



Ingredients

- 2 lbs seasoned chicken, cut into bite-size pieces
- 5 tablespoons brown sugar
- 2 cups parboiled rice
- 2 cups chopped onion
- 1/2 cup chopped pimento pepper
- 2 cloves garlic, chopped
- 2 tablespoons chopped parsley
- 2 cans green pigeon peas
- 2 tablespoons salt
- 2 cups coconut milk
- 2 cups water
- 1 tablespoons tomato ketchup
- 2 teaspoon black pepper
- pinch of all purpose seasoning (optional)

Directions

- Heat a heavy pot and add sugar, sprinkling evenly over the bottom of the pan.
- Leave sugar to caramelize until all sugar is brown.
- Add seasoned chicken, stirring to coat all chicken in browning
- Cook for 2 to 5 minutes
- Drain and add pigeon peas. Stir and cook for five minutes
- Add rice and combine
- Add coconut milk, water, pumpkin, peppers, onion, garlic, parsley, salt, black pepper, and ketchup
- Bring to boil, then lower heat.
- Simmer until rice is partially cooked (about 30 minutes) add water and seasoning as necessary



BHAGGIE RICE AND SALT BEEF

Ingredients

- 1lb Seasoned Salt beef chopped in cubes
- 1 bundle of Chopped Bhaggi
- 2 Cups of rice
- Oil
- Garlic
- Seasoning Pepper
- 1 pack Coconut Milk

Directions

- Soak unseasoned Salt Beef in water
- Season Beef and put to boil for 10 minutes
- Hot your Pot and add oil, garlic, seasoning pepper (do not allow garlic to burn)
- Add Bhaggie and stir. Let cook a bit
- Add Rice and Stir
- Add Coconut Milk
- Add Water
- Sseason accordingly



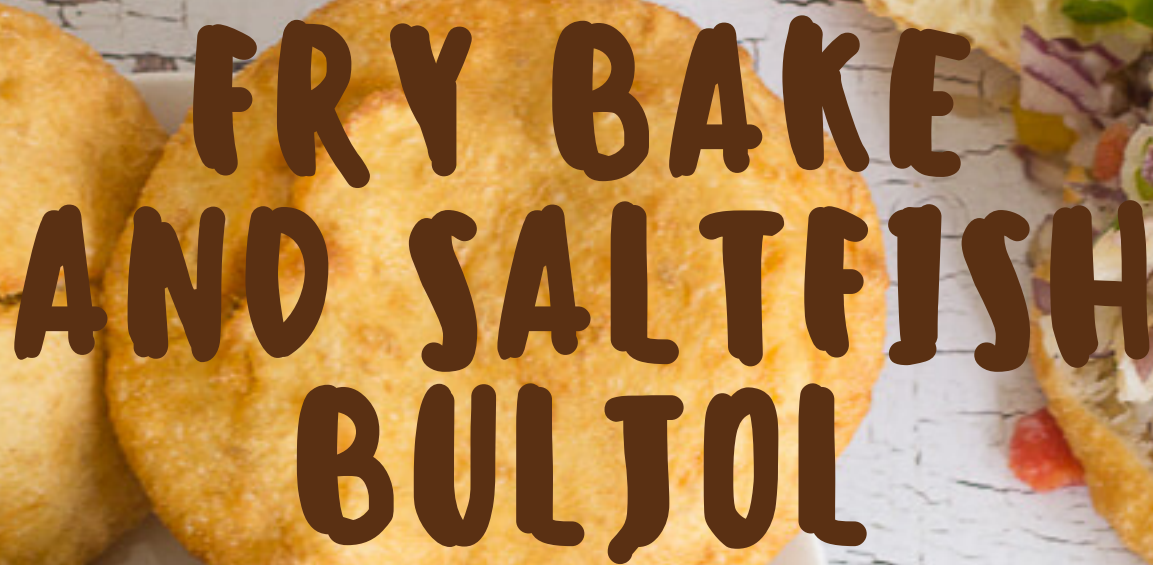
HOPS BREAD

Ingredients

- 2 cups flour
- 2 1/4 teaspoon of sugar
- 2 1/4 teaspoon margarine
- 1 1/4 teaspoon of instant yeast
(as close to 3 grams as possible)
- 1 1/4 teaspoon salt
- 1/2 cup water

Directions

- Mix dry ingredients (flour, sugar, salt, yeast, butter)
- Add water in segments until incorporated.
- Leave to yield to twice its size.
- Punch down dough, and form into balls
- Place on greased baking sheet, and cover with damp towel and allow to rise to twice
- Bake in oven set at 400 degree for 20 minutes



FRY BAKE AND SALTFISH BULJOL

Ingredients

For Bake

- 4 cups flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- Water (to make a soft dough)
- Oil for frying
- For Saltfish Buljol
- 1 pound saltfish
- 1/2 cup chopped tomatoes
- 1/2 cup chopped onions
- 1/4 teaspoon black pepper
- 3 tablespoons olive oil

