

Ackee and Salt Fish

Serves: 4

Ingredients:

1 can of ackee, drained
½ lb boneless salt fish
3 tablespoons oil
2 onions sliced
¼ teaspoon dried thyme
¼ Scotch bonnet pepper skin finely chopped up
1 small tomato chopped
1/8 teaspoon black pepper

Soak the salt cod in a pot of water overnight to remove most of the salt. If the cod is still very salty, boil in water for 20 minutes. Drain cod and cut or break into small pieces.

Heat oil in a frying pan. Add the onions, thyme, bonnet pepper, tomato, and green peppers. Stir for a few minutes. Add the cod. Stir. Simmer for 5 minutes, and then add the can of drained ackee. Do not stir because this will cause the ackee to break up. Cook for a few more minutes then sprinkle with black pepper.

Best served with Bammy, roast breadfruit, fried or cooked dumplings, or friend or cooked plantains, cooked yams and Jamaican sweet potatoes.

Hungarian Chicken Paprika

- 1/2 cup flour
- 3 tablespoons Hungarian paprika (preferably Szeged)
- salt
- pepper
- chicken piece (breasts, legs, or thighs, with bones)
- 3 tablespoons vegetable oil
- 1 cup chopped onion
- 1/8 teaspoon ground red pepper (cayenne)
- 2 cups chicken broth
- 1 cup sour cream

Directions:

Prep Time: 5 minutes

Total Time: 1 1/4 hr

1. Combine flour, 2 tbsp paprika, salt and pepper.
2. Dredge chicken pieces in flour mixture.
3. Reserve left over flour.
4. Add oil to large Dutch oven.
5. Heat oil over medium high heat.
6. Add chicken and brown on both sides, about 10 minutes.
7. Remove chicken from pot.
8. Add little oil to pot (if bottom appears to be too dry).
9. Add onion, red pepper, 1 tbsp paprika, and salt.
10. Sauté until onion is tender, about 2 minutes.
11. Return chicken to pot, and add enough chicken broth to cover.
12. Bring to boil, reduce heat, cover, and simmer about 30 to 45 minutes, until chicken is done.
13. Remove from heat and let paprikas cool down.
14. Combine reserved flour and 1/2 cup sour cream.
15. Add small amount of liquid from pot into flour mixture and stir with whisk until smooth.
16. Add mixture to pot, stirring constantly.
17. Simmer 5 minutes.
18. Let cool down again and add remaining sour cream, stirring constantly.
19. Sauce should be a very pale orange color (almost white).
20. Cook about 1 minute until heated.
21. Serve over homemade Hungarian nakedly (pretzel), wide egg noodles, or cooked cavatelli.

Steam Flying Fish Barbadian Style

8 Flying Fish debone

3 limes

1 tbsp of sea salt

3 tbsp Barbadian seasoning

Mince medium onion, scallion, green onion, garlic, thyme, black pepper (1 hot optional)

1 large onion sliced

1/2 tsp clove (ground)

Bell Sweet pepper, red, orange, green, cut in julienne

1 tbsp fresh thyme or dry optional

1 lb fresh marjoram

1 tbsp parsley chopped

2 cup water

Salt and pepper to taste

3 tbsp of olive oil

1. Rub fish with two limes and salt and leave for 10 minutes
2. Rinse fish and pat dry with paper towel, Rub Barbadian seasoning on the fleshy

Side and roll fish like sausage (secure with tooth pick)

Heat big frying pan or wok. Add 3lb oil, sauté onions, garlic for 3 minutes. Add tomatoes, parsley, pepper, thyme for 3 minutes. Add fish, place fish on top of the sauté vegetables and bring to boil heat down and simmer for 10 minutes

Asian Vegetable Stir-fry

Ingredients:

