

# CARIBBEAN COOKING

## ALOO PIES

2 c. all purpose flour  
2 tsp. baking powder  
½ tsp. salt  
¾ c. water  
4 medium potatoes  
salt  
black pepper  
hot pepper  
ground geera (cumin) to taste  
oil for frying

## METHOD

1. Mix flour, baking powder, salt and water and knead lightly; set aside to relax, covered with a bowl or wet cloth.
2. Boil potatoes in salted water until tender, peel and mash well, season with salt, black pepper, hot pepper and ground geera (roasted and ground cumin).
3. Divide dough into 9 loyah (balls), flatten out balls into 4" circles and fill with potato; wet one edge with water, fold over and seal, enclosing all potato.
4. Fry in deep fat until golden brown. Drain on brown paper.

Makes 9 large pies.

If loyah (balls) are made smaller 12 medium sized aloo pies could be made.

## RICE AND PEAS

2 c. pigeon peas  
1/2 lb. salt or fresh pork  
2 c. water  
1 tbsp. cooking oil  
1 tsp. salt  
1 small onion  
1/2 sweet pepper  
2 tomatoes  
1 sprig parsley  
1 sprig thyme  
1 cup rice

## METHOD

1. If salt pork is used, soak overnight.
2. Cut up the meat and cook with the pigeon peas and salt in 2 cups water.
3. Heat the oil and brown the chopped onion, pepper, tomatoes, parsley and thyme.
4. When the peas are almost cooked, add 2 cups water and the rice.
5. When rice is tender mix in fried seasonings.

## TRINIDAD STEWED CHICKEN

- 1 chicken - 3 ½ -4 lb. cut up
- 1 tbsp. seasoning
- 2 cloves garlic, minced
- 2 tbsp. sugar
- 1 tbsp. cooking oil
- 1 onion, chopped or slices
- Salt and black pepper

## METHOD

1. Cut up chicken, rinse quickly, do not soak in water.
2. Add seasonings, garlic, onion, salt and black pepper and leave to marinate for ½ hour.
3. Heat oil in a heavy pot, add sugar and allow to brown.
4. Add chicken and allow to brown all over, cook until water dries out.
5. Add 1 cup water and cover pot, cook until chicken is tender.