



Peace Corps

Jamaica

Cookbook

# Introduction

This cookbook is a resource to guide and inspire your taste buds. Created by Peace Corps Volunteers serving here on island. This book contains over \_\_\_ recipes ranging from household items, vegetarian, to delicious drinks. Jamaica is our home during two years or beyond. Food is huge part of Jamaican culture and brings people together. We hope you share this with your friends, community members, host families, and more.

VAC and the Cookbook Committee want to thank the PCJ Staff, volunteers, and host country nationals that submitted recipes. We also want to thank those who helped with the process of this project. Now, Unu a go nyam di food!!

Sincerely,

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## Purifying Water

Water from catchment tanks should be boiled, especially during the dry months. Encourage your Jamaican friends to purify their water, at least during dry season if they don't have piped water.

There are two easy ways to purify water:

1. Keep water at a rolling boil for least 5 minutes.
2. Add bleach to water in the following proportions:
  - a. 2 drops to 1 liter
  - b. 8 drops to a 1 gallon (5 liters)
  - c. 1 tsp to 5 gallons (20 liters)

Shake well, and leave sitting for 30 minutes.

This small amount of chlorine won't hurt you, d to cure measles,.

## Natural Cleaning Agents

### **Air Fresheners**

**Citrus Pomanders:** Piece an orange, lemon, or lime with whole cloves. When the fruit is entirely covered with cloves, roll it in cinnamon, wrap in a tissue and place in a shelf or cabinet, or set unwrapped on a saucer in the kitchen. Smells like Christmas.

**Kitchen odors:** To get rid of cooking odors, boil a tablespoon of vinegar in a cup of water. Vinegar and lemon are also good for removing onion or garlic odors from your hands, utensils or surfaces. Salt removes onion and garlic odors from wood surfaces.

### **Cleaning agents**

**All-purpose cleaner:** Mix salt, water and vinegar.

**Ghettofabulous "Fantastic:"** ½ cup vinegar, 2 cups hot water.

**Cleaning and Deodorizing:** 4 Tbsp baking soda mixed with one liter warm water.

**Glass cleaner:** ½ cup white vinegar or 2 Tbsp lemon juice mixed with warm water. Carbonated water also

cleans glass and mirrors without streaking. Use paper to shine rather than a cloth.

Wake-me-up Windex: Mix 1 cup strong black coffee with 2 Tbsp vinegar.

Floor cleaner: ½ cup vinegar and ½ gallon water.

## Natural Pest Control

### **Repel Ants**

Wipe up ant lines with a wet sponge. They play follow the leader... no leader, no line.

Or, ants don't like any of these:

- Chili powder
- Dried mint
- Cucumber slices
- Paprika
- Lemon juice

Place them around the kitchen and ants won't trouble you.

### **Do away with Roaches**

Dastardly Roach Trap #1: Wrap a jar in masking tape. Fill the jar with beer and banana slices as bait. Smear petroleum on the inside rim of the jar. Could you climb out of the pool of beer lined with Vaseline?

Roach Trap #2: Soak a rag in beer and place it in a shallow dish. Leave overnight in an infested area. Next morning, your little guests will still be hammered from last night's party and they'll be very easy to catch.

Evil Roach Poison #1: Mix either equal parts flour and Plaster-of-Paris or baking soda and powder sugar. Spread around the floor or infested area.

### **Lead flies to the slaughter**

Scratch the skin of the lemon or orange and leave sitting in the open. Citrus oil is a repellent. Flies are also repelled by fresh basil and whole cloves.

Natural flypaper: Spread a thin coating of honey on a piece of paper. Yellow paper is supposedly best, as it is supposed to be a fly's favorite color.

The killer compound: Beat 1 egg yolk with 1 Tbsp molasses and 1 Tbsp black pepper. Leave in a small dish.

### **Keep mosquitoes at bay**

First of all eliminate stagnant pools of water where mosquitoes breed. There's no easy way to kill them,

so you've just got to keep them away from you. Take a break from toxic PC-issue repellent...

- Rub skin with apple cider vinegar or crushed fresh parsley to keep mosquitoes away.
- Take lots of vitamin B supplements. Mosquitoes can "smell" vitamin B and don't like it.

### **Murder those dirty rats**

Place dry rice in places frequented by mice and rats. Put a bowl of water nearby. After eating the rice, they'll drink the water, causing fatal bloating. This is the same principle by which store-bought poisons work.

### **Keep fleas off pets**

Make a flea bath by adding two cut-up limes (including peel) to 2 cups boiling water. Let soak overnight. Citrus peel rubbed onto an animal's fur also repels fleas.

# Measurements

## Measurements, Conversions and Equivalents

These tables are to assist you throughout the cookbook. Some recipes are in metric units and some are in the US standard units. We have not made them consistent, but if you don't have the appropriate measuring tools, you may refer to this page.

### Key to Symbols

Tbsp.= Tablespoon

Tsp=teaspoon

Oz= ounces

Lb= pound

G=gram

Kg= kilogram

L=liter

Ml=milliliter

Pt=pint

Q=quart

Gal=gallon

F= Fahrenheit

C= Celsius

!@#%^= Jamaican symbol

### Measurement Equivalents

1 tablespoon= 3 teaspoons=1/2 ounce

8 tablespoons= 4 ounces= 1 stick butter

1/16 cup= 1 tablespoon

1/8 cup= 2 tablespoons

1/6 cup=2 tablespoons+2 teaspoons

1/4 cup= 4 tablespoons

1/3 cup= 5 tablespoons + 1 teaspoon

1/2 cup= 8 tablespoons

1 cup= 16 tablespoons

8 fluid ounces= 1 cup

1 pint= 2 cups

1 quart= 2 pints

4 cups= 1 quart

1 gallon= 4 quarts

16 ounces= 1 pound

### Temperature Conversions

( $2.8 \times C + 32 = F$ )

<b>Celsius</b>	<b>Fahrenheit</b>
-23°C	-10°F (Freezer storage)
0°C	32°F (Water freezes)
20°C	68°F (Room temperature)
100°C	212°F (Water boils)
120°C	248°F
140°C	284°F
160°C	320°F
180°C	356°F (Baking)
200°C	392°F
220°C	428°F
240°C	464°F
260°C	500°F

### Metric to English Units

<b>Metric</b>	<b>English</b>
1 g	0.035 oz
10 g	0.35 oz
100 g	3.5 oz
1 l	0.88 qt
500 g	1.1 lbs
1 ml	0.338 oz
1 kg	2.2 lbs
10 ml	3.38 oz

### Metric Conversion Factors

<b>Multiply</b>	<b>By</b>	<b>To Get</b>
Fluid Ounces	29.57	grams
Ounces (dry)	28.35	grams
Grams	0.0353	ounces
Gram	0.0022	pounds
Kilograms	2.21	pounds
Pounds	453.6	grams
Pounds	0.4536	kilograms
Quarts	0.946	liters
Quarts (dry)	67.2	cubic inches
Quarts (liquid)	57.7	cubic inches
Liters	1.9567	quarts
Gallons	3.785	cubic centimeters
Gallons	3.785	liters



# *Soups, Salads and Side Dishes*

## **Soups**

Jamaican Brown Stew Meat  
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Fish Tea  
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Coconut Veggie Soup/Stew  
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## **Salads**

Angie's Salad  
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## **Side Dishes**

Carrots and Onions  
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Vegetarian Jambalaya Rice  
Peanut Curry with Rice

Coconut Rice

Country Risotto

Roast Breadfruit

Fried Breadfruit

Penny's Green Banana "Home Fries"

Sarah D's Chili Cheese Fries

Source Farm Kitchen's Refried Beans

# *Soups*

## **Jamaican Brown Stew Meat**

Chicken, fish, goat, or whichever animal you want

Water

Vinegar

Lime juice

Carrots

Potatoes

Green peppers

Pimento seeds

Black pepper

Salt

Paprika

Browning

Get yourself some meat. Kill it, pluck it, scale it, chop it, cut out the fat and nasty bits, wash it in water. If you have chicken wash it in a mixture of water and vinegar, or lime juice. Put your meat in a bowl.

Make your seasoning. Over the meat cut up the vegetables, and add spices. Then add browning till the mixture is you favorite shade of brown. In the bowl mix the seasoning with the meat.

Meanwhile, brown (fry) your meat on each side as desired. Combine seasoning with the meat in the pan. Add water and cover. Steam until you think it is cooked through. Add Grace Ketchup to thicken the gravy formed in the pan.

## **Jamaican Chicken Soup**

½ lb. chicken, cut up into pieces

1 lb. pumpkin, diced (don't peel)

1 edium carrot, sliced

dumplings or spinners (see pg. 16)

2 Irish potatoes, peeled and chopped

1 lb. yellow yam

1 packet cock soup mix

Garlic, scallion, thyme, pimento seed, salt and black pepper to taste

1 scotch bonnet pepper (whole)

Boil Chicken, pumpkin, carrot and garlic for about 40 minutes. Add Irish potato, yellow yam, and dumplings. Sift the seasoning from the Grace Cock soup Mix and stir into the soup along with the scallion,

thyme, salt, pimento berries and scotch bonnet pepper. Cover and simmer for about 30 minutes.

### **Mannish Water**

Mannish water is made from goat parts. It is customary in Jamaica to slaughter a goat for special occasions such as weddings, funerals or set-up. The entire goat is utilized for cooking. The flesh is used for currying and the head, legs, tripe, liver, teeth etc. are used to make a soup.

A goat

Garlic, scallion, thyme, pimento seed, salt, black pepper to taste

Whole sweet pepper

1 pk. Chicken Noodle or Cock Soup Mix

3-6 green bananas

2 lbs. yam

3 small Irish Potato, peeled and cut into large cubes

2 chocho, peeled and cut into large cubes

1 whole Scotch Bonnet Pepper

Kill the goat, and chop off its head. Chop the head into parts, as well as any other parts that you won't be using for anything else. Put in a large pot (pressure cooker best) with enough water to cover the meat. Add salt, pimento, and crushed garlic, and let cook on a medium/high stove until meat is tender. Add more water and soup mix. Add Irish potato, chocho, and green bananas. Add yam when bananas almost cooked. When almost done, add black pepper, thyme, pimento seed, scallion, whole Scotch Bonnet Pepper and let simmer.

### **Fish Tea**

2lb small fish

garlic, scallion, thyme, pimento seed, salt, black pepper to taste

2 medium Irish potatoes, chopped

4 finger green bananas, peeled

1 green scotch bonnet pepper

2 lemons or limes

Wash fish in vinegar or lemon and drain. Combine fish, garlic and water; boil until fish is off the bone. Pour the contents through a strainer and remove all bones. Add the potatoes and salt to the strained soup. Add green bananas. Let the soup simmer, then add thyme, scallion, pepper, pimento and black pepper and simmer for another 10 minutes. Serve with water crackers

### **Stew Peas**

2 cups red peas

1 lb. pig's tail (or other meat), sliced (optional)

scallion, thyme, salt to taste  
1 ½ cups of coconut milk

In a large pot, cook pig's tail, beef, and red peas (soaked and washed) until tender. Make spinners and add to pot with seasonings, coconut milk and red peas. Simmer until flavors are blended and stew is of thick consistency. Serve with rice or green bananas.

### **Red Pea Soup**

Red Peas soup is frequently made with pig's tail or corned beef, but is often made without meat. Coconut milk tends to be more prominent in red peas soups made without meat. Spinners are also a must for this soup. Besides the usual yam, sweet potato is the preferred ground provision for this soup. Remember to soak your peas for at least 4 hours before starting!

1 kg dry red kidney beans  
1 lb meat (optional)  
1 can coconut milk (optional)  
small breadfruit, peeled and sliced  
1 lb sliced yellow yam  
spinners or dumplings (see pg. 16)  
1 stalk scallion  
salt, thyme, crushed garlic to taste  
1 whole scotch bonnet pepper  
2 whole pimentos

Boil washed and soaked red peas, chopped meat, coconut milk and garlic together until peas are soft. Add breadfruit, yam, and dumplings or spinners. Stir in seasonings and allow to simmer for 30 minutes.

### **Chicken Noodle Soup**

3 cups Chicken broth  
4 chicken thighs, cut in small chunks  
2 carrots, thinly sliced  
1 cup egg noodles  
1 cup of corn  
thyme, salt and pepper

In a large pot, boil chicken broth, water, salt, pepper, and thyme. When boiling, add in the chicken thighs. Boil for 3-5 minutes, and add in the carrots and corn. Put heat on medium-high. Add noodles and cook for 5-7 minutes until the noodles are cooked. Simmer for a few minutes and serve.

### **Pepper Pot Soup**

Jamaican Pepperpot soup is a legacy from the Arawak Indians with some African influence. Some say that the pepperpot can be generations old as each day the pot is restarted and fresh ingredients added. The preservatives added to the pot is the juice of the cassava, which has been boiled to make a syrup called cassareep.

6 stalks callaloo  
1 small head cabbage  
1 lb okra  
1 lb pig's tail or salt beef  
dumplings (pg 16)  
1 lb yam and/or dasheen  
scallion, thyme, garlic, sliced scotch bonnet pepper, whole pimento seeds, black pepper to taste

Chop all vegetables, leaving them in fairly large pieces. Boil meat and callaloo, cabbage, and okra. Remove the vegetables and puree them. Then return them to the pot. Continue to boil, adding dumplings, sliced yam, and other seasoning to taste. Simmer for approximately one hour. Add black pepper just before serving.

### **Coconut Veggie Soup/Stew**

1 onion, chopped  
2-3 carrots, chopped  
1 lb pumpkin, Irish or sweet potato, yam, chocho, dasheen (all or just one or two items)  
red peas  
okra (optional)  
Spinners or dumplings (pg 16)  
1 packet coconut milk (or fresh)  
10 crushed pimento seeds

Garlic, scotch bonnet pepper, scallion/thyme to taste. Place peas in a big pot and boil until tender (about 20 minutes). Add coconut milk, then your desired spices and boil for a few minutes longer. Add more water and all remaining ingredients, adding okra at the very end of cooking. Cook until the "food" is soft.

To make this into a stew, use same ingredients, but use less water and substitute butter beans or broad beans for red peas. If you use canned beans, pour them into the stew towards the end of the cooking time.

### **Lentil Soup**

1 onion, chopped  
garlic/diced  
scallion/thyme  
2-4 carrots, chopped

1 hot pepper, whole  
1 cup lentils  
water, enough to cover lentils 1 inch deep corn, on the cob cut in half (optional)  
1 sweet pepper, chopped (optional)  
Okra, sliced (optional)  
Pimento seeds, crushed (optional)  
Salt to taste

Add all ingredients to big pot (except okra-put in last 5-10 minutes) and cook. It will take approx.. 35-45 minutes to cook lentils. To save time, start lentils, then chop all ingredients and add to pot.

### **Coconut Lentil Soup**

1 ½ cups of red lentils  
2 ½ cups water  
½ red onion, finely chopped  
1 clove garlic, finely chopped  
1" piece of ginger  
½ cup fresh shredded coconut  
¾ cup soy milk  
1 Tbsp curry powder  
1 tsp ground black pepper

Place the lentils and water in a medium saucepan over medium heat, and bring to a boil. Stir in onion, garlic, and ginger. Cover, reduce heat, and simmer 30 minutes, or until lentils are tender. Place the coconut and soy milk in a blender, and blend until smooth and thick. Stir into the lentil mixture. Season with curry and pepper. Continue cooking 10-15 minutes.

### **Masoor Dal**

1 cup red lentils  
1 slice ginger, 1 inch peeled  
¼ tsp ground turmeric  
1 tsp salt  
½ tsp cayenne pepper  
4 tsp vegetable oil  
4 tsp dried minced onion  
1 tsp cumin seeds

Rinse lentils thoroughly and place in a medium saucepan along with ginger, turmeric, salt and cayenne pepper. Cover with about 1 inch of water and bring to a boil. Skim off any foam that forms on top the lentils. Reduce heat and simmer, stirring occasionally until beans are tender and soupy.

