

Under the Sea: Caribbean Seafood Dishes



Curried Shrimp with white rice

(Servings: 4)

Ingredients

1 lb fresh shrimp, thawed
2 tablespoons vegetable oil
1 onion
¼ green pepper

¼ red pepper
1 garlic clove
1 tablespoon curry powder
½ tomato, chopped.
salt (to taste)
black pepper
2/3 cup water

1. Slice the onion and garlic.
2. Chop the tomato, green, and red pepper into small pieces.
3. In a large skillet pan, heat oil until it begins to pop. Add the garlic and onions.
4. Add water to the pan, along with curry powder, and let it sit for 5 minutes until it forms a paste.
5. Add green peppers, red peppers, and shrimp to the skillet. Cook for another 5 to 10 minutes.
6. Add salt and pepper to taste.



Green Bananas with Tuna

(Serving: 1)

Ingredients

1 can of tuna
1 green banana
black pepper
3 tablespoons mayonnaise
curry paste (for taste if you'd like)

1. Boil green bananas on medium heat for 10-15 minutes.
2. Mix tuna with mayonnaise and black pepper.
3. Once green bananas begin to open in boiled water (the peel begins to split open), take bananas out of the pot, and let them cool for 5 minutes.
4. Slice green bananas and add curry paste to taste, if you'd like.
5. Serve green bananas with tuna.



Jamaican Cabbage Salad

(Servings: 6)

Ingredients

1 head cabbage

2 tablespoons olive oil, or as needed

1 small onion, thinly sliced

½ chopped green bell pepper

1 green onion, sliced

2 sprigs fresh thyme

1 cup shredded carrots

¼ cup white vinegar

2 tablespoons white sugar

1. Peel tough outer leaves from cabbage, core the head, and shred cabbage.
2. Heat olive oil in a large skillet pan over medium high heat. Raise heat to high. Stir in onion, green bell pepper, and green onion and cook until vegetables soften.
3. Stir thyme into the onion mixture.
4. Mix shredded cabbage and carrots into onion mixture until thoroughly combined, cover skillet, and reduce heat to medium low.
5. Cook until cabbage has softened. Then, stir vinegar and sugar into mixture. Discard thyme sprigs before serving.



Festival

(Servings: 8-10)

Ingredients

1 1/2 cups plain flour

3 tbsp cornmeal

~1 cup of water (you may need less, do not add all at once)

1/2 tsp salt

3 tbsp sugar (depending on how sweet you want the festival)

1 tsp baking powder

1 tsp vanilla essence

1. Sift the plain flour in to a bowl and stir in cornmeal, salt, sugar and baking powder.
2. Add vanilla and mix. Add water in tablespoons first and then as much as you need to get very firm dough. Do not make the dough sticky and soft.
3. Cover the dough and let it rest for 15-20 minutes. Divide into 8 to 10 pieces and shape them into elongated ovals (set aside).
4. Heat oil to 365 degrees F and deep fry the Festivals until golden, drain on paper towel.
5. After they are cooled, sprinkle powdered sugar on top.