:

1. Combine all the ingredients except the pork and oil and puree in a blender in batches until smooth.
2. Pour the mixture over the pork and marinate, covered, in a nonmetallic bowl in the refrigerator for at least 2 days and preferably 1 week.
3. Drain the pork and pat it dry.
4. Heat the oil in a frying pan and fry the pork cubes, a few at a time, turning often, until they are browned on all sides, about 5 to 7 minutes.
5. Drain the pork on paper towels, keep warm in an oven, and serve with a fruit salad.

Variations:

Some cooks brown the pork slightly and then finish the cooking in a 350 degree oven for about 30 minutes in a covered casserole, adding some water or marinade. For garlic lovers extraordinaire, simmer the marinade until thick and serve it over the pork cubes.

Trinidadian Roti with Potato Curry filling

From Trinidad

Potato curry

Ingredients:

- 1/4 sunflower oil
- 2 tsp turmeric
- 1 tsp cumin
- 1/2 tsp allspice
- 1/2 ground ginger
- 4 tsp curry powder
- 1 small onion
- Cut into small pieces
- 4 cloves minced or crushed garlic
- 2 medium sized potatoes (washed, peeled, and chopped into 1/4" cubes)
- Salt to taste

Additional ingredients:

- 1 cup chick peas
- 1 cup sweet potato, Nigerian yam, or plantain (if adding these, then use less potatoes from above)
- 1 cup of red, yellow, or green pepper (cut into small pieces)
- 1/2 cup broccoli or cauliflower (chopped small)
- 1.2 cup sliced bok choy or cabbage
- 1/2 cup to 1 cup of water

Method:

1. Heat the spices in the oil on medium heat, in either a sturdy, deep frying pan, or a heavy-bottomed saucepan.
2. Cook stirring for 5 minutes, careful not to burn spices.
3. Then add onion and garlic and cook for 1-2 minutes stirring.
4. You may have to turn down the heat a little bit so that the garlic doesn't burn.
5. Then add the potatoes and fry them up for 1-2 minutes, stirring.
6. This is also the time to add any of the following items: chickpeas, sweet potato, Nigerian yam, plantain, peppers, broccoli, cauliflower, bok choy, or cabbage.
7. Add the water so that it covers the bottom to at least 1/4" of liquid, (but not more than 1/2")

8. Cover the pan and simmer for 15 minutes on medium low heat (the mixture should gently bubble).
9. Taste for salt and be sure that potatoes are soft.
10. Add a little more water if necessary.
11. Serve on rice or scooped onto "roti" bread like a fat crepe.

Macaroni Pie

From Trinidad

Ingredients:

- 1 pk. Macaroni (12 ozs.)
- 1 onion grated
- 1 Jar Tamangy Chutney
- 2 cups milk
- 3 ozs. Grated cheddar cheese
- 1/2 cup flour
- 4 tbsp. Butter
- 1 cup Smoked Sausage - diced (optional)
- 1/8 tsp. Seasoned salt
- 1 oz. Grated cheddar cheese and 1/8 tsp.
- Paprika for garnish

Method:

1. Prepare macaroni according to package directions and set aside.
2. Melt the butter in a pan and add the butter to make a roux.
3. Slowly add the milk stirring all the time.
4. Add the cheese, Tamangy and seasoned salt and cook for about 2 minutes - until cheese is melted and the sauce is smooth and thick.
5. Use a balloon whisk to kept make the sauce smooth.
6. In a large bowl mix the macaroni, onion, sauce and sausage together.
7. Grease an ovenproof dish and pour in the macaroni mixture.
8. Sprinkle on some grated cheese and paprika then bake in a 350 degree oven for 30 minutes.

Pork curry

From Seychelles

Ingredients:

- 1 lb. of lean pork meat cut in small squares.
- 1 chopped onion.
- 2 teaspoons of ground fresh ginger.
- 2 cloves of crushed garlic
- 5 leave of curry.
- 1 big potato cut in small cubes.
- 1 tablespoon of curry powder mild or hot according to taste.
- 1 tablespoon of saffron powder.
- 2 tablespoons of vegetable cooking oil.
- 1-teaspoon salt and half teaspoon of pepper.
- Half a pint of boiling water.

Method:

1. In a saucepan: heat up the oil and brown the bits of the chopped onion.
2. Add the curry powder and the saffron powder & mix all together.
3. Be careful on medium heat! The powders must not burn, because the taste of the powders will be altered.
4. Add the squares of meat seasoned with salt and pepper.
5. Brown the squares of meat in the sauce.
6. Add one-quarter pint of boiling water. . Boil down; add one more quarter pint of boiling water.
7. Cover 15 minutes, until the mixture is simmering.
8. Reduce heat, add garlic and ginger, add some curry leaves & mix again.
9. Add your potatoes cubes & mix well.
10. Cover for 15 to 20 minutes until the sauce has thickened, and until the meat and the potatoes are cooked.
11. Add salt & pepper

Chicken Curry

From Seychelles

Ingredients:

- 1 medium-sized chicken
- 3 cloves garlic
- 2 tablespoons four pieces
- (mixture of nutmeg, cloves, ginger and pepper)
- 1 tablespoon saffron
- 2 tablespoons curry powder
- Salt & pepper
- 200g potatoes
- Cinnamon leaves
- 1 cup coconut milk
- 2 tablespoons oil, Ginger

Method:

1. Cut chicken into small pieces.
2. Boil up chicken, with pepper, salt and 2 tablespoons four pieces, for five or ten minutes.
3. Peel and crush garlic, ginger and saffron.
4. Peel potatoes and cut into quarters.
5. Wash and dry cinnamon leaves, roughly chop.
6. Remove chicken from heat, place in a pan with two tablespoons oil.
8. Add crushed spices & cinnamon leaves and curry powder.
9. Stir for five minutes over a low heat, cover and leave to cook.
10. Add coconut milk and potatoes, leave to simmer.
11. Cook for a further 20 minutes, stirring from time to time, until fairly dry.
12. Taste, adjust seasoning and serve.
Serve with basmati rice

Tuna fish with safran and coconut milk

Ingredients:

- 1.5kg of fresh tuna fish
- 3 spoons of sunflower oil
- 1 sliced big onion
- 3 garlic gloves
- 1 1/2 spoon of fresh gratted ginger
- 3 sliced chilis
- 1 spoon of curcuma (safran)
- 1/2 spoon of grinded cardamome grains
- 1 1/2 spoon of salt
- A few curry leaves
- Coconut milk of 2 coconuts plus the grated flesh or a tin of coconut milk of 400g

Method:

1. Slice the fresh tuna fish in cubes.
2. Add some salt; gently color the cubes of fish in a frying pan with the oil.
3. Reserve and in another pan make the safran & coconut milk sauce.
4. Put the onion, the garlic gloves, the ginger, the chili, and the safran and leave it to color.
5. Add the coconut milk, put the tuna fish in the sauce and season with salt, cardamom and curry leaves.
6. Cover and cook gently for 10 minutes.
7. Remove the cover and cook for a few minutes more until the sauce becomes creamy.
8. This dish is served with basmati rice, tomato chutney or mango and vegetables achards.
9. Preparation time less than 30 mins
10. Cooking time 10 to 30 mins

Octopus Cari with coconut milk

Ingredients:

- 1 kg of octopus
- 3 spoons of saffron
- 2 coconuts or 2 tins of coconut milk)
- 2 big eggplants to cut into small cubes.
- 1 spoon of massala (add more if you like strong cari).
- 4 gloves of grated garlic finely
- Salt and pepper
- 1 small piece of grated ginger
- 5 cinnamon leaves
- 3 spoon of cooking oil

How to obtain milk directly from a coconut:

1. Cut the coconut in halves, separate the flesh and cut in small pieces and then put in a mixer.
2. To this mixture add water and leave it to soak for a few minutes.
3. Knead in your hands and press strongly.
4. The liquid is the milk that you need for your recipe.
5. Repeat the same until you have pressed the whole coconut flesh.
6. You can use coconut milk from a tin that can be easily bought from a supermarket

How to prepare the octopus:

1. Cut the octopus in small pieces and make it to simmer in boiling water until tender.

2. When ready, a fork should easily penetrate in the flesh.
3. Throw away the cooking water.
4. In a pan put the cooking oil to heat, add garlic, ginger, saffron, massala, cinnamon leaves, salt, pepper and finally the eggplants.
5. Make it to brown for about 5 minutes until aubergine is tender.
6. Add the octopus and make it to brown for a moment and then pour little by little the coconut milk and mix all the ingredients together.
7. The coconut milk should cover the ingredients.
8. Cook for about 15 minutes and make sure the preparation does not stick to the pan.
9. At the end of the cooking the coconut milk should have reduced by half.
10. This dish must be served very hot with rice and chutney pumpkin (chatini giraumon)

Vegetarian Curry

From Seychelles

Ingredients:

- 4 oz butter
- 1 tablespoon sunflower oil
- 2 large onions
- 5 garlic crushed cloves
- 1 " root ginger (peeled & grated)
- 2 medium orange fleshed sweet potatoes cubed
- 4 carrots cubed
- 1 butternut squash (peeled & cubed)
- 14 oz Chinese leaf (cut into 1" strips)
- Large handful flat leaf parsley (finely chopped)
- Small handful thyme (finely chopped)
- 14 fl oz coconut milk
- Salt and pepper

Curry Mixture:

- 10 curry leaves
- 1 tsp ground cinnamon
- ½ tsp chilli powder
- 1 tsp ground allspice
- ¼ tsp cayenne pepper
- 1 tsp ground black pepper
- 1 tsp ground turmeric
- Garnish
- 2 plantains
- 2 tablespoons oil

Method:

1. Melt the butter in a large saucepan without allowing it to burn. Add the oil.
2. Fry the onion, ginger and garlic until soft.
3. Add the curry mixture and stir.
4. Add the sweet potato, carrot and butternut squash.
5. Stir until the vegetables are well coated with the spice mix.
6. Add just enough water to barely cover the vegetables.
7. Bring to the boil, reduce the heat and simmer until the vegetables just start to soften.

8. Add the Chinese leaf, parsley, thyme and coconut milk.
9. Cook gently for a further ten minutes, making sure the coconut milk does not boil, season with salt and pepper to taste.
10. While the curry is cooking slice the plantain and fry the slices in hot oil until crunchy on the outside and soft on the inside.
11. Sprinkle with salt
Serve the curry with rice and the fried plantain slices.

Minced Crawfish

From Bahamas

Ingredients:

- 4 medium shredded crawfish tail
- ½ cup melted margarine
- 2 oz. sliced onion
- 2 oz. green chopped pepper
- 3 oz. tomato paste
- 1/4 teaspoon thyme leaves
- Salt & pepper to taste

Method:

1. One fish in shell, remove shells, cut and pick meat in small shreds.
2. Heat margarine in pan and add crawfish - stir until almost brown.
3. Add onions, green pepper, tomato paste, thyme leaves, salt and pepper.
4. **Note:** To prevent burning, stir bottom to top. If necessary, add more margarine.
5. Cook until tomato paste is well done or changes colour (10-15 minutes).

GROUPER CUTLETS

From Bahamas

Ingredients:

- 2 lbs. fresh grouper
- 6 eggs well beaten
- 2 oz. lime juice
- Salt & pepper
- 1 cup flour

Method:

1. Marinate fish in limejuice for at least an hour before cooking (or overnight).
2. Season lightly with salt & pepper.
3. Cut grouper into small fingers about half-inch thick.
4. In a zip lock bag, put 1 teaspoon of salt, flour & shake well to blend salt.
5. Blot fish with paper towel, shake in the flour mixture until well coated; dust excess flour, dip into egg batter & deep fry until golden brown.



RECIPES

Caribbean Curry Sauce

From the Caribbean

Ingredients:

- 5 tablespoon vegetable oil (canola or sunflower)
- 4 tablespoon tamari
- 3 tablespoon brown sugar
- 2 tablespoon tomato sauce
- 4 cloves crushed garlic
- 1 tablespoon dried parsley or finely chopped fresh parsley
- 1 tablespoon coriander
- 1 tablespoon cumin
- 1 tablespoon Jamaican pimento (allspice)
- 1 tablespoon ground ginger
- 1 tablespoon Tabasco sauce or other hot sauce
- 1 tablespoon very finely chopped jalpeo or habanero pepper
- Salt to taste
- Black pepper to taste
- Crushed red chili to taste

Procedure:

1. Simply, mix everything together!

Note:

This is a wonderful cooking sauce. You can marinate chicken or meat in it before sauteing, grilling, broiling or baking. Dribbled over stir-fried vegetables, it makes a great dish to eat over rice.

Honey-Ginger Dipping Sauce

From the Caribbean

Ingredients:

- 1 (8-ounce) can sweetened tamarind nectar
- 1 tablespoon honey
- 1 thumb (2 to 3 inches) fresh grated ginger
- 1 tablespoon soy sauce
- 1 tablespoon dry Jerk seasoning
- 1 teaspoon cornstarch
- 1 teaspoon water

Method:

1. Combine the tamarind nectar with the honey and boil until it is reduced by one third of its volume.
2. Stir in ginger, soy sauce, and Dry Jerk Seasoning.
3. Mix the cornstarch with the water to form a paste, and then mix with the tamarind mixture.
4. Continue to cook and stir continuously, until the sauce thickens. Serve hot or cold.

West Indian Pepper Sauce

From the Caribbean

Ingredients:

- Amount Measure Ingredient Preparation Method
- 1 mango or papaya
- 1 medium yellow onion coarsely chopped
- 1 medium garlic clove
- 5 scotch bonnets or habs, stemmed not seeded
- 1 one inch piece ginger root
- 1/2 teaspoon turmeric
- 1 tablespoon dry mustard
- 1 pinch cumin
- 1 pinch coriander
- 1/2 tablespoon honey
- 1/2 cup cider vinegar
- 1/2 cup water
- 1 teaspoon salt

Method:

1. Puree first 10 ingredients in blender. Transfer mixture to bowl.
2. In non-reactive saucepan, bring vinegar, water, and salt to boil.
3. Pour over mango mixture and stir well.
4. Allow cooling before bottling.
5. Refrigerated, sauce (keep approx 6 weeks)

Jerk Sauce

From Jamaica

Ingredient:

- 1/2 cup pimento (all spice berries)
- 1/2+ cup packed brown sugar
- 6-8 garlic cloves
- 4-6 Scotch bonnet peppers
- 1 tablespoon ground thyme or 2 tablespoons thyme leaves
- 1-2 bunches scallions
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- Salt and pepper to taste
- 2 tablespoon soy sauce to moisten

Method:

1. Put content in a food processor or blender and liquid
2. Pour sauce in a Jar and keep refrigerated.
3. The sauce will keep forever if kept refrigerated
4. To increase spiciness blend pepper and pimento and add to sauce the hot peppers at any time.