Meanwhile, in microwave safe dish combine oil, dried onion and cumin seeds. Microwave on high for 45 seconds to 1 minute, be sure to brown but not burn, onion. Stir into lentil mixture.

### **Cream of Vegetable Soup**

1 ½ cup chicken broth  
1 cup onion, chopped  
2 Tbsps butter  
2 Tbsps flour  
1 tsp salt  
½ tsp rosemary  
dash pepper  
1 cup milk  
And one of the following vegetables:  
1 ½ cup cut green beans  
2 cups cauliflower, sliced  
1 ½ cup peas, shelled  
2 cups spinach, chopped  
1 cut, unpeeled zucchini  
1 cup carrots, sliced  
2 ½ cup onions, chopped  
1 cup potatoes, sliced  
4 med. Tomatoes, peeled, quartered

In a saucepan, combine chicken broth onion, and vegetable. Bring mixture to a boil. Reduce heat, cover and simmer till vegetable is tender. Reserving broth, drain vegetable and mash or blend. In the same saucepan, melt the butter. Stir in flour, salt, and pepper. Add the milk. Cook and stir until mixture is thickened and bubbly. Stir in mashed vegetable mixture. Cook and stir until soup is heated through.

### **Tomato Soup**

2 tsps olive oil  
¾ cup chopped onion  
1 Tbsp chopped fresh oregano or basil  
1 tsp chopped fresh or ¼ tsp dried thyme  
2 garlic cloves, chopped  
5 cups diced tomato (about 2 lbs)  
1 ½ cups water  
2 ½ tbsp. tomato paste  
2 tsps sugar  
¼ tsp salt  
¼ tsp black pepper



thinly sliced fresh basil (optional)

Heat olive oil in a large sauce pan over medium heat. Add the onion, oregano, thyme, and garlic; cook 4 minutes, stirring frequently. Stir in tomato and next 5 ingredients. Bring to a boil. Reduce heat; simmer 15 minutes. Place half of soup in blender or food processor; process until smooth, and pour into a bowl. Repeat procedure with the remaining soup. Serve warm or chilled. Sprinkle with fresh basil, if desired.

### **Potato Soup**

2 stalks chopped celery  
1 bunch chopped green onions (with tops)  
2 Tbsps butter  
6 med. Potatoes, cubed  
2 sliced carrots  
2 cups chicken stock or 3 cups water plus 5 chicken flavored bouillon cubes  
 $\frac{3}{4}$  tsp salt  
 $\frac{1}{2}$  tsp thyme  
 $\frac{1}{2}$  tsp rosemary  
dash of garlic powder  
pepper to taste  
2 cups milk (if you want a richer broth, use half and half)  
1 cup shredded longhorn (or cheddar) cheese

Sauté celery, onion, and butter in large pot until tender. Add next 9 ingredients, cover and simmer just until potatoes are done. Turn heat to warm and mash about  $\frac{1}{2}$  of the veggie mixture so broth will be thicker. Add milk cheese stirring constantly until cheese melts.

### **Nuclear Veggie Chili**

TVP (Textured Vegetable Protein) beef chuck  
2 cubes beef bouillon (optional) or Mrs. Dash's Grilling Blend spices (or both)  
1 bag of lentils  
1 cup of red peas, soaked overnight (optional)  
 $\frac{1}{4}$  cup chili powder  
 $\frac{1}{4}$  cup cumin 1bsp sage  
1 scotch bonnet pepper  
1 jalapeno  
juice of 3 limes  
cheddar cheese  
black pepper  
2 onions, diced  
6 cloves garlic, minced

2 cans diced tomatoes  
½ cup cilantro, chopped  
1 Red Stripe beer

Place lentils and TVP in separate pots each with enough water to cover; bring to a boil. Boil the lentils in water until tender. Boil the TVP with beef bouillon cubes/stock/grilling spices.

Meanwhile chop the onions, garlic, cilantro, and peppers. Place these in a skillet and sauté them, adding half the spices as they cook.

Drain the lentils and place in a large pot. Add the sautéed onion mix and canned tomatoes with all their juices. Add more water if the mix is too thick; remove lid if it's too watery. Add the rest of the spices to taste, remembering that pepper can sometimes take a while to get out into the food.

Let simmer at least 1 hour. Add the beer about 30 minutes into the simmering and mix in well. Let simmer another 10 minutes and taste the chili to determine if you need to add more spices.

Serve with cheddar shredded on top.

### **Bill & Lois's Jamaican Pumpkin Soup**

½ Package of Jerk Bacon (optional)  
2 small onions  
1+ lb of pumpkin (any hard orange squash)  
1 med sweet potato  
1 med Irish potato  
1 lb yellow yam  
2 carrots  
1 bunch of scallion (6-8 pieces)  
1 sm bunch of fresh thyme  
2-3 scotch bonnet pepper  
1 packet of Cock Soup mix (spicy chicken soup)  
2 chicken bullion

Dice up the bacon into small pieces and sauté with the onion . Regular bacon will do but the Jerk bacon adds its' own spiciness. Add the pumpkin and let sauté with bacon and onion. Put in 1-2 quarts water and add the Cock soup mix and chicken bullion Dice the carrot, sweet potato, Irish potato and yellow yam and add Chop and add the bunch of scallion Add the bunch of thyme (bouquet garni style .... look it up, I had to) Toss in 2-3 whole scotch bonnet peppers. (these are very hot peppers) Add additional water to cover all ingredients. Let the peppers simmer whole and remove before serving. If your peppers aren't as hot as the scotch bonnet, then you can add substitute to taste. Depending on thickness you might take a portion of the cooked soup mix out and run it through a blender and add back in for thickness. We sometimes add a small amount of turnip. Can also add any kind of green (callaloo, spinach, bok choy) Substitute 1-2 quarts of Chicken broth if no Cock soup mix or bullion.

### **Julia G's Plantain Soup**

1-2 plantains  
3-4 medium sized tomatoes (diced)  
1 onion (diced)  
3 garlic cloves (minced)  
1 small sweet pepper (sliced or diced)  
1/2 cup ketchup  
2 tsp tomato paste  
1/2 cup cooked red peas  
2 tsp sugar  
thyme  
salt (to taste)

Slice the plantains into rounds and fry them in coconut oil. Drain and set aside. Saute onions, garlic, and sweet pepper until fragrant and onion and pepper are softened. Add tomatoes and sauté until soft. Mix in fried plantain, then add ketchup, tomato paste, sugar, thyme and salt. Add in red peas and let sauce simmer until slightly thickened. Serve with rice.

# *Salads*

## **Angie's Salad**

1 large head of cabbage

5 green onions

2 packages uncooked Ramen noodles

1 small pack slivered almonds

½ cup sesame seeds

1 stick margarine

Chop Ramen noodles. Melt margarine. Brown noodles, almonds and seeds.

Dressing

1 cup vegetable oil (or peanut oil)

2 Tbsp soy sauce

1 cup sugar

½ cup vinegar

Heat dressing when making, but chill before serving.

Mix dressing with the cabbage mixture and top with noodles.

## **Georgia Salad**

½ lb black eyed peas, soaked overnight

1 bay leaf

1 whole clove

1 onion

1 tsp orange peel

2 Tbsp orange juice

2 Tbsp red wine vinegar

½ tbsp. hot pepper sauce

1 tsp cilantro

2 garlic cloves

2 tsp red pepper

½ olive oil

1 cucumber, cubed

Cook beans with bay leaf and clove for about an hour or until soft. Sauté onion and garlic; combine with beans and cucumber. Mix together orange peel, orange juice, red wine vinegar, pepper, pepper sauce, cilantro, and olive oil in medium bowl. Coat bean mixture with dressing to serve.

### **Chick Pea Salad**

1 (15oz) can chick peas (garbanzo beans), drained

½ onion, chopped

½ cucumber, sliced

1 small tomato, chopped

½ cup red wine vinegar

½ cup balsamic vinegar

In a medium bowl combine chickpeas, onion, cucumber, tomato, red wine vinegar and balsamic vinegar. Mix well and serve.

### **Bulgar Chick Pea Salad**

1 cup bulgar

2 cups boiling water

½ cup vegetable oil

½ cup lemon juice

salt and pepper

1 cup green onions

15 oz chickpeas

1 cup fresh parsley

1 cup grated carrots

Pour boiling water over the bulgar and let stand 1 hour.

Mix oil, lemon juice, salt and pepper, and pour mixture over bulgar. Layer bulgar, vegetables, and beans; cover and refrigerate.

### **Mango Papaya Salad**

1 large mango, peeled, seeded and halved

1 medium papaya, peeled, seeded and halved

1 avocado, peeled, pitted and diced

3 Tbsp balsamic vinegar

1 Tbsp butter

¼ cup blanched slivered almonds

1 tsp brown sugar

1 head romaine lettuce, torn into bite-size pieces

salt to taste

Place half of the mango and half of the papaya into the blender along with balsamic vinegar. Puree until

smooth, and set aside.

Melt butter in a small skillet over medium heat. Add almonds, and cook stirring constantly until lightly browned. Add brown sugar, and stir to coat. Remove from heat, and pour candied almonds onto a stick free surface. Set aside to cool.

Just before serving, place romaine lettuce in a large serving bowl. Cube remaining mango and papaya halves, and toss gently with avocado and lettuce. Drizzle the pureed fruit over the salad and lightly salt. Sprinkle with candied almonds, and serve immediately.

### **Green Papaya Salad**

1 medium sized (How much can you eat? I can eat a lot...I go large) green papaya

1-2 mangos (optional, but like, why not?)

1-2 carrots - shredded (optional)

1-2 inches of turmeric - peeled and shredded (definitely optional since it has a fairly strong flavor that might be more of an acquired taste)

Salt, pepper, and scotch bonnet pepper to taste

Lime juice to taste ( can also add the juice of half an orange - options!)

Olive oil (optional)

Squeeze the lime juice (and orange juice if you want) into a bowl and add salt, pepper, scotch bonnet and olive oil, if using. Whisk and let stand until ready to use. (In moments of haste but mostly laziness I have just squeezed lime juice and salt over the salad ingredients and called it a day, but it tastes better the "long" way) Peel the skin off the green papaya. Here again, you have options, I just keep using the vegetable peeler to make thin slices of the papaya, but you could also slice it, julienne it, spiralize it, I don't know, get buck. Peel and slice the mangos, and add to the papaya along with the shredded carrot. Pour dressing over and toss to mix. Serve as a side dish, or as a main.

### **Beet Salad with Pineapple and Orange**

The Salad:

3 beets

1/2 pineapple, sliced into bite sized pieces

1 orange, sliced into wedges

1 onion, grated

2-3 cloves garlic, grated

The Dressing:

juice of 1 orange

grated ginger

oil

salt & pepper

Boil beets with the skin on until soft. Run cold water over them or let sit until they are cool enough to handle. Peel and cut into small pieces. Mix in grated onion and garlic. Blend dressing ingredients in a blender and pour over beets. Add sliced pineapple and oranges, mix.

## *Side Dishes*

### **Carrots and Onions**

¼ cup butter

¾ cup chicken stock

3 medium onions

1 tsp sugar

1 Tbsp flour

1 ½ lb. carrots

salt and pepper to taste

Melt butter in the pressure cooker and add onions. Sauté for several minutes until soft. Add flour and stir for 1 minute longer. Add remaining ingredients, seal, cook for 2-3 minutes. Cook until carrots are soft.

### **Orange Glazed Beets**

12 whole medium beets

1 tsp salt

1 cup water

1 cup orange juice or thin strips of orange zest

2 Tbsp butter

orange slice

5 Tbsp sugar

orange zest for garnish

1 Tbsp cornstarch

Remove tops from beets, but do not peel. Place beets in a steamer basket in the pressure cooker along with 1 cup of water. Seal, and cook for 15 minutes. In a saucepan, melt butter. Add sugar, cornstarch, and salt; stir. Add orange and stir until thickened. When beets have finished cooking remove from heat, and remove lid. Remove skins and cut into desired shapes. Place in a dish and cover with orange juice. Garnish with orange slices or thin strips of orange zest.

### **Cauliflower Bolognaise**

1 large head of cauliflower  
1/3 cup melted butter  
1 Tbsp chopped parsley  
1 hard boiled egg, chopped

Break cauliflower into flowerets, soak in cold, salted water for about ½ hour to draw out any tiny insects. Boil in salted water until tender- about 10-15 minutes. Meanwhile, melt 1/3 cup of butter; add parsley. Pour over drained flowerets. Sprinkle with hard boiled egg.

### **Bhindi Fry (Okra)**

250g okra  
½ tsp turmeric powder  
3-4 Tbsp  
½ chili powder  
1 tsp coriander, chopped  
salt to taste  
3 tsp cumin powder

Cut off ends of okra and slit them throughout the middle. Mix all of the other ingredients, except oil. Stuff the okra with this mixture. Heat oil, add any remaining mixture and fry okra. If it appears too dry, add some water.

### **Braised Garlic and String Beans**

1 lb of string beans  
3 Tbsp butter  
4-5 garlic cloves  
a pinch of sage  
1 Tbsp chopped fresh parsley  
salt and pepper

Cook string beans in boiling salted water until crisp-tender, about 1 ½ minutes. Rinse under cold running water until cool. Drain. Melt butter over low heat. Add garlic cloves; cook, covered, until lightly golden and soft, 20-25 minutes. Do not let the butter burn. Remove cover and mash garlic with a fork until well



mixed with butter. Add beans; toss over medium heat until warmed through. Add sage, parsley, salt and pepper. Serves four.

### **Bean Pate**

3 cups cooked lima beans or broad beans  
juice of 2 lemons  
1 Tbsp finely minced garlic  
2 Tbsp finely minced red onions  
1 Tbsp minced cilantro  
2 Tbsp minced parsley  
½ tsp ground cumin  
½ tsp cayenne  
ground pepper to taste

In a blender or food processor, puree beans and all other ingredients to a smooth paste. Cover bowl and refrigerate at least 4 hours, and preferably overnight. Before serving, add salt or herbal salt and pepper to taste.

### **Jamaican Rice and Peas**

1 ¼ cups of dry kidney beans  
1 cup coconut milk  
1 fresh thyme  
1 tsp minced garlic  
1/8 cup chopped green onions  
1 hot red chile pepper, sliced  
2 ¼ cups uncooked brown rice

Combine beans and coconut milk in a large saucepan; cook for 2 hours on low heat. Stir in thyme, garlic, onions and 3 slices chile pepper; simmer for 7 minutes. Stir in rice and bring to a boil. Reduce heat, cover and simmer for 25 minutes, or until all liquid is absorbed and rice is tender.

### **Vegetarian Jambalaya Rice**

3 cups of cooked rice  
½ tsp paprika  
1 medium onion, diced  
2 Tbsp parsley  
2 ½ cups mushrooms, optional  
oregano to taste  
2 Tbsp butter  
sweet basil to taste

2 medium green pepper, chopped  
thyme, to taste  
1 stalk celery, chopped, optional ½ cup butter, melted

Sauté onions and mushrooms in butter until onion transparent. Combine all of the vegetables with rice. Add seasoning and butter and mix well. Place in a 1 quart pan and bake covered, until desired consistency.

### **Peanut Curry with Rice**

4 cup cooked rice  
½ cup butter  
curry powder  
½ tsp salt  
1 cup chopped onions  
raisins, chopped  
roasted and shelled peanuts

Melt butter. Add onion and sauté until transparent. Add chopped raisins. Cover pan and cook over low heat until fruit is almost tender. Remove cover. Add curry powder to taste, mixing well. Add salt. Add rice, nuts and mix well. If you'd need more of a nutty taste, add ¼ cup peanut butter to onion mixture, before add raisins.

### **Curried Rice**

1 cup uncooked rice  
2 Tbsp butter  
1 tsp finely chopped onion  
½ to 1 tsp curry  
¼ tsp salt  
¼ pepper  
¼ cup silvered almonds, toasted

Cook rice. Heat butter in a skillet over medium heat. Cook onion in skillet for about 2 minutes. Stir in curry powder, salt and pepper. Stir into hot rice. Sprinkle with almonds.

