

“A Taste of the Islands” Recipe List

Trinidad Pelau Yield: 6 servings	
Ingredients:	
3 tablespoons brown sugar 1 pound beef for stew, cut in 1 inch pieces 1 1/2 cups water 1 1/2 cups uncooked brown rice	1 cup coconut milk 2 cups fresh pigeon peas 1 cup chopped carrot 3 tablespoons coarsely chopped fresh parsley
Directions:	
<p>Cook sugar in a large saucepan over medium heat until it begins to caramelize. Stir in the beef, and cook until well browned. Bring the water, coconut milk, rice, pigeon peas, and carrot to a simmer; cover and cook until rice is done, about 25 minutes. Stir in parsley to garnish.</p>	

Okra Fungi Yield: 8 servings	
Ingredients:	Directions:
10 ounce package frozen cut okra 2½ cups boiling water 1½ cups fine yellow cornmeal 2 tablespoons butter ¼ teaspoon salt Pepper, to taste	<p>Place frozen okra in boiling water. Cook until just barely tender.</p> <p>In a medium size saucepan, bring 2½ cups water to a boil. To make fungi that is free of lumps, mix about ¼ cup of the cornmeal with ¾ cup water in a separate small bowl. Then, add this mixture back into the larger pot of boiling water. Let cornmeal cook for about a minute, then add the rest of the cornmeal into the pan in a slow steady stream, while stirring constantly.</p> <p>Add hot cooked okra to cooked cornmeal. Stir well. Then, stir in the butter, salt and pepper, to taste. Simmer for about 5 minutes more.</p>

Cornmeal Pap (Porridge)

(Another recipe you are able to do with the almost the same ingredients for fungi. Very easy.

Ingredients:	Directions:
2½ cups boiling water OR milk 1½ cups fine yellow cornmeal ¼ teaspoon salt A dash of nutmeg or cinnamon Sugar	In a medium size saucepan, bring 2½ cups water or milk to a boil. Add cornmeal into the pan in a slow steady stream, while stirring constantly. Add nutmeg or cinnamon. Stir for about 3-4 minutes. Add your preference of sugar to sweeten. Great breakfast meal.

Fried Johnny Cakes

Ingredients:	Directions:
6 cup flour 1 ½ tsp. salt ½ cup of crisco ¼ cup butter 8 tsp. baking powder 2 pot spoons of sugar fresh milk oil of choice	Combine dry ingredients, crisco and butter. Form dough with enough milk to make it consistent and not sticky to the finger. Pull dough into small balls of dough, flatten them, and slash two diagonal marks in center. Heat oil in pot until sufficiently hot (can see bubbles on bottom) and place dough in oil. Ready when both sides are browned and inside is cooked (2-3min)