



COLOURFUL COOKING FOR

Healthy Living



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MESSAGE FROM THE MINISTER OF HEALTH

Dear Readers,

As the Minister of Health, it brings me immense joy to present to you this collection of healthy Guyanese recipes, designed to help you on lead healthier lifestyles. This book serves as a reminder that the food we consume plays a pivotal role in our overall health and well-being.

The importance of maintaining a balanced diet cannot be overstated. Healthy eating matters, and is important at every age.

Each dish within these pages is crafted with wholesome ingredients that provide essential nutrients and vitality. By embracing these healthy recipes, you are taking a significant step toward preventing chronic diseases like heart disease, type 2 diabetes and cancers.

Additionally, eating healthy has its many benefits that promotes gut health, weight management and mental health.

I encourage you to explore the diversity of flavours and textures in these recipes, which are suitable for all ages and dietary preferences. From vibrant salads bursting with fresh produce to hearty meals that comfort the soul, this book is a celebration of healthful eating. Let us embark on this culinary journey together, making informed choices that benefit our health and the environment.

Thank you for your commitment to a healthier future. Together, we can cultivate a culture of wellness that nurtures not only ourselves but also our communities.

SIGNATURE

Honourable Dr Frank Anthony

PREFACE

Our local recipes are traditionally high in fats and carbohydrates. The recipes herein seek to marry traditional flavours with more vegetables and nutrient dense seeds as well as whole grains. Sugar is greatly reduced in most recipes and may be left out in some cases. The principles of **adequacy, balance, variety and moderation** should be upheld in order to maintain good nutrition practices. One's shopping list should include whole grains such as whole wheat flour, brown rice, cornmeal and oats. Vegetables should be grown or bought in a variety of colours such as red (tomatoes, bell peppers, orange (pumpkin, carrots), green (calaloo, bora, ochroes), white (cucumbers, squash) and purple (boulanger, red cabbage, red onion). Fruits also are in variety of colours. Not only do these colours represent an attractive food plate, but each colour represents various phytonutrients that may be beneficial to our overall well-being.

One should not be afraid to try new ways of cooking and preparing items, such as baking egg balls and meat balls. What about using some ingredients you haven't used before, such as farine or chichera. Other ingredients such as turmeric, cinnamon and ginger each carry their own food value and benefits. Adding bay leaves to the cooking water can make a tasty and nutritious rice or pasta dish. Salt can be left out of most recipes when herbs and spices are used judiciously. Use salt sparingly and choose the best quality salt that one can afford. What of adding seeds such as sunflower seeds, flaxseed and sesame seeds? Variety and moderation are important keys here. Too much of a good thing may not work well for us; so let's explore.

Caloric content listed are average values based on the Caribbean Food Composition tables. Values of produce usually vary according to soil type and other conditions. It is very important to adhere to portion size; especially since we are generally accustomed to large portions of carbohydrates such as bread, roti, rice and chowmein. The addition of vegetables, grains, seeds and legume to these dishes reduce the overall caloric value of the food while still increasing a feeling of fullness (satiety). Foods such as black cake, metemgee and cook up rice are very calorie dense and should be consumed in moderation and along with generous servings of vegetable dishes. Portions vary according to the energy needs of the consumer. For example a female sedentary working may have one serving of each of rice, protein dish, vegetables and salad for lunch, while a male labourer or athlete may consume two servings each at a meal to cater for individual energy needs.





ACKNOWLEDGEMENT

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We extend our heartfelt gratitude to Ms Penelope Harris for crafting the recipes, Ms Shabana Shaw for her editing skills, Ms Trineca Pollard for designing the layout, and Mr Aubrey Odle, Mr Keron Lindore, and Mr Marrick Alli for their assistance with the imagery.

Thank you for supporting our mission to promote healthier lifestyles through nutritious and delicious meals.

Teas



Teas

Preparing teas from herbs found in your yard brings a special joy. Generally, when creating a blend, you can prepare the following ingredients:

- Bay Leaf
- Cinnamon
- Clove

To two pints of water, add about 4 dried bay leaves one 4" stick cinnamon and six cloves. Bring to a slow boil and simmer for about twenty minutes. To prepare the following herbs, you can dry them in the sun, or you can quail them. To quail is to pass through the fire until the leaves become limp and pliable. this may just take about sixty seconds. Do not boil teas but let them simmer gently or just steep them in the hot spiced water.

Some of the herbs that may be added to the spiced blend include the following:

- Tezam
- Tulsi
- Lemon Grass
- Sweet Broom
- Lime Leaf
- Soursop Leaf
- Mint



Moringa Tea

0
Calories
per serving



Steep &
Prep Time:
10 Mins

Ingredients

1oz Dried Moringa Leaves
2 pints spiced Water

Directions

1. Bring water to the boil.
2. Add the moringa leaves and allow to come back to the boil.
3. Remove from the heat and allow to sit for five minutes.
4. Strain and serve hot or chilled.
5. The addition of milk and/or sugar is optional.

Serving Suggestion:

1 teacup may be mixed with 3 rounded teaspoons low fat milk powder.

Nutrition:

Good source of iron, B vitamins, vitamin A calcium, potassium

Special Equipment:

Open kettle or saucepan dedicated to making teas



Breakfast Dishes



Filled Omelette

132

Calories
per serving

Prep Time:
10 Mins

Cook Time:
5 Mins

Ingredients

4 Eggs
1/4 cup Milk
1/2 cup Shredded Pak Choy
1 tablespoon Olive Oil
Salt and Pepper to taste.
2 Tomatoes, cut into sections.

Directions

1. Break the eggs one at a time in a small bowl and transfer to a larger bowl.
2. Add the milk and beat with an egg whisk or fork.
3. Heat the frying and add the oil. Pour the egg mixture into the pan and cook for two minutes.
4. Add the pak choy, sprinkle on salt and pepper and cook for a few seconds more. Fold the omelette in half.
5. Slide omelette unto a platter and garnish with tomato sections.

Serving Suggestion: 4 crackers or 1 small pot bake or 1 toasted cassava bread.

Serving Size: About the size of the palm of one's hand or one level pot spoon.

Nutrition: Rich source of protein, vitamin A and B vitamins. Moderate source of fat and calcium.

Special Equipment: Frying Pan, Fish Slice

Poached Eggs

95

Calories
per serving

Prep Time:

10 Mins

Cook Time:

5 Mins

Ingredients

2 Eggs
1 tsp Lemon Juice
1 tbsp- Olive Oil
Salt and pepper to taste.
1 tbsp. finely chopped Parsley.

Directions

1. Place one cup water into a frying pan. Add the lemon juice and place the cutters in the water.
2. Break the eggs one each into the water. Sprinkle salt and pepper and cook until set.
3. Remove from the water and garnish with parsley and shredded cheese if desired.

Serving Suggestion: Serve with crackers or toasted cassava bread. (4 -6 multi grain crackers or 2 pieces cassava bread the size of the size of one's palm.

Serving Size: Two servings of eggs

Nutrition: Rich source of protein, vitamin A and B vitamins. Moderate source of fat and calcium.

Special Equipment: Frying pan, two 3" wide biscuit cutters

Coddled Eggs

79
Calories
per serving

Cook Time:
10 Mins

Ingredients

4 eggs
Olive oil
1/8 Salt if desired
Pepper to taste.
½ tsp parsley Flakes
2 Tomatoes, cut in sections.

Directions

1. Put water to 1/3 the height the saucepan and bring to the boil.
2. Grease the coddlers with the oil and break one egg each in them. Add salt, pepper and seasonings of choice to the coddlers.
3. Cover each ramekin with foil. (coddlers are sold with covers) and place in the boiling water.
4. Boil for ten minutes and remove coddlers from the water.

Serving Suggestion: Eggs may be eaten from the coddlers with a teaspoon. Serve with : 4- 6 multi-grain crackers or 2 pieces toasted cassava bread each the size of the palm of one's hand and tomato sections. Makes 4 servings.

Serving Size: 1 egg

Nutrition: Rich source of protein, vitamin A and B vitamins. Moderate source of fat and calcium.

Special Equipment: Sauce pan, coddlers/ramekins

Shirred Eggs

125
Calories
per serving

Prep Time:
5 mins
Cook Time:
20 Mins

Ingredients

4 eggs
½ cup Shredded Cabbage,
Broccoli or Pak choy
1 tablespoon Olive Oil
Salt and Pepper to taste.
2 Tomatoes, cut in sections.
NOTE: 1 tbsp shredded
cheddar cheese will add
about 25 kcal

Directions

1. Break the eggs one at a time in a small bowl and transfer to a larger bowl.
2. Add the milk and beat with an egg whisk or fork.
3. Grease the pyrex dish and add the shredded vegetables and seasoning. Meanwhile heat the oven to moderate. Half fill roasting pan with water and place the pyrex dish in it.
4. Pour the egg over the vegetable and bake for twenty minutes or until set.

Serving Suggestion: Serve with crackers or toasted cassava bread. (4 -6 multi grain crackers or 2 pieces cassava bread the size of the size of one's palm.)

Serving Size: 1 Pot Spoon (size of a pack of cards.)

Nutrition: Rich source of protein, vitamin A and B vitamins.
Moderate source of fat, iron and calcium.

Special Equipment: Roasting pan, Pyrex dish

Vegetable Scrambled Eggs

132

Calories
per serving



Prep Time:

5 Mins

Cook Time:

4 Mins

Directions

1. Break the eggs one at a time in a small bowl and transfer to a larger bowl.
2. Add the milk and beat with an egg whisk or fork.
3. Heat the frying pan and add the oil. Pour the egg mixture into the pan. Add the sweet pepper, seasonings, salt and pepper and cook while stirring with a balloon whisk.

Ingredients

4 Eggs
¼ cup Milk
1 leaf Kale or Calaloo
1 tbsp Olive Oil
Salt and Pepper to taste.
2 Tomatoes, cut in cubes (concasse).

Serving Suggestion: Serve with any one of the following: bakes the size of one's fist, 4 -6 multi grain crackers, 2 pieces toasted cassava bread the size of the size of one's palm.

Serving Size: About the size of the palm of one's hand or one level pot spoon.

Nutrition: Rich source of protein, vitamin A and B vitamins.
Moderate source of fat and calcium.

Special Equipment: Frying Pan, Balloon Whisk

Stir Fried Tofu

215

Calories
per serving

Prep Time:

30 Mins

Cook Time:

30 Mins

Ingredients

½ lb Firm Tofu
2 tbsps chopped Eschallot
1 tbsp chopped Celery
1 Wiri Pepper, deseeded and
chopped
1 tbsp Soya Sauce
1 tbsp. Ketchup
1 tbsp Olive Oil
Salt and Black Pepper taste
½ cup chopped Calaloo
½ cup shredded Carrots

Directions

1. Cut the tofu into small cubes. Add the remaining ingredients and stir well,
2. Set aside in a covered bowl for about half an hour.
3. Heat a wok or canary well. Add the tofu and stir fry. Place in a bowl. Stir fry the vegetables. Add the olive oil and mix with the tofu. Serve hot.

Serving Suggestion: Makes four servings. Serve with bakes or toasted cassava bread.

Serving Size: 1 level pot spoon or palm of one hand.

Nutrition: Source of protein, carotene, potassium, manganese and zinc.