- 10 asparagus stalks, chopped into 2 inch pieces
- 2 cups of snow peas
- 2 cup of chopped broccoli
- 1 medium zucchini, chopped
- 3 cloves of garlic, crushed
- 6 shitake mushrooms, sliced with stalks removed
- 1/8 cup of soy sauce
- 1 tbs of Thai fish sauce
- 1 tbs of cornstarch dissolved in 1/2 cup of cold water
- 1/2 tsp of dried chili flakes
- 1/4 cup of unsalted macadamia nuts, roughly chopped
- 3 cm piece of ginger, slivered
- 2 tbs of vegetable or canola oil
- 1 1/2 cup of basmati rice
- Scant 3 cups of water

Preparation:

1. Wash and chop all the vegetables. Set aside.
2. To prepare the rice, steam it in a rice cooker. If preparing rice on the stove, add the 1 1/2 cups of rice to a small saucepan with scant 3 cups of water. Bring to the boil and then lower heat and partially cover with a lid. The rice should take about 10 minutes to cook. Remove from heat and set aside.

3. Now for the stir-fry. Heat the oil in a wok over a medium heat. Fry the garlic and chili flakes for 30 seconds. Add the broccoli and fry for about 2 minutes. Add the rest of the vegetables and ginger and fry for 3 minutes.
4. Now add the soy sauce and fish sauce. Stir well to coat the vegetables. Add the 1/2 cup of water with dissolved cornstarch. Stir well to mix together the liquids.
5. Give the vegetables one more stir for 30 seconds. The liquid will start to thicken. Add the macadamia nuts and then serve stir-fry on a bed of rice.

Jamaican Blue Draws

Ingredients

1 pound cornmeal
2 ounces white flour
1/2 pound sugar
1/2 cup grated coconut
1 teasp. Cinnamon powder
1 teasp. Pumpkin pie spice powder
1 teasp. Salt
1 Tablesp. Molasses
2 teasps. Vanilla
2 and 1/2 cups coconut milk
1 pkg. frozen, green banana leaves or approx. 6 large corn husks (soaked in hot water until pliable) or approx. 6 pieces of aluminum foil about 10 inches square

- Blend all dry ingredients & the grated coconut thoroughly. Mix together the coconut milk, vanilla & molasses; then add to dry ingredients, stirring briskly.
- Place 1/2 cup of this mixture in center of banana leaf (whatever wrapper you're using) & fold each side of wrapper to the center; overlapping so package will be waterproof; package should be a 6-inch square when wrapped. Tie twine around bundle in one direction & then tie another piece around in other direction (like a gift box). Repeat until all the batter is used up & you have 6 to 8 little packages. Boil these packages in very gently simmering water (just enough

water to cover) for about 40 minutes, or until filling feels firm to the touch.

SPATZEL (Spaetzel) Recipe

4 Cups of plain white flour
1 teaspoon of salt
3 eggs
Water
1 tablespoon of butter

Sift the flour and salt into a large bowl. Beat the eggs and add to the bowl with enough water to form very soft and smooth dough. Press the dough flat on a plate or floured board. With a sharp knife, scrape small pieces of dough off and drop into boiling salted water. There should only be one layer of spaetzel cooking at a time so that they don't stick together. Boil gently for 5 to 8 minutes or until they swell and float to the surface. Remove with a slotted spoon and leave to drain. Serve immediately tossed in melted butter.

Alternatively you may wish to sauté the finished spaetzel in butter until golden or sprinkle the spaetzel with freshly grated parmesan cheese.

Serves: 4 to 6

Coo Coo Barbadian Style

Cooking Time – 30 minutes

2 cups cornmeal
12 or more okras
6 cups water
1 tsp Salt
2 tbsps butter or margarine