### **Coconut Rice**

2 ½ tbsp. veggie oil  
2 cup uncooked rice  
1 ½ tsp turmeric  
4 cup water

½ cup coconut

Sauté rice, turmeric and coconut in oil for about 2-3 minutes. Stir constantly to coat everything with oil. Add water and cinnamon. Cover pot and increase heat to bring water to a rapid boil. It is best not to remove lid while rice is cooking, because when steam escapes from pot, that is the signal to reduce heat and simmer about 40 minutes.

### **Country Risotto**

4 Tbsp oil  
3 cup rice, well rinsed  
1 onion, chopped  
butter to taste  
2-3 pre-cooked veggies: zucchini, green beans, cabbage, peas  
grated cheese  
6 cup broth

Brown onion in oil. Add veggies, broth and rice. Cook over low heat 15-20 minutes or until rice is done. Season to taste. Before serving stir in butter and grated cheese.

### **Roast Breadfruit**

Whole Breadfruit  
Put whole breadfruit on grill. Cook on all sides till brownish black. Use skewer to check if cooked.

Take breadfruit off grill and use a pot holder to hold and peel off skin. Cut in half. Cut out the 'heart'. Cut breadfruit into pegs. Serve with callaloo or ackee.

### **Fried Breadfruit**

A Roasted Breadfruit  
1 Tbsp salt

Take one whole roasted breadfruit and cut into pegs. Pour oil in skillet and heat. Fry pegs till golden brown each side. Serve with callaloo or ackee.

### **Penny's Green Banana "Home Fries"**

3 green bananas, peeled and boiled  
1-2 Tbs. cornstarch  
1 onion, diced  
Oil, for frying  
Handful of callaloo leaves, chopped  
Salt

Pepper  
Scallion (for garnish)

Slice green bananas into ½-inch disks. Toss with cornstarch until coated. In a frying pan, heat oil until hot. Add sliced banana and diced onion. Allow to cook over medium high heat, undisturbed for at least 3 minutes. This will allow them to brown. Using a spatula, flip the banana and onions over to cook the other side. While they're frying, season with salt and pepper. Add chopped callaloo. When bananas are browned and callaloo wilted, removed from heat and transfer bananas to a paper towel to drain excess oil- or not. Garnish with scallion and serve.

### **Sarah D's Chili Cheese Fries**

Sweet or Irish Potato, peeled and cut into fries

Coconut or vegetable oil

Salt and Pepper

Chili (use whatever you have on hand - beans, tomatoes, onions, garlic, ground beef, veggie chunks, sweet pepper, a little water or broth, chili powder and other seasonings)

Bulk cheddar, shredded

Add about an inch of cooking oil to a sauce pan and heat on medium-high. In the meantime, prepare chili. While the chili is cooking, begin frying potatoes in small batches. Watch and listen, when they stop bubbling as much and just start to turn golden they are finished. Season and toss immediately after removing from oil. When all of the potatoes are fried, top with hot chili and shredded cheddar. If you have an oven, you can broil the fries for a few minutes until the cheese is melted and bubbly.

### **Source Farm Kitchen's Refried Beans**

1 onion, minced

3-4 cloves garlic, minced

1/2 sweet pepper, minced

1-2 tomatoes, minced

2-3 cups cooked black eyed peas + cooking liquid

Salt, pepper, chili powder, cumin (I think anything over 2 tsp of cumin is overkill, but to each their own) to taste

Sautee onion, garlic and sweet pepper until softened and fragrant. Add tomatoes and cook until softened. Add beans and a bit (sorry this is an abstract amount – maybe about 3/4 a cup) of the cooking liquid. Add in salt, pepper, chili powder, cumin. Stir. Let simmer, stirring occasionally, until the liquid is absorbed (about 10-15 minutes) Remove pot from heat, and mash beans until desired consistency is achieved.

# *Dressings, Sauces and Dips*

## *Dressings*

*Lemon Dressing*

*Orange Dressing*

*Honey Lemon Dressing*

## *Basic Sauces*

*Mayonnaise*

*Tarter Sauce*

*Garlic Butter*

*White Sauce*

*Laila's Marinara*

*Orange-Ginger Sauce*

*Veggie Gravy*

*Vegetable Marinade*

*BBQ Sauce*

*Barbara's Jerk Seasoning*

*Homemade Sweet & Sour Sauce*

## *Dips*

*Guacamole*

*Salsa Mi Casa*

*Bean Dip*

# *Dressings*

## **Lemon Dressing**

½ cup olive oil  
½ tsp sugar  
¼ tsp salt  
2 Tbsp lemon juice  
1 ½ tsp mustard  
1/8 tsp pepper

In a screw-top jar, combine ingredients. Cover and shake well; chill. Shake well before serving.

## **Orange Dressing**

1/3 cup olive oil  
¼ cup orange juice  
2 Tbsp lemon juice  
¼ tsp salt  
1 tsp grated orange peel  
2 Tbsp sugar  
½ tbsp. dry mustard

In a screw top jar, combine ingredients. Cover and shake well; chill. Shake well before serving.

## **Honey Lemon Dressing**

¼ cup honey  
¼ cup juice

Blend and serve. Especially good on fruit salad.

# *Basic Sauces*

## **Mayonnaise**

1 egg  
5 tsp lemon juice  
½ tsp salt  
2 tsp mustard  
dash of cayenne  
1 cup vegetable oil

1 Tbsp hot water

Place egg, vinegar or lemon juice and seasonings in a blender or use a whisk. Continue to whisk and add oil drop by drop. Gradually increase the flow of oil to a thin stream. Continue until all oil is used or until mayonnaise is the right consistency. Blend in a tbsp. of hot water to stabilize.

Variations: Add herbs, pressed garlic, green onions or olive oil.

## **Tarter Sauce**

Prepare Mayonnaise as directed above. Add 1-2 Tbsps grated onion, 1 crushed garlic clove and 3 Tbsps finely chopped pickles (the sweeter the pickles, the better).

## **Garlic Butter Sauce**

1/3 cup butter  
2 cloves crushed garlic  
¼ tbsp. dried basil  
2 tsp dried oregano

In a small saucepan melt butter, add garlic and sauté until cooked. Add dried oregano and dried basil and stir until heated through serve warm.

## **White Sauce**

2 tsp butter  
2 tsp flour  
¼ tsp salt  
1/8 tsp pepper  
1 cup milk

Heat butter in a saucepan over medium heat until melted. Stir in flour, salt, and pepper. Cook over medium heat, stirring constantly, until mixture is smooth and bubbly; remove from heat. Stir in milk. Heat to boiling, stirring constantly. Boil and stir one minute.

Variation: stir in ½ tsp curry powder with the flour. Makes a good curry sauce. Try with chicken, lamb, shrimp or veggies.

### **Laila's Marinara Sauce**

About 1 kilo tomatoes  
1-2 cans tomato paste  
4 cups water  
1 Tbsp vinegar (or red wine)  
1 Tbsp sugar  
2 Tbsp oregano  
hot pepper  
salt  
1 bulb garlic  
optional: onions, green peppers  
3 Tbsp vegetable oil  
1 Tbsp parsley

Sauté garlic and onions in oil, then add spices and all other ingredients. Simmer one hour and serve with your favorite veggies, pasta, bread, meats, etc.

### **Orange-Ginger Sauce**

¼ cup onion, chopped  
1½ tbsp. freshly grated ginger  
1 cup milk  
1 Tbsp soy sauce  
1/3 cup flour  
1 large clove garlic, minced  
1 cup orange juice  
1 tsp grated orange rind  
black pepper to taste

Melt butter. Add ginger and garlic, sauté a minute or two. Whisk in flour; cook, whisking 3-4 minutes. Gradually add milk, still whisking and cook on lowest heat possible for five minutes. Add orange juice, soy sauce, pepper and orange rind. Cook ten minutes longer, stirring occasionally. Serve over baked fish (see p. 43), or steamed or sautéed veggies.

### **Veggie Gravy**

1 onion, chopped  
a few garlic cloves  
peanut oil



soy sauce  
water  
vegetable stock  
pepper  
oregano  
flour  
optional: vinegar

Sauté onions and garlic in peanut oil. Add a few splashes of soy sauce. Add 1-2 cups water, vegetable stock, pepper, and oregano to taste. Simmer over low heat. Mix flour and water in a cup. Add to simmering gravy to obtain desired consistency.

### **Vegetable Marinade**

½ cup vegetable oil  
5 Tbsp lemon juice  
¾ tsp salt  
1 Tbsp fresh parsley, chopped  
½ cup olive oil  
2 cloves garlic, pressed  
dash of black pepper  
vegetables of choice

Whisk all ingredients except vegetables together. Steam veggies, drain and pour marinade over them while they are still hot. Marinate for at least an hour, spooning the marinade over them occasionally.

### **BBQ Sauce**

¼ cup sugar  
¼ tsp pepper  
2 Tbsp mustard  
1 cup ketchup  
½ cup vinegar  
½ cup water  
2 Tbsp grated or minced onion  
1 clove garlic, crushed

Combine sugar and black pepper in a saucepan and blend thoroughly. Stir in remaining ingredients and bring to a boil. Stirring occasionally, simmer for 15-20 minutes. Try adding pinch of curry.

### **Barbara's Jerk Seasoning**

2 onions  
1/2 lb. scallion  
1 bunch thyme  
1 scotch bonnet pepper  
15 pimento seeds  
1/2 to sweet pepper  
1 head garlic  
Pinch of ginger  
Chicken seasoning or 1 Tbsp. Magi  
1/4 cup vinegar

Blend all ingredients in blender. Season chicken, fish, pork or anything you want to jerk. Will keep in refrigerator for a long time.

### **Homemade Sweet & Sour Sauce**

3/4 cup sugar  
1/3 cup white vinegar  
2/3 cup water  
1/4 cup soy sauce  
1 tbsp ketchup  
2 tbsp cornstarch

Place the sugar, vinegar, water, soy sauce, ketchup, and cornstarch in a medium saucepan, and bring to boil. Stir continuously until the sauce mixture has thickened. You can put in a jar or tupperware and keep in the fridge.

# *Dips*

## **Guacamole**

2 rip avocados (pears), mashed  
2-3 cloves crushed garlic  
cumin  
hot sauce, chili powder or black pepper  
juice of 1 lemon  
½ tsp salt  
1 medium tomato, diced  
1 small finely chopped onion

Mix together in a bowl.

## **Salsa Mi Casa**

1 kilo tomatoes, skinned, peeled, and chopped  
2 medium onions, chopped  
1 tsp cilantro, chopped  
1-2 cloves garlic, minced  
1-2 green peppers  
dash of hot sauce  
salt and pepper  
1 tsp chili powder

Mix tomatoes, onions and spices. Let sit at least one hour. Char green peppers over an open flame; remove skin and add to mixture. The longer the salsa sits before being serve, the better the flavor.

## **Bean Dip**

2 cups beans, mashed  
¼ cup oil  
¼ to ½ tsp hot pepper sauce  
1 small onion, chopped  
shredded cheddar cheese

Fry onion in oil until clear. Add mashed beans and fry, stirring constantly until firm and glossy. Mix in cheddar cheese and hot sauce. Serve hot with raw veggies.

# *Vegetarian Dishes*

Tofu and Veggies in Peanut Sauce  
Mixed Vegetable Curry  
Sweet and Sour Vegetables with Rice  
Callaloo Pie  
Green Tomato Rellenos  
Falafel  
Samosas  
Greek Pilaf  
Barley Provencale  
Cuban Black Beans and Rice  
Black Bean Vegetarian Mixture  
Asian Brown Rice and Lentil  
Lentil Curry  
Curry Pumpkin and Lentils  
Lentil Burgers  
Pasta Alfredo Cavolfiore  
Jamaican Me Crazy Chili  
Creamy Mushroom Alfredo  
Mac N' Cheese  
Peace Corps Pizza  
Eggplant Pitas  
Hippie Style Stuffed Eggplant

### **Tofu and Veggies in Peanut Sauce**

1 Tbsp peanut oil  
1 small head broccoli, chopped  
1 small red bell pepper, chopped  
5 fresh mushrooms, sliced  
1 lb firm tofu, cubed  
½ cup peanut butter  
½ cup hot water  
2 Tbsp vinegar  
2 Tbsp soy sauce  
1 ½ tbsp. molasses  
ground cayenne pepper to taste

Heat oil in a large skillet or work over medium-high heat. Sauté broccoli, red bowl combine peanut butter, hot water, vinegar, soy sauce, molasses and cayenne pepper. Pour over vegetables and tofu. Simmer for 3-5 minutes, or until vegetables are tender.

### **Mixed Vegetable Curry**

2 Tbsp vegetable oil  
2 medium carrots, sliced into half-moons  
2 cup chopped onions  
3 cup cubed whit or sweet potatoes  
1 medium cauliflower, in flowerets  
2 medium tomatoes, chopped  
2 cup green peas  
2 medium green peppers, chopped  
3 Tbsp butter  
¾ water  
3 garlic cloves, minced  
2 tsp grated ginger  
1 tsp turmeric  
½ tsp cayenne  
½ tsp cardamom  
1 ½ tsp cumin  
½ tsp mustard  
1 tsp cinnamon  
½ tsp fennel  
1 tsp salt  
garnish  
2 cup plain yogurt (optional)

½ cup cashews, lightly toasted  
½ cup raisins  
1 banana diced

### **Sweet and Sour Vegetables with Rice**

1 medium green pepper  
1-2 Tbsp cornstarch  
2 carrots  
1/8-1/4 cup sugar  
1 medium tomato  
3-4 cup cooked rice  
1 can pineapple

Finely slice carrots and pepper and cook in a frying pan with a small amount of oil. Pour mixture over rice and heat. After a few minutes, add large chunks of tomato. Stir cornstarch and add sugar into pineapple juice. Add pineapple chunks. Pour mixture in with vegetables and bring to a boil.

### **Callaloo Pie**

1 bag shredded callaloo  
1 cup chopped onion  
2 eggs  
½ cup pancake mix  
1 cup milk  
1 cup grated cheese  
Desired spices

Steam callaloo and onions, spicing as desired. Beat eggs with milk and pancake mix. Drain callaloo mixture and place in 9" pie plate (or other round cooking dish). Sprinkle grated cheese over callaloo, then pour the egg mixture on top. Bake at 350F (180C) for about 20 minutes, or until cheese is well melted and a knife inserted into the middle comes out clean.

### **Green Tomato Rellenos**

8 firm green tomatoes, hollowed out-don't discard innards. Par-boil tomatoes until tender, but not mushy. Cool and remove skins.

The filling:

Minced tomato innards  
¾ grated cheese  
2 medium cloves garlic  
several dashes cayenne  
¾ coarse bread crumbs

2 Tbsp grated onion  
1 tsp ground cumin  
salt and pepper

Combine all ingredients. Stuff tomatoes and lightly dust with flour.

The batter:

Separate 3 large eggs. Beat whites until soft peaks form. Beat yolks with 1 Tbsp water, 3 Tbsp flour, and ¼ tsp salt until thick and creamy. Fold into whites.

The frying:

Coat tomato with egg batter. Heat several tbsp. of butter or oil in a large pan. Spoon some batter in and place tomato on top. Fry over medium heat about 5 minutes then spoon more batter on top and turn it. Fry until evenly coated and brown.

### **Falafel**

1 ½ cups chick peas, cooked and drained  
1 onion  
¼ cup Parsley, chopped  
3 garlic cloves, crushed  
1 Tbsp chick pea stock  
½ tsp baking soda  
1 tsp coriander  
1 tsp cumin  
salt and pepper 1 Tbsp all-purpose flour, plus flour for coating patties  
oil for frying  
pitas, tops cut off  
tomato, cucumber, onion and cucumber sauce for pita

Place chickpeas in blender, add onion, parsley, garlic, stock, soda, spices, salt and pepper. Process until smooth. Place in a glass bowl; refrigerate 20-30 minutes.

Shape into 12 patties, dust lightly with flour. Fry in a hot oil, turning frequently until brown and crisp. Drain on paper towel. Put pattie in a pita pocket, top with veggies.