Special Equipment: Canary

Quick Breads





Prep Time:
30 mins
Cook Time:
30 mins

236
Calories
per serving

COCONUT POT BAKE

1 cup Whole Wheat Flour
1 cup White Flour
1 tsp Yeast
1 tbsp Brown Sugar
½ cup grated Coconut
1 tsp Cinnamon Spice
1 rounded tablespoon Butter
¼ tsp Salt
¾ cup Warm Water or Milk

1. Sift together the flours, then tip the brown left in the sieve into the sifted flour.
2. In a small bowl, mix the yeast, sugar and little flour with enough water to make a soft paste. Combine all the ingredients to make a soft dough.
3. Set aside in an oiled bowl. Cover with a damp towel and leave to rise until double in bulk.
4. Place the tawah on a lighted burner. Select a pot about six inches in diameter. Knead the dough and Roll out to fit the pot.
5. Place the tawah on the heated stove burner. Grease the pot and place the dough in the pot. Cover and cook for 15 minutes on one side. Flip the dough and cook for 15 minutes on the other side.

Serving Suggestion: Serve with any of the following: 1 boiled egg + ¼ cup vegetable salad, 3 ozs cooked, fish 4ozs stewed beans, 2ozs carrot cheese spread or 1 heaped tablespoon peanut butter Makes 6 to 8 servings.

Serving Size: About the size of a hand's fist

Nutrition: A major source of carbohydrates. Moderate source of protein, fats and B vitamins.

Special Equipment: Heavy pot about six to eight inches wide, Tawah

220
Calories
per serving



Prep Time:
40 mins
Cook Time:
20 mins

PURI BAKE

1 cup Whole Wheat Flour
1 cup White Flour
1 tsp Yeast
1 tsp Brown Sugar
¼ tsp Salt
1 cup Warm Water

Filling:

1 cup Split Peas boiled and ground smooth
½ tsp ground Gheera (cumin)
½ cup grated Carrots
½ tsp Turmeric Powder
½ tsp Salt or Salt to taste
1 Wiri Pepper, deseeded and chopped fine

Oil for frying

1. Sift together the flours. Then tip the brown left in the sieve into the sifted flour.
2. In a small bowl, mix the yeast, sugar and little flour with enough water to make a soft dough.
3. Combine all the ingredients to make a soft dough. Set aside in an oiled bowl. Cover with a damp towel and leave to rise until double in bulk.
4. Meanwhile, prepare the puri filling.
5. Knead the dough and cut into eight small pieces. Knead into rounds and set aside. Roll out each to 4" in diameter, and fill with puri filling, making sure to seal well.
6. Flatten between palms and fry in hot oil until golden brown.

Serving Suggestion: Can be used a breakfast dish with cooked vegetables, such as : ¼ cup Bygan choka/ ochro/ Pumpkin choka or a mango dip(sour) Serve with a hot beverage.

Serving Size: 1 Bake

Nutrition: An energy food; rich in protein, fat and carbohydrates.

Special Equipment: Deep Pot for frying, kitchen paper to drain out hot oil, mill or Food Processor to grind split peas.



165
Calories
per serving

Prep Time:
30 mins
Cook Time:
15 mins

PUMPKIN FRITTERS

1 ½ cup Whole Wheat Flour, sifted
½ cup Grated Pumpkin
1 tsp Sugar
1 tsp Yeast
¼ tsp. Grated Nutmeg
2 Eggs
½ tsp Cinnamon Spice
1 tsp Mixed Essence

To Cook:

1 rounded tablespoon butter + 1 tbsp.
vegetable oil

To Serve:

2 tbsps. Honey

1. Mix all the ingredients (except the butter and honey) to achieve a soft sticky batter.
2. Add a mixture of butter and oil and grease the tawah.
3. Drop the batter by spoonfuls unto the tawah and cook until brown; turning once.

NOTE: Oats or cornmeal may be used instead of whole wheat flour. Two cayenne Bananas can also be used instead of pumpkin for Banana fritters. (183kcal)

Serving Suggestion: Serve with honey if desired Makes 6 servings

Serving Size: 3 Fritters (approximately one stack of cards)

Nutrition: A major source of carbohydrate, dietary fibre and vitamin A.

Special Equipment: Tawah

155

Calories
per serving



Prep Time:
30 mins
Cook Time:
30 mins

PAN BAKES/GRIDDLES CAKES

1 cup Whole Wheat Flour
1 cup White Flour
2 tsp. Baking Powder
1 tsp Yeast
1 tbsp. Brown Sugar
1 rounded tablespoon Butter
¼ tsp Salt
¾ cup Warm Water, Milk or Plain Yogurt

1. Sift together the flours, Then tip the bran left in the sieve into the sifted flour.
2. In a separate small bowl, mix the yeast, sugar and little flour with enough water to make a soft paste.
3. Combine all the ingredients to make a soft dough. Set aside in an oiled bowl. Cover with a damp towel and leave to rise until double in bulk.
4. Knead and cut into six pieces. Roll each piece into a round, three inches in diameter and one inch thick.
5. Heat the tawah and grease with oil. Keep turning and stacking each until its completely browned on both sides.

Serving Suggestion: Serve with one of each of the following: 1 poached or boiled egg, 3 ozs fish, ½ cup stewed beans, 2 oz carrot and cheese spread or 1 heaped tbsp. peanut butter

Serving Size: 1 Bake

Nutrition: A major source of carbohydrate, dietary fibre and protein.

Special Equipment: Tawah



197
Calories
per serving

**Prep &
Cook Time:
30 mins**

WHOLE WHEAT ROTI

1lb Whole Wheat Flour
¼lb White Flour
1tsp Salt
2ozs Ghee
½tsp Baking Powder
Water to mix
Oil to fry

1. Sift whole wheat flour in a large mixing bowl.
2. Melt the ghee and mix with one cup oil. Set aside for oiling.
3. Add the baking powder, salt and 2 tbsp of the fat to the sifted flour.
4. Using fingertips, add enough water to make a soft, tacky dough and set aside dough for five minutes.
5. Roll out dough into a large rectangle 18"x 10". Brush liberally with the oil and ghee.
6. Sift some flour lightly over the mixture and roll up along the longer side. Secure the ends.
7. Cut into twelve neat pieces and secure so that the fat doesn't leak out. Rest for 15 minutes.
8. Meanwhile heat the tawah until very hot. Grease the tawah and roll out each round 6 to eight inches wide. Place on oiled tawah and cook. Brush the top with the oil mixture. Turn over and cook on the reverse side.
9. Shake each roti in a covered mug or clap with the hands until flaky. Cover with damp kitchen paper and serve warm.

Serving Suggestion: Serve with curried meats, vegetables or dhal.

Serving Size: Serving size: 1 small roti or ½ large..

Nutrition: Rich in carbohydrates, fat and B vitamins.

Special Equipment: Tawah

Vegetable Dishes & Salads



Stir Fried Farine with Vegetables



Ingredients

1 cup Farine + 3 cups
Warm Water
½ cup Diced Carrots
6 strands Bora, cut in fine
dice
1 Red Bell Pepper, diced
1 cup cooked Red Beans
1 medium Red Onion,
cut in dice
1 tbsp. Vegetable Oil
Salt and Pepper to taste

Directions

1. Soak the farine with the water in a large bowl for one hour.
2. Drain farine in a strainer.
3. In a canary, heat the oil and then stir fry the farine with the vegetables.

150
Calories
per serving

Prep Time:
60 Mins

Cook Time:
5 Mins

May be served with roasted meat and a sauce
or a meat stew along with fresh vegetables.
Makes 6 to 8 servings.
Serving Size: 3 inch square or size of one's fist.



Stir Fried Ochrees with Cashew Nuts



Ingredients

½ lb Ochrees, cut in diagonal slices
4 tbsps Cashew Nuts
1 tbsp Celery chopped
1 Sweet Pepper, cut in strips
1 tsp fresh grated Turmeric
1 tsp fresh grated Ginger
Salt and Pepper to taste
1 tbsp Coconut Oil

Directions

1. Prepare all ingredients and set aside. Ochrees may be sliced beforehand and set to dry in hot sun.
2. Heat canary, wok or frying pan.
3. Add the ochrees, fresh seasoning and cashew nuts to the hot pan and stir. Add salt and pepper to taste.
4. Add the coconut oil and heat thoroughly.

111

Calories
per serving

Prep Time:
10 Mins

Cook Time:
10 Mins

Serve hot with your lunch or eat be itself as a snack.
Makes 4 servings.

Serving Size: 1 pot spoon or ½lb butter bowl.

NOTE: chopped walnuts, pecans, peanuts or other nuts may be used in place of cashew nuts



Tossed Salad with Red Beans



Ingredients

1 head Lettuce
4 Tomatoes, cut in sections
2 Cucumbers, diced
1 cup cooked Red Beans

Dressing:

1 tsp fresh grated Ginger
Salt and Pepper to taste
2 tbsps. Coconut Oil
1 tbsp Lemon Juice

Directions

1. Wash lettuce leaves and remove the veins. Pat dry and shred.
2. Line the salad dish.
3. Prepare all ingredients and set aside.
4. Toss the ingredients with the dressing and arrange on the lettuce.

115
Calories
per serving

Prep Time:
20 Mins

May be served hot with your lunch or eat be itself as a snack.

Makes 4 servings.

Serving Size: ½lb butter bowl size or one pot spoon full.



Vegetable Medley



Ingredients

½ lb Carrots, cut in diagonals
1 bundle Pak choy, cut up
1 red Bell Pepper, cut in squares
4 tbsps Cashew Nuts or Almond Nuts
1 tbsp Celery chopped
1 tsp fresh grated Turmeric
1 tsp fresh grated Ginger
Salt and Pepper to taste
1 tbsp toasted Sesame Seeds
1 tbsp Coconut Oil

Directions

1. Prepare all ingredients and set aside.
2. Heat a canary or wok and prepare a platter to assemble the vegetables.
3. Add the carrots to the pan and add ½ cup water and cook until tender.
4. Drain off the water, Add the oil and stir fry.
5. Add to the platter. Stir and fry each vegetable and arrange in rows on the plate.
6. Complete with a sprinkle of sesame seeds.

99

Calories
per serving

Prep Time:
20 Mins

Cook Time:
10 Mins

May be served hot with your lunch or eat be itself as a snack.

Makes 4 servings.

Serving Size: ½lb butter bowl size or one pot spoon full.



Rupununi Ceasar Salad



Ingredients

1 head Lettuce
2 Cucumbers
2 Plum Tomatoes
1 Chicken Breast cut up
and marinated
1 Cassava Bread

Dressing:

2 tbsps Olive Oil
1 tbsp Vinegar
2 tbsps Mayonnaise
½ tsp Salt

Directions

1. Prepare the vegetables and set aside.
2. Prepare the cassava bread by spraying some drinking water unto it. Flatten it. It should be pliable. Cut out shapes such as triangles and squares and place on a greased baking sheet. Toast until lightly browned.
3. Prepare the dressing, by mixing all the dressing ingredients together in a small jelly jar.
4. Cook the chicken thoroughly in a small amount of water. Allow to cool.
5. Mix the vegetables and toss with the dressing.
6. Add the chicken and mix well.
7. Let stand for about half an hour, so that the flavours can blend in.
8. Add the pieces of toasted cassava bread just before serving.

May be served hot with your lunch or eat be itself as a snack.

Makes 4 servings.

Serving Size: ½lb butter bowl size or one pot spoon full.