Hot Wings Jerk Sauce

From Jamaica

Ingredients:

- 1 stick butter
- 1/2 cup water
- 1/4 cup jerk sauce
- 2 tablespoon Worcestershire sauce

Method:

1. Melt butter
2. Mix water and sauce to a paste
3. Add butter and jerk paste and mix
4. Serve immediately

Pickled Hot Peppers

From Jamaica

Ingredients:

- ½ lb. hot peppers (large ones cut in small pieces and small ones used whole)
- 6 grains pimento
- 2 cups white vinegar
- Salt to taste
- 2 ozs. sugar
- 1 tsp rum
- 2 tbsp chopped onion
- ½ lb. carrots
- ½ lb. cho-cho

Method:

1. Cut peppers in pieces; leave bird peppers whole, removing stems.
2. Put vinegar, salt, sugar and onion in a saucepan then add peppers. Bring to a boil and simmer for 5 minutes.
3. Cool, add rum, put into sterilized jars, cover and allow to steep for a few days before using

Barbadian Seasoning

This recipe is from Barbados

Ingredients:

- 1½ cups vinegar
- 2 oz thyme
- 2 oz parsley
- 1 lb onions
- 5 oz green onions
- 2 oz marjoram
- 4 Scotch Bonnet peppers *or* habanero (add more to make it hotter)
- 4 oz garlic
- ½ oz ground clove
- 2 tbs Worcestershire sauce
- ¼ tsp black pepper
- 4½ tbs salt

- ½ tsp MSG (optional)

Method:

1. Remove the stems from the thyme and marjoram and place in a blender with vinegar.
2. Liquefy place the onions, green onions, parsley, peppers and garlic in a food processor and process for 30 seconds to 1 minute.
3. Blend this together with the seasoned vinegar in a mixing bowl.
4. Stir in the salt, MSG, Worcestershire sauce, ground clove and black pepper.
5. Bottle and refrigerate.
6. Leave it to stand for one week, before using as required.



RECIPES

Shrimp in Coconut Cream Sauce

From Jamaica

Ingredients:

- 1 lb large shrimp, peeled & deveined and pre-cooked
- 4 med. diced red-skin potatoes
- ½ cup chopped onions
- 3 tablespoon olive oil
- 1 tablespoon curry powder
- 3 minced garlic cloves
- ½ cup diced tomatoes
- 1 cup coconut milk/cream
- 2 teaspoon paprika
- 2 stalks scallion (chopped in small pieces)
- 1 teaspoon thyme leaves
- 2 dried red chilies (chopped finely)
- ½ cup walnuts (optional) 12 ounces fresh or frozen peeled and deveined shrimp

Method:

1. Warm oil on medium heat, add potatoes and saute over low heat until just barely tender, stirring constantly.
2. Then add onions, and scallion and let that saute until onions are transparent.
3. Add garlic, paprika, parsley and curry powder.
4. Continue to cook over low heat for 3 mins, stirring constantly.
5. Add the coconut cream, thyme and tomatoes, and cook for 3 mins on medium heat - stir often, to prevent coconut milk from drying out.
6. Finally, add the shrimp and cook for another 5 mins (until shrimp is tenderly cooked).

Shrimp and Fruit Salad

From Jamaica

Ingredients:

- 12 ounces fresh or frozen peeled and deveined shrimp
- 1 15¼-ounce can pineapple chunks (juice pack)
- 1 medium orange (peeled and sectioned)
- 1 tablespoon snipped fresh mint
or 1 teaspoon dried mint, crushed
- Dash salt
- Dash pepper
- ½ cup sliced celery
- ½ cup lemon low-fat yogurt

Method:

1. In a large saucepan cook shrimp in boiling water about 3 minutes or till shrimp turn pink; drain.
2. Rinse shrimp under cold water; drain well.
3. Drain pineapple chunks, reserving juice.
4. Combine pineapple chunks and orange sections; cover and chill.

5. For marinade, in a medium bowl combine ¼ cup of the reserved pineapple juice, the mint, salt, and pepper.
6. Stir in cooked shrimp and the celery.
7. Cover and marinate in the refrigerator for 2 hours. Drain off marinade; discard marinade.
8. Stir pineapple chunks and orange sections into shrimp mixture.
9. In a small bowl combine 2 tablespoons of the remaining pineapple juice and the yogurt. Toss with the shrimp mixture.
10. Divide mixture among 4 small airtight containers.
11. Chill overnight & store up to 2 days in the refrigerator.
12. Carry in an insulated lunch box with a frozen ice pack.

Papaya Garlic Shrimp

From Jamaica

Ingredients:

- 3 tbsp. butter
- 2 cloves minced garlic
- 1/2 chopped onion
- 1 tablespoon dried thyme or 1 sprig fresh
- 1 lb. medium shrimp, shelled, divined (may leave tail portion on)
- Half a medium papaya, chopped into 1/2" chunks (can use a bit more or less if you desire)

Method:

1. In a saucepan, melt butter.
2. Sauté garlic and onion. Once sautéed, add papaya and thyme, stir until papaya just begins to get mushy.
3. Pour mixture into a bowl and then sauté shrimp in the same saucepan (with a little more butter) for a couple of minutes.
4. Finally, add the papaya/garlic/onion mixture back in for another 5 minutes on low heat till shrimp is cooked.
5. Serve over rice or with noodles.

Jamaican Grilled Fish

From Jamaica

Ingredients:

- 3 Medium Snappers
- Salt to taste
- Pepper to Taste
- Powder Onion
- Pimento (all spice) branches or aromatic wood
- Red Stripe Beer and Water
- Lemon

Method:

1. Cut fish in slices and add salt, pepper, powdered onion and pimento
2. Squeeze lemon over the fish
3. Marinate for about 2 hours in the refrigerator.
4. Mix a solution of half water and half beer (salt is optional)
5. Grill the fish on a low fire.

6. Sprinkle the fish occasionally with Beer/water solution to keep it moist and keep the fire low.
7. Cook for approximately 25-35 mins

Jerk Lobster

From Jamaica

Ingredients:

- 4 lobster tails
- 2 tsp. Jerk Seasoning
- ½ cup Butter
- 2 whole scallions
- 2 tsp. Lemon/lime juice
- ½ tsp. of Jamaica Pickapeppa sauce or 3 drops of Jamaican hot pepper sauce (optional)

Method:

1. Thinly slice the scallions.
2. Melt the butter in a small skillet.
3. Lightly sauté the scallion until it is golden.
4. Add the 3 teaspoons of lemon juice.
5. Add ½ teaspoon of Jamaica Pickapepper sauce or 3 drops of Jamaican hot pepper sauce (optional depending on your taste).
6. Let it simmer for about 1 min. then set aside.
7. Remove the membrane from the lobster tails.
8. Use a sharp knife to split the lobster tail in half (length).
9. Use a brush to put the butter sauce on each tail.
10. Using the same brush spread the Jerk sauce over the tails especially on the exposed meat. Put your oven setting to broil.
11. Put the lobster tails in oven on the meat side for 4 minutes, turn and then cook the shell side for 2 minutes.
12. If you want a more smoked taste, you should cook the lobster tails for 2 minutes on each side in the oven, then place on a barbeque grill for 3 minutes.
13. You may need to add more Jerk sauce if you put it on the barbeque grill.
14. Serve with Jamaican Festival and/or Bammy.
15. You can also serve with Jamaican hardo bread.

Curried Lobster

From Jamaica

Ingredients:

- 2 lb fresh lobster meat
- Salt and pepper to taste
- 2 tablespoons curry powder
- 2 tablespoons butter
- 1 large tomato
- 1/3 cup water
- 1 chopped onion
- 2-3 blades scallion
- 1/2 teaspoon corn flour

Method:

1. Pour hot boiling water over lobster meat.
2. Wash with vinegar and water.
3. Sauté sliced seasonings in oil or butter
4. Add curry lobster
5. Cook for 8 minutes.
6. Add 1/3 cup water
7. Season with salt & pepper
8. Thicken with corn flour to make gravy.
9. Cook for 8 minutes.
10. Serve hot with white rice.

