

# Caribbean Carnival Dishes

## **CHICKEN PELAU**

Source: Naparima Girls High School Cookbook

- 2.5-3 lb. chicken pieces seasoned with salt, pepper, chives, thyme, garlic, parsley, 1 tsp. Worcestershire sauce, 1 tsp. soy sauce, 1 tbs. ketchup
- 2 c. rice, washed
- 2 c. coconut milk and 2 c. water
- 1 large onion sliced
- 1 sweet pepper, chopped
- 1 tin pigeon peas, drained
- 2-3 tbs. vegetable oil
- ¼-1/2 c. sugar
- Salt and pepper to taste, and hot pepper if desired
  1. Cut and wash chicken in lemon juice and water, rinse, and season with seasonings.
  2. Heat oil in a large iron pot or skillet
  3. Add sugar and allow to burn until dark brown
  4. Add seasoned meat and stir until pieces are well coated with burnt sugar; brown for 5 min.
  5. Stir rice into chicken and turn often till well blended; cook for 3 min. more.
  6. Add onion, sweet peppers and peas and stir fry for a few seconds.
  7. Add salt, pepper, coconut milk and water; bring to a boil, lower heat, cover and simmer until rice is cooked and all liquid has evaporated (about 25-30min). Add more liquid if rice is still hard and continue to cook longer.

## **Fried Bake**

Source: Naparima Girls High School Cookbook

- 4 cups plain flour
- 4 tsp. baking powder
- 1 ½ tsp. salt
- ½ pt. coconut milk or water
  1. Sift flour with the baking powder and salt.
  2. Slowly added the coconut milk or water to make a smooth dough. Knead for 10 min.
  3. Shape into a ball and allow to rest for 30 min.
  4. Roll into smaller balls about 5" to 6" in diameter and ¼" thick
  5. Fry in hot oil until brown, turn and fry other side.
  6. Drain on kitchen paper.

## Pumpkin Pone

Source: Naparima Girls High School Cookbook

Makes 12 servings

- 1 lb. pumpkin
- 1 dry coconut (*I used 1 250g packet of dessicated coconut*)
- 1 cup cornmeal
- 1 cup water
- 1 tsp. vanilla
- 3 Tbsp. margarine
- 1 tsp. cinnamon
- 1/4 cup sugar (*or honey*)
- 1/2 tsp. grated nutmeg

1. Peel, wash and grate pumpkin and the coconut.
2. Add the cornmeal, sugar (*or honey*) and margarine.
3. Add the water to give it a dropping consistency.
4. Add the cinnamon, nutmeg and vanilla. Mix well.
5. Pour into a greased pan (*or cupcake sheet/tart tins*)
6. Bake at 350 degrees until browned (*45 minutes – 1 hour*)

*Note: I like to sprinkle the top of the pone with brown sugar just before placing into the oven 😊*