Prep Time:
20 Mins

187
Calories
per serving



Vegetable Bundles



Ingredients

1 bundle Bora
2 medium Carrots
4 red Sweet Pepper
2 Chichera

Sauce:

2" piece Ginger, grated
2 tbsps. Soy Sauce
1 Lemon Juice
1 tsp cornstarch
2 tbsp Honey
1/2 cup Water

Directions

1. Wash bora and cut in 2" strips.
2. Peel carrots and cut in strips. (julienne)
3. Cut the sweet pepper in strips.
4. Scrape the chichera and cut in circles. Discard the seeds and Blanch chichera in hot water for two minutes. Rinse in cold water.
5. Blanch the bora, carrots and sweet pepper separately and set aside.
6. Make bundles by placing an assortment of the vegetables in the chichera rings. Set aside.
7. Make the sauce by combining the water, cornstarch and ginger in a small saucepan. Bring to the boil, while stirring, until slightly thickened.
8. Remove from heat and stir in the honey and lemon juice.
9. Pour over the vegetable bundles,

May be served as an accompaniment to rice or pasta dishes or fish.
Makes 3 Bundles.

Prep Time:
20 Mins

39
Calories
per serving



Nutty Vegetable Salad



Ingredients

1lb Bora, cut in fine dice
½ cup Roasted, Peanuts
chopped
1 tbsp Celery chopped
1 Sweet Pepper, cut in strips
1 cup Shredded Carrots
1 cup drained Sweet Corn
1 small head Lettuce
Salt and Pepper to taste
2 tbsps Mayonnaise

Directions

- 1.Prepare all ingredients and set aside.
- 2.Wash and strip the lettuce of its vein. Pat dry with kitchen paper and line a salad dish.
- 3.Reserve some of sweet pepper strips for garnish. Toss the remaining vegetables together with the mayonnaise.
- 4.Place the salad in the middle of the lettuce and garnish. Chill for about twenty minutes.

135

Calories
per serving

Prep Time:
20 Mins

May be served hot with your lunch or eat be itself as a snack.

Makes 6 to 8 servings.

Serving Size: ½lb butter bowl size or one pot spoon full.



Boulanger Choka (Bygan)



Ingredients

2 large Boulanger
6 cloves Garlic
2 strands Eschallot
Onion
2 Wiri Wiri Peppers
2 Sweet Peppers
1 sprig Fine Thyme
If desired add Tomato
concasse.
2 tbsps Vegetable oil.

Directions

1. Wash the boulanger and make six incisions in each using a sharp knife.
2. Place the washed cloves of garlic in each boulanger.
3. Wrap the boulanger in heavy duty foil and roast over an open flame or in a very hot oven
4. Meanwhile chop the seasonings and set aside.
5. When boulanger is roasted it is very soft cut the bouldangers in half while on the foil and scoop out the middle of it with a spoon.
6. Mix the seasonings with the boulanger in a pyrex dish and mash mixture together
7. Heat a canary and add oil. Remove from fire and add to the boulanger mixture.
8. Fry the tomato concasse separately and mix into the choka.

Prep Time:
20 Mins

Serve with whole wheat paratha roti or sada roti.
Serving size: 1 pot spoon

113
Calories
per serving



Farmer's Pie



Ingredients

2lbs. Cassava
1lb Yams
1tbsp. Margarine
2 cups Black Eyed Peas
2 tbsps, Flour
2 tbsps Coconut Oil or Vegetable Oil
1 medium Onion chopped
1 heaped tbsp. Tomato paste
1/2 cup chopped Eschallot
1 medium Carrot
2 tbsps chopped Celery
2 Wiri Wiri Peppers
1 tbsp Margarine
¼ cup Low Fat Milk

Directions

1. Peel and Boil cassava and yam.
2. Add salt to the boiling water. After the potato is boiled, crush with a potato masher and add 1 tbsp margarine and enough milk to make it smooth and creamy.
3. Stir fry the onion in a canary. Add the remaining seasonings, tomato paste and black eyed peas. Add enough water to make a sauce. Add the diced carrots.
4. Grease the pyrex dish and add a half of the potato to the dish. Cover the bottom of the dish with the provision.
5. Add the vegetable stew and cover this over with the remaining half of the provision. Mark out a pattern with a fork.
6. Bake in a moderately oven until browned at the top.

May be served along with fresh vegetable salad as a snack.

Makes 6 to 8 servings.

Serving Size: 3 inch square or size of one's fist.

Prep Time:

15 Mins

Cook Time:

35 Mins



180

Calories
per serving

Shepherd's Pie



Ingredients

2 lbs. Sweet Potato
1 tsp Turmeric Powder
¼ tsp Salt
1lb Minced Beef, Chicken or Fish
1 medium Onion chopped
1 heaped tbsp. Tomato Paste
1/2 cup chopped Eschallot
1 medium Carrot
2 tbsps chopped Celery
2 Wiri Wiri Peppers
1 tbsp Margarine
¼ cup Low Fat Milk

Directions

1. Peel and Boil sweet potato.
2. Add turmeric powder and salt to the boiling water. After the potato is boiled, crush with a potato masher and add 1 tbsp margarine and enough milk to make it smooth and creamy.
3. Season the meat and add to a frying. Cook the meat and add the tomato paste. Add enough water to make a sauce. Add diced carrots.
4. Grease the pyrex dish and add a half of the potato to the dish. Cover the bottom of the dish with the sweet potato.
5. Add the meat mixture and cover this over with the remaining half of the potato. Mark out a pattern with a fork.
6. Bake in a moderately oven until browned at the top.

Prep Time:

15 Mins

Cook Time:

35 Mins

May be served along with fresh vegetable salad as a snack.

Makes 6 to 8 servings.

Serving Size: 3 inch square or size of one's fist.

240

Calories
per serving



Plantain & Minced Meat Casserole

Ingredients

2 lbs turning Plantain
1 lb Minced Chicken
1 tbsp Vegetable Oil
½ tsp Salt
1 tsp Black Pepper
1 tbsp chopped Celery
2 tbsps chopped Eschalot
2 tbsps Tomato Paste
½ cup cut up Bora
½ cup finely diced Carrots
1 tsp Soya Sauce
1 medium Onion, chopped
2 cloves Garlic, chopped
1 Wiri Wiri Pepper, chopped
2 tbsps Biscuit Crumbs

Directions

1. Bring one pint of water to the boil in a saucepan. Peel and slice the plantains and boil for 5 minutes.
2. Meanwhile, heat the oil in a canary and add the onion and garlic. Fry lightly for two minutes and then add the minced chicken. Stir and fry until cooked. Add the tomato paste, soya sauce and vegetables.
3. Add enough hot water to make a sauce along with half of the biscuit crumbs.
4. Next, crush or mash the plantain with a fork.
5. Place half of the plantain in a greased 9"x9" casserole dish. Add the minced chicken mixture and spread evenly. Cover with the remainder of crushed plantain.
6. Sprinkle over with the other half of the biscuit crumbs. Bake in hot oven until slightly browned.

Prep Time:

20 Mins

Cook Time:

15 Mins

Serve with cooked and or raw vegetables

Serving size: 4½ inch square. (2 packs of cards)

Rich in source of protein, carotene and B vitamins

Moderate source of carbohydrates

307

Calories
per serving



Soups





188
Calories
per serving

Split Peas Soup

Prep Time:
30 mins
Cook Time:
50 mins

½ pint Split Peas
1 Carrot
1 bundle Celery
2 medium Onions
3 tbsps chopped Fine Thyme
1 lb Mixed Provision

Dumplings:

1 cup Whole Wheat Flour
1 tbsps Peanut Butter
¼ tsp Salt
½ tsp Cinnamon Powder
¼ cup water
Beef bones or chicken feet
may be used if desired to
make the stock

1. Prepare stock by cutting up carrot onion and celery.
2. Sauté in tsp oil and add 2 pints water. Boil for about 30 minutes.
3. Strain and reserve carrots. Also reserve the onion and celery bits for blending.
4. Boil the split peas in the stock until very soft.
5. Meanwhile, peel and cut up the ground provisions of your choice and set aside. Blend together with the onion and celery. Add salt to taste.
6. Add the provisions and the remainder of seasonings and bring to the boil.
7. Mix dumpling ingredients together, after bout twenty minutes, Add the dumplings by spoonful.
8. Add green vegetables of your choice. Cook for another ten minutes and remove from heat. Serve hot.





265
Calories
per serving

Eddo Soup

1 lb Eddoes, peeled & cut in cubes
1 Carrot
1 small bundle Celery
2 medium Onions
3 tbsps chopped fine Thyme
1 lb mixed Provision

Beef bones or chicken feet may be used if desired to make the stock.

If desired, add green vegetables such as calaloo or pumpkin

1. Prepare stock by cutting up carrot, onion and celery.
2. Sauté carrot, onion, celery and squash in tsp oil and add 2 pints water.
3. Boil for about 30 minutes.
4. Strain and reserve carrots. Also reserve the onion and celery bits for blending.
5. Boil the split peas in the stock until very soft.
6. Meanwhile, peel and cut up the ground provisions of your choice and set aside.
7. Blend together with the onion and celery. Add salt to taste. Add the provisions and the remainder of seasonings and bring to the boil.
8. Add green vegetables of your choice.
9. Cook for another ten minutes and remove from heat. Serve hot.

Prep Time:
20 mins
Cook Time:
40 mins





Tomato Soup

Prep Time:
20 mins
Cook Time:
40 mins

2 lbs Tomatoes in cubes
1 Carrot
1 bundle Celery
2 medium Onions
3 tbsps chopped Fine Thyme
1 lb mixed Provision

Beef bones or chicken feet
may be used if desired to
make the stock

1. Prepare stock by cutting up carrot, onion and celery.
2. Sauté carrot, Onion, celery and squash, in tsp oil and add 2 pints water. Boil for about 30 minutes.
3. Strain and reserve carrots. Also reserve the onion and celery bits for blending.
4. Add the tomatoes and boil for twenty minutes.
5. Blend together with the onion and celery. Strain if desired. Add salt to taste. Add cut up mixed provisions.
6. Cook for another twenty minutes and remove from heat.
7. Taste and improve flavor by adding salt and a teaspoon of sugar if necessary. Serve hot.

89

Calories
per serving





95
Calories
per serving

Squash Soup

Prep Time:
20 mins
Cook Time:
60 mins

1 small Squash, peeled and cut in cubes
1 Carrot
2 medium Tomatoes
1 bundle Celery
2 medium Onions
3 tbsps chopped Fine Thyme
2 lbs. mixed Provision (such yam, eddo, plantain, cassava)

Beef bones or chicken feet may be used if desired to make the stock

1. Prepare stock by cutting up carrot, onion, tomatoes and celery.
2. Sauté carrot. Onion, celery and squash, in tsp oil and add 2 pints water. Boil for about 30 minutes.
3. Strain and reserve carrots. Also reserve the onion and celery bits for blending.
4. Boil the squash and tomatoes in the stock until soft.
5. Meanwhile, peel and cut up the ground provisions of your choice and set aside. Blend together with the onion and celery. Add salt to taste.
6. Add the provisions and the remainder pf seasonings and bring to the boil.
7. Add green vegetables of your choice . Cook for another ten minutes and remove from heat. Serve hot.





235
Calories
per serving

Red Beans Soup

Prep Time:
20 mins
Cook Time:
45 mins

½ pint Red Beans
1 Carrot
1 bundle Celery
2 medium Onions
3 tbsps chopped Fine Thyme
1 lb mixed Provision

Dumplings:

1 cup Whole Wheat Flour
1 tbsps Peanut Butter
¼ tsp Salt
½ tsp Cinnamon Powder
¼ cup Water

Beef bones or chicken feet
may be used if desired to
make the stock

1. Prepare stock by cutting up carrot onion and celery. Sauté in tsp oil and add 2 pints water. Boil for about 30 minutes.
2. Strain and reserve carrots. Also reserve the onion and celery bits for blending. '
3. Boil the red beans in the stock until very soft. Meanwhile, peel and cut up the ground provisions of your choice and set aside.
4. Blend together with the onion and celery. Add salt to taste.
5. Add the provisions and the remainder of seasonings and bring to the boil.
6. Mix dumpling ingredients together, after about twenty minutes, add the dumplings by spoonful.
7. Add green vegetables of your choice. Cook for another ten minutes and remove from heat. Serve hot.

