

Island Flavour



Recipes
from my
Mother

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Acknowledgements

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Notes from the Editor

This cookbook, **Recipes From My Mother**, is a special compilation created by SeeingRed for the Island Flavour cultural event, a celebration of Caribbean tradition and community.

Many thanks to WALKERSWOOD and Barbados Tourism for their delicious contributions. And, a special thank you to my family for sharing some of our favourite recipes and stories.

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Some people like their dumplings round. Others prefer them slightly flattened. Eaten plain, with butter and cheese, topped with hot pepper sauce or stuffed with a Fish Cake. Whichever way, these light and puffy fried dumplings are a delight to the taste buds.

Jamaican Fried Dumplings



Prep Time: 75 min

Cook Time: 20 min

Serves: 10 people

What You Need

2c	All-purpose Flour
1 tbsp	Sugar (optional)
1 tsp	Salt
1 tbsp	Baking Powder
2 tbsp	Butter
1/2c	Water (warm)
1/2c	Vegetable Oil

Notes

- Dough can be made ahead up to 5 hours.
- Having enough oil to cover the whole dough ball, ensures that it will cook evenly and on both sides at once.
- If the dumpling is sticky and doughy in the middle, return