1. Wash okras, cut top off, slice in rings in medium Saucepan, or pot add 3 cups of water. With the slice okras bring to boil, reduce heat to medium, cook for 10 minutes.
2. Place cornmeal in a bowl. Stirring in the remaining 3 cups water. So that cornmeal is saturated.
Let stand 10 minutes
3. Remove boiling okra liquid from stove and strain in a bowl and put cook okras in a separated bowl. Put the cornmeal in the saucepan, stir with strong wooden spoon
4. Return saucepan to medium heat while to continue to stir mixture.
5. Add remainders of liquid gradually bring the mixture to a smooth but firm mold, the last 10 minutes turn heat low. Cover the pot let steam
6. When Mixture is no longer grainy put in serving dish, or serve individually, spread with margarine (optional)

Mettem or Mettagee

A favourite dish from Guyana. This can be used as an entire meal

6 oz. Mixed meat (salt beef or pig's tail) 170 g

1 tbsp. butter or margarine 15 ml

Water

8 oz. salt fish (dried cod) 250 g

1 small dried coconut

1 lb green plantains 500 g

¼ lb yam 125 g

½ cassava 250 g

Salt and pepper to taste

½ teaspoon thyme 2ml

1 tsp. hot pepper sauce 5ml

1 large onion, cut into rings

1 tsp. sugar 5ml

6 okras 6

Dumplings (optional)

Butter Sauce,

1. Cut up meat. In a large saucepan, fry meat lightly in butter; cover With water and simmer for 20 minutes
2. Soak salt fish in warm water for about 15 minutes. Drain. Remove skin and bones. Discard. Squeeze fish dry.
3. Grate coconut, add 2 cups (500ml) of warm water, squeeze well and strain off coconut milk
4. Arrange peeled vegetables and seasonings in layers over the meat with salt fish on the top. Add coconut milk and cook, covered, until almost tender, about 30 minutes
5. Place onions and okras on top of salt fish. Steam, Covered, 10 minutes. Add dumplings, if you wish, and steam for another 8 minutes. Remove meat, salt fish and okras, place in a flat dish and moisten with butter sauce.

Serves 8

Dumplings

1 cup flour	250 ml
1 tbsp butter or margarine	30 ml
1 teaspoon baking powder	5ml
½ teaspoon salt	2ml
2 tbsp sugar	30 ml
½ cup milk or water	125ml

1. Rub flour and butter together. Add baking powder, salt and sugar.
2. Mix with enough milk or water to make a stiff dough
3. Form dough into balls and place on top of fish. Cook, covered, for 8 minutes. Do not open pot until dumplings are well risen.

Butter Sauce

1 tbsp. Butter or margarine		15ml
1 onion chopped	1	
1 tomato diced	1	
¼ chopped green onions		50ml

1. Heat butter. Sauté onions, tomato and green onions until lightly browned
2. Add 3-4 tbsp. (45-60ml) of the liquid from the soup. Heat. Pour over meat, salt fish and okras. Serve with soup.
3. Note if dumplings are used, they should be added last.

Sweet cassava is a starchy root. When boiled it has a pleasant bland potato- like flavour. Grated cassava is made into a flat round bread that is popular throughout the island.

Paimé

Ingredients:

1 grated coconut
1 lb. cornmeal
1 tsp. black pepper
2 tsp. salt
4 oz. dried fruit
banana leaves
1 lb. pumpkin
1 oz. shortening
1 oz. margarine
sugar to taste (*I used 1 1/2 cups*)
1/2 pt. water
twine for tying

Directions:

1. Grate coconut and pumpkin (*I decided to try out this cassava farine that includes coconut, sugar and spices. It worked out quite well!*)
2. Add all other ingredients
3. Stir in enough water to make dough of dropping consistency (*I think 2 1/2 – 3 cups in all will do*)
4. Wipe banana leaves and heat them to make them pliable (*or use foil if you're lazy like me*)
5. Cut into pieces about 8" by 8"
6. Place about 2 tbsp. mixtures on each piece make a dough of dropping consistency (*I think 2 1/2 – 3 cups in all will do*)
7. Roll up, fold over and tie.
8. Place in boiling water and boil for about 20-30 minutes.
9. Test one to see if it has set, if not, cook for a longer period of time, depending on size of Paime.

Makes 12 Paime