NOTE: Black-eyed peas may be substituted for red beans.



135
Calories
per serving

Pumpkin Soup

Prep Time:
20 mins
Cook Time:
40 mins

1 lb Pumpkin, peeled and cut
in cubes

1 Carrot

1 bundle Celery

2 medium Onions

3 tbsps chopped Fine Thyme

1 lb mixed Provision

Dumplings:

1 cup Whole Wheat Flour

1 tbsps Peanut Butter

¼ tsp Salt

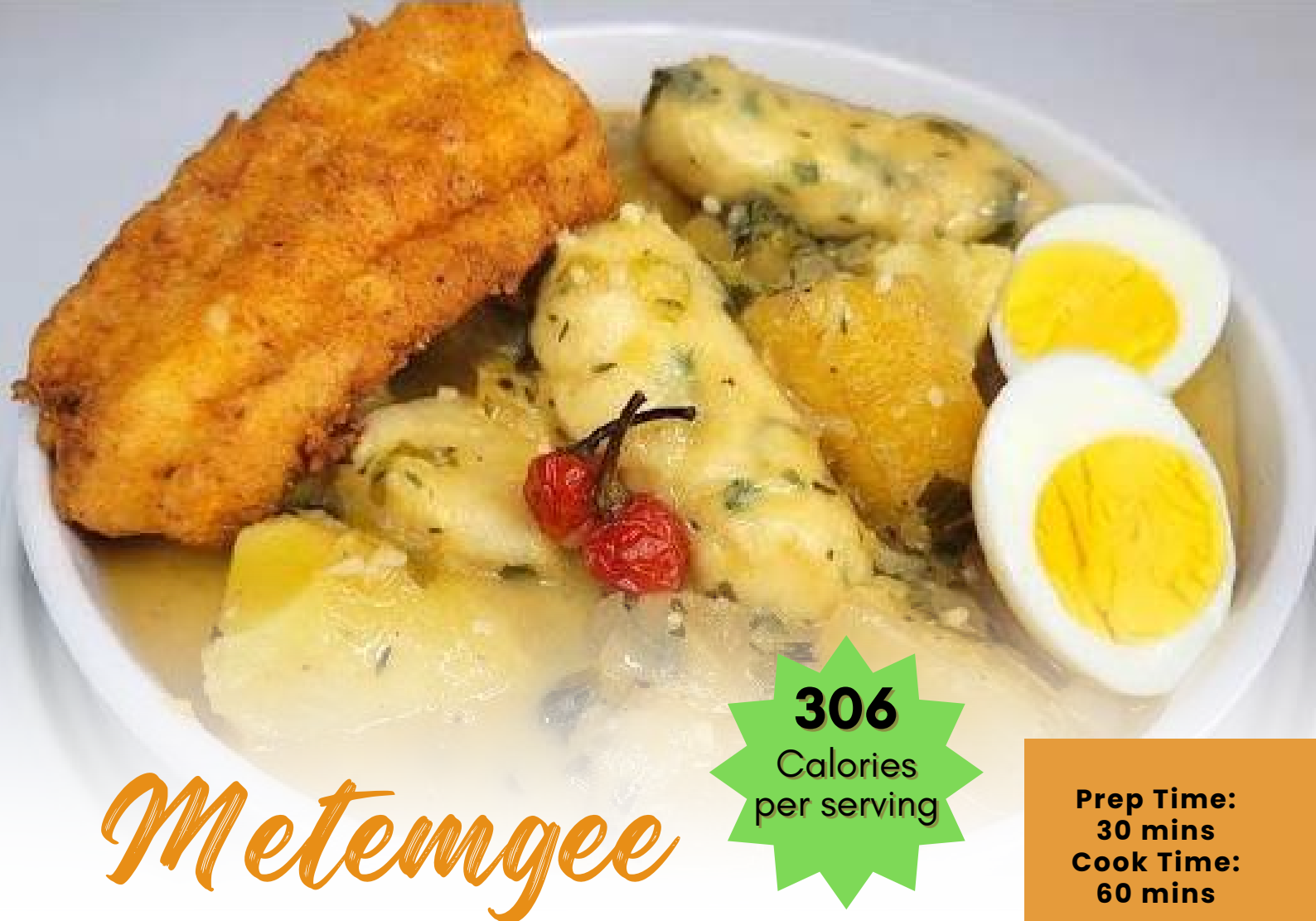
½ tsp Cinnamon Powder

¼ cup Water

Beef bones or chicken feet
may be used if desired to
make the stock

1. Prepare stock by cutting up carrot onion and celery.
2. Sauté in tsp oil and add 2 pints water. Boil for about 30 minutes.
3. Strain and reserve carrots. Also reserve the onion and celery bits for blending.
4. Boil the pumpkin in the stock until very soft.
5. Meanwhile, peel and cut up the ground provisions of your choice and set aside. Blend together with the onion and celery. Add salt to taste.
6. Add the provisions and the remainder of seasonings and bring to the boil.
7. Mix dumpling ingredients together, after about twenty minutes, Add the dumplings by spoonfuls.
8. Add green vegetables of your choice. Cook for another ten minutes and remove from heat. Serve hot.





Metemgee

306
Calories
per serving

Prep Time:
30 mins
Cook Time:
60 mins

1 dry Coconut
½ lb Salted Fish
1 Cassava (yucca)
1 Plantain (your choice of ripeness)
1lb Eddoes, or dasheen
1lb Yams
1 sprig eschallot, chopped
1 sprig Celery
3 Bay Leaves
1 tsp Salt
2 Wiri Pepper, chopped
1 large Onion -- cut in rings
6 Ochros (okra)

Dumplings:

1/2 cup Cornmeal,
½ cup Flour,
2 tsp Baking Powder,
2 tbsp Margarine,
¼ tsp Salt
1 tbsp Sugar

1. Grate coconut and infuse with 2 pts hot water
2. Put salt-fish to soak in water, then strain off that water and boil in fresh water until tender. Flake or process boiled salt fish.
3. Squeeze the coconut mixture and strain to extract the coconut milk.
4. Peel the vegetables, cut into shapes and place in saucepan then add the coconut milk. Mix in the eschallot, celery and bay leaf as well as salt and pepper to taste Cook until almost tender.
5. Mix all ingredients for dumplings together and add enough water to form a stiff dough. Shape into eight balls. Add about 10 minutes before the vegetables are ready. Cover the pot tightly.
6. Remove dumplings after ten minutes' time and place in a serving platter.
7. Fry salted fish with onions and place on serving platter.

Rice Dishes



Tamarind Rice



Ingredients

1 pt. Long Grain Rice
2 pts Water
½ cup Tamarind Paste
2 tbsps Chopped Celery
¼ cup Chopped Eschallot
1 tbsp. Cooking Oil
1 tsp. Mustard Seed
1 medium Onion
6 Bay Leaves
1 small Stick Cinnamon
Dried Chilli Pepper
Salt

Directions

1. Rinse rice several times in a colander and place in a pot of boiling salted water. Add bay leaves and cinnamon.
2. Heat oil in a wok or canary. Add mustard seed.
3. Peel and chop onion. Add to pan and stir. Add eschallot and celery, Tear curry leaves and add to the canary.
4. Stir and fry. Add tamarind paste to canary. Mix in chilli pepper. Stir well.
5. Strain rice or spread out on a sheet pan.
6. Add tamarind mixture to the rice.
7. Stir well and add salt and pepper to taste. Remove stick cinnamon, bay leaves and any tamarind seeds.

Prep Time:

15 Mins

Cook Time:

35 Mins

116

Calories
per serving



Serving Suggestion: Serve with a raw vegetable salad. If using meat, stewed chicken or beef and raw vegetable salad. Garnish with sweet pepper or wiri wiri pepper. Makes 6 to 8 servings.

Serving Size: 1 rounded potspoon full or ½ lb butter bowl size

Nutrition: Source of carbohydrates, protein and fat. Folacin, niacin, vitamin B1, B2

Special Equipment: Canary or Saucepan

Calaloo Rice



Ingredients

1-pint Long Grain Rice
2 pints Water
2 bundles thick Leaf Calaloo
1 cup Cashew Nuts or Peanuts
Cooking Oil
Mustard Seed
1 medium Onion
6 Curry leaves
2 tbsps Chopped Celery
¼ cup chopped Eschallot
Cinnamon Stick
Cardamom Powder
2 Wiri Wiri Peppers. Chopped
Salt to taste

Directions

1. Rinse rice several times in a colander and place in a pot of boiling salted water. Wash peel and shred calaloo
2. Parch nuts in moderate oven or in a canary until lightly browned. Heat oil in a wok or canary. Add mustard seed.
3. Peel and chop onion. Add to pan and stir.
4. Tear curry leaves, Mix with eschallot, wiri wiri pepper and celery and add to the canary.
5. Stir and fry. Add calaloo and roasted nuts well.
6. Strain rice or spread out on a sheet pan.
7. Add calaloo mixture to the rice.
8. Stir well and add salt and pepper to taste.

Prep Time:
15 Mins
Cook Time:
25 Mins

190
Calories
per serving



Serving Suggestion: Serve with a chutney sauce and raw vegetable salad. If using meat, stewed chicken or beef and raw vegetable salad. Garnish rice with mint or celery leaf. Makes 6 to 8 servings.

Serving Size: 1 rounded potspoon full or ½ lb butter bowl size

Nutrition: Source of carbohydrates, protein and vitamin A and C. Folacin, niacin, vitamin B1, B2

Special Equipment: Canary or Saucepan

Coconut Rice



Ingredients

1-pint Long Grain Rice
2 pints Water
½ cup Grated Coconut
½ cup slivered Almond Nuts
Cooking Oil
1 tsp Mustard Seed
1 medium Onion, chopped
1 tsp grated fresh Ginger.
Cinnamon Stick
1 tsp ground Cardamom Powder
2 Wiri Wiri Pepper,
deseeded and chopped
½ tsp tsp Salt

Directions

1. Rinse rice several times in a colander and place in a pot of boiling salted water.
2. Spread out grated coconut on a sheet pan and toast lightly for about 15 minutes until lightly.
3. Parch nuts in moderate oven or in a canary until lightly browned. Heat oil in a wok or canary. Add mustard seed.
4. Peel and chop onion. Add to pan and stir.
5. Tear curry leaves and add to the canary, and stir and fry.
6. Mix in cardamom and pepper. Add to canary. Mix in grated coconuts and chili pepper. Add almond nuts. Stir well.
7. Strain rice or spread out on a sheet pan. Add coconut to the rice. Stir well and add salt and pepper to taste

Prep Time:
15 Mins
Cook Time:
25 Mins



144
Calories
per serving

Serving Suggestion: Serve with a chutney sauce and raw vegetable salad. If using meat, stewed chicken or beef and raw vegetable salad. Garnish rice with mint or celery leaf. Makes 6 to 8 servings.