### **Samosas**

Filling: 2 large potatoes, cooked and mashed  
2 med cloves garlic, crushed  
½ tsp mustard  
½ cup diced carrots  
juice from ½ lemon  
2-3 Tbsp butter  
1 cup finely minced onion

½ tsp fresh grated ginger  
½ tsp coriander  
½ cup cooked green peas  
1 tsp salt

Heat butter in skillet and sauté garlic, ginger, onion, salt and mustard until onion is soft and clear. Combine all ingredients except peas and mix well. Fold in peas last, taking care not to smash them.

Pastry:

2 cups flour  
2 Tbsp melted butter  
water  
1 tsp salt  
1/3 cup yogurt

Sift flour and salt. Add butter, yogurt and enough water to make a stiff dough. Knead until smooth and elastic. Roll out very thin on a floured board and cut 4" circles. Keep rolling and cutting until you've used all the dough. Place approximately 1 Tbsp of filling on center of each circle, leaving edges free. Brush edges with a little water, fold over and seal with a fork. Heat a 3 inch pool of oil in a skillet. Fry samosas until gold. Drain well and serve.

### **Greek Pilaf**

2 ½ cup cooked rice  
1 cup minced onion  
2 cloves crushed garlic  
1-2 tsp mint  
¼ cup sunflower seeds  
juice from one lemon  
2-3 Tbsp olive oil  
¼ cup chopped parsley  
salt and pepper to taste

Sauté onion, garlic and sunflower seeds in olive oil until onions are clear being careful not to burn the garlic. Add the rice and juice from one lemon and sauté for about a minute. Remove from heat and mix in mint and parsley.

Stuffed Cabbage Leaves:

Parboil cabbage until it is pliable but not mushy and rinse in cold water. Lay out a leaf and place a heaping tbsp. of filling near the base and roll up tightly folding in sides. Bake 20-25 minutes on an oiled tray covered. Top with lemon-egg sauce.

### **Barley Provencale**



1 Tbsp olive oil  
½ large onion, chopped (about ¾ cup)  
2 cloves garlic, minced  
¾ cup pearl barley, rinsed and drained  
1 ¼ cup chicken or vegetable broth  
1 large ripe tomato peeled and diced or ¼ cup chopped fresh parsley  
1 cup canned, crushed tomatoes  
1 Tbsp capers, rinsed and drained  
salt and freshly ground black pepper to taste

Heat oil in a quart saucepan over medium high heat. Add onion and cook until translucent. Add garlic and barley and cook, stirring, until barley is lightly browned. Add broth, tomato, half the parsley, capers, salt and pepper. Bring to a boil, then cover, cook on low heat until liquid is absorbed, about 35 minutes. Add remaining parsley.

### **Cuban Black Beans and Rice**

7 cups cooked black beans  
3 Tbsp olive oil or butter  
2 cloves minced garlic  
1 cup chopped onion  
1 tsp ground cumin  
1 tsp coriander  
1 tsp paprika  
1 cup chopped carrots  
1 medium green pepper, chopped  
salt and pepper  
¼ cup parsley  
1 cup tomato or orange juice  
2 chopped tomatoes  
6 cups cooked rice  
2 cup hot sauce  
1 cup sour cream

Drain beans and reserve liquid. In a large skillet or sauce pan, sauté onions, garlic and spices in oil or butter.

Add carrots and sauté for 3 minutes. Add green peppers and sauté for 5 more minutes. Add salt, pepper, parsley, juice and tomatoes and simmer until veggies are tender. Combine drained black beans with vegetable mixture.

Mash beans with enough of reserved bean liquid to have consistency of stiff mashed potatoes. In a heavy skillet sauté onions and garlic until onions are clear. Add spice and seasoning and sauté for 3-4 minutes.

Add beans and continue to cook on medium heat for about 15 minutes. Stir constantly, adding tomato or orange juice. Add salt to taste.

Puree 2-3 cups of beans-vegetable mixture in blender with enough liquid to make a smooth puree. Stir puree into beans on rice and top with hot sauce and sour cream.

### **Black Bean Vegetarian Mixture**

1 can of black beans  
1 can of kernel corn  
1 sweet pepper, chopped  
1 onion, chopped  
garlic  
1 medium tomato, chopped  
hot pepper, chopped to taste  
vegetable oil  
cheese

Sauté onion, garlic, and hot pepper for a few minutes. Add sweet pepper and sauté till soft. Add the precooked black beans, tomato and corn and cook for a few more minutes. Simmer for about 5 minutes. Serve over rice, a bed of lettuce, by itself. Top with grated cheese.

### **Asian Brown Rice and Lentils**

2 Tbsp butter  
½ tsp cinnamon  
1 medium onion  
½ tsp ginger  
½ cup brown rice  
½ tsp ground coriander  
½ cup lentils  
2-3 bay leaves  
2 cup water  
2-3 whole cloves  
1 tsp salt

Melt the butter and add onion and rice. Sauté until onion is transparent. Add spices, lentils and water and bring to a boil. Simmer for 45 minutes to an hour or until lentils are tender.

### **Lentil Curry**

2 cups uncooked lentils  
crushed chilies  
1 tsp turmeric

2 tsp coriander  
1 medium onion, finely chopped  
2-3 peeled, chopped tomatoes  
2-3 cloves crushed garlic  
finely chopped ginger, to taste  
small-cut vegetables (cubed meat optional)

Rinse lentils thoroughly. Place in a pot with plenty of water, with crushed chilies, turmeric, and coriander. Bring to a boil and then simmer until soft. Sauté onions and add half the tomatoes. Stir until thick paste forms. Add one crushed chile, the garlic and the ginger. Heat gently and add small cut vegetables. Add to lentils with remaining tomatoes and continue cooking. Add salt to taste. Add liquid as needed. Simmer until vegetables are cooked.

### **Curry Pumpkin and Lentils**

1 onion, chopped  
2 carrots, chopped  
1 lb pumpkin, chopped into small squares  
string beans  
1 cup dry lentils  
garlic  
hot pepper to taste  
2-3 Tbsp hot curry powder  
cumin  
scallions or thyme  
vegetable oil

Heat oil in medium sauce pan, and add curry powder till nice aroma starts. Add onion, garlic and diced hot pepper; sauté for a few minutes. Add carrots and pumpkin, and sauté for another minute or two. Add lentils, scallion/thyme, and 3-4 cups water, covering the pumpkin and lentils. Cover and cook 35-45 minutes or until lentils are soft; add water if necessary in order to maintain the consistency of stew. Serve over rice.

### **Lentil Burgers**

½ lb lentils  
1 medium onion  
1 egg  
3-6 cloves garlic  
2 Tbsp chili and/or paprika powder  
1 cup grated carrots  
approximately 1 cup flour  
salt and pepper to taste

Soak lentils overnight. Boil lentils till soft, add finely diced onions and garlic, grated carrots and seasoning. Simmer ten minutes, until vegetables are cooked and water has boiled off. Let cool. Mix in egg. Add flour to desired thickness. Spoon drop desired quantity onto lightly oiled skillet and fry until browned.

### **Pasta Alfredo Cavolfiore**

½ cup olive oil  
1 medium cauliflower, broken into flowerets  
3 cloves garlic, crushed  
2 tsp basil  
2 Tbsp butter  
1 bay leaf  
2 cups tomato puree  
1 lb uncooked spaghetti  
salt and pepper

2 cups mixed Parmesan and cheddar cheeses

Heat 2 Tbsp olive oil in a skillet. Add garlic, bay leaf and basil. Sauté about 1 minute, then add cauliflower and sprinkle with about 1 tsp salt. Sauté until tender. You might want to add some water to steam it along. When cauliflower is tender add tomato puree and lower to a simmer. Simmer about 15 minutes. Cook spaghetti. Drain and toss with remaining olive oil, butter and half the cheese. Spread onto a platter and pour the cauliflower sauce over it. Top with more cheese and serve.

### **Jamaican Me Crazy Chili**

2 cups TVP (Textured Vegetable Protein)  
1 tsp olive oil  
1 ½ cups chopped onion  
2 cloves garlic, crushed  
1 ½ chopped yellow bell pepper  
1 Tbsp ground cumin  
1 Tbsp hot paprika  
1 Tbsp chili powder  
2 tsp white sugar  
½ tsp salt  
¼ tsp ground cloves  
2 (14.5 oz) cans stewed tomatoes  
1 (15 oz) can kidney beans, drained  
1 (15 oz) can black beans, drained

1 (15 oz) can cannellini beans  
1 (6 oz) can tomato paste  
2 Tbsp balsamic vinegar  
1/3 cup chopped fresh cilantro

Place ground round in a large, deep skillet. Cook over medium high heat until evenly brown. Drain and set aside. Coat a large Dutch oven with cooking spray and place over medium high heat. When pan is hot add the olive oil and sauté the onion and garlic until the onion is tender, then put in the yellow pepper and cook until tender. Season with cumin, paprika, chili powder, sugar, salt and cloves. Stir in the stewed tomatoes, kidney beans, black beans and cannellini beans. Add water to cover. Bring to a boil then stir in the meat and tomato paste. Bring to a boil and simmer for 30 minutes.

Remove from heat, stir in the vinegar and serve hot topped with fresh cilantro.

### **Mac N' Cheese**

1 cup hot milk  
2 Tbsp butter  
½ k of macaroni noodles  
1 Tbsp onion, minced  
2 Tbsp flour  
bread crumbs  
½-1 cup cheese  
1-2 garlic cloves, minced  
½ tsp salt  
pepper

Cook macaroni in boiling water, drain and set aside. Melt butter in a saucepan over low heat; sauté onion, add flour and cook for a few minutes longer. Gradually stir in hot milk until sauce thickens. Add grated cheese (any kind) and seasonings, and when heated thoroughly, add to cook macaroni. Sprinkle bread crumbs on top and bake for 20 minutes.

### **Peace Corps Pizza**

Olive oil  
½ tsp basil  
½-1 tsp oregano  
1-2 cloves garlic, crushed  
1 round loaf of bread  
1 can tomato paste  
1 medium onion, chopped  
grated cheese  
additional pizza toppings of your choice

Cut the bread in half so that you have 2 rounds. Place on frying pan until toasted. Spoon the diluted tomato paste over the surface. Place any toppings on sauce layer and sprinkle with grated cheese. Sprinkle with olive oil, basil and oregano. Place in over or in a covered frying pan over a low flame until cheese is melted.

### **Eggplant Pitas**

1 cup cooked rice  
1 Tbsp olive oil  
1 eggplant peeled and chopped  
1 onion chopped  
2 cloves garlic minced  
½ k tomatoes chopped (reserve liquid)  
salt and pepper to taste  
¼ tsp crushed red pepper  
4 large pita rounds cut in half

Cook rice according to package directions. Set aside. In a wok or large skillet, heat oil. Add eggplant and stir-fry until eggplant shrinks, about 5 minutes. Add onion and garlic and stir-fry a few minutes more. Stir in tomatoes, tomato liquid and seasonings. Cover and let simmer until eggplant reaches desired tenderness. Place mixture in a serving bowl. Stir in cooked rice. Fill pita pockets with rice-eggplant mixture.

### **Hippie Style Stuffed Eggplant**

3 medium eggplants  
250g mushrooms  
2 garlic cloves, minced  
1 cup chopped onion  
1 ½ cups ricotta cheese  
1 cup grated cheese  
butter  
1 cup cooked brown rice  
½ tsp thyme  
¼ cup toasted sunflower seeds  
few dashes of cayenne  
¼ cup chopped parsley  
paprika

salt and pepper to taste

Slice eggplant in half lengthwise. Scoop out insides, chop into ½" bits, and sauté with onions, garlic, mushrooms, salt and pepper until onions are clear and eggplant soft. Season according to taste. Stuff shells generously. Dust with paprika, and bake uncovered on buttered tray. Cover if it seems dry.

# Main Dishes

## **Fish and Seafood**

Brown Fish Stew  
Escovietched Fish  
Oven Fried Fish  
Fish and Chips  
Fish Jambalaya  
Negril Fish Casserole  
Paula L's Vegetable & Saltfish "RunDung" Rundown

## **Pork**

Sweet and Sour Pork  
Baked Pork Chops

## **Chicken**

Jamaican Chinese Chicken Fried Rice  
Jamaican Jerk Chicken  
Chicken Pot Pie  
Herbed Chicken  
Chicken Wings  
Chicken Fricassee In An Hour  
Fried Chicken and Milk Gravy  
Baked Chicken and Stuffing  
Chicken and Dumplings  
PCJ Chicken Cacciatore  
PCJ Tuna or Chicken Salad

## **Beef**

Red Peas and Cow Skin  
Brown Beef Stew  
Stew Peas  
Chili Con Carne  
Jamaican Beef Patties  
Fajitas  
Meatballs  
Meat and Veggie Casserole  
Bully Beef

## **Lamb and Goat**



Curried Goat

**Pasta**

Homemade Lasagna Noodles

Homemade Ricotta for lasagna

**Asian**

I Can't Believe I'm in Jamaica (Stir-fry)

Stir-Fried Orange Beef

Pad Thai

**Other Things**

Not-Necessarily-for-Dessert-Crepes

Jon's Pizza

## *Fish and Seafood*

**Brown Fish Stew**

Fillet of fish (snapper, king fish, jack or cali peve)

Onion

Pepper to taste

Pimento grains

Annatto

Use fillets of fish. Wash thoroughly, dry and fry lightly. Prepare a rich brown sauce of fat, sliced onion,

pepper and pimento grains coloring it with a little annatto. Use about a half-pint of sauce to 2 pounds of fish. Lay the fish in a deep frying pan, pour on the sauce, cover and simmer for 15 minutes, turning the fish once.

### **Escovietch Fish**

2 lbs fish  
½ cup cooking oil  
1 large onion  
2 hot peppers (scotch bonnets)  
1 dozen pimento seeds  
2 limes  
1 Tbsp black pepper 1 cup vinegar  
1 tsp salt  
1 medium carrot

Clean fish by washing with limes. Dry fish and season with salt and pepper. Fry until brown on all sides on platter. Cut carrots in long strips and cook lightly. Slice onions and peppers in rings and add to carrots. Add vinegar, two tbsps. Of oil and pimento seeds to carrot, onion and pepper mixture. Simmer 10 minutes. Pour over brown fried fish and leave for four hours.

### **Oven Fried Fish**

1 lb fish fillets  
½ cup milk  
salt to taste  
1 small onion, finely chopped  
1 tsp seafood sauce  
½ cup crushed corn flakes  
1 Tbsp chopped parsley  
  
½ tsp paprika  
2 Tbsp melted butter or margarine  
¼ tsp dry mustard (optional)

Combine milk, sauce, onion, and salt in a mixing bowl. Combine corn flakes, parsley, dry mustard and paprika in flat pan. Grease a shallow baking pan with ½ tbsp. melted butter or margarine. Dip fish in milk mixture and then in crumb mixture and place in greased pan. Drizzle the remaining butter over the fish. Bake at 500F (260C) for 15-20 minutes.

### **Fish and Chips**

1 lb fish fillets

3 potatoes  
1 egg  
1 cup flour  
salt and pepper  
1 Tbsp oil or melted butter  
¾ cup flat beer or water

Use potatoes and make a batch of French fries. Keep hot while you fry the fish. Use plenty of grease for both. Mix egg, flour and beer to make a batter keeping them as cool as possible. Dip fish in batter just before frying. Serve with vinegar.

### **Fish Jambalaya**

1 bay leaf  
4 Tbsp butter  
2 onions, chopped  
1 k fish, cut into bite sized pieces  
8-10 tomatoes, chopped  
1 green pepper, chopped  
dash of oregano  
dash of basil  
1 clove garlic

Melt butter. Add onions, peppers and garlic. Sauté until limp. Add spices. Add tomatoes. IF using uncooked fish add it in the last ten minutes of cooking time (about 30 minutes overall). Serve over rice.

