

A TASTE OF THE CARIBBEAN

Callaloo Ingredients (serves 4):

12 Dasheen leaves (spinach leaves)
2 cups coconut milk
1tbsp butter
1 green pepper
Crab meat
8 ochroes
2 sprigs thyme
1 onion
4 chives
1/2lb salt beef or ham bone (if you can't find this it's ok)



1. Strip the stalks and midrib from the dasheen leaves and wash well.
2. Wash and cut up the ochroes and seasonings.
3. Soak and cut up the meat
4. Scald and clean the crabs
5. Put all ingredients except the butter, into a pot with the boiling water and simmer until everything is soft.
6. Swizzle and add the butter

Curry Pigeon Peas

1lb pigeon peas
1 small cauliflower
1 carrot
2 cloves garlic
1 potato
2 tbsp oil
Salt and pepper
1 onion
1 sweet pepper
2 tomatoes
2 tbsp curry powder
1/2 tsp sugar
1/2 c water (approx.)



1. Heat oil in a heavy pot and saute garlic and curry powder for a few minutes.
2. Add peas, carrot and potato; cover and cook for 10 mins. Until partially cooked. Add some water if mixture burns or is dry.
3. Add cauliflower, onion, tomatoes, sugar, salt and hot pepper; cover and continue to cook until vegetables are soft. Add water during cooking if mixture burns.



Macaroni Pie

½ packs of macaroni
2 eggs
½ lb cheese grated
1 tin carnation milk (large)

1. Beat eggs. Boil macaroni in salted water
2. Mix all ingredients together, and bake in buttered dish at 350F. Salt and blk. Pepper or grated onion may be added.



Sorrel Christmas drink ingredients

8 ounces dried sorrel
2 cinnamon sticks (each approximately 3 inches long)
1 piece orange peel (fresh or dried, approximately 3 by 1-inch)
12 whole cloves
10 -12 cups water
1 ½ cups sugar (or more to taste. Granulated will give a better colour.)

1. In a non-corrosive pot, bring 10 cups of water to a boil then add the sorrel, sugar, cinnamon stick, whole cloves and orange peel and stir continuously while the mixture boils for one minute.
2. Cool and cover with foil or plastic wrap and set aside at room temperature to steep for 2 hours or overnight. I have seen recipes that say let it steep for 2 -3 days but quite frankly in my household we can never wait that long to drink this!
3. Taste for strength and sweetness. If it is too potent, add water or if too tart add more sugar. Strain the liquid through a fine sieve into a jar and refrigerate. (Discard the spices left in the sieve). NB. The sorrel will stain so use a non-reactive glass jar or bowl. Don't use plastic.
4. For the adult version: In a non-corrosive pot, bring 10 cups of water to a boil then add the sorrel, sugar, cinnamon stick, whole cloves and orange peel and stir continuously while the mixture boils for one minute. Add rum if you want. Cool and strain through a fine sieve into a jar. Discard the spices left in the sieve.