Serving Size: 1 rounded potspoon full or ½ lb butter bowl size

Nutrition: Source of carbohydrates, protein and fat. Folacin, niacin, vitamin B1, B2

Special Equipment: Canary or Saucepan

Carrot Rice



Ingredients

1 pt. Long Grain Rice
2 pts. Water
2 medium Carrots
1 cup Cashew Nuts
1 tbsps. Cooking Oil
1 tsp. Mustard Seed
1 medium Onion
6 Curry Leaves
1tsp. Turmeric Powder
1 4" Cinnamon Stick
1 tsp. Cardamom Powder
1 tsp. Dried Chili Pepper
Salt to taste

Directions

1. Rinse rice several times in a colander and place in a pot of boiling salted water. Wash peel and shred carrots
2. Parch nuts in moderate oven or in a canary until lightly browned. Heat oil in a wok or canary. Add mustard seed.
3. Peel and chop onion. Add to pan and stir. Tear curry leaves and add to the canary.
4. Break into small pieces and add to canary.
5. Mix in shredded carrots chilli pepper. Add cashew nuts. Stir well.
6. Strain rice or spread out on a sheet pan. Add carrot mixture to the rice. Stir well and add salt and pepper to taste

Prep Time:

15 Mins

Cook Time:

25 Mins

199

**Calories
per serving**



Serving Suggestion: Serve with a chutney sauce and raw vegetable salad. If using meat, stewed chicken or beef and raw vegetable salad. Garnish rice with mint or celery leaf. Makes 6 to 8 servings.

Serving Size: 1 rounded potspoon full or ½ lb butter bowl size

Nutrition: Source of carbohydrates, protein and fat. Folacin, niacin, vitamin B1, B2

Special Equipment: Canary or Saucepan

Rice a Roni (Vegetarian - cashew nut paste)



Ingredients

1 cup Medium & Short Grain Rice
1-pint Water
1 Carrot, peeled and shredded
1 cup Cashew Nuts
1 tablespoon Cooking Oil
Mustard seed
1 medium Onion, chopped
Curry Leaf
Turmeric Powder
Cinnamon Stick
Cardamom Powder
Dried Chilli Pepper
Salt

Directions

1. Rinse rice several times in a colander and place in a pot of boiling salted water.
2. Wash peel and shred carrots
3. Place the raw cashew nuts in a processor and process for two minutes. Add the prepared mustard and process until it becomes a paste. Heat a little oil in a wok or canary. Add mustard seed and chop onion. Add to pan and stir.
4. Tear curry leaves and add to the canary. Stir well.
5. Strain rice or spread out on a sheet pan. Add cashew paste to the rice. Stir well and add salt and pepper to taste.
6. Transfer to a greased pyrex dish or loaf pan. Sprinkle over with parsley flakes or chopped nuts and bake in a moderate oven for fifteen minutes.

Prep Time:

15 Mins

Cook Time:

25 Mins



166

**Calories
per serving**

Serving Suggestion: Serve with a chutney sauce and raw vegetable salad. If using meat, stewed chicken or beef and raw vegetable salad. Garnish rice with mint or celery leaf. Makes 6 to 8 servings.

Serving Size: 1 rounded potspoon full or ½ lb butter bowl size

Nutrition: Source of carbohydrates, protein and fat. Folacin, niacin, vitamin B1, B2

Special Equipment: Saucepan and loaf pan

Cook Up Rice



Ingredients

1-pint Rice
2 ½ pints Coconut Milk
1 medium onion, chopped
2 tbsps chopped Celery
¼ cup chopped Eschallot
2 tbsps chopped Basil
2 Wiri Wiri Pepper, deseeded and chopped
1 tbsp chopped Broad Leaf Thyme
1 cup cooked Black-Eyed Peas
1 cup cooked Channa
1 cup cooked Red Beans
6 Ochroes
½ lb Pumpkin

Prep Time:

15 Mins

Cook Time:

35 Mins

Directions

1. Rinse rice several times in a colander/strainer.
2. Heat oil in a pressure pot or large saucepan. Add mustard seed and chopped onion. Add to pan and stir.
3. Tear curry leaves and add to the pot.
4. Add the rice to the pot and fry.
5. Mix in coconut milk and peas. Add basil, thyme and wiri wiri pepper. Cover the pot. If using a pressure pot, pressure for ten minutes. If using a saucepan, cook until rice is tender.
6. Meanwhile prepare the vegetables of your choice. Uncover pot and stir in eschallot, celery. Stir well and add salt and to taste. Add prepared vegetables on top of the rice. Cover the pot and allow to cook for another ten minutes.
7. **Note:** retain a cup of coconut milk or hot water to add to pot in case the rice becomes dry before the cooking process is complete.

215
Calories
per serving



Serving Suggestion: Serve with vegetable salad and meat kind.

Serving Size: 1 rounded potspoon full or ½ lb butter bowl size

Nutrition: Source of carbohydrates, protein and fat. Folacin, niacin, vitamin B1, B2

Special Equipment: Canary or Saucepan

Vegetable Rice



Ingredients

1-pint Long Grain Rice
2 pints Water
1 Carrot, cut in dice
1 small bundle Bora, cut in dice
1 Red Bell Pepper, cut in dice
1 cup Sweet Corn
2 tbsps chopped Celery
¼ cup chopped Eschallot
Cooking oil
Mustard seed
1 medium Onion
4 Curry Leaves
1 tsp. Turmeric Powder
1 Cinnamon Stick
1 tsp. Cardamom Powder
1 tsp. dried Chilli Pepper
Salt

Directions

1. Rinse rice several times in a colander and place in a pot of boiling salted water.
2. Prepare vegetables and set aside. Peel and chop onion.
3. Heat oil in a wok or canary. Add mustard seed.
4. Add to pan and stir.
5. Tear curry leaves and add to the canary, stir and fry. Add eschallot and celery to canary. Add vegetables and chilli pepper, while stirring and frying.
6. Stir well.
7. Strain rice or spread out on a sheet pan.
8. Add carrot mixture to the rice.
9. Stir well and add salt and pepper to taste

Prep Time:

15 Mins

Cook Time:

25 Mins

144

Calories
per serving



Serving Suggestion: Serve with a chutney sauce, beans or raw vegetable salad. If using meat, serve with stewed chicken or beef and raw vegetable salad. Garnish rice with mint or celery leaf. Makes 6 to 8 servings.

Serving Size: 1 rounded potspoon full or ½ lb butter bowl size

Nutrition: Source of carbohydrates, protein and fat. Folacin, niacin, vitamin B1, B2

Special Equipment: Canary or Saucepan

Noodles



Vegetable Chowmein

Ingredients

½ lb Whole Wheat Chowmein
½ cup Bora, cut up fine
2 Carrots, cut in fine dice
2 Bell Peppers, cut in dice
1 tbsp. Five Spice Powder
2 tbsps chopped Eschallot
2 tbsps chopped Celery
1 tsp freshly grated Ginger

Directions

1. Place 2 pints water in a large saucepan and put to boil.
2. Add one tsp salt.
3. Break up chowmein in smaller pieces and boil in the salted water (7 minutes), until al dente (a fork should cut through it).
4. Drain immediately in a colander and rinse with cold water.
5. Stir fry the vegetables in a canary with seasonings and spices.
6. Add the cooked chowmein and stir and fry.

Prep Time:
20 Mins
Cook Time:
30 Mins

118
Calories
per serving



Serving Suggestion: May be served with meat or a vegetarian entrée. Serves 4.

Serving Size: 1 pot spoonful or half pound butter bowl size.

Nutrition: Source of carbohydrate (fibre), vitamins A, B1, B2, C and minerals, Iron and zinc.

Special Equipment: Canary or Saucepan

Vegetable Macaroni Casserole

209

Calories
per serving

Ingredients

1 lb. Macaroni (long, elbows or twists)

Sauce:

½ lb. Cheddar Cheese shredded

1 tbsp Mustard

1 cup low fat Milk

1 heaped tbsp Flour

1 heaped tbsp Margarine

1 Wiri Wiri Pepper, chopped.

1 medium Onion, chopped.

½ tsp. salt

Vegetable filling:

1 cup shredded Carrots

½ cup shredded Pakchoy

Topping:

2 tbsp Flaxseed Powder

1 tsp Paprika Powder

Directions

1. Bring 3 pints water to boil in a large saucepan, break long macaroni into three-inch lengths and boil in slightly salted water.
2. Boil until al dente. (you should be able to cut it through with a fork, but it must not be too soft). It takes about ten minutes to boil. Strain macaroni in a colander and rinse with cold water.
3. Make the sauce. In a smaller saucepan, sauté the onion in the margarine and then add the flour to make a paste. Add pepper. Stir in the milk and cook and stir with a balloon whisk until thickened and smooth. Add the cheese and mustard and add enough salt to improve flavour.
4. Combine with the boiled macaroni and cheese sauce; then taste again and add mustard and salt if necessary.
5. Meanwhile, sauté Pak choy and carrots and season. Add the macaroni and vegetables in layers. Mix the flaxseed and paprika and sprinkle over the top of the casserole.
6. Bake in a hot for fifteen minutes. Serve hot.



Prep Time:
30 Mins
Cook Time:
15 Mins

Serving Suggestion: Makes ten servings.

Serving Size: 1 rectangle about the size of one's fist.

Nutrition: Rich source of protein, calcium and carbohydrates. Moderate in fats, vitamins A, D and E. Source of Fibre.

Special Equipment: Casserole Dish

Fish & Seafood





Ingredients

1lb Fish Fillets
1 Lime
Eschallot
Celery
Onion
Salt
Black Pepper
4" piece Fresh Ginger
1 cup Water
1 tbsp Corn Starch
2 tbsps Vinegar
2 tbsps Brown Sugar

190
Calories
per serving

Fish in Ginger Sauce

Prep Time:
15 Mins
Cook Time:
20 Mins

Directions

1. Wash the fish with the lime and add salt and black pepper.
2. Grind or blend the eschallot, celery and onion. Season the fish with this mixture. Cover and set aside.
3. Make the sauce: Peel and grate the ginger. Mix the cornstarch with the water and bring to the boil in a sauce pot. Add remaining ingredients for the sauce, namely, vinegar cornstarch, water and sugar. Lower heat and simmer until thickened.
4. Bake, grill or pan fry the seasoned fish and serve hot with the prepared sauce.

Serve with rice dish.
Serving size: 4 oz. (palm of one's hand).



Ingredients

1lb Fish Fillets
1 Lime
4 cloves Garlic
1 medium Onion, peeled, washed and cut in quarters
2 leaves Broad Leaf Thyme
2 Wiri Wiri Peppers, deseeded and chopped
2 tbsps chopped Celery
2 tbsps chopped Eschallot
Salt and Black Pepper to taste

To: coat: ½ cup powdered Flaxseed or Wheat Bran.

295

Calories
per serving

Prep Time:
35 Mins
Cook Time:
12 Mins

Pan Fried *Fish*

Directions

1. Prepare fish fillets by washing with lime.
2. Blend seasonings together.
3. Pour blended seasoning on fish and set aside for half an hour.
4. Heat a frying pan and add the oil. Roll fish in wheat bran or flaxseed.
5. Place in hot pan and cook until browned, turning once.

Serve with vegetable salad, tomato sauce, mango dip and rice of your choice, farine.provisions or corn meal coo coo.

Serving size: 4 oz. (palm of one's hand).



Ingredients

1 lb Gillbacker Steaks
(or Fish of your choice)
1 tbsp. roasted ground Gheera
2 tbsps Curry powder
1 tbsp Gharam Masala
4 tbsp ground Garlic
2 Green Mangoes, cut up
1 medium Onion
2 Wiri Wiri Peppers
2 tbsps chopped Broad Leaf
Thyme
2 stems Eschallot
1 Green Tomato
2 tsp Salt

245

Calories
per serving

Curried Fish

Prep Time:
20 Mins
Cook Time:
30 Mins

Directions

1. Mix the curry powder, gheera, gharam masala and garlic together in a bowl. Add enough water to make a paste.
2. Heat the oil in a canary and add the chopped onion and curry paste. Stir and fry for a few minutes.
3. Add some water and tomato concasse. Add the fish and salt. Add the shallot and wiri wiri pepper.
4. Cover and cook for about ten minutes. Shake the fish curry. Add the cut up mangoes and enough hot water to give enough sauce. Add 2 wiri wiri pepper on top,

Serve with boiled rice and tossed salad
Serving size: 4 oz. (palm of one's hand).