### **Negril Fish Casserole**

2 big handfuls of cilantro (coriander leaves)  
4 cloves garlic  
1 medium fish  
3-4 heaping tsp cumin  
1 onion, sliced  
2 tomatoes sliced  
1 tsp cayenne  
1 big potato, sliced very thin  
3 tsp paprika  
200g olives (red, if available)  
juice from one lemon  
½ tsp pepper  
salt to taste  
oil for frying

Wash the cilantro and pile the leaves into your mortar along with the garlic and one tsp of salt. Pound until you have a smooth green paste. Mix this paste with the lemon juice, cumin, cayenne, paprika and a pinch of salt and the pepper. Cut three diagonal slits in the fish on both sides, rub  $\frac{3}{4}$  of the sauce inside these and all over the inside and outside of the fish. Use your hands. Oil your casserole dish liberally and place the fish inside. Next arrange the potato slices around the bottom and sides of the dish, brushing them with oil afterwards. Cover the fish with the tomatoes and spread the rest over the potatoes. Sprinkle the olives around and cover all with a layer of onion rings. Drizzle the remaining sauce and a little olive oil over all. Swish some water around the sauté bowl and pour that over as well. Cover and bake at 350F for 30-45 minutes.

### **Paula L's Vegetable & Saltfish "RunDung" (Rundown)**

2 cups coconut milk/2 well-dried coconuts, preferably "native" (instructions below)

1 lb. saltfish (can also be made with mackerel or with veggies alone)

2 Tbsp butter or coconut oil

2 stalks scallion, chopped

1 med. onion, sliced

2 cloves garlic, finely chopped

$\frac{1}{4}$  Scotch Bonnet pepper, sliced

1 sprig fresh thyme

1 cup ripe tomatoes, chopped

4 cups mixed julienned/chopped vegetables (e.g., carrots, sweet pepper, zucchini, yellow squash, string bean, pumpkin, okra or any vegetables in season)

Salt and black pepper, to taste

Prep coconut milk: Can also use canned or powdered, but not recommended. Prep saltfish: Soak the saltfish in water for at least 3 hours to remove excess salt (or boil it twice, changing water in between

boils), remove skin and as many bones as possible. Set aside. In skillet, melt butter and add seasonings (scallion, onion, garlic, scotch bonnet pepper, thyme) and tomatoes. Sauté seasonings until onion is transparent. Add salt fish and mixed vegetables. Slowly stir in coconut milk, let simmer until coconut milk thickens and coats vegetables. Season with salt and black pepper to taste. Served with dumplings (I prefer fried!) and boiled green bananas, which could be cooked in with the rundown. Can also serve with breadfruit, yam, sweet potato, pumpkin, and any other cooked food.

## *Pork*

### **Sweet and Sour Pork**

1 ½ lb lean pork cut into small pieces  
1 fresh pineapple, chopped (reserving juice)  
2 Tbsps corn starch  
¼ cup vinegar  
3 Tbsp soy sauce  
½ tsp salt  
¼ cup brown sugar  
1 small green sweet pepper, cut in strips  
¼ cup thinly sliced onions

Brown pork in small amount of hot oil, add ½ cup water, cover and simmer (do not boil) until tender-about ½ hour. Drain pineapple, reserving juice. Combine sugar, cornstarch, pineapple juice, vinegar, soy sauce and salt and add to pork. Cook and stir till gravy thickens. Add chopped pineapple, green pepper and onion. Cook 4 minutes. Serve over hot cooked rice.

### **Baked Pork Chops**

4 lbs pork chops

2 (15oz) cans tomato sauce

salt to taste

1 cup diced celery

½ cup water

½ lemon

2 Tbsp brown sugar

½ tsp dry mustard dash of pepper

Brown chops. Mix tomato sauce, salt, celery, lemon juice, brown sugar, mustard, pepper and water.

Arrange browned chops in a baking dish. Pour mixture over chops and bake at 350F (180C) for 1 ¼ hours or until tender.

# Chicken

## **Jamaican Chinese Chicken Fried Rice**

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  
Oil

Sauté chicken, onion, pepper, scallion in 2-2 ½ tbsp. cooking oil in large pan. Add unbeaten egg to pot and stir. Add rice and soy sauce while stirring mixture after each addition until rice is colored and sufficiently heated. Serve hot.

## **Jamaican Jerk Chicken**

2 lbs chicken pieces  
4 limes, juiced  
1 cup water  
2 tsps ground pimento (allspice)  
½ tsp ground nutmeg  
1 tsp salt  
1 tsp brown sugar  
2 tsps dried thyme  
tsp ground ginger  
1 ½ tsp ground black pepper  
2 Tbsp vegetable oil  
2 onions, chopped  
1 ½ cups chopped green onions  
6 cloves garlic, chopped  
2 scotch bonnet peppers, chopped

Place chicken in a medium bowl. Cover with lime juice and water. Set aside.

In a blender or food processor, place pimento, nutmeg, salt, brown sugar, thyme, ginger, black pepper and vegetable oil.

Blend well, then mix in onions, green onions, garlic and scotch bonnet peppers until almost smooth. Pour the blended marinade mixture into bowl with chicken. Cover the marinate in the refrigerator at least 2 hours.

Preheat an outdoor grill for medium heat and lightly oil grate. Cook chicken slowly on the preheated grill. Turn frequently, basting often with remaining marinade. Cook to desired doneness.

### **Chicken Pot Pie**

2xPie Crust (see p. 65)

TVP (Textured Vegetable Protein) or diced chicken (beef/tofu/etc) (about 3 cups)

Cream of chicken or mushroom soup (see p. 20), or a light cheese sauce (see p. 31)

Canned or frozen mixed vegetables (or fresh, of course)

Place everything into a pie crust, seal it up with the second crust, bake at 375F (190C) for 20 minutes or so.

### **Herbed Chicken**

2 Tbsp margarine or butter

2 Tbsp olive oil

¼ cup finely chopped onion

¼ cup lemon juice

2 Tbsp Worcestershire sauce (or Pickapeppa sauce)

1 ½ tsp chopped basil

¾ tsp chopped oregano

2 large cloves garlic, chopped

whole chicken, cut up

Heat butter and oil in a rectangular pan in oven until butter is melted. Stir in remaining ingredients, except chicken. Place chicken in pan, turning to coat with herb mixture. Arrange chicken pieces, skin side up. Bake uncovered at 350F for 30 minutes. Turn chicken. Bake another 30 minutes longer, or until chicken juices run clear.

### **Chicken Wings**

12 chicken

wings (about 2 lbs)

½ to ¾ cup water

1/3 cup red wine

1/3 cup chopped onions

2 tsp finely shredded orange peel

¼ tsp salt

2 cloves garlic, finely chopped

2 tsp cornstarch

Cut eat chicken wing at joints to make three pieces; discard tips. Cut off excess skin; discard. Place



Chicken, water, wine, onion, orange peel, salt and garlic in a glass bowl or plastic bag. Cover bowl or seal bag tightly. Let marinate at least two hours in a cool place. Drain chicken, reserving marinade. Place on a rack in oven and broil 10 minutes, turning once till chicken juices run clear. Mix  $\frac{1}{4}$  cup reserved marinade and the cornstarch in saucepan. Stir in remaining marinade. Cook over low heat stirring constantly until mixture thickens. Serve over chicken wings or as a dip. Ranch or Blue cheese dressings are also good dips for chicken wings.

### **Chicken Fricassee in an Hour**

$\frac{1}{2}$  cup chopped onion  
 $\frac{1}{2}$  tsp salt  
1 cup water  
2 chicken bullion cubes  
 $\frac{1}{4}$  tsp rosemary  
 $\frac{1}{4}$  tsp marjoram  
2 whole cloves 4 lb cut up chicken  
 $\frac{1}{4}$  cup flour  
1  $\frac{2}{3}$  cup undiluted evaporated milk  
2 tsp lemon juice

Place water, onion, salt, bouillon cubes, rosemary, marjoram and cloves in large saucepan or frying pan. Stir, add chicken. Heat to boiling. Cover and simmer 45 minutes or until chicken is tender. Remove chicken pieces to heated platter; discard cloves. Combine flour and small amount evaporated milk to make a paste. Gradually stir remaining evaporated milk. Add to pan juices, stirring over medium heat until mixture just comes to a boil and thickens. Stir in lemon juice. Pour some sauce over chicken pieces and pass the rest as gravy.

### **Fried Chicken and Milk Gravy**

3 Tbsp flour  
2 chickens, washed and cut into serving pieces  
2 cups milk  
salt and pepper  
oil and butter (in a 1:1 ratio)

Soak chicken parts covered in milk for one hour. Do not discard milk. Put parts in bag with flour, salt and pepper (which has been mixed to your taste preference), shake well, reserve flour mixture for gravy. Remove chicken pieces and let dry for about 10 minutes.

Heat oil and butter together. The oil/butter mixture should come up the sides of the pan about 1  $\frac{1}{2}$  inches. When it is very hot (bubbles, not smoke) carefully put the chicken pieces into the fat. Do not crowd. Cook in more than one batch if necessary. Chicken is notorious for splashing and popping the grease so be careful not to burn yourself or to get it on your clothes.

Lower the heat somewhat and cook gently with a cover that will allow steam to escape. Turn the parts several times during the cooking. Larger pieces will take a longer time to cook than smaller pieces. When nicely browned, 20-30 minutes, remove from pan and drain on absorbent paper. Pour off all the grease except 4 tbsp. Add four to the reserved grease in pan and stir and brown. Add reserved milk slowly while stirring constantly. As the mixture thickens be sure and scrape the browned chicken parts from bottom of pan. Add salt and pepper to taste, simmer a few minutes, serve.

### **Baked Chicken and Stuffing**

One chicken, whole  
2 onions; one chopped, one whole  
2 cups water  
½ cup celery stalks, chopped  
2-3 stalks parsley  
salt and pepper  
¼ cup parsley, chopped  
1 Tbsp butter  
1 carrot, sliced  
2 cups bread, in pieces  
½ tsp thyme  
½ tsp sage, ground

Clean whole chicken making sure the inside is clear. Clean giblets and put them in a small saucepan with water, whole onion, parsley stalks and carrot. Simmer about 30 minutes. Remove from heat and set aside. In a frying pan melt butter and sauté the celery, chopped parsley and chopped onion for 10 minutes. Add sage and thyme. Add bread in small pieces. Moisten slightly with some of the liquid from the giblets. Lightly salt and pepper the cavity of the chicken. Loosely pack in the stuffing. Tie the legs together with string. Tie the wings to the bird with string as well. Cook in a moderate oven, basting with butter every 10-15 minutes for 45 minutes to an hour. The leg will move easily when done. For the gravy, remove chicken from pan, reserve about 4 Tbsp of the pan drippings, add 3 Tbsp flour to drippings and stir and brown flour over medium heat, bringing up bits of cooked chicken from bottom of pan. Add the strained giblet broth slowly to the browned flour mixture and stir constantly as gravy thickens and heats. Let simmer a few minutes, season to taste with salt and pepper, serve.

### **Chicken and Dumplings**

2 cups flour  
1 tsp baking powder  
2 Tbsp margarine  
4-5 spoons of water

Place all the ingredients in a pan large enough to hold them. Simmer for 30-45 minutes, after the water has begun to boil. Remove chicken from pan.

Prepare Dumplings:

To flour add baking powder and then cut margarine into flour mixture till crumbly. Add water gradually and stir until moist and sticky. Add salt, pepper and parsley to taste. You can make egg dumplings by adding 1-2 eggs and ½ cup milk to flour mixture but you don't want a batter, you want a sticky mixture that will hold together so add more flour if necessary.

Drive chicken and broth to a simmer. Take a spoonful of dumpling mixture and dip into the simmering stock, the dumpling should slide right off into the pan. Do this in quick succession until the top of the pot is frilled with dumplings, don't over crowd. Cover and simmer until dumplings are done (should not be sticky in the middle, test like a cake), about 15 minutes. If desired, remove chicken and dumplings from pan and place on serving platter, thicken broth with a little flour blended well with a little water. Put over chicken and dumplings and serve. OR leave broth thinner and serve over rice.

### **PCI Chicken Cacciatore**

Cooking oil

1 – 2 lbs of Chicken

1 Onion, sliced

3 cloves of Garlic, minced

¼ cup of Olives (black or green, preferably with pits for extra flavor)

1 sprig or 1 Tbsp of dried Rosemary

3 – 4 sprigs of Thyme

½ lbs of Tomatoes, diced

Salt and Black Pepper

1 cup White Wine or a splash of Apple Cider Vinegar diluted in water

1 Tbsp Balsamic Vinegar

Heat 1 Tbsp of oil in a large frying pan over medium-high heat. Season chicken with salt and pepper and fry until golden on all sides (chicken should not be cooked through). Transfer the chicken to a plate. Turn the heat down and add a little more oil if needed. Add onions and garlic and stir occasionally until caramelized. Add olives, rosemary, thyme, tomatoes and season with salt and pepper. After a few minutes return the chicken to the pan and add the wine or diluted apple cider vinegar. Cover and simmer until the chicken is cooked through. Check after about 15 minutes to avoid over cooking. Add water if the sauce gets too dry while simmering. Finish with balsamic vinegar and serve with steamed greens dressed in olive oil, garlic rosemary mashed potatoes, or polenta.

### **PCI Tuna or Chicken Salad**

Canned Tuna, drained OR cooked Chicken, shredded

Spoonful of Mayonnaise  
2 hard boiled Eggs, chopped  
Sweet Potato, cooked, peeled, and cubed  
Carrot, shredded  
Scallion, chopped  
Handful of Raisins or Currants  
Salt and Pepper, to taste  
Curry Powder, to taste

Mix all ingredients. Serve with lettuce wraps, on a sandwich, or with crackers/plantain chips.

## *Beef*

### **Red Peas and Cow Skin**

1 lb cow skin  
½ pint red peas  
1 lb yellow yam  
½ lb chocho  
1 clove garlic  
½ dried coconut (grated)  
thyme, scallion, pepper

Wash cow skin thoroughly, add red peas, cover with water and put in pot to cook. When cow skin and peas are nearly tender add yam, chocho, coconut and seasonings. Simmer half an hour and serve hot.

### **Brown Stew Beef**

2 lbs boneless stewing beef  
salt and pepper  
1 cup flour  
margarine or oil  
2 cups cold water  
4 potatoes diced  
2 large onions chopped  
4 carrots diced  
1 cup beans

Cut meat into one inch cubes. Sprinkle with salt and pepper, roll in flour and brown in margarine or oil. Add water, cover and simmer until almost tender (about 1 ½ hours). Add vegetables and continue to simmer until vegetables and meat are done (about ½ hour more).

### **Stew Peas**

2 cups red peas  
½ lb salt beef  
1 lb stew beef (you also can use pigs tail if you like)  
1 scotch bonnet pepper 2 stalk scallion  
3 sprig thyme  
2 cups coconut milk (or ¼ box)  
6 pimento seed  
3 cloves garlic  
salt and pepper to taste  
spinners (See Recipe Below)

Boil and drain salt beef twice, in a medium size pan. Place peas, meat and garlic together in the pan, boil until peas are tender, about 1 ½ hour. Add coconut cream, spinners, and seasoning, cook for about an hour. Season to taste. Thicken the mix with 3 Tbsp of flour combined with ¼ cup water. Strain the mixture into the stew. Boil until it thickens. Serve with rice.

### *Spinners*

1 cup flour  
½ tsp salt  
Enough water to bind

Place flour and salt in a medium bowl. Work mixture with hands while adding enough water to bind, making a stiff dough. Roll into 1 inch long pieces, drop into boiling stew peas or soup. Boil until they float or add them during the last 20 minutes of the cooking process.

### **Chili Con Carne**

1lb ground beef  
1 tsp dried oregano  
1 large onion, chopped  
1 tsp cocoa  
2 cloves garlic, crushed  
½ tsp red pepper sauce  
1 tsp chili powder  
1 can whole tomatoes, undrained  
½ tsp salt  
1 can red kidney beans, undrained  
1 tsp ground cumin

Cook ground beef, onion and garlic in a 3 quart saucepan, stirring occasionally until beef is brown; drain. Stir in remaining ingredients except beans. Heat to boiling, reduce heat, break up tomatoes, cover and simmer one hour, stirring occasionally. Stir in beans. Heat to boiling, reduce heat. Simmer uncovered about 20 minutes, stirring occasionally, until it reaches desired thickness.

