
West Indian

With Fiona Charles

CALLALOO

- 1 cup of lentils
- 2 cups of baby spinach, finely chopped
- 2 hot green peppers
- 4 pigtaails cut into $\frac{3}{4}$ inch cubes
- 3 medium sized West Indian Sweet Potatoes, peeled & cut into 2 inch cubes
- 2 green plantains, cut in rounds-1 inch rounds
- 1 tanya
- 7 flour dumplings made into round balls
- 1 large clove of garlic, finely chopped
- 2 sprigs of green onion, chopped
- 2 tablespoons yellow onion, finely chopped
- 1 tablespoon of fresh finely chopped thyme
- Dash of black pepper
- 1 tablespoon of butter

Overnight Steps

Cut the pigtaails into $\frac{3}{4}$ inch cubes. Overnight in a saucepan, cover pigtaails with water and boil on medium heat for one hour to remove excess salt. Do not cover the saucepan with a lid. Cover lentils in hot water and soak overnight.

1. Combine lentils, baby spinach, pigtaails, clove of garlic, green onion, yellow onion, thyme, and whole green pepper in a large pot and cover with 6 cups of water. Bring the pot to a boil on a medium heat for about 40 minutes.
2. After 40 minutes take out whole green pepper.
3. Add sweet potatoes, green plantains, Tanya, dash of black pepper, butter, and dumplings. Cook until the potatoes are tender (About 45 minutes on medium-heat)
4. Add desired level of salt when potatoes are cooked, and serve after soup cools.

CURRY CHICKEN

- 1 lb of skinless chicken breast
- 1 clove of garlic, crush
- Pinch of salt
- 2 sprigs of green onions, finely chopped
- 1 tablespoon of chopped yellow onions
- 1 clove crushed garlic

- 1 tablespoon of fresh thyme
- 2 tablespoon of Caribbean regular or hot curry
- 1 cup of warm water

Overnight cut chicken into 1 inch cubes. Marinate in crushed garlic and salt. Refrigerate.

1. On a medium-heat in a deep-dish skillet or pan sauté garlic, green onions, yellow onions, and thyme in the butter for about 3-5 minutes or until onions are tender
2. Add Caribbean curry and warm water to pan. Let that simmer for 2 minutes on medium-heat.
3. Add chicken and cover pan, stirring occasionally.
4. Add any water if necessary in case the curry gravy is evaporating.
5. Cook chicken thoroughly. (About 30-40 minutes)

RED BEANS & RICE

- 1 tablespoon of olive oil
- 1 can of small Goya red beans, drained
- 1 cup of white or brown rice
- 1 can of chicken broth
- 1 clove of crushed garlic
- 1 packet of Goya Sazon w/Coriander and Annatto Packet
- Dash of black pepper
- 1 small can of tomato sauce

1. In a medium-sized pan sauté the garlic in olive oil on medium-low heat for approximately 2 minutes.
2. Add Goya Sazon Packet, ½ can of tomato sauce, dash of black pepper, and red beans. Let simmer for 2 minutes. Occasionally stirring.
3. Add can of chicken broth and bring to a boil on a medium-low heat for approximately 3-5 minutes.
4. Add cup of rice on low medium heat, occasionally stirring so it doesn't stick. (keep pan on a low to medium heat)
5. Stir occasionally until rice is tender.
6. Add more chicken broth or water if necessary.

LIME-SQUASH

- 1 cup of lime juice from fresh limes (approximately 10 large limes)
- 6 cups of water
- Teaspoon of Banana Essence

Combine lime juice, 6 cups of water, banana essence, and add sugar to taste. Chill and serve.