Fish Balls

Ingredients

1lb Fish Fillet
1 Lime
1 small Cassava boiled and crushed
4 cloves Garlic, grated
1 medium Onion, grated
2 tbsps chopped Eschallot
1 tbsp. Celery
Black Pepper
1 tsp Salt

Light batter:

½ cup Flour
¼ tsp Salt
1/2 tsp ground Gheera

Coating:

Powdered Flaxseed and Paprika

188
Calories
per serving

Prep Time:
20Mins
Cook Time:
20 Mins

Directions

1. Wash fillet with lime and remove skin.
2. Pound raw fish with seasonings using a mortar and pestle or rolling pin and mix well. Mix in just enough crushed cassava to hold it together. Form into balls, dip in light batter and coat with flaxseed and paprika.
3. Place on a greased baking pan and cook in a hot oven for 15 minutes.

Serve as a snack with mango or tamarind dip and raw vegetable salad
Serving size: 4 oz. (palm of one's hand).



Ingredients

1 lb Fish Head
1 Lime
4 cloves Garlic
1 medium Onion, peeled, washed and cut in quarters
2 tbsps chopped Celery
2 tbsps chopped Eschallot
2 leaves Broad Leaf Thyme
2 Wiri Wiri Peppers, deseeded and chopped
4 Bay Leaves
2 Carrots
1lb Eddoes, peeled, cut in cubes and washed.
1 Green Plantain, peeled and cut in circles
Salt and Black Pepper to taste
1 Sweet Pepper, cut in cubes
1 bundle, Calaloo, cut up

Fish Broth

40
Calories
per serving

Prep Time:
35 Mins
Cook Time:
12 Mins

Directions

1. Prepare fish fillets by washing with lime.
2. Blend seasonings together. Pour blended seasoning on fish and set aside for half an hour.
3. Heat a frying pan and add the oil. Add carrots and 2 pints water. Bring to the boil and add plantain and eddoes. simmer for another hour.
4. Add calaloo and sweet pepper.

Serve with boiled rice and tossed salad.
Serving size: 4 oz. (palm of one's hand).

Meat Dishes



Chicken Roll Ups

Ingredients

2 lbs deboned Chicken Breasts
1 tsp ground Fine Thyme
½ tsp Salt
1 /2 tsp Black Pepper
½ cup cut up Spinach or
Broad Leaf Callaloo
½ cup cut up Carrots
½ cup Coconut Milk
1 tsp Chinese Sauce
1 medium Onion, chopped
2 cloves garlic, chopped
1 Wiri Wiri pepper, chopped
2 red Sweet Peppers, cut
in squares.

Directions

1. Cut chicken into strips about 1 ½ wide by 3 inches long.
2. Wash and season with salt pepper and thyme. Roll up and secure with a toothpick.
3. Prepare callaloo and carrots and wash and set aside.
4. In a frying pan place 1tbsp cooking oil and heat. Sear (fry) chicken on both side until browned. Remove from the pan and set aside in a covered bowl.
5. Meanwhile. Heat the chopped onion and garlic in the pan. Fry until slightly browned. Add carrots and spinach and fry lightly. Add the coconut milk and bring to a slow boil,
6. Add the chicken, sweet pepper and chinese sauce. Cover and cook on slow heat for twenty minutes.

212

Calories
per serving

Makes eight servings.

Serve with noodles, rice or farine

Serving size: one roll up together with vegetables

Rich source of protein, carotene and B vitamins

Moderate source of fat



Prep Time:
10 Mins
Cook Time:
20 Mins

Plantain & Minced Meat Casserole

Ingredients

2 lbs turning plantain
1 lb minced chicken
1 tbsp vegetable oil
½ tsp salt
1 tsp black pepper
1 tbsp chopped celery leaves
2 tbsps chopped eschalot
2 tbsps tomato paste
½ cup cut up bora
½ cup finely diced carrots
1 tsp soya sauce
1 medium onion chopped
2 cloves garlic, chopped
1 wiri wiri pepper chopped
2 tbsps biscuit crumbs

Directions

1. Bring one pint of water to the boil in a saucepan. Peel and slice the plantains and boil for 5 minutes.
2. Meanwhile, heat the oil in a canary and add the onion and garlic. Fry lightly for two minutes and then add the minced chicken. Stir and fry until cooked.
3. Add the tomato paste, soya sauce and vegetables.
4. Add enough hot water to make a sauce along with half of the biscuit crumbs.
5. Next, crush or mash the plantain with a fork. Place half of the plantain in a greased 9"x9" casserole dish.
6. Add the minced chicken mixture and spread evenly. Cover with the remainder of crushed plantain. Sprinkle over with the other half of the biscuit crumbs.
7. Bake in hot oven until slightly browned.

Serve with cooked and/or raw vegetables
Serving size: 4 ½ inch square. (2 packs of cards)
Rich in source of protein, carotene and B vitamins.
Moderate source of carbohydrates

307

**Calories
per serving**

**Prep Time:
20 Mins
Cook Time:
15 Mins**



Baked Tandoori Chicken

Ingredients

2 lbs Chicken Drumsticks
¼ cup Tandoori Seasoning
1 tsp ground Fine Thyme
½ tsp Salt
3 cloves Garlic. grated
1 /2 tsp Black Pepper
1 tsp ground Chili Peppers
½ cup plain Yogurt

Directions

1. Wash the chicken and make small incisions with a knife, season with salt, pepper, thyme and garlic. Set aside for about ten minutes.
2. Meanwhile mix the tandoori seasoning and yogurt, Coat each chicken piece with the yogurt mixture and place in a covered bowl. Leave to marinate overnight.
3. When ready to bake, place each piece on a greased roasting pan or baking tray.
4. Sprinkle over with some ground paprika. Cover with foil and bake in a hot oven until done.

175

Calories
per serving

Serve with noodles, rice or farine. Yogurt may be used as a sauce.

Serving size: one piece chicken

Rich source of protein, calcium and B vitamins



Prep Time:
10 Mins
Cook Time:
20 Mins

Gingered Beef

Ingredients

1 lb Boneless Beef, cut in strips or cubes
1 four-inch piece Ginger, peeled, washed and grated.
1 medium Onion, chopped
1 rounded tbsp Flour
½ tsp Salt
1 /2 tsp Black Pepper
1 Wiri Wiri Pepper, chopped
1 cup Beef Stock or Vegetable Stock
2 tbsps chopped Eschallot
1 tbsp finely chopped Celery

Note. Beef may be tenderized by preparing and wrapping in papaw leaves. Chicken cubes or cut up chicken may be used instead of beef.

Directions

1. Prepare the beef and season with black pepper, salt and thyme.
2. In a canary, heat one tbsp oil and fry the onion and ginger. Remove from the heat and parch the flour until well browned.
3. Add the seasoned beef, stock and soy sauce. Simmer slowly for twenty minutes.
4. Add the fried ginger and onion. Cook for another five minutes then add the eschalot, celery and wiri wiri pepper.

Serve with noodles, rice or farine and vegetables.

Serving size: two- three ounces. Size of one's palm.

Rich source of protein, iron and B vitamins

150
Calories
per serving



Prep Time:
10 Mins
Cook Time:
30 Mins

Stir Fried Chicken with Vegetables

Ingredients

2 lbs Chicken Breasts, cut in strips
1 tsp ground Fine Thyme
½ tsp Salt
3 cloves Garlic, grated
1 /2 tsp Black Pepper
1 tsp ground Chili Peppers
1 large Onion, sliced
2 red Sweet Peppers or one Bell Pepper, cut in strips.
1 small bundle Bora, cut in 2-inch strips
2 Carrots, cut in strips
1 tsp grated Ginger
1 tbsp Soy Sauce
1 tsp Vinegar
½ cup Water
1 tbsp Cornstarch
1 tsp Sugar
1 tbsp Tomato Ketchup
1 tbsp freshly chopped Parsley

Directions

1. Wash the chicken, season it with the salt pepper and minced garlic. Set aside for about ten minutes.
2. Heat the vegetable oil in a large skillet or canary. Add the sliced onion and stir and fry until slightly browned. Remove from heat.
3. Add the carrots and stir and fry. Add a tablespoon of hot water to assist in softening the carrots. Add the bora, grated ginger and sweet peppers.
4. Set aside the vegetables and stir fry the chicken strips until cooked.
5. Meanwhile mix the water. Vinegar, soya sauce, sugar, tomato ketchup and cornstarch.
6. Add to the chicken and allow to simmer for five minutes. Add the vegetables and stir well.

Serve with noodles, rice, root vegetables or farine.

Yogurt may be used as the sauce.

Serving size: one piece chicken

Rich source of protein, carotene, iron and B vitamins

200
Calories
per serving



Prep Time:
10 Mins
Cook Time:
20 Mins

Chicken Salad

Ingredients

2 lbs Chicken Breasts, marinated
½ cup Mayonnaise
2 tbsps. chopped Celery
½ cup Roasted Peanuts, chopped
Greens that may be included:
Sweet Corn, Bell Peppers.
Shredded Carrots

Directions

1. Wash the chicken, cut in small strips and marinate for at least twenty minutes.
2. Cook in just enough water to cook thoroughly.
3. Prepare the salad dish and combine selected ingredients with mayonnaise.
4. Place on a bed of freshly shredded lettuce.

250
Calories
per serving

Serve with dinner rolls, noodles, or wraps on a bed of lettuce.

Serving size: four ounces. The size of the palm of one's hand.

Rich source of protein, vitamin C and B vitamins
Source of fat



Prep Time:
10 Mins
Cook Time:
20 Mins

Oven Fried Chicken

Ingredients

2 lbs Chicken pieces (drumsticks, thighs)
1 tsp ground Fine Thyme
½ tsp Salt
3 cloves Garlic, grated
1 large Onion, grated
1 /2 tsp Black Pepper
1 tsp ground Chili Peppers
½ cup plain Yogurt

Coating:

Batter made with ½ cup Flour and ¼ cup Water or ½ cup Flour and one Egg
½ powdered Wheat Germ or powdered Flaxseed
1 tsp powdered Paprika

Directions

1. Wash the chicken and make small incisions with a knife, season with salt, pepper, thyme and garlic.
2. Set aside for about ten minutes. When ready to bake, make the batter by beating the flour with the
3. Beat until smooth and bubbly. Add 1/8 tsp salt. Dip each piece of chicken in the batter and then in the mixture of wheat germ and paprika place each piece on a greased roasting pan or baking tray.
4. Dot each piece with margarine and place in a hot oven and cook for 40 mins or until crispy and well browned.