### **Jamaican Beef Patties**

2 cups all-purpose flour  
1 ½ tsp curry powder  
1 dash salt  
¼ cup margarine  
¼ cup shortening  
1/3 cup water  
2 Tbsp margarine  
1 lb ground beef  
1 small onion, finely diced  
1 tsp curry powder  
1 tsp dried thyme  
1 tsp salt  
1 tsp pepper  
½ cup beef broth  
½ cup dry bread crumbs  
1 egg, beaten

Preheat oven 400F (200C). In a large bowl, combine flour, 1 ½ tsp curry powder, and pinch of salt. Cut in ¼ cup margarine and shortening until mixture resembles coarse crumbs. Stir in water until mixture forms a ball. Shape dough into a log, and cut into 10 equal sections. Roll each section into a six inch circle (approximately 1/8 inch thick). Set aside.

Melt margarine in a skillet over medium heat. Sauté onion until soft and translucent. Stir in ground beef. Season with 1 tsp curry powder, thyme, 1 tsp salt, and pepper. Cook until beef is evenly brown, stirring constantly. Stir in beef broth and bread crumbs. Simmer until liquid is absorbed. Remove from heat. Spoon equal amounts of filling into each pastry circle. Fold over and press edges together, making a half circle. Use a fork to press edges, and brush the top of each patty with beaten egg. Bake in preheated oven for 30 minutes, or until golden brown.

## **Fajitas**

Meat or TVP (Textured Vegetable Protein)

Bell pepper

Onion

Garlic

Jalapenos or scotch bonnets

Cilantro

Fajita seasoning (available in Kingston)

Cumin powder

Salt and pepper

Lots of lime juice

If you use real meat, prepare this marinade well beforehand, chop the meat into small strips and soak it for at least one hour.

Marinade:

Juice of 5 limes (lots of lime juice)

2 Tbsp fajita seasoning

chili powder

1 Tbsp cumin

1 tsp sage

1 tsp black pepper

½ scotch bonnet or 1 jalapeno, finely chopped

2 cloves garlic, finely minced

Mix all ingredients together well, mashing the bits of pepper and garlic further. Save about ½ cup of the marinade for later. Place meat in. Remember to not re-use meat-tainted marinade without cooking it!

If you use TVP, as you're re-constituting it, add this to the water:

Beef or Chicken Bouillon (optional)

2 Tbsp fajita seasoning

chili powder

1 Tbsp cumin

1 tsp sage

1 tsp black pepper

Cut length wise the bell peppers and onions. Chop 2 cloves of garlic. Heat a small amount of oil in a non-stick skillet. If you fling a drop of water in it and it jumps/pops, it's ready. Add the meat/TVP and let it get started, then add the pepper, onion and garlic, and any remaining ingredients. Sauté the mixture for a few seconds, then add the lime juice or remaining marinade.

Combine with the tortilla recipe (see p. 58).

### **Meatballs**

1lb ground beef  
¼ cup milk  
½ tsp Worcestershire sauce  
1 small onion chopped  
1.2 cup dry bread crumbs  
½ tsp salt  
¼ tsp pepper  
1 egg

Mix all ingredients and shape into meatballs. Bake at 325F for 20-25 minutes or until no longer pink inside. You can also fry them if you don't have an oven.

### **Meat and Veggie Casserole**

½ to 1 kilo meat  
½ tsp saffron (optional)  
2-4 Tbsp oil and butter  
1 tsp cumin  
1 tsp sweet red pepper  
1 tsp ginger  
3 cloves minced garlic  
2 chopped onions  
1 tsp chopped parsley  
1 tsp chopped coriander

Combine all ingredients in a large stew pan. When meat has browned and onions are transparent, add water and simmer until meat is nearly tender. Check periodically to see water has not boiled away. Add veggies of your choice. Cover and simmer until done without stirring.

### **Bully Beef**

1 clove garlic, minced  
1 can corned beef  
1 medium onion, sliced  
2 sprigs fresh thyme  
1 medium rip tomato, chopped  
2 stalks scallion, chopped  
1 scotch bonnet pepper, de-seeded and chopped  
1 Tbsp vegetable oil and coconut oil



1 tsp Browning (optional)

Heat oil in a heavy bottomed frying pan (skillet) over moderate heat. Add onions, garlic (optional) and scotch bonnet to frying pan. Sauté for approx. 1-2 minutes.

Add thy and corned beef. Turn down heat to medium-low and stir until cooked. Add chopped tomatoes, scallions, and browning, stir well and cook for another 3 minutes. Use paper towels to absorb the extra vegetable oil, if any.

# *Lamb and Goat*

## **Curried Goat**

2 lbs goat  
2 onions  
2 stalks scallion and thyme  
½ lb carrots  
2 Tbsp ketchup  
half cup cooking oil  
2 cloves garlic  
salt to taste  
2 Tbsp curry powder  
2 hot peppers

Cut mutton into small pieces. Brown lightly in cooking oil. Add curry powder, seasonings and water to cover. Simmer until meat is nearly tender (about 1 hour). Dice carrots and add. Cook till carrots and meat are tender.

# *Pasta*

## **Homemade Lasagna Noodles**

2 eggs  
flour  
1 tsp salt

Beat eggs and salt together and add enough flour to make a stiff dough. Knead for five minutes on a slightly floured board. Flour a rolling pin (a wine bottle will work) and roll into a thin sheet. Let sit for an hour or so and then cut into strips of desired width. Cook in a large kettle of boiling salted water for 6-8 minutes. Drain and rinse with cool water immediately. Be careful, if noodles stay in colander too long they will stick together.

## **Homemade Ricotta for Lasagna**

1 liter  
2 Tbsp lemon juice or vinegar

Put milk into a saucepan over low heat and bring it just to the boiling point. Remove from heat, stir in lemon juice and milk will begin to curdle. Let mixture sit for at least one hour to cool. Strain milk in a colander or, if you're feeling adventuresome, through some gauze from your medical kit, leaving only curds. When curds have dried that are ready for use.

# *Asian*

## **I Can't believe I'm in Jamaica (stir-fry)**

Proportions depend on how many you wish to serve.

Rice (use 1 cup of water for each ½ cup rice)

Piece of meat

Onion

Carrot

Cauliflower

Oranges

Soy sauce

Sugar

Salt and pepper

Tabasco or pickapeppa sauce  
Corn starch  
Oil  
Water

Begin cooking rice. Cube meat and dice onions into a pan. Douse with soy sauce, juice from oranges and season with salt and pepper, Tabasco, cornstarch and lots of sugar. Let this sit and marinate till rice is cooked. Fry up the meat and onion combination until meat is cooked to your preference, add veggies and cook till tender/crisp. Pour over rice and serve.

### **Stir-Fried Orange Beef**

½ cup cold water  
2 Tbsp corn starch  
2 Tbsp soy sauce  
1 lb boneless steak  
3 Tbsp oil  
¼ ground ginger

Mix water, cornstarch and soy sauce; reserve. Trim fat from steak. Cut beef into 2 inch strips. Cut strips across grain into 1/8 inch slices. Heat skillet until one or two drops of water bubble and skitter when sprinkled in pan. Add 3 Tbsp oil and rotate pan to coat sides. Add beef, ginger and garlic. Stir fry about 3 minutes or until beef is brown. Remove beef from skillet. Add 2 Tbsp oil to pan and again rotate to coat. Add veggies and stir fry 1 minute. Stir in beef and orange juice and heat to boiling. Stir in cornstarch mixture. Cook and stir one minute or until thickened. Serve with rice.

### **Pad Thai**

1 pack rice/pad thai/udon/soba noodles  
1-2 pak chow, cut into ribbons  
1-2 red/green/yellow peppers, sliced  
1-2 carrots, cut into match sticks  
(add any veggies you want – if you're feeling rich, broccoli would be delicious)  
4-5 cloves garlic, minced  
2 onions, sliced  
1 tbsp ginger, grated (optional)  
3-4 scallion chopped finely, set aside some for garnish  
soy sauce  
sweet pepper sauce (I like using Grace foods Sweet N Spicy Sauce but you can also make your own sweet and sour sauce)  
2 eggs

peanuts or peanut butter  
salt, to taste  
black pepper  
coconut oil

Set noodles to soak in water for about 15 minutes Set water to boil in a pot for the noodles While the noodles are soaking, sauté onions and ginger in a wok-like pan (a medium sized dutchie works well), until fragrant and onions are softened. Add garlic, salt and pepper and sauté 3-4 minutes, try not to let the garlic turn brown. Add carrots and peppers, and cook until softened (about 3-5 minutes) Add pak chow Once all the veggies are cooked, set the pan aside In a medium sized bowl, mix about 1 tbsp soy sauce, 3 tbsp sugar, 2 tbsp sweet n sour sauce, and 1 tbsp peanut butter, mix until all ingredients are incorporated. Once the noodles have soaked and the water is boiling, drain noodles and put into the boiling water for 2-3 minutes. Once cooked, drain noodles and coat them in 2/3 of the sauce. Mix the veggies in with the noodles, and mix in the remainder of the sauce. Garnish with diced scallion, crushed peanuts, and/or cilantro or basil.

## *Other things*

### **Not-Necessarily-For-Dessert-Crepes**

1 cup flour  
½ cup cold water  
½ tsp salt  
½ cup cold milk  
2 eggs  
2 Tbsp melted butter  
2 tsp sugar (for dessert crepes, only)

Gradually blend eggs into flour and salt, then slowly beat in liquids. Strain through sieve. If possible let batter rest for about two hours in a cool place. Coat 6"-7" skillet with oil and place over a moderately high flame. When oil is hot raise pan off heat and add about ¼ cup of batter and tilt pan so batter forms a film over bottom. Cook for 1-2 minutes, until top appears dry.

### *Crepe Fillings*

Fresh Veggies: Steam or sauté your favorite veggies and add them with or without a red, white or cheese sauce to fill cooked crepes.

Apple: sauté one apple (thinly sliced) in 3 Tbsp butter with one tsp lemon juice, 2-3 Tbsp sugar or honey, and 1 tsp cinnamon until they are tender. Fill crepes with apple mixture.

## **Jon's Pizza Dough**

Dough:

1 package active dry yeast (about 2 Tbsp)

about 4 ½ cup all purpose flour (6 cups total for kneading/rolling)

1 tsp salt

1 ½ cup water

In a large bowl, combine yeast, 2 cups flour and 1 tsp salt. In small saucepan, heat water until very warm (120 or 130F)

With mixer at low speed, gradually beat water into dry ingredients until just blended. Increase speed to medium; beat 2 minutes, occasionally scraping bowl. Beat in ½ cup flour to make a thick batter; continue beating 2 minutes, scraping bowl often. With spoon, stir in enough additional flour (about 1 ½ cups) to make a soft dough.

Turn dough onto floured surface; knead until smooth and elastic, about 10 minutes, adding more flour while kneading, when sticky. Shape dough into ball; place in greased large bowl, turning over so that top is greased. Cover; let rise in warm place (80-85F) until doubled, about 1 hour.

Punch down dough; cut in half; turn onto lightly floured surface. Cover; let rest for 15 minutes.

# **Desserts and Breads**

## **Non-sweet Breads and Pasta**

Bagels

Corn Bread

Sweet Breads and Muffins

Festival

Fried Dumplings

Roti

Hardough Bread

Cocoa Bread

Plantain Tarts

Breadfruit Muffins

Rock Buns

Sweet Potato Pudding

Jamaican Peanut Drops

Jamaican Coconut Drops

Banana Bread

Tie A Leaf-Blue Draws, Duckoono, Boyo

Sweet Rolls

Special Easter Bun

Jamaican Easter Bun

Jamaican Christmas/Fruit/Black Cake

Easy Muffins

Gluten Free Pumpkin Bread

## **Cookies and Biscuits**

Coconut Biscuits

Favorite Honey Christmas Cookies

Chocolate Cookies

Spice Cookies

Oatmeal and Raisin Cookies

Chocolate Chip Cookies

Asha's Coconut Macaroons

## **Pie, Crusts and Crumbles**

Pie Crust

Apple/Mango/Fruit Pie  
Pumpkin Pie  
Peanut Butter Pie  
Sarah D's Jamaican Lime Pie  
Lemon/Lime Squares  
Coconut Tart  
Fruit Crisp

**Cakes and Frostings**

Orange Cake  
Yellow Cake  
Chocolate Cake with Chocolate Mousse Frosting  
Chocolate Pudding Cake  
Sunday Morning Coffee Cake  
Honey and Spice Cake  
Carrot Cake  
Chocolate Icing  
Butter Cream Frosting  
Coconut Frosting  
Velvet Chocolate Glaze

**Miscellaneous Yummy Stuff**

Semi-Sweet Chocolate Fondu  
Peanut Butter Balls  
Peanut Butter Brownies



## *Non-sweet breads and pasta*

### **Bagels**

2 packages yeast  
4-4 ½ cups flour  
1 1/3 cup lukewarm water  
3 Tbsp sugar  
1 Tbsp salt

Combine the yeast and the 1 ¼ cup flour, then add water, sugar, and salt to the yeast mixture. Mix to combine all ingredients, scraping sides of bowl. Stir in enough of the remaining flour to make moderately stiff dough, then turn out onto a lightly floured surface and knead until smooth. Cover and let rest for 15 minutes. Dived dough into 12 portions and shape them into smooth balls. Punch a hole in the center of each with a floured finger, pulling gently to enlarge hole while keeping a uniform shape. Cover and let rise for 30 minutes.

Add 1 tsp of sugar to 1 gallon of water and bring to a boil. Reduce to a simmer. Cook bagels in simmering water 4-5 at a time for 7 minutes, turning once. Remove and drain on paper towels.

### **Corn Bread**

1 cup flour  
3 Tbsp sugar  
4 tsp baking powder  
¾ tsp salt  
1 cup cornmeal  
2 eggs  
1 cup milk or buttermilk  
¼ cup butter, melted

Sift together flour, sugar, baking powder and salt. Add cornmeal. Combine remaining ingredients and beat. Stir liquid into dry ingredients with a few swift strokes. Pour into greased pan and bake until golden brown.

# *Sweet Breads and Muffins*

## **Festival**

1 ½ cups flour  
3 Tbsp cornmeal  
½ tsp salt  
3 Tbsp brown sugar  
½ vanilla  
¼ tsp baking powder  
2/3 cup water

Sift the flour, baking powder, salt and cornmeal to combine. Add the sugar and stir. Combine vanilla and water and add the mixture to the dry ingredients, binding to form a soft dough. Knead lightly. Leave covered for about ½ an hour.

Divide the dough into eight portions. Flour hands. Knead lightly, then roll and pull each portion to form a 6"x1 ½" length, about 1/8" thick.

Dip the festival in a mixture of cornmeal and flour then deep-fry in hot oil until golden brown.

## **Fried Dumpling**

4 cups flour  
2 tsp baking powder  
1 ½ tsp salt  
½ cup cold water  
1 cup vegetable for frying

Sift the flour, baking powder, and salt together into a large mixing bowl. Cut in the butter or margarine until the mixture forms marble-sized dough balls. Add the water 1 teaspoon at a time, just enough to bring the dough together with a firm consistency.

Break off pieces and form the dough into slightly flattened biscuits, about 2 inches across. On a lightly floured surface knead the dough well, for about five minutes.

Heat oil in a heavy bottomed frying pot over medium-low heat until hot. Fry the dumplings about 2-3 minutes.

## **Roti**

1 cup wheat flour  
2 Tbsp oil

Salt and enough water to make dough

Knead the wheat flour, salt and water to make dough. Let the dough stand for a half hour. Take small portions, knead again, dust with flour and roll out into a round shape. Cook both on the griddle with a

little oil.

### **Hardough Bread**

6 cups baking flour  
2 Tbsp yeast  
1 tsp salt  
1 pt warm water  
¼ cup sugar  
4 oz shortening  
Milk or egg white for glazing

Pour flour in warm bowl. Add shortening to flour and cut in with knife. Add yeast, sugar, salt and warm water. Knead until soft and roll out. Put in a warm place to rise approximately twice in size. Glaze with milk or egg white. Bake at 350F (175C) until done.