Curried Shrimp

From Jamaica

Ingredients:

- 2 lb fresh shrimps
- Salt and pepper to taste
- 2 tablespoons curry powder
- 2 tablespoons butter
- 1 large tomato
- 1/3 cup water
- 1 onion, chopped
- 2-3 blades scallion
- 1/2 teaspoon corn flour

Method:

1. Pour hot boiling water over shrimps.
2. Wash with vinegar and water.
3. Sauté sliced seasonings in oil or butter
4. Add curry and Shrimps
5. Cook for 8 minutes.
6. Add 1/3 cup water
7. Season with salt & pepper
8. Thicken with corn flour to make gravy.
9. Cook for 8 minutes.
10. Serve hot with white rice.

Peppered Shrimp

From Jamaica

Ingredients:

- 2 lbs. shrimps in shell
- 1 cloves garlic
- 1 cup salad oil
- 1 teaspoon salt
- 2 scotch bonnet peppers
- 1.5 tablespoon vinegar

Method:

1. Heat garlic, oil, salt and scotch bonnet peppers (can cut up pepper if you like hot peppered shrimp) in a dutch pot.
2. Add shrimps to the mixture
3. Stir and cook for 6 minutes.
4. Add vinegar and continue to cook for a further 3 minutes
5. Serve warm or cold

Escovich Fish

From Jamaica

Ingredients:

- 5 whole small/medium sized Snappers, Grouper, Parrot or Goat fish cleaned, with the head and tail left on
- 1 1/2 tablespoon salt
- 1 1/2 tablespoon pepper
- 3 Garlic
- Cooking Oil
- White Vinegar
- 2 Onions
- 2 Scotch Bonnet Pepper
- 10 pimentos

Method:

1. Wash fish in vinegar and water, dry fish in paper towel and place on a plate.
2. Cut small deep gashes on each side of the fish.
3. Rub salt and pepper on outside and in the cavities you made and on the outside, then put the fish on a plate or in a shallow bowl.
4. Place oil in a frying pan/sauce pan (enough to fry one side of the fish).
5. Please note that this is not a deep fry therefore the fish should not be completely submerged in the oil.
6. Place 2 cloves of garlic in the pot and heat on high.
7. Put cinnamon stick in a pot of boiling water to alleviate the smell of the frying fish. R
8. Remove garlic cloves from pot, carefully place fish on its side in to the hot oil (as many as the frying pan can hold).
9. Fry crisp and turn down the heat as necessary, then turn other side and fry crisp.
10. Place fried fish on a plate with dry paper towels.
11. Slice onions; scotch bonnet pepper & place them all together with pimento in a small pot with vinegar.
12. Boil contents on stove for approx. 5 min. (Be careful of your eyes burning if contents are overheated) Pour contents on the fried fish for a hot and spicy flavor

Jerk Fish

From Jamaica

Ingredients:

- Jerk sauce
- 3 Medium Snappers
- Pimento (all spice) branches or aromatic wood

Method:

1. Rub the fish with the sauce.
2. Marinate for about 2 hours in the refrigerator.
3. Wrap the fish in foil
4. Grill at lowest possible setting over a low fire until done.
5. Pimento (all spice) branches (this is what is used in Jamaica) mixed with charcoal are best.
6. If not try to use an aromatic wood in the barbecue grill to enhance the flavor.
7. Chop meat into pieces, and serve traditionally with hard-dough bread

Steamed Fish

From Jamaica

Ingredients:

- 2.5 lbs fish
- 1 small onion
- 2 stalk scallion
- 2 oz butter
- Cooking oil
- ½ cup water
- Vinegar
- 2 sprig thyme
- 3 cloves garlic
- Salt and black pepper.
- 5-12 Grains of Pimento
- Vinegar
- 1 large Onions
- 1 whole scotch bonnet

Method:

1. Wash fish with salt water or vinegar & water.
2. Season fish with garlic, salt and black pepper.
3. Cut up tomato
4. Sauté sliced onions in oil (butter optional)
5. Remove and place onions in a dish
6. Stir fry scallion, thyme and all other vegetables in oil and.
7. Add water, butter & teaspoon Vinegar
8. Allow vegetables to cook.
9. Add fish, pimento and onions.
10. Add 1 whole scotch bonnet (do not allow to burst - must have a stem)
11. Simmer for 15 minutes or until cooked.

Coo-Coo - Fungi

From Jamaica

Ingredients:

- 15 okras soaked in 4 cups water
- 1 lb cornmeal
- 6 cups water
- 1 tsp salt or to taste
- 3 tbs margarine

- 1 onion chopped
- 5 cloves garlic minced

Method:

1. Wash the okras and cut off the heads and tails.
2. Cut into cartwheels and place in a pot with 2 cups water and all the other ingredients except the cornmeal.
3. Bring to the boil and simmer for about 15 minutes.
4. In the meantime, place the cornmeal in a bowl and pour over 4 cups water to saturate the meal.
5. Stir to make sure it is wet throughout.
6. After the 15 minutes pour out about three quarters of the okras and the cooking liquid and set aside.
7. Return the pot to a very low heat and pour in the wet cornmeal.
8. Stir constantly to break up any lumps, add the reserved okras and liquid a little at a time (using a wooden spoon, stir to make sure the mixture is smooth).
9. Continue to stir and cook on very low heat for about 10 minutes.
10. When finished the Coo-Coo should be smooth and stiff.
11. Transfer to a buttered dish.
12. Serve hot with steamed flying fish or your favorite stew.

Crab and Dumplings in Coconut Sauce

From Barbados

Ingredients:

- 8 whole crabs (backs removed, washed and cleaned)
- 3 cups water
- Seasoned salt to taste
- 2 cups coconut milk
- 6 cloves sliced garlic
- 2 chopped onions
- ½ oz fresh thyme
- ½ oz fresh marjoram,
- ¼ tsp curry powder
- 2 stalks celery diced
- 4 tablespoons chopped parsley
- ½ tsp hot pepper sauce

Ingredients - Dumplings:

- 2 cups flour
- ¼ tsp salt
- 1 tablespoons butter
- Water

Method:

1. Break the crabs in half and place them in a saucepan with the water and seasoned salt.
2. Tie the thyme and marjoram together, place in the water and boil for 10 minutes.
3. Add the coconut milk, dumplings onions, garlic, celery, parsley, pepper sauce and curry powder.
4. Simmer for 20 minutes, or until most of the water has evaporated.

5. Mixing a little flour and water together and adding to the gravy can thicken the stew.
6. Serve over boiled rice or breadfruit.

Method - Dumplings:

1. To make the dumplings mix the flour, salt and butter together with enough water to make a stiff dough.
2. Knead it on a floured board for 2 minutes then transfer to a greased bowl, cover with a damp cloth and leave to stand for 5 - 10 minutes.
3. Shape the dumplings into balls about 1½ inch in diameter, then press them flat with the palm of your hand.

Caribbean Fried Fish

From Barbados

Ingredients

- 4 Steaks white fish
- 1 lemon or lime
- 1 tsp. salt
- 1/4 Jar Bassa Bassa Sauce
- 4 tbsp. Mayonnaise
- Vegetable oil for frying
- 2 tbsp. Worcestershire Sauce

Seasoning Blend

- 1/4 tsp. Old Fashion Bajan pepper sauce
- 1 Pinch ground clove 2 tablespoons Vinegar
- 1/2 tsp of each –Thyme
- Marjoram
- Basil
- 1 small minced onion
- 1 tablespoon salt
- 4 Cloves minced garlic
- 2 tablespoon Worcestershire Sauce

Batter & Breeding:

- 4 cups All purpose flour
- 2 tsp. Curry powder
- 5 tsp. Seasoned salt
- 3 cups milk
- 2 tsp. Granulated garlic
- 2 tsp. Roasted cumin

Method:

1. Squeeze juice of the lime onto the fish and rub in the salt.
2. Let stand for 5 minutes, rinse and pat dry then cut 2 slits in each piece of fish with a sharp knife.
3. Mix all the ingredients of the Seasoning Blend together and rub generously into the slits.