Directions

For Bake

- Mix flour, baking powder, and salt together
- Add water to mixture to make a soft dough
- Knead and leave to sit 30mins
- Cut out and make 10 balls
- Leave balls to sit for 10mins
- Add oil to deep fry bake in a pan and heat on medium high heat
- When hot, use medium-low heat
- Flatten balls and fry until brown

For Buljol

- Place saltfish in water with water to cover and boil for 15mins
- Chip saltfish into small pieces
- In a bowl mix everything together (fish, tomato, onion and olive oil)
- Add saltfish

CORNMEAL COOCOO

Ingredients

- 2 cups of coconut milk
- 2 cups of water
- 1 cup sliced okra
- 2 teaspoons salt
- 1 teaspoon black pepper
- 2 cups cornmeal
- 1 cup peas and carrots (optional)
- 1 cup cubed pumpkin (optional)
- 2 tablespoons butter
- 1/3 - 1/2 cup hot water

Directions

- Bring water and milk to boil
- Lower to a low boil and add okra and boil till tender
- Add pumpkin if using
- Add peas and carrots
- Remove from heat and add cornmeal in batches.
- Mix quickly to make as smooth as possible
- Once combined, add 1/3 cup hot water and cover on a low temperature to steam for about 5 mins (add more water if needed)
- Add mixture to well-greased dish
- Smoothen out in the dish
- Use butter and smoothen the top
- Leave to set for about 10 minutes.
- Then release from the dish and serve



PIGEON PEAS WITH TURKEY

Ingredients

- 2 tins of canned pigeon peas (30 oz)
- 1 lb smoked turkey bones or pieces
- 3 cups coconut milk
- 3 sprigs thyme
- 1 tablespoon brown sugar
- 3/4 cup chopped onion
- 3/4 pound pumpkin
- 2 tomatoes, chopped
- 2 cloves garlic, crushed
- Cooking oil

Directions

- Chop up meat into small pieces
- Open, drain and rinse peas out twice
- Heat a heavy bottom pan and fry crushed garlic
- Add peas, pumpkin, meat, thyme, tomatoes and coconut milk, and sugar
- Cover and simmer for about 30 minutes or until peas become soft and pumpkin is cooked
- Season for salt and pepper



CHICKEN SOUP

Ingredients

- 4 chicken breasts seasoned
- 2 tablespoons green seasoning
- 2 blades chives
- 3 cups diced pumpkin
- 2 carrots, chopped into pieces
- 2 stalks celery, chopped
- 1 large Irish potato cut in cubes
- 1 sweet potato, cubed
- 1 christophene, peeled and sliced into pieces
- 1 pk chicken noodle soup mix
- 2 teaspoons salt
- 1/2 teaspoon black pepper
- 2 sprigs thyme
- 10 cups of water

For dumplings

- 1 cup flour
- 1/3 cup water
- 1/4 teaspoon salt

Directions

- Add water to a deep, large pot and bring water to boil
- Add pumpkin and chicken to water and cook until pumpkin is tender about 15 minutes
- Combine dumpling ingredients at this time and leave to rest.
- Once the pumpkin is tender add chicken soup, celery, christophene, carrots, potatoes, salt, and black pepper.
- If the chicken has not broken up, take out and chop and add back to the soup
- Make dumplings into either spinners or flats and add to the pot. Add thyme and pepper
- If water has dissolved and soup is too thick add additional water.



BANANA OR PUMPKIN FRITTERS

Ingredients

- 3 Mashed Bananas or Grated Pumpkin

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Directions

- Add water to a deep, large pot and bring water to boil
- Add pumpkin and chicken to water and cook until pumpkin is tender about 15 minutes
- Combine dumpling ingredients at this time and leave to rest.
- Once the pumpkin is tender add chicken soup, celery, christophene, carrots, potatoes, salt, and black pepper.
- If the chicken has not broken up, take out and chop and add back to the soup
- Make dumplings into either spinners or flats and add to the pot. Add thyme and pepper
- If water has dissolved and soup is too thick add additional water.



SWEET ROAST BAKE

Ingredients

- 2 Cups Flour
- 1 tsp Salt
- 2 Pot-Spoon Sugar
- 1 tsp Yeast
- 2 tbsp Butter
- Warm Water

Directions

- Mix dry ingredients in a bowl
- Then Add butter and water
- Knead and leave to set for 10 minutes
- Roll out bake and place on platin on stove burner.



EGGLESS BANANA BREAD

Ingredients

Dry Ingredients

- 1 1/2 Cups Flour
- 1 tsp Baking Soda
- 1 tsp Ground Cinnamon
- 3/4 cups Sugar
- 2 tbsp Butter
- 1/4 tsp Salt

Wet Ingredients

- Mash 3 bananas
- 1/3 cup Oil
- 3/4 cups Milk (room temp)
- 1 tsp vanilla essence

Directions

- Add dry ingredients to wet ingredients
- Mix together
- Add vanilla essence
- Oil and grease pan (use butter and flour)
- Bake for 50 minutes at 350F