### **Cocoa Bread**

¼ cup unsweetened cocoa powder  
¼ cup sugar  
½ tsp salt  
1 cup milk  
3 Tbsp shortening  
1 yeast cake  
¼ cup lukewarm water  
About 3 ½ cups flour

Mix the cocoa, sugar, and salt. Add scalded milk and shortening. Let stand until lukewarm and add the yeast, which has been softened in lukewarm water. Add enough flour to make a dough which can be handled and knead until smooth and elastic.

Let rise until doubled in bulk. Cut down and knead again.

Shape into a loaf, place in a greased pan, and let rise until doubled in bulk. Bake in a moderate (350F, 175C) oven for about 1 hour.

### **Plantain Tarts**

Pastry:  
½ lb flour  
3 ½ oz shortening  
½ tsp salt  
ice water

Put flour into cold basin. Add salt and mix. Cut shortening into small parts. Add to flour. Rub shortening

and flour until the mixture is like fine crumbs. Bind the flour mixture by using a tbsp. of cold water to make a stiff paste.

Mix with a pastry blender and shape into a ball. Roll out the pastry with a rolling pin then cut into round shapes.

Bake the pastries on an ungreased baking sheet for 30-35 minutes at

Filling:

2 crushed well ripened plantains

½ cup sugar

1 Tbsp margarine

½ tsp nutmeg

1 tsp vanilla

Combine all the ingredients in a pot. Turn fire on low heat. Cook for 2 minutes. When cool use as filling for pastry.

### **Breadfruit Muffins**

1 cup grated matured breadfruit (skin off)

2 Tbsp melted shortening

2 tsp baking powder

1 tsp cinnamon

1 egg

1 Tbsp brown sugar

¼ cup evaporated milk

2 tsp water

Preheat oven to 400F (200C).

Mix breadfruit, sugar and cinnamon and set aside. Beat egg and add melted shortening, milk and salt. Stir baking powder into breadfruit mixture then quickly fold it into egg mixture. Fill greased muffin tins or paper cupcake cups. Bake for 20-25 minutes.

### **Rock Buns**

4 ½ oz sugar

4 oz raisins

8 oz flour

3 oz butter

1 tsp baking powder

1 large egg

1 tsp vanilla

nutmeg and cinnamon to taste

Combine butter and sugar. Add beaten egg and vanilla. Stir in flour, baking powder, raisins, and spices.  
Roll into buns.  
Bake at 350F (175C) till done.

### **Sweet Potato Pudding**

2 lbs sweet potato  
1 ½ cups brown sugar  
1 cup flour  
2 cups coconut milk  
1 ½ cups dried fruits  
2 tsp vanilla  
1 ½ tsp grated nutmeg  
1 tsp mixed spice  
2 Tbsp sugar  
1 tsp salt  
1 tsp margarine

Wash and pare off the skin of the potatoes. Wash again then grate. Grate coconut, add water, and squeeze juice through a strainer. Blend flour, mixed spices (raisins etc), salt and nutmeg. Combine this mixture with the grated potatoes and mix well. Add sugar, fruits and coconut milk. Mix well. Grease pan, pour batter, and bake at 350F (175C) for 40-60 minutes or until done.

### **Jamaican Peanut Drops**

2 cups roasted peanuts  
5 Tbsp minced or shredded ginger  
3 cups dark unprocessed sugar  
1 cup water

Combine the peanuts and ginger. Place in a deep pot with the sugar and water. Turn stove on high and boil until water is gone and the sugar is like caramel.  
Place a sheet of greased paper on a flat surface (kitchen counter) close by. Stir the mixture in the pot with a large spoon to be sure it does not stick to the bottom.  
Use the spoon to scoop out mixture to create 1 ¼ inch wide mounds on the greased paper.  
Let the drops cool and harden. Serve.

### **Jamaican Coconut Drops**

1 medium dried coconut (it must be a dried coconut)  
5 Tbsp minced or shredded ginger  
3 cups dark unprocessed sugar  
1 cup water

Use a sharp point to puncture the three eyes of the coconut and drain the water. Break the coconut using a hammer and remove the hard outer shell. Using a small knife dice the coconut flesh in ½" x ¼" cubes. Combine the diced coconuts cubes and ginger. Place in a deep pot with the sugar and water. Turn stove on high and boil. Boil until water is gone and the sugar is like caramel. Place sheet of greased paper (can also use moistened foil paper or banana leaves) on a flat surface close by. Stir the mixture in the pot with a large spoon to be sure it does not stick to the bottom. Use the spoon to scoop out mixture to create 1 ¼ inch wide mounds on the greased paper. Let the drops cool and harden. Serve.

### **Banana Bread**

½ cup shortening  
½ tsp salt  
½ cup sugar  
2 eggs  
2 cups flour  
1 tsp baking soda  
3 ripe bananas (mashed)  
1 tsp vanilla

Cream shortening, sugar and salt. Add beaten eggs, flour, baking soda, banana and vanilla. Grease pan, pour in batter, and bake at 350F (175C) for 40-60 minutes or until done.

### **Tie a Leaf- Blue Draws, Duckoono, Boyo**

3 cups grated green bananas  
1 cup grated coconut  
2 cups grated sweet potatoes  
1 cup flour  
1 tsp salt  
1 tsp vanilla  
1 tsp mixed spice  
2 cups coconut milk  
1 ½ cups brown sugar

Mix all ingredients together. Place one cup mixture into quailed banana leaves. Wrap and tie with string or banana bark. Put the small parcels into enough boiling water to cover, and cook for one hour.

### **Sweet Rolls**

2 cups plus 2 ½ cups flour  
1 cup milk  
1 tsp salt

2 Tbsp yeast  
1/3 cup sugar  
2 eggs  
1/3 cup butter

In a bowl, combine 2 cups of flour and yeast. Heat milk, sugar, butter and salt until warm, stirring constantly. Add flour mixture. Add eggs and beat for at least 5 minutes. Stir in as much of 2 ½ cups flour as you can mix in with a spoon. On a floured surface, knead enough of the remaining flour to make a moderately stiff dough that is smooth and elasticity (about 6-8 minutes). Shape into a ball in a greased bowl; turn once. Cover and let rise in a warm place for about an hour until doubled in size. Punch down the center and divide in half. Cover and let rest 20 minutes. Shape and bake at low heat for 20-25 minutes.

Variations:

Cinnamon rolls

Roll one half of the dough into 12"x8" rectangle. Melt 3 Tbsp of butter; spread half over dough. Combine ½ cup granulated sugar and 2 tsp of cinnamon; sprinkle over dough. Roll up jelly roll style, beginning from the longest side. Seal. Slice into 12 parts. Place in greased baking pan. Repeat with remaining half of dough. Cover. Let rise until nearly doubled in size (about 30 minutes). Bake at 300F (150C) for 20-25 minutes. Cool slightly. Remove from pans. Drizzle with icing (icing: 1 cup sifted powdered sugar, ½ tsp vanilla extract, enough milk to make it liquefy).

### **Jamaican Easter Bun**

3 cups flour  
3 tsp baking powder  
¾ cup brown sugar  
2 eggs beaten  
1 Tbsp browning  
½ pint milk  
2 Tbsp melted margarine  
raisins and mixed peel to taste  
1 Tbsp mixed spice  
1 Tbsp cinnamon  
1 Tbsp nutmeg

Measure all ingredients in a bowl and mix well. Pour into bun shaped baking pans and bake at 350F (175C) until done well. Glaze with sugar and water or pancake syrup and serve.

### **Special Easter Bun**

3 cups flour

1 cup dark sugar  
1 bottle Stout (dragon)  
1 cup honey  
3-4 teaspoons mixed spice  
3 teaspoons baking powder  
1 tablespoon marmalade  
1 tablespoon strawberry jam  
2 tablespoons butter/margarine  
raisins, cherries or mixed peel, chopped

Warm stout on very low flame. When stout is just luke warm add sugar, molasses, honey, marmalade, jam and butter. Stir until dissolved Sift flour, baking powder and spice, add chopped fruits to mixture Add liquid to flour mixture, stirring until properly mixed Bake at 350 degrees F in well greased pan for 1-1 ¼ hours

### **Jamaican Christmas/Fruit/Black Cake**

6 oz or 1 ½ cups flour  
8 oz margarine or butter  
8 oz sugar  
4 eggs  
1 lb raisins  
1 tsp cinnamon  
1.2 tsp mixed spice  
½ tsp salt  
4 oz mixed peel  
4 oz cherries  
½ lb prunes (chopped)  
1 cup wine/brandy  
1 tsp baking powder  
1 tsp vanilla  
finely grated rind of 1 lime/lemon  
2 Tbsp browning

Cream butter, sugar and browning until soft and fluffy. Sift all dry ingredients together. Beat eggs, wine/brandy together. Add egg mixture to creamed butter and sugar. Add fruits. Add flour and fold in. Do not over-beat when mixing.  
Bake at 350F (175C) for 1 ½ hour.



### **Easy Muffins**

1 ¾ cups flour  
¾ tsp salt  
¾ cup milk  
¼ cup honey or sugar  
2 ½ tsp baking powder  
1 egg  
1/3 cup vegetable oil

Preheat oven to 400F (200C). Generously butter a 12 cup muffin tin. In a bowl, mix dry ingredients. In a small bowl, beat egg with milk, oil, and honey/sugar and add to dry ingredients all at once. Stir just until batter is mixed. Spoon batter into tin and bake 20-25 minutes.

Go crazy with variations-use bananas, nuts, apples, cinnamon, etc. You can even omit the sugar and add cheese for a savory muffin.

### **Gluten Free Pumpkin Bread**

2 cups oat flour (put about 2 1/2 cups whole oats in a blender...voila, oat flour!) if making gluten free, OR two cups regular flour

1 tsp salt  
2 tsp baking soda  
2 cups sugar  
2 cups pumpkin puree  
1 cup oil  
4 eggs (beaten)  
1 1/2 cup water  
1 tsp nutmeg  
2 tsp cinnamon  
1 tsp ground pimento  
1 cup raisins and or walnuts (optional)

Preheat oven to 350 degrees (about 175 Celsius) and grease and flour two loaf pan (or what pan is available) Whisk together dry ingredients (flour, salt, baking soda, and spices) in a medium sized bowl and set aside. In a large bowl, mix together sugar, pumpkin puree, oil, eggs, water until well blended. Gently stir in the dry ingredients into the pumpkin mixture until just blended. Pour into prepared pans. Bake for about 35-45 minutes (monitor the baking and check it often by sticking a knife or skewer into the middle until it comes out clean – in Jamaican ovens I have found the suggested baking time doesn't matter)

# *Cookies and biscuits*

## **Coconut Biscuits**

3 eggs  
1 cup sugar  
1 cup oil  
200g (8oz) grated coconut  
1 packet cornflour  
2 tsp baking powder  
a little flour

Mix all ingredients to form a smooth dough and place it on a floured surface. Roll it out  $\frac{1}{4}$  inch thick with a rolling pin. Cut out different shapes with a pastry cutter and spread them on oiled baking trays. Sprinkle them with coconut and bake in a preheated oven at medium heat for about 20 minutes.

## **Favorite Honey Christmas Cookies**

$\frac{1}{2}$  cup butter  
 $\frac{1}{3}$  cup white sugar  
1 egg  
 $\frac{2}{3}$  cups honey  
Sift together and stir in:  $2\frac{3}{4}$  cup sifted flour  
1 tsp salt  
1 tsp vanilla  
 $\frac{1}{4}$  tsp almond flavoring

Chill dough. Roll out thick ( $\frac{1}{4}$  inch). Bake on greased baking sheet for 8-10 minutes at 375F (190C). When cool, frost and decorate.

## **Chocolate Cookies**

3 cups of sugar  
3 Tbsp cocoa  
2 Tbsp margarine  
 $\frac{1}{2}$  cup milk  
dash of salt  
instant oats

Mix together all ingredients except oats in a pot on the stove. Bring to a boil, stirring constantly. Lower heat and simmer, stirring occasionally, until a bit dripped off spoon forms a thin thread. Remove from heat and mix in oats until there is no free sauce left. Drop by the spoonful onto a plate and enjoy.

Optional: add coconut, roasted peanuts or rice tapioca. The trick is length of cooking time, 3 minutes can make the difference between spoon goop and chocolate rocks.

### **Peanut Butter Cookies**

1 cup margarine  
2 cups sugar  
2 tsp vanilla  
2 eggs  
1 cup peanut butter  
3 cups flour  
2 tsp baking soda  
dash of salt

Cream margarine, sugar and vanilla. Add eggs. Mix well. Stir in peanut butter. Add soda, salt and flour. Mix well. Form into balls. Press with a fork. Bake at 375F (190C) for 11 minutes or until golden brown.

### **Spice Cookies**

¼ cup margarine  
2 tsp soda  
1 cup sugar  
¼ tsp salt  
1 egg  
1 tsp cinnamon  
¼ cup honey  
¾ tsp cloves  
2 cups flour  
¾ tsp ginger

Mix honey, margarine, sugar and eggs. Cream together. Mix all dry ingredients and add to sugar and eggs gradually. Bake at 375F (190C) for 10-12 minutes.

### **Oatmeal Raisin Cookies**

1 cup butter softened  
1 ½ cup flour  
1 cup brown sugar, packed  
1 tsp baking soda  
½ cup granulated sugar  
1 tsp cinnamon  
2 eggs  
½ tsp salt

1 tsp vanilla  
3 cups oats  
1 cup raisin

Heat oven to 350F (175C). Beat butter and sugars until creamy. Add eggs and vanilla. Beat well. Combine flour, soda, cinnamon and salt. Add to butter mixture. Mix well. Stir in oats and raisins. Bake 10 minutes.

### **Chocolate Chip Cookies**

2 ¼ cup flour, sifted  
1 tsp salt  
1 tsp baking soda  
1 cup butter, softened  
¾ cup white sugar  
¾ cup brown sugar  
2 eggs  
1 pkt of vanilla sugar  
chocolate chunks

In a large bowl, combine flour, salt and baking soda. In another bowl, cream butter and then bit by bit add white sugar. Once butter and sugar are very well mixed, add brown sugar, eggs and vanilla. Mix until dough is smooth. Add chocolate chunks. Place onto cookie sheet and bake in a pre-heated 350F (175C) oven for 10-12 minutes or until golden brown.

Variation: substitute 1 1/8 cups oatmeal for 1 1/8 cups flour

### **Asha's Coconut Macaroons**

2 small dry coconuts, grated  
2-3 egg whites  
1/4 - 1/3 cup sugar  
1 teaspoon vanilla (or, a cap full)  
nutmeg, cinnamon, ginger (optional)

Mix coconut with sugar. Add vanilla, spices, ginger (optional) and egg whites, mix well. Mixture should form together easily; you may need to adjust the number of egg whites to achieve the right consistency. Form into 1/2" balls and place on a baking sheet (or pot cover). Bake at 425 degrees F for about 25 minutes, until the macaroons are golden brown.

## *Pies, crusts and crumbles*

### **Pie crust**

2 cups sifted flour  
2/3 cup butter  
2 tsp salt  
1 egg, beaten  
1 Tbsp vinegar  
5-6 Tbsp cold water

Sift flour and salt. Drop a glob of butter into mixture and squish with hands, rolling between hands and using fingers to get butter blended into powdered mixture. Butter blobs should be no bigger than pea size.

Hollow a hole in the powdered mixture. Beat egg in a little cup, and add vinegar and some cold water. Mix until translucent. Pour part of liquid into hollow, and flick mixture into center until liquid is absorbed. Pour in more liquid until mixture has absorbed flour, but not sticky. All of this should only take about 5-10 hand movements. If there is extra flour that's ok.

Let pastry rest for 10 minutes if it's not too hot in the house (or chill in refrigerator). Roll out. This recipe makes one top and bottom crust or two bottoms.