4. Make a batter with the milk, 1 cup of flour 2 tsp, seasoned salt, 1 tsp each of garlic, cumin and curry.
5. Mix the remaining flour, garlic, cumin, curry and seasoned salt together in a plastic bag or shallow tray.
6. Dip the fish first into the batter then in the flour.
7. Fry in hot oil for 3 minutes on each side making sure to turn frequently to prevent burning.
8. Mix together the Bassa Bassa Sauce and Mayonnaise and serve as accompaniments to the fish.
9. This is the Caribbean Equivalent to Tartar Sauce.

Crab Backs

From Barbados

Ingredients:

- 1 lb cooked flaked crabmeat
- 2 oz butter
- 2 green onions chopped
- 1 large onion chopped
- 7 cloves garlic minced
- Salt to taste
- 1 tsp hot pepper sauce
- 4 Tbsp Worcestershire sauce
- Juice of 1 fresh lime
- 1 cup breadcrumbs
- 12 crab backs scrubbed clean *or* 12 foil potato shells
- Parsley and red bell peppers for garnish

Method:

1. Stir-fry the green onions, garlic and onion in butter for 3 minutes.
2. Add the flaked crabmeat, Worcestershire sauce, pepper sauce and salt. Add the limejuice.
3. Cook for about 2 minutes then add the breadcrumbs.
4. Continue to cook for a further 5 minutes, adjust seasonings to taste.
5. Spoon the mixture into the crab backs or foil potato shells and dot with butter.
6. Brown in a hot oven (preheated to 400 °F) for 8 minutes.
7. Garnish with parsley and small pieces of red bell pepper.

Steamed Flying Fish

From Barbados

Ingredients:

- 8 flying fish fillets
- 3 limes
- 1 tablespoons salt
- 3 tablespoons Barbadian seasoning
- 1 large onion sliced
- 6 cloves garlic minced
- 1 green bell pepper cut in julienne strips
- ½ oz fresh thyme
- ½ oz fresh marjoram

- 1 teaspoon parsley chopped
- 1 large tomato chopped
- 1 teaspoon limejuice
- 2 cups water
- ½ teaspoon hot pepper sauce
- ½ teaspoon curry powder
- 3 tablespoons margarine
- Seasoned salt to taste

Method:

1. Rub the fish with the juice of the limes and the salt and leave to stand for 10 minutes.
2. Rinse the fish and pat dry with paper towels, then rub in the Barbadian Seasoning.
3. Roll each up (like a sausage) and secure with a toothpick.
4. Heat the margarine in a saucepan and sauté the onion and garlic for 3 minutes, or until the onions become transparent.
5. Add the tomato and parsley and continue to cook for a further 2 minutes.
6. Tie the thyme and marjoram together and add to the pan together with the remaining ingredients - except the fish.
7. Bring to the boil, then reduce the heat and simmer for 10 minutes.
8. Add the fish and continue to simmer for 10 minutes.
9. Serve with coo-coo

Shrimp In Tomato Sauce

From the Caribbean

Ingredients:

- 1 pound shrimp
- 2 tablespoon oil
- 2 cloves garlic minced
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon superior soy sauce
- 1 tablespoon rum
- 1/2 cup tomatoes ketchup
- 1 small sliced onion
- 1 small sliced sweet pepper
- 1 sliced tomato
- 2 stalk chopped scallion

Method:

1. Clean shrimp, remove head, leaving shell on.
2. Wash and pat dry.
3. Heat pan. (Can use wok or fry pan)
4. Add oil, then shrimp, garlic, salt, pepper, soy sauce, rum and ketchup, stir-fry 1 to 2 minutes. Add onion, scallion, sweet pepper and tomatoes.
5. Stir-fry about 1 to 2 minutes again until shrimp turn pink.
6. Remove to serving plate, garnish with chopped scallion tops.

Grilled Jerk Shrimp

From the Caribbean

Ingredients:

- 1lbs Jumbo shrimp (peeled & de-veined)
- 2 tablespoons Jerk Seasoning
- 2 tablespoons Olive oil for Brushing
- 1 Ripe Plantain

Method:

1. Marinate shrimp in mixture of Jerk seasoning.
2. Place in refrigerator for 30 minutes
3. Peel Ripe Plantains and cut in thick slices (long way)
4. Thread on skewers with Shrimp and Planting.
5. Brush with Olive Oil and Grill for 3 minutes on each side.

Roast Fish

From the Caribbean

Ingredients:

- 4 small whole gutted doctor fish or turbit/turbot (some times spelt terbit)
- 2 small onions
- 3 sprigs scallions
- 6 sprigs thyme
- 10 pimentos
- 1 table spoon salt
- 1 table spoon pepper
- 1 garlic
- 2 scotch bonnet pepper
- 1/4 cup pick a pepper sauce
- Aluminum foil paper
- Wash fish with cold salt water or vinegar.

Method:

1. Wash fish in with vinegar and water
2. Pour picka-peppa into bowl
3. Dice up onion, thyme, scallions, scotch bonnet pepper, garlic & combine
4. Add salt, pepper, pimento
5. Combine all and mix in the bowl of picka-pepper sauce
6. Dry and place each fish on a sheet of foil
7. Stuff each fish with the seasoning mixture & wrap completely in foil
8. Roast on open grill for 30 minutes or in an oven at 350 degrees for 40 minutes.

Fried Sprat

From the Caribbean

Ingredients:

- 2 dozen sprats
- Vinegar
- Salt and pepper to taste
- Oil for frying

Method:

1. Clean and wash the sprats with vinegar and water.
2. Dry with paper towel.
3. Season with salt and black pepper and fry in hot oil.
4. Place fried sprat on paper towel to drain oil.
5. Serve with hard bread.

Sweet Brown Stew Fish

From the Caribbean

Ingredients:

- 2 lb. large fish (snapper, king fish, jack)
- 1 medium onion
- Salt & Pepper
- 2 tablespoons soy sauce
- 2 blades of scallion
- Sprigs of thyme
- 1 tablespoon butter
- Water
- 1 tablespoon flour
- Oil for frying
- 2 tablespoons ketchup

Method:

1. Fry Fish lightly.
2. Sauté sliced seasonings in oil or butter. Then add soy sauce
3. Slowly add flour to mixture.
4. Cook till brown.
5. Add water, ketchup.
6. Add pepper & salt to taste.
7. Put the fish in a deep pot.
8. Pour on the sauce.
9. Simmer for 15 minutes.

Broiled Fish West Indian Style

From St. Thomas

Ingredients:

- 4½ lbs fish, scaled and gutted
- 2 medium cut up onions
- 1 chopped tomato
- 1 tablespoon vinegar
- 3 tablespoons lemon or limejuice
- 1 teaspoon accent
- 2 cups water
- 2 teaspoon margarine

Method:

1. Place fish with
to 30 minutes
2. Serve with s



cook gently until fish is cooked, about 20

SOUP

Belizean Chimolli Soup

From Belize

Ingredients:

- 6 pieces skinless chicken
- 6 boiled eggs
- 1 lb. onion (slice & julienne)
- 1 tin small hot chiles (jalopeno)
- 1 block red recardo (small)
- 1 block black recardo (small)
- 2 teaspoons vinegar
- 3/4 cup vegetable oil
- 1/2 teaspoon ground oregano
- 1/2 teaspoon ground thyme
- 1 tin big tomatoes
- 1 1/2 liter water
- Salt & pepper to taste

Method:

1. Season chicken with salt and pepper and half of red recardo.
2. Boil chicken with oregano, thyme and vinegar for 20 minutes.
3. Combine red and black recardo in one-cup water, strain through sieve and reserve.
4. Remove chicken from water and fry in oil until brown.
5. Return chicken to stock, add eggs, sliced onions, recardo, hot peppers (with juice) and tomatoes (with juice).
6. Boil for another 15 minutes.
7. Serve with hot tortillas.