Serve with tomato sauce and noodles, rice or farine.
Serving size: one piece chicken, (6 ozs)
Rich source of protein, and B vitamins, potassium, magnesium, calcium and iron.
Moderate source of fibre

235
Calories
per serving



Prep Time:
10 Mins
Cook Time:
20 Mins

Garlic Chicken Wings

Ingredients

2 lbs Chicken Wings
1/2 cup Vinegar + 1/4 cup Water
1 tsp ground Fine Thyme
4 whole Cloves
4 sprigs Thyme
1/2 tsp Salt
4 whole Wiri Wiri Peppers
1 head Garlic and Cloves washed and grated
1 /2 tsp Black Pepper
1 tsp ground Chili Peppers,
1 tbsp Paprika Powder
1 tbsp. Annatto if available

Directions

1. Wash and clean the chicken wings and prepare a marinade with the vinegar. Thyme, peppers, paprika, salt and garlic.
2. Place in a glass bottle or covered stainless steel bowl
3. Bake in the marinade in a roasting pan or baking tray. Cover with foil and bake in a hot oven until done.

Serve with dinner rolls, bread, noodles, rice or farine.

Serving size: 3 wings

Rich source of protein, B vitamins and carotenoids

220
Calories
per serving



Prep Time:
10 Mins
Cook Time:
20 Mins

Chicken with Black Bean Stew

Ingredients

1 lb boneless Chicken Breasts, cut in strips or Cubes
1 tsp grated Ginger
1 medium Onion chopped
1 rounded tbsp Flour
½ tsp Salt
1 /2 tsp Black Pepper
1 Wiri Wiri Pepper, chopped
1 cup cooked Black Beans
1 cup Vegetable Stock
2 tsbps chopped Eschallot
1 tbsp finely chopped Celery

Note. Boneless Beef or pork may be used instead of chicken. Red Beans or black-eyed beans may be used instead of black beans.

Directions

1. Prepare the chicken or other meat and season with black pepper, salt and thyme.
2. In a canary, heat one tbsp oil and fry the onion and ginger.
3. Remove from the heat and parch the flour until well browned. Add the seasoned chicken, stock and soy sauce. Simmer slowly for twenty minutes.
4. Add the beans, ginger and onion. Cook for another five minutes then add the eschalot, celery and wiri wiri pepper.

Serve with noodles, rice or farine and vegetables.
Serving size: two- three ounces. Size of one's palm.
Rich source of protein, iron and B vitamins

165
Calories
per serving



Prep Time:
10 Mins
Cook Time:
30 Mins

Beef Pepperpot

Ingredients

1 lb. Cowheel
1 lb. Oxtail
1 lb. Brisket
1 lb. Lean Beef
1- 3" stick Cinnamon Spice
6 Cloves
4 Wiri Wiri Peppers
1 pint pure Casareep
2 sprigs fine Leaf Thyme
4 dried Bay Leaves
2 Star Anise
2-inch piece Dried Orange peel.

Dry Rub:

4 tbsps. Cinnamon Powder
2 tbsps. Dried thyme, powdered.
1 tbsp Brown Sugar
1 tsp five Spice Powder
1 tsp. Coarse Sea Salt
1 tsp Black Pepper

Directions

1. Clean and wash cowheel with lime or baking soda. If using cow face and tripe, apply the same cleaning and cooking as the cow heel. Cook in a pressure pot until softened.
2. Wash oxtails and rub with spices. Set aside in the refrigerator overnight, Cut up beef and season with rub.
3. Next day, reheat softened cowheel and add the oxtail. Bring to the boil and add cassareep and spices. Cook until tender.
4. Add beef, wiri wiri pepper and thyme. Simmer on very slow heat for about sixty minutes. Taste pepperpot and improve flavour. Cool pepperpot completely and then place in refrigerator overnight.
5. On the next day, remove the pepperpot from the freezer/ refrigerator and skim off all the fat with a fish slice or pot spoon. Remove any remaining bits of fat with absorbent kitchen paper. Discard fat.
6. Reheat the pepperpot. Serve hot with home-made bread, provisions, farine or rice.

Note: Vegetarian pepperpot may be made using selected vegetables and mushrooms.

Chicken foot and Chicken pepperpot can also be made. Wild meats and pork may be used, wherever meats are cooked it is advisable to de-fat the pepperpot. For game meats or fish pepperpot, add onion and garlic powder to the rub.

Serving size: 4 ozs meat solids with ½ cup sauce (half pound butter bowl). Rich source of protein and carbohydrates. Pepperot not defatted could have up to an additional 360 kcal, making a total of 865 kcal.

505
Calories
per serving



Prep Time:
24hrs or more
Cook Time:
3hrs

Snacks



215

Calories
per serving



Baked Egg Ball

Prep Time:
10 Mins
Cook Time:
20 Mins

Ingredients

4 eggs
1 lb cassava
1 tbsp chopped Eschallot
1 tbsp chopped Celery
1 wiri wiri pepper, deseeded
and chopped.
Salt to taste

Coating: 2 tbsps Powdered
Paprika
2 tbsps ground flaxseed

Directions

1. Boil eggs for 10 minutes and rinse immediately with cold water.
2. Peel and Boil cassava separately.
3. Crush cassava using some of the water the cassava was boiled in to achieve a smooth creamy consistency. Add the seasoning and enough salt to taste.
4. Encase each egg in this cassava mixture to form a neat ball.
5. Coat the ball with the mixture of flaxseed and paprika.
6. Heat the oven to hot. Place a pat of butter on each ball if desired, to achieve a crispier texture.
7. Bake for ten minutes in hot oven.

Serving Suggestion:

Serve with a dip/sour/coulis of your choice.
May be served along with fresh vegetable salad as a snack. Makes 4 to 8 servings.

Special Equipment:

1 small egg ball.

Nutrition:

Source of protein, fat, omega 3 fatty acids, carbohydrate.
Useful amounts of iron, iodine, selenium and zinc.
Contains vitamin A and D, Vitamin B2 and B12

300

Calories
per serving



Vegetable Pakoras

Prep Time:
15 Mins
Cook Time:
10 Mins

Ingredients

Batter:

1 cup Split Peas Flour
1 /2 tsp Garam Masala
½ tsp Salt
½ tsp Ground Gheera
Water to mix batter.

Choice of vegetables:

Cut up Ochres, Bell Peppers
Cauliflower or Broccoli Florets
Oil for frying.

Directions

1. Make the batter by beating the peas flour with the spices and enough water to make a thick batter.
2. Heat the oil.
3. Cut up the vegetables into bite sized pieces.
4. Once the oil is hot, dip the vegetables in the oil and fry until golden brown. Drain on kitchen paper.

Serving Suggestion:

Serve with atchar or chutney sauce.

Special Equipment:

4 pakoras.

Nutrition:

Source of protein, fibre, magnesium,
zinc copper and fat

290

Calories
per serving



Liver Patties

Prep Time:
20 Mins
Cook Time:
20 Mins

Ingredients

Pastry Crust:

6 oz Flour
2 oz Butter
1 tsp Salt
Cold Water

Filling:

6 oz Minced Liver
2 tbsp Chopped Onions
1 tbsp chopped Eshallot
1/4 tsp Salt and Pepper
1 Egg (beaten)

Note: 1/4 tsp salt only in pastry

Directions

1. Sift the flour and salt together.
2. Rub in the butter using your finger tips incorporating as much air as possible. The mixture should look like bread crumbs when finished.
3. Add some water, sprinkling over the surface flour. Drawing together with fingertips.
4. Pull together with fingertips only and knead lightly on a highly floured board until dough is smooth but not sticky.
5. Cover and leave to relax.
6. Roll out, turning the pastry around so as to maintain the shape.
7. Season the minced liver with salt, eshallot, onion and pepper. Cook lightly and put to cool.
8. Roll out pastry to thickness of 1/8 of an inch, cut into 8-10 circles.
9. Place 4-5 circles into a pastry pan, place meat mixture in the centre of each round, dampen edges of the remaining circles of pastry, place on top of the filled circles and press edges together with a fork.
10. Glaze with beaten egg and bake at 350F until lightly brown.

Serving Suggestion:

1 Patty

Special Equipment:

Baking Sheet

Nutrition:

Source of protein, iron and Vitamin B

130

Calories
per serving



Black Eye Buns

Prep Time:
30 mins
Cook Time:
60 mins

Ingredients

1 cup Sugar
2 tbsp Mixed Spice
4 tbsp Baking Powder
2 dessert spoons Butter
1 tbsp Molasses
Pinch of Salt
1/4 cup Honey
2 cups Flour
1 cup Mixed Fruits
2 cups Black eye Beans (cooked & mashed)

Directions

1. Melt butter and mix with sugar, spice, salt, honey and molasses.
2. Sift together flour and baking powder and fold into liquid. Mix well to prevent lumps.
3. Add mashed peas, mixing thoroughly.
4. Add fruits.
5. Pour into greased muffin pans and bake at 350F for 1 1/2 hours.
6. When baked, make a glaze with honey and water and brush the top.

Serving Suggestion:

1 Bun
Makes 18 Buns

Special Equipment:

Muffin Pan or Baking Sheet

Nutrition:

Source of carbohydrates, iron and Vitamin B

135

Calories
per serving



Tuna Cakes

Prep Time:
10 mins
Cook Time:
15 mins

Ingredients

1/2 lb Cooked Fish/ Tuna
1/4 lb Mashed Potatoes
1/2 oz Butter
1/2 oz chopped Parsley
Salt and Pepper
1 Egg
Lemon Juice or Anchovy Essence
White sauce to bind
Pinch of Nutmeg or Mace
Dry Crumbs

Tuna Cakes 135 kcal if grilled or
baked, 254 kcal if fried in shallow oil

Directions

1. Prepare tuna with salt, pepper and parsley.
2. Add potatoes and lime juice, melted butter and add to mixture with sufficient sauce to bind together
3. Mix thoroughly.
4. Shape into a neat roll and cut 6 or 8 equal slices.
5. Reshape the slices into neat balls and cut into 6 or 8 equal slices.
6. Coat with beaten egg and dry crumbs.
7. Fry in hot shallow fat and drain well or cook on the grill.
8. Serve hot.

Serving Suggestion:

2 Patty

Special Equipment:

Frying Pan or Grill

Nutrition:

Source of protein, iron and fat

All in One Cakes





Conkie

Ingredients

2 cups grated Pumpkin
(or mashed banana)
2 cups Fine Cornmeal
1 cup grated Coconut
½ cup Sugar
2 heaped tbsp Margarine
¼ cup Raisins
1 tsp mixed Essence
½ tsp Salt
½ cup Milk or Water
1 tbsp Cinnamon
1 tsp grated Nutmeg
1 tsp Ginger Powder
Banana Leaves for wrapping

Directions

1. Prepare the banana leaves by quailing them and cutting into squares about 8 inches by 8 inches.
2. Soften or melt the margarine and mix all the ingredients together.
3. One should add the sugar a little at a time so as not to add more than is necessary for one's taste
4. Place a pot spoonful on each banana leaf square and fold up. Secure with twine.
5. Boil conkie in a large pot for about 30 minutes.
6. Drain a colander and allow to cool before removing the banana leaf wrappers.

252

Calories
per serving

Makes twelve servings.

Serving size: size of the palm of one's hands.



Prep Time:
25 Mins
Cook Time:
30 Mins



Pumpkin & Cassava Pone

Ingredients

1 cup grated cassava
1 cup grated pumpkin 1 cup
grated coconut
½ cup sugar
2 heaped tablespoons
margarine
¼ cup raisins (optional)
1 tsp mixed essence
½ tsp salt
½ cup milk or water
1 tbsp cinnamon
1 tsp grated nutmeg
1 tsp ginger powder

Directions

1. Mix all the ingredients together. Preheat the oven to moderate. Grease the baking powder into the pan and level out with a fork.

Makes twelve servings.

Serving size: size of the palm of one's hands.