### **Apple/Mango/Fruit Pie**

5-6 cups of fruit  
¼ tsp salt  
½ tsp cinnamon  
½ cup brown or white sugar  
1 Tbsp cornstarch  
¼ tsp nutmeg and a few dabs of butter  
Pie crust

Peel, core and cut fruit into slices or chunks. Combine remaining ingredients and mix gently with fruits until they are well coated. Place them into pie crust in layers and dot each layer with generous dabs of butter. Bake until crust is browned and filling is thick and bubbly. You may also want to try adding cloves and/or vanilla.

### **Pumpkin Pie**

¾ cup brown sugar  
½ tsp salt  
1-2 tsp cinnamon  
1 large can of sweetened, condensed milk

¼ tsp cloves, ground  
4 eggs  
2 tsp ground ginger  
1 ½ cups pumpkin squash

Remove rind from pumpkin and boil (about ½ kilo) until it is soft. Drain away as much water as possible (otherwise pie filling will be too watery). Mix all ingredients together and pour into a pie shell that has been brushed with egg white. Bake for 45-60 minutes or until a knife inserted into the center comes out clean. Also, try adding nutmeg or vanilla.

### **Peanut Butter Pie**

Quick Pudding (see p. 70)  
Graham cracker crust  
Peanut butter or crushed peanuts in oil  
Powdered sugar  
1 milk chocolate bar

Press graham cracker crust into a deep plate or suitable dish. Mix approximately ¼ cup of peanut butter with powdered sugar until it starts to become crumbly. Spread peanut butter crumbs evenly on top of graham cracker crust. Break chocolate into small pieces and spread over peanut butter crumbs. Finally pour pudding over everything while still hot. Cover and allow to cool.

### **Sarah D's Jamaican Lime Pie**

1 ½ cup Coconut Cookie crumbs (Shirley Biscuits, Butterkist Cookies, etc.)  
½ cup Sugar (brown or white)  
½ stick of Butter, melted  
2 14oz cans of Sweetened Condensed Milk  
1 cup of fresh Lime Juice (2 dozen small limes should yield more than enough)  
2 Eggs  
1 cup Sour Cream  
2 Tbsp Powdered Sugar (if you have a strong blender or coffee grinder you can make powdered sugar by blending regular sugar with a little corn starch)  
1 Tbsp Lime Zest

Preheat oven to 375° F. Crust: Combine cookie crumbs, sugar, and butter in a medium bowl. Press the mixture firmly onto the bottom and up the sides of a 9 inch pie pan. Bake until slightly brown, about 15 minutes. Remove from the oven and allow the crust to cool completely before filling. Reduce oven heat to 325°F

Filling: Combine condensed milk, lime juice, and eggs in a large bowl. Whisk until well blended, then pour

into the cooled pie shell. Bake for 15 minutes. Remove, let the pie cool, and chill in the refrigerator for at least 2 hours. Or freeze and allow to defrost slightly before serving.

Topping: Once chilled, combine sour cream and powdered sugar and spread over the pie. Sprinkle lime zest as garnish or top with thin lime slices. Serve chilled.

### **Lemon/Lime Squares**

½ cup butter, softened

1 cup flour, sifted

3 Tbsp lemon/lime juice with rind grated into it

1 cup sugar

2 Tbsp flour

¼ cup powdered sugar

2 eggs, beaten

¼ tsp salt

½ tsp baking powder

Mix butter, powdered sugar and flour together. Press into an 8"x9" baking pan. Bake until golden brown- about 20 minutes. While it is baking, mix together remaining ingredients. Pour over crust once it is finished baking and bake for another 20-25 minutes. Remove from oven, let cool for a few minutes and dust with powdered sugar.

### **Coconut Tarts**

Dough:

1 egg

½ glass sugar

½ glass water

1 packet baking powder (2 tsp)

½ glass of oil

flour enough to stiff dough

Filling:

200g (8 oz) coconut

5 eggs

200 g (8 oz) chocolate

Mix all ingredients for dough, adding flour gradually to give a workable consistency. Roll out dough on a floured surface and line a 12-inch, oiled tin with it. Melt chocolate in a few spoonfuls of water over low heat, cool it a little then pour it over dough. Separate eggs. Beat whites stiffly then add sugar and yolks, still beating. Add coconut and stir gently with a spoon. Pour this mixture onto chocolate and bake in a preheated oven for about 20 minutes.

### **Fruit Crisp**

1 cup flour  
1 tsp baking powder  
1 cup sugar  
½ tsp salt  
cinnamon  
1 egg  
mangoes or apples  
¾ cup brown sugar  
2 tsp melted butter

Mix flour, baking powder, sugar and salt. Break in one egg and stir until it forms crumbs the size of peas. Slice mangoes or apples into baking dish, sprinkle with ¾ cup sugar (preferably brown sugar). Spread crumb mixture over top. Pour 2 tsp melted butter over crumbs. Sprinkle with cinnamon. Bake at medium heat until fruit is cooked and crumbed mixture is browned.

## *Cakes and Frostings*

### **Orange Cake**

1 egg  
1 tsp baking soda  
½ cup margarine or oil  
½ tsp baking powder  
¾ cup sugar  
1 peeled orange, finely chopped  
1 ½ cups flour  
½ cup orange juice (about 2 oranges)

Mix dry ingredients. Make well in center. Mix together margarine or oil, egg and juice in separate bowl. Pour into well. Mix until combined. Bake in greased, floured pan around 20 minutes, until golden brown.

### **Yellow Cake**

2/3 cup oil, butter margarine



1 ¼ cup sugar  
3 eggs  
1 tsp salt  
2 ½ cups cake flour (use ¼ cup less if reg flour)  
2 ½ tsp baking powder  
1 cup milk  
1 ½ tsp vanilla

Cream oil, sugar and beat in eggs. Sift dry ingredients and mix all together stirring in milk and vanilla alternately. Put in greased and floured pan. Bake at 350F for 30-35 minutes.

### **Chocolate Cake with Chocolate Mousse Frosting**

4 eggs  
2/3 cup butter  
2 tsp baking powder  
¾ cup sugar  
¾ cup flour  
¾ cup grated chocolate

Separate eggs. Beat butter and sugar in mixer then beat in the yolks, one by one, and mix in the grated chocolate. Stir in flour and baking powder with a spoon and finally, the stiffly beaten egg whites. Butter a 8"x12" inch rectangular cake tin and line the base with paper. Pour the mixture in and bake in a preheated oven for about 30-35 minutes.

To make the mousse:  
200 g (8 oz) chocolate  
3 eggs  
a chunk of butter

Beat yolks in mixer with the melted chocolate, add a walnut sized knob of butter then the stiffly beaten egg whites and mix all together. Cover the cake with this mixture.

### **Chocolate Pudding Cake**

1 cup flour  
4 Tbsp cocoa powder  
¼ tsp cinnamon  
¼ tsp salt  
2/3 cup sugar  
2 tsp baking powder  
½ tsp instant coffee

Blend well and add:

½ cup milk

2 tsp vanilla extract

¼ cup oil

Spoon batter into greased pan. In a small bowl, stir together and spread evenly on top of batter: 2/3 cup sugar and 2 Tbsp cocoa. Pour 1 cup of boiling water over mixture and bake DON'T STIR. Bake for 30 minutes or until done. Serve warm.

### **Sunday Morning Coffee Cake**

3 cups flour

¾ cup butter or margarine

2 cups sugar

½ tsp

Mix. Reserve one half of mixture for topping.

To remaining mixture add:

1 tsp baking soda

1 cup milk

2 eggs

Pour mixture into pan and top with toppings. Bake until done.

Variation: Use brown sugar and add cinnamon.

### **Honey and Spice Cake**

3 cups flour

1 tsp baking soda

½ tsp allspice

½ tsp ginger

1/8 tsp nutmeg

3 cups firmly backed brown sugar

½ cup water

1 1/3 cup (1 lb) honey

1 ½ tsp baking powder

¼ tsp salt

½ tsp cinnamon

1/8 tsp cloves

4 eggs

1 tsp instant coffee

1/3 cup peanut oil or oil

½ cup your favorite nut, chopped

Blend flour, baking powder, soda, salt and spices. Beat eggs, slowly adding sugar, until mixture is thick and light in color. Dissolve instant coffee in water. Beat oil, honey, and coffee into egg mixture. Stir in flour mixture and pecans, turn into two oiled 9"x5"x3" loaf pans. Bake at 325F (160C) until done. Cool in pan before removing.

### **Carrot Cake**

1 ½ cup flour  
½ cup sugar  
½ cup brown sugar  
1 tsp baking soda  
1 tsp baking powder  
1 tsp cinnamon  
½ tsp salt  
1 tsp vanilla extract  
1 cup grated carrots  
2/3 cup oil  
2 eggs, beaten

Mix dry ingredients. Add oil, vanilla, carrots, and eggs. Blend well. Pour into greased and floured pan, cook over low heat for 30 minutes.

### **Chocolate Icing**

2 tsp butter  
100 g (3.5 oz) chocolate  
3-4 Tbsp milk  
1 cup powdered sugar

Melt butter and chocolate over low heat. Add milk and sugar and blend to smooth.

### **Butter Cream Frosting**

Sift together:  
2 Tbsp vanilla  
1 ½ cup powdered sugar  
1 cup butter, softened  
1 tsp powdered milk  
½ tsp salt

Combine by stirring until smooth. Add little bits of water and whip about 200 strokes with fork. Great for

coffee cake when warm.

### **Coconut Frosting**

2/3 cup sugar  
1 egg, slightly beaten  
¼ cup butter  
1 tsp vanilla sugar  
½ cup walnuts  
1 ¼ cup coconut  
1 can of evaporated milk

Combine milk, sugars, butter, egg and salt in saucepan. Cook and stir over medium heat until mixture thickens and bubbles, about 12 minutes. Add remaining ingredients and cool. (Can be combined with chocolate cake to make a pseudo German Chocolate Cake).

### **Velvet Chocolate Glaze**

1 oz unsweetened chocolate  
2 Tbsp butter  
1 cup powdered sugar  
1 Tbsp milk  
1 tsp vanilla

Melt chocolate, then blend butter. Stir in sugar, milk, and vanilla and mix well.

## *Miscellaneous Yummy Stuff*

### **Semi-Sweet Chocolate Fondue**

8 bars (8 oz package) Semi-Sweet Baking Chocolate, unwrapped and broken into pieces  
½ cup light cream or evaporated milk  
1 tsp vanilla extract  
assorted fondue dippers such as lb cake, cherries, pineapple chunks, or fresh fruit slices

Place semi-sweet chocolate pieces and light cream in medium microwave-safe bowl. Microwave on high 1 minute; stir. Microwave an additional 30 seconds at a time, just until chocolate is melted and mixture is smooth when stirred. Stir in vanilla. Pour into fondue pot or chafing dish if desired. Serve warm with

assorted fondu dippers.

Top of Stove: Combine chocolate pieces and cream in small, heavy saucepan. Cook over very low heat, stirring constantly, until chocolate melts and mixture is smooth; proceed as directed above.

### **Peanut Butter Balls**

1 ¼ cup peanut butter, smooth or crunchy

1 ¼ cup dry milk powder

¾ cup honey

1 cup wheat germ for coating ball

Mix together and roll into 1-inch balls. Roll in wheat germ and refrigerate for 1 hour.

### **Peanut Butter Brownies**

1 cup peanut butter

1/3 cup margarine or oil

¾ cup sugar

1 cup flour

½ tsp baking powder

½ tsp salt

2 eggs

1 tsp vanilla

Cream peanut butter and margarine/oil. Add sugar, eggs, vanilla and stir until creamy. Add flour, baking powder, and salt and mix until smooth. Spread in greased pan. Bake 25-30 minutes. Do not overbake.

# **Breakfast**

Breadfruit Porridge

Ackee and Saltfish

Banana Pancakes

Omelettes

### **Breadfruit Porridge**

1 cup grated mature breadfruit  
½ cup Lasco milk (mix)  
2 ½ cup water  
1 Tbsp vanilla  
1 tsp cinnamon  
3 Tbsp brown sugar or to your taste

Mix lasco milk into 1 cup of water. Mix breadfruit into remaining water.

Put to simmer, stirring frequently. Cook for 5 minutes. Remove from heat and stir in reconstituted milk gradually. Return mixture to fire, simmer and stir frequently until cooked. Add vanilla, cinnamon and sugar.

### **Ackee and Salfish**

2 dozen or 1 tin ackee  
½ lb salfish  
1 large onion, chopped  
2 medium sized tomatoes  
4 stalks scallion (similar to green onions)  
½ pint cooking oil  
black pepper and salt to taste

Boil and flake salfish. Remove seeds and red segment from ackee. Wash and cook in boiling water till pulp is tender. Sauté onions, tomatoes and scallions in cooking oil in a skillet. Add flaked fish and cooked ackee to skillet, stirring vigorously. Add black pepper and salt to taste. Serve hot.

### **Banana Pancakes**

1 cup all-purpose flour  
1 Tbsp white sugar  
2 tsps baking powder  
¼ tsp salt  
1 egg, beaten  
1 cup milk  
2 Tbsp vegetable oil  
2 ripe bananas, mashed

Combine flour, white sugar, baking powder and salt. In a separate bowl, mix together egg, milk, vegetable oil and bananas. Stir flour mixture into banana mixture; batter will be slightly lumpy. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using

approximately  $\frac{1}{4}$  cup for each pancake. Cook until pancakes are golden brown on both sides; serve hot.

### **Omelettes**

2-3 eggs

1 tsp water or milk

salt, pepper

butter

Beat eggs lightly with water or milk, salt and pepper. Heat butter in pan and pour egg mixture into it. As eggs begin to set, gently lift up edges so liquid on top can run underneath and cook. While eggs are still moist on top, spoon some filling onto them, fold over and let filling warm. Fill it with what you want.



# **Drinks**

Sorrel Christmas Drink

Tea Punch

PCJ Cucumber Limeade

Pruitt's Strongback

Sorrel Juice

## **Sorrel Christmas Drink**

3 cups picked sorrel (or frozen or dried)

1 inch ginger root

12 whole cloves

3 pimento leaves

4 cinnamon leaves

5 cups boiling water

½ lb brown sugar or sweeten to taste

Add first five ingredients to rapidly boiling water. Leave on flame and return to a boil. Simmer 4 minutes, strain and sweeten. Bottle.

## **Tea Punch**

2 cups strong tea

3 Tbsp sugar

2 Tbsp lime juice (fresh or bottled)

2 cups ginger beer

Stir tea and sugar until sugar dissolves, add lime juice, chill. Just before serving add ginger beer. Serve over ice, garnish with slice of lime.

## **PCJ Cucumber Limeade**

1 or 2 Cucumbers

1 ½ to 2 cups Water

¼ cup Sugar or Honey

1 or 2 Limes

Dash of Salt

Ice

Peel the cucumber and remove any seeds. Coarsely chop and combine in a blender with water, sugar, lime

juice, and salt. Blend until smooth. Adjust amounts of water, sugar, and lime to taste. Strain if desired. Serve over ice.

### **Pruitt's Strongback**

2 bottles Guinness or Dragon Stout  
4 ounces oats  
1 large package peanuts  
3 cups ice (4 if you want thicker consistency)  
2 cans Vanilla Supligen  
1 small ripe banana (optional)  
4 ounces rum (optional)

Add 1 can Supligen, peanuts, oats and blend. Add 1 bottle of beer and 1 cup of ice then blend. Add 1 bottle of beer, 1 can of Supligen, banana and blend. Finally add 2 cups of ice and rum then blend.

### **Sorrel Juice**

1 lbs sorrel  
1 piece ginger  
10-15 grains pimento  
sugar  
4 liters water  
rum (optional)

Bring 4 lts of water to boil. Fine grate ginger into water. Crush pimento and add to water. Add sorrel to water and cover letting it boil for 3-5 minutes. Turn water off and let sit for 10 minutes. Add sugar to taste. For traditional Jamaican sorrel add rum (a flask or to taste) to the mix. Bottle or put into a container and let chill. Tip: You can bottle and store sorrel to reuse which can make an extra liter or two.