Recipe for Callaloo Soup

From Trinidad

Ingredients:

- 2 cubes chicken bouillon (for vegetarians, one can use vegetable bouillon instead)
- 4 cloves of garlic
- 1 onion
- 1 scotch bonnet pepper
- 2 tbsp of butter or margarine (can also substitute with oil)
- 1/2 lb (about 1 medium-sized colander full) of dasheen leaves (can substitute with spinach)
- Cups of water

Method:

1. Peel cloves of garlic and onion, and dice.
2. Drain and shred the washed dasheen leaves (spinach).
3. Melt butter or margarine (or use oil) and fry diced garlic and onion until soft and golden.
4. Add two cups of water and heat for 2 minutes.
5. Add shredded dasheen leaves, chicken (or vegetable) stock, and the chili pepper sliced in half to the pot and bring to a boil.
6. Then add more water (about 15 cups or so), lower the heat and simmer covered for about 30 minutes.
7. Add more water to make a more diluted soup, if desired.

Black-eye Peas Soup

From Barbados

Ingredients:

- 1 1/2 cups black eye peas soaked in water overnight
- 10 ozs. ham cut into cubes
- 2 medium onions chopped
- 1 tablespoon sugar
- 2 peeled & chopped tomatoes
- 2 1/2 cups coconut milk
- 1/2 oz. fresh thyme, basil and marjoram
- 1/4 teaspoon minced Scotch Bonnet pepper
- 1/2 cup rum
- 1 teaspoon vegetable oil
- 1 bay leaf
- Salt to taste

Method:

1. Tie the herbs together, then wash & drain the peas and place in a stockpot with the ham and about six cups of water.
2. Add the bay leaf, herbs, half of the onion and sugar and bring to a boil.
3. Cover the pot and simmer for 45 minutes or until peas and ham are tender.
4. Remove the ham, herbs and bay leaf from the stock.
5. Discard the seasonings and reserve the ham.
6. Heat the oil, saute & remaining onion for about 5 mins.
7. Add the tomatoes and cook for a few minutes stirring constantly.
8. Transfer this to the main pot, add the coconut milk and pepper and simmer for 10 minutes.
9. Puree in a blender and return to the pot adding the rum and reserved ham.
10. Adjust seasonings to taste and simmer for 5 minutes.

Avocado Soup

From Barbados

Ingredients:

- 2 ripe peeled, seeded and cubed avocados
- 1 clove crushed garlic
- 3 cups (24 fl oz. / 750ml) chicken stock
- 1 tablespoon fresh lime juice
- 1 tablespoon sour cream (optional)
- Salt and freshly ground pepper
- 1/2 to 1 teaspoon hot pepper sauce or a few drops Tabasco sauce
- 3 finely chopped chives

Method:

1. Combine avocado, garlic, half the chicken stock, limejuice, sour cream, and salt and pepper in a blender or food processor and puree.
2. Mix in remaining chicken stock until smooth.
3. Stir in hot pepper sauce.
4. Chill the soup for at least 1 hour.

5. Garnish with chopped chives just before serving.

Cactus Soup

From St. Thomas

Ingredients:

- 1½ pounds oxtail
- Sea salt
- Flour
- 3 to 4 tablespoons cooking oil
- 3 cans chicken broth
- Water
- 3 leaves bay rum bush
- 1½ cups chopped cactus
- 1 poached parrot fish or yellowtail,
- Dash local hot pepper sauce
- 2 small chopped onions
- 1 tin broken shrimp
- 1 12-ounce can V-8 juice

Method:

1. Trim fat off oxtails, salt the tails with pond salt, roll in flour and brown all sides in oil (This takes about 20 minutes).
2. Use a large heavy fry pan; add chicken broth, plus 3 cans of water and bay rum leaves to the browned oxtails.
3. Simmer or cook over low heat.
4. Add smooth, chopped cactus, select tender young pads without woody fibers.
5. It is necessary to simmer the cactus and oxtail in broth, covered, over low heat for 2 hours, until the meat will fall off the bones of the oxtails.
6. During this long, slow cooking, drain off one cup of broth and poach or steam a parrotfish or yellowtail in the broth, plus a few drops of local hot pepper sauce.
7. After 15 minutes, remove the fish and separate the fish from the bones.
8. Add the fish and chopped onions to the big frying pan.
9. Drain, rinse and add one tin of small broken shrimp.
10. After the cactus soup has simmered for 2 hours, add V-8 juice.

Patient's Soup

From St. Thomas

Ingredients:

- 1 lbs. soup meat (the part next to the ribs)
- 10 cups Water
- 2-3 cubes Beef bouillon (big tablets)
- 1 onion (cut into 4 pieces)
- 1 big / cut into small slices carrot
- 2 twigs celery leaves
- 3-4 potatoes, medium size, cut into cubes
- A handful of spaghetti
- Lemon

- 1 pieces beef bones

Method:

1. Wash the meat in water and lemon.
2. Cut the meat into cubes and put it, together with the bones, in a large saucepan with the water and beef bouillon tablets.
3. Put it to boil until the meat is almost tender. Scoop out the scum as the meat cooks.
4. When the meat is almost tender add onion, carrots, celery, potatoes, and spaghetti.
5. Let it boil on a medium heat until the carrots and potatoes are tender.
6. The soup can be served as entrée or main course.

Beef Soup

From Jamaica

Ingredients:

- 2 qt. water
- 1 lb. soup bones or stewing steak
- 1/2 lb. cubed carrots
- 1/4 lb. cubed turnips
- 1 lb. cut up pumpkin
- 1/2 lb. cut up cho cho
- 1 lb. cut up yellow yam
- 1 sprig thyme
- 2 stalks scallion
- 1 tablespoon salt

Method:

1. Boil soup bones in 2 qts. water (about 30 minutes in pressure cooker).
2. Cut up vegetables, yam and cho cho and add with seasonings to soup.
3. Dumplings may be added if desired.
4. Once it starts to boil, simmer uncovered until yam is cooked and soup is of a medium consistency.

Pumpkin & Ginger Soup

From Jamaica

Ingredients:

- 4 cups pumpkin
- 1 cup carrots
- ½ cup celery
- ¼ cup ginger
- 1 cup onions
- 8 cups chicken stock
- 1 bunch marjoram
- Salt & freshly ground black pepper
- 1½ cups cream
- Garlic Croutons
- 4 slices white sandwich bread
- 2 cloves garlic, chopped

- 4 tbsp olive oil
- Salt & freshly ground black pepper

Method:

1. Place all the ingredients, except the cream, into a pot and bring to boil.
2. Lower heat and simmer for 20-25 minutes.
3. When cool, blend the soup.
4. Reheat the soup and season to taste.
5. Add the cream just before serving.
6. Garnish with garlic croutons, diced carrots and pumpkin.
7. For the garlic Croutons using a serrated edged knife, cut the bread into ¼ inch cubes.
8. Mix the olive oil and garlic together.
9. Place the bread into a bowl and mix with the olive oil.
10. Place the bread on a baking sheet and season with freshly ground salt and pepper.
11. Place in a preheated oven until golden and crisp.

Spicy Caribbean Soup with Rice

From the Caribbean

Ingredients:

- 1 cup chopped onion
- 1 clove mince garlic
- 3 Tbsp butter or margarine
- 1 bay leaf
- 1/2 to 3/4 teaspoon hot red flakes pepper
- 1/2 tsp ground coriander
- 1/2 tsp ground allspice
- 1/4 tsp salt
- 1/4 tsp ground black pepper
- 4 cups chicken broth
- 4 cups cubed winter squash
- 2 cups cooked chicken cubes
- 3 cups hot cooked rice
- Cilantro sprigs for garnish (optional)
- Hot pepper flakes for garnish (optional)

Method:

1. Cook onion and garlic in butter in large saucepan or Dutch oven over medium-high heat.
2. Add bay leaf, pepper flakes, coriander, and allspice, salt, black pepper and chicken broth. Bring to a boil; simmer, covered, 10 to 15 minutes.
3. Add squash; simmer, covered, 10 to 15 minutes, or until squash is tender but still slightly firm.
4. Remove bay leaf. Reserve 1 cup squash cubes; puree remaining mixture.
5. Return reserved squash and pureed mixture to saucepan.
6. Stir in chicken cubes; cook until thoroughly heated.
7. Serve soup topped with hot rice, garnish with cilantro and pepper flakes, if desired.

Giant crab soup with Citronelle & sweet potatoes

From Seychelles

Ingredients:

- 2 giant crabs, 1 liter of water
- 1 spoon of Soya sauce
- 3 branches of Citronelle
- 2 spoons of grated ginger
- 1 or 2 sliced chilies
- 2 zests of lime
- 1 boiled sweet potato
- Fresh mint leaves

Method:

1. Cook the crabs in boiling water for 5 minutes and cut in 4 pieces.
2. Put the 4 pieces of crabs in a frying pan with moderate heat.
3. Add water & leave it to boil, let simmer for a few minutes and scum the surface.
4. Pour the broth in a pan and heat for 5 minutes with moderate heat; add the Soya sauce, the Citronelle finely sliced, the grated ginger, the chili and the zests of lime.
5. Immerse the crabs in the broth for 2 minutes.
6. Slice the sweet potatoes and dispose them in a plate with the mint leaves.
7. Then add the crab and the broth...

Serve with bread

VEGETABLE RECIPES



Jamaican Potato Salad

From Jamaica

Ingredients:

- 4 cups potatoes diced
- 2 large eggs
- 2 stalk scallion chopped
- 2 tablespoon margarine

- 1 clove garlic
- 1/2 teaspoon garlic powder
- 1 cup miracle whip
- 1/4 tsp. black pepper
- 1/2 stalk celery (optional)
- 1/4 cup corn
- 1/4 cup baby peas (blanched)
- 1/4 cup carrot (optional)
- 1/4 tsp. salt

Method:

1. Wash, peel, dice and cook potatoes with eggs, about 10 minutes.
2. Dice celery, slice scallion and finely chopped garlic.
3. When potatoes are boiled, drain instantly.
4. Place in a large bowl, toss with margarine.
5. Add corn, peas, scallion, garlic and celery.
6. Stir in miracle whip with pepper and salt.
7. Add chopped eggs and stir lightly
8. Serve warm or cold.

Caribbean Squash and Sweet Potato Stew

From Jamaica

Ingredients:

- 3 finely sliced medium onions
- 1 cup water or vegetable broth
- 1 minced or pressed clove garlic
- 1/2 teaspoon dried red pepper flakes
- 1/2 teaspoon ground allspice
- 1 16-ounce can tomatoes
- 1 small butternut squash (about 1 1/2 lbs.) (peeled, seeded, cut into small chunks)
- 1 pound sweet potatoes (peeled and cut into small chunks and pepper to taste)
- 1 16-ounce can black beans, drained
- 2 sprigs parsley (finely chopped, for garnish)
- 1-2 limes (cut in wedges, for garnish)

Method:

1. Sauté onions in water or balsamic vinegar.
2. Add remaining ingredients, except black beans, parsley, and limes.
3. Cover and cook on medium low heat until squash and potatoes are cooked (about 20 minutes).
4. About 10 minutes before serving, add black beans and cook to heat through.
5. Serve over rice, with parsley sprinkled over top for garnish, and a squeeze of lime.

Coconut Vegetables (Jamaican Rundown)

From Jamaica

Ingredients:

- 2 tablespoons / 25 ml butter
- 3 green onions, chopped (about $\frac{3}{4}$ cup / 175 ml)
- 1 large chopped onion (about $1\frac{1}{2}$ cups / 375 ml)
- 1 diced tomato (about $1\frac{1}{2}$ cups / 375 ml)
- $\frac{1}{2}$ pound / 250 g quartered mushrooms
- 1 (14-ounce / 398-mL) can coconut milk
- 3 carrots, thinly sliced diagonally (about $1\frac{1}{2}$ cups / 375 ml)
- 1 stalk celery (sliced diagonally)
- 1 cup / 250 ml broccoli florets
- $\frac{1}{2}$ pound / 250 g green beans
 - 2 sprigs of fresh thyme (or 1 teaspoon / 5 ml dried thyme)
 - $\frac{1}{2}$ teaspoon / 2 ml finely chopped Scotch bonnet pepper
 - $\frac{1}{2}$ teaspoon / 2 ml salt
 - $\frac{1}{4}$ teaspoon / 1 ml black pepper

Method:

1. In a medium saucepan over medium heat, melt the butter.
2. Sauté the green onions, onions, tomato, and mushrooms until the vegetables are tender.
3. Stir in the coconut milk; boil for 10 to 15 minutes or until nicely thickened.
4. Stir in the carrots; cook for 2 to 3 minutes.
5. Add the celery, broccoli, green beans, thyme, Scotch bonnet pepper, salt, and black pepper.
6. Simmer until the vegetables are cooked yet still crunchy.
7. If the sauce is too thick, add 1 to 2 tablespoons / 15 to 25 ml water.
8. Remove the thyme sprigs before serving.

Gungo Peas Patty - Vegetarian

From Jamaica

Ingredients:

- 5 pint green gungo peas
- 2 medium sized chopped onion
- 1 clove garlic
- 1 scotch bonnet hot pepper (for spice version)
- 1 tablespoon black pepper
- Salt for taste
- 3 slices bread
- 2 teaspoons cooking oil
- 1 ounce margarine
- 1 cup water

Method:

1. Soak peas
2. Sauté chopped onion, pepper & garlic in oil
3. Soften bread with a little water & mash into soft pulp
4. Add peas bread, margarine & seasoning.
5. Cook for 20 minutes
6. When cool use as fill for patty pastry

Spicy Eggplant

From Jamaica

Ingredients:

- 2 medium-size eggplants (peeled, cut into 3/4" pieces)
- 1 tablespoon oil, 1 teaspoon dark sesame oil
- 5 minced garlic cloves
- 2 tsp minced fresh ginger
- 1/2 cup chicken bouillon or vegetable broth
- 2 tablespoons Soya sauce, 2 tablespoon rice vinegar
- 1 tablespoon sugar
- 1 teaspoon hot chili-garlic sauce
- 4 chopped scallion, 1 or 2 tomatoes (coarsely chopped)

Method:

1. Heat oil in a large non-stick pan or wok.
2. Stir-fry eggplant until slightly darkened, from 2 to 3 minutes.
3. Reduce heat, and add garlic, ginger and stir-fry for 1 minute.
4. Add bouillon, soy sauce, vinegar, sesame oil, sugar and chili-garlic sauce and bring to boil.
5. Cook, uncovered and stirring often, until eggplants are tender and sauce has thickened, about 5 minutes.
6. Stir in onions and tomatoes, and season with salt to taste.
7. Cook 5 more minutes. Sprinkle with sesame seeds if you wish.