100
Calories
per serving



Prep Time:
25 Mins
Cook Time:
30 Mins



Carrot Cake

Ingredients

1 cup all purpose Flour
1 ½ cup Whole Wheat Flour
3 tsps Baking Powder
½ tsp Baking Soda
½ cup Margarine, softened
1 cup Sugar
2 cups Grated cCarrot
3 tsps Cinnamon Powder
½ tsp Nutmeg
½ tsp Clove Powder
1 tsp mixed Essence
1 cup Almond Milk

Directions

1. Preheat the oven to moderately hot.
2. Grease the baking tin.
3. Sift the flours, baking powder, baking soda, salt and spices in a large mixing bowl. Add the remaining ingredients and mix to a well combined batter,
4. Bake for 30 minutes or until a skewer inserted in the centre comes out clean.

Makes twelve servings.

Serving size: size of the palm of one's hands.

272
Calories
per serving



Prep Time:
20 Mins
Cook Time:
35 Mins



Christmas Cake

Ingredients

1 1/2 cups Almond Flour
1/2 cup Flour
1/2 tsp. Baking Powder
1/2 tsp Salt
1/2 cup Coconut Oil
1/2 cup Sugar
5 Eggs
3 tps Cinnamon Powder
1/2 tsp Nutmeg
1/2 tsp Clove Powder
1 tsp mixed Essence
1 tbsp grated Orange Rind
4 cups set Fruit (1 cup ground
carambola 1/2 cup mixed peel, 1/2
cup green cherries. 1/2 cup red
cherries, 1/2 cup raisins mixed with
one cup red wine)
1 cup Caramel
1/2 cup coarsely chopped Walnuts

Directions

1. Preheat the oven to moderately hot.
2. Grease and line the baking tin.
3. Sift the flours, baking powder, salt and spices in a large mixing bowl. Blend the eggs oil and sugar in a blender. Blend for about five minutes. Add the blended mixture to the dry ingredients. Add the remaining ingredients and mix to a well combined batter. Place in the lined cake pans and level off.
4. Bake for two hours until a skewer inserted in the centre comes out clean.

Makes 24 servings.

Serving size: size of the palm of one's hands.

224
Calories
per serving



Prep Time:
25 Mins
Cook Time:
30 Mins



Chocolate Cake

Ingredients

3 cups Flour
1 cup Cocoa Powder
1 tsp Baking Soda
1 cup Sugar
½ tsp Salt
2 tbsps Vinegar
½ cup Vegetable Oil.
1 cup Warm Water or Almond Milk
2 tsp Almond Essence

Optional:

Add ½ cup chopped Walnuts

Frosting:

1 cup Cream Cheese
1 ½ cup sifted Icing Sugar
Sprinkles or chopped Walnuts

Directions

1. Measure all the ingredients for the brownies in a mixing bowl.
2. Beat together until smooth and bubbly.
3. Pour into a greased 9 x 18 inch baking pan.
4. Bake in a moderately hot oven for 30 minutes and until firm.
5. Apply frosting and sprinkles or chopped walnuts

Makes twelve servings.

Serving size: size of the palm of one's hands.

211
Calories
per serving



Prep Time:
10 Mins
Cook Time:
30 Mins



Coconut Cake

Ingredients

1 cup all Purpose Flour
1 ½ cup Whole Wheat Flour
3 tsp Baking Powder
½ tsp Baking Soda
½ cup Margarine, softened
1 cup Sugar
2 cups Grated Coconut
3 tsp Cinnamon Powder
½ tsp Nutmeg
½ tsp Clove Powder
1 tsp Almond Essence
1 cup Almond Milk

Directions

1. Preheat the oven to moderately hot.
2. Grease the baking tin.
3. Sift the flours, baking powder, baking soda, salt and spices in a large mixing bowl.
4. Add the remaining ingredients and mix to a well combined batter
5. Bake for 30 minutes or until a skewer inserted in the centre comes out clean.

Makes twelve servings.

Serving size: size of the palm of one's hands.

240
Calories
per serving



Prep Time:
20 Mins
Cook Time:
35 Mins

Smoothies & Shakes



Plantain *to go*

115

Calories
per serving

Ingredients

2 ripe Plantains
2 cups Almond Milk or low fat Cows Milk
1 tbsp Peanut Butter
2 tbsps toasted Sesame Seeds
1 tsp Almond Essence
1 tbsp Honey, if desired
½ tsp Turmeric Powder
1 tsp Ground Cinnamon

Directions

1. Bring 2 cups of water to boil in a saucepan,
2. Peel the plantains and cut in rounds and add to the boiling water. Drain after five minutes.
3. Add the milk and other ingredients to the blender. Add the plantain also and blend until smooth and creamy.

Serving Suggestion: Makes 5 servings. May be served chilled.

Serving Size: 1 Small Teacup or 200ml.

Nutrition: Source of protein, carbohydrates, fibre, potassium, phosphorous and B vitamins

Special Equipment: Blender

**Prep
Time:
5 mins**

Chia Seed Pudding

Ingredients

1 tbsp Chia Seeds
2 cups Unsweetened Yogurt
1 tbsp Powdered Gelatin
1 tbsp Honey, if desired (adds 70kcal)
1 tsp mixed Essence

Directions

1. Soak chia seeds overnight in $\frac{1}{4}$ cup water.
2. Discard the water in the morning. Dissolve the gelatin in 2 tbsps warm water.
3. Mix all the ingredients together and pour into sundae glasses or cocktail glasses.
4. Chill until set.

125
Calories
per serving



Serving Suggestion: Makes 4 servings. May be served chilled, serve with fresh fruit.

Serving Size: 1/2 Cup

Nutrition: Source of protein, carbohydrates and fibre.

Special Equipment: Blender

Prep Time:
4 mins
Chillin Time:
2 hours

Oats on the Run

155
Calories
per serving

Ingredients

1 cup Oats, Toasted
2 cups Almond Milk or low fat Cows Milk
1 tsp mixed essence
1 tbsp Powdered Flaxseed
1 tbsp toasted Sesame Seed
1 tsp Cinnamon Powder

Directions

1. Spread oats on a flat baking sheet and toast in a moderate oven for about twenty minutes.
2. Place all the ingredients in a blender and blend until smooth and creamy.

Serving Suggestion: Makes 4 servings. May be served chilled.

Serving Size: 1 Cup or 200ml 155 Calories per serving

Nutrition: Source of protein, carbohydrates, potassium, copper, phosphorous and zinc.

Special Equipment: Blender

**Prep
Time:
4 mins**

Choco Banana Shake

105

Calories
per serving

Ingredients

2 firm Ripe Bananas
2 tbsps Unsweetened Cocoa Powder
2 cups Milk (mix 3 cups water with 1/3
Cup low fat milk)
1 tsp Vanilla Essence

Directions

1. Mix all ingredients together in a blender.
2. Blend until smooth and creamy. and serve



Serving Suggestion: Chill thoroughly and serve. Sesame seeds may be added while blending.

Serving Size: 1/2 Cup

Nutrition: Source of protein, potassium. Iron, Magnesium, fibre, vitamin C

Special Equipment: Blender or Swizzle Stick

Prep Time:
10 mins

Mango Tango

136

Calories
per serving



Ingredients

1 cup Ripe Mango, cut in cubes
1 cup Oats, Toasted
2 cups Almond Milk or low fat Cows Milk
1 tsp mixed essence
1 tbsp Powdered Flaxseed
1 tbsp toasted Sesame Seed
1 tsp Cinnamon Powder

Directions

1. Spread oats on a flat baking sheet and toast in a moderate oven for about twenty minutes.
2. Place all the ingredients in a blender and blend until smooth and creamy.

Serving Suggestion: Makes 4 servings. May be served chilled.

Serving Size: 1 Cup or 200ml

Nutrition: Source of protein, carbohydrates, potassium, copper, phosphorous and zinc.

Special Equipment: Blender

**Prep
Time:
4 mins**

Beverages



CHERELL



35
Calories
per serving

Ingredients

1 cup Dried Sorrel or 2 cups Fresh Sorrel
2 cups Cherries
2 stick Cinnamon Spice
6 Cloves
4 Bay Leaves
4 tbsps Ginger Powder
Sugar to taste

Directions

1. Divide the spices between two small pots and add 2 pints water each.
2. Bring the water to the boil. Add the cherries to one pot and the sorrel to the other pot.
3. Cover and Allow to infuse for one hour

Serving Suggestion: Makes 10 servings

Serving Size: 1 Cup

Nutrition: Excellent source of Vitamin A, Vitamin C, iron, manganese

Special Equipment: 2 stainless steel pots or saucepans

Prep Time:
1 hour,
20 mins

RED VELVET



100
Calories
per serving

Ingredients

1 lb Tomatoes
1 cup Cherries
1 lb Watermelon
1 cup crushed ice
2 cups Water
½ cup simple syrup to taste
1 tsp Angostura Bitters

Directions

1. Wash tomatoes, cherries and watermelon.
2. Cut up the watermelon in cubes and remove all seeds. Cut up the tomatoes.
3. Blend all the ingredients together and strain well.

Serving Suggestion: Makes 8 servings

Serving Size: 1 Cup

Nutrition: Vitamin C, fibre, calcium, magnesium, calcium, potassium

Special Equipment: Blender

Prep Time:
15 mins

APPLE & GINGER



72
Calories
per serving

Ingredients

4 Tart Apples
1 2inch piece Ginger
4 tbsp Sugar (If desired)

Directions

1. Wash, peel and core apples
2. Wash and peel ginger
3. Blend with 1 1/2 pint water and strain
4. Serve chill

Serving Suggestion: Makes 8 servings

Serving Size: 1 Cup

Nutrition: Vitamin C, fibre, calcium, magnesium, calcium, potassium

Special Equipment: Blender

Prep Time:
15 mins

ORANGE & PUMPKIN



125
Calories
per serving

Ingredients

1 lb Pumpkin, steamed
2 cups freshly squeezed Orange or 1
pint boxed juice
1 cup ice cubes
1 inch peeled, washed Ginger

Directions

1. Blend all ingredients together and
serve chilled.

Serving Suggestion: Makes 4 servings

Serving Size: 1 Cup

Nutrition: Vitamin A and C, fibre

Special Equipment: Blender

Prep Time:
5 mins

GREEN POWER

50
Calories
per serving



Ingredients

2 cups thick leaf Callaloo leaves,
steamed lightly
2 tbsps fresh Lemon Juice
4 cups Water
1 cup cut up Green Mango
Sugar or honey to taste (optional)

Directions

1. Add 2 cups water and remaining ingredients to a blender and blend on high speed.
2. Add remaining water and ice if desired.

NOTE: Each tbsp of sugar added will add 48kcal.

Serving Suggestion: Makes 8 - 10 servings

Serving Size: 1 Cup

Nutrition: Vitamin C, fibre, iron

Special Equipment: Blender

Prep Time:
10 mins

PINEAPPLE RIPPLE

70
Calories
per serving



Ingredients

1 small slightly under
Ripe Pineapple
3 ozs peeled Ginger-
cut into pieces
6 Cloves
2 pieces Mace
5 cups boiling Water
Ice cubes

Directions

1. Cut unpeeled pineapple in quarters and grate it from the inside.
2. Place the grated pineapple in a large bowl, grate the ginger and mix it with the pine-apple and pour boiling water unto this mixture.
3. Wash the cloves and mace and add on top. Cover and leave until cool (you can leave for overnight).
4. Strain and add sugar necessary.
5. If blending, boil 1 pint of the water with the spices.

Serving Suggestion: Makes 10 servings

Serving Size: 1 Cup

Nutrition: Vitamin C, magnesium, iron

Special Equipment: Strainer, a Blender may be used

Blend Time:
5 mins
Infuse Time:
2 hours