Steamed Callaloo

From Trinidad

Ingredients:

- 1 lb. callaloo
- 1 tablespoon margarine
- 1 scotch bonnet pepper
- 1 medium chopped onion
- Black pepper
- Salt to taste
- 1/4 cup water

Method:

1. Wash callaloo leaves, cut up callaloo leaves in pieces.
2. Sauté onion in margarine, add cut up callaloo leaves, water and stir.
3. Cover saucepan and cook callaloo are tender, add whole scotch bonnet pepper, sprinkle with pepper and salt.
4. Simmer then serve with avocado pear.

Candied Sweet Potatoes

Ingredients:

- 2 1/2 lb. Sweet potatoes
- 2 tablespoons Butter
- 4 tablespoons Brown sugar
- 3/4 cup orange juice
- 1/4 cup rum
- Pinch grated nutmeg
- 1/4 cup golden raisins

Method:

1. Boil the sweet potatoes for 20-30 minutes or until tender.
2. Drain and cool under running water.
3. Peel and slice the potatoes into 1/4" thick slice. In a greased oven proof dish layer the potatoes.
4. Mix the rum, orange juice, sugar and raisins then pour over the potatoes.
5. Sprinkle on the nutmeg, dot with butter and bake in a 350-degree oven for 30 minutes.

Baked Creamed Zucchini

From Caribbean

Ingredients:

- 2 lbs. zucchini
- 1/2 tsp. Salt
- 3 tablespoons butter
- 2 tablespoons chopped shallots
- 2 tablespoons butter
- 1 tablespoons minced shallots
- 3 tablespoons flour
- 1 1/2 cups hot liquid (reserved zucchini juices and milk)
- 4 tablespoons grated Swiss cheese

Method:

1. Scrub zucchinis; grate and toss with salt and allow draining in a colander.
2. Let steep for 10 minutes, reserving the juices. Squeeze excess moisture out.
3. Melt 3 tablespoons butter; toss in the 2 tablespoons chopped shallots then zucchini.
4. Toss over high heat for several minutes until tender.
5. Make the veloute sauce by sautéing the 1 tablespoon minced shallots in the 2 tablespoons butter.
6. Stir in flour, whisk in the hot liquid bring to the simmer, stirring continuously until smooth and thickened.
7. Fold the sautéed zucchini into the sauce and adjust seasoning.
8. Turn into a buttered baking dish and spread with grated Swiss cheese.
9. Bake at 400° for 20 minutes until bubbling and lightly browned.

Creole Summer Squash

This recipe is from Mauritius

Ingredients:

- 1 tablespoon olive oil
- 1 cup Onion (finely chopped)
- 1 medium Garlic clove; peeled (minced)
- 1 medium Green bell pepper (stemmed seeded, finely chopped)
- 2 large Ripe tomatoes (coarsely chopped)
- 1/2 cup Dry white wine, 1/2 teaspoon Dried thyme
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt, 1/4 teaspoon black pepper
- 1/2 pound baby yellow patty pan squash or baby yellow crookneck (stem ends trimmed)
- 1/2 pound baby zucchini (stem ends trimmed)
- 2 tablespoons Balsamic or cider vinegar
- 1 tablespoon fresh thyme or savory (chopped)

Method:

1. In lg. skillet, heat oil over med. heat.
2. Add onion, garlic, and bell pepper; saute for 5 minutes.
3. Stir in chopped tomatoes, wine, thyme, cayenne, salt, and pepper.
4. Simmer for 10 mins., until sauce starts to thicken. Stir occasionally.
5. Put baby squash and zucchini into pan.
6. Cook over med-low heat, stirring occasionally, 10 to 15 mins. Squash should still have a little crunch to it.
7. Stir in balsamic vinegar and thyme.

Eggplant Casserole

From La Reunion

Ingredients:

- 2 medium eggplant
- 1 can (15 ounces) tomatoes, 1/2 teaspoon sugar
- 2 cloves garlic-finely chopped
- Parmesan cheese

Method:

1. Cook tomatoes, sugar and garlic, covered, while preparing eggplant.
2. Peel and slice eggplant; fry in cooking oil until slightly browned and tender.
3. Drain well on paper towels.
4. Place layer of eggplant in casserole dish; spoon part of tomato mixture over it; sprinkle with Parmesan cheese.
5. Continue until all ingredients are used.
6. Top with Parmesan cheese.
7. Bake at 350° for 20 to 30 minutes, until casserole is bubbly.

Asparagus and Tomato Skillet

From La Reunion

Ingredients:

- 3 bacon slices, fried, drained, and crumbled
- 1/4 cup thinly sliced green onions, about 4 to 6
- 3 tablespoons vinegar, 1/4 teaspoon salt
- 1 tablespoon water, 2 teaspoons sugar
- 1 1/2 pounds asparagus, 2 medium tomatoes

Method:

1. Saute onion in bacon drippings until tender.
2. Add bacon, vinegar, water, sugar, and salt.
3. Bring to a boil over medium-high heat.
4. Add asparagus & reduce heat to medium; cover and cook 5 minutes.
5. Cut tomatoes into eight wedges.
6. Add to skillet & cook, covered, for 3 to 5 minutes

Vegetables Couscous

From Morocco

Ingredients:

- 225 gm each carrots peeled and chopped into 1 cm chunks
- 225 gm turnips or swedes peeled and cut into 1 cm chunks
- 2 cloves garlic peeled and chopped
- 1 large onion peeled and chopped or 225 gm pickling onions skinned
- 30 ml olive oil
- 225 gm chickpeas soaked for 4 to 6 hours or overnight, and simmered for 90 minutes.
- 225 gm green beans
- 225 gm courgettes
- 5 ml each Fair Trade ground ginger, salt, and Fair Trade ground cinnamon
- 450 gm couscous
- 500 ml warm water
- 50 gm butter
- 50 gm fresh parsley

Method:

1. In a mixing bowl add half of the water to the couscous and then break up any lumps that form with a fork (or your fingers), the water gets absorbed straight away.
2. Trim and peel the vegetable and cut into 1 cm cubes / chunks.
3. Heat the oil and fry the garlic gently with the onions, carrots, Swedes.
4. After 5 minutes add the drained chickpeas and spices and season generously with salt and pepper.
5. Cover generously with water and bring to the boil and then place the moist couscous in a steamer on top of the pan, but not touching the simmering food.
6. Cover and simmer for 20 minutes.
7. Add the remaining vegetables to the pan, and add the rest of the warm water to the couscous.
8. Dob the couscous with butter and then return the couscous steamer to the pan top. Simmer for another 5 to 10 minutes until the courgettes are just cooked.

Serving:

Pile the couscous onto a large serving dish and hollow out the center. With a slotted spoon move the vegetables into the dell. Sprinkle the parsley over the vegetables, and serve the juices as gravy in a gravy boat.
Serve with Harissa tomato sauce spiced with Tabasco.

Pumpkin & Ginger Soup

From Jamaica

Ingredients:

- 4 cups pumpkin
- 1 cup carrots
- ½ cup celery
- ¼ cup ginger
- 1 cup onions
- 8 cups chicken stock
- 1 bunch marjoram
- Salt & freshly ground black pepper
- 1½ cups cream
- Garlic Croutons
- 4 slices white sandwich bread
- 2 cloves garlic, chopped
- 4 tbsp olive oil
- Salt & freshly ground black pepper

Method:

1. Place all the ingredients, except the cream, into a pot and bring to boil.
2. Lower heat and simmer for 20-25 minutes.
3. When cool, blend the soup.
4. Reheat the soup and season to taste.
5. Add the cream just before serving.
6. Garnish with garlic croutons, diced carrots and pumpkin.
7. For the garlic Croutons using a serrated edged knife, cut the bread into ¼ inch cubes.
8. Mix the olive oil and garlic together.
9. Place the bread into a bowl and mix with the olive oil.
10. Place the bread on a baking sheet and season with freshly ground salt and pepper.
11. Place in a preheated oven until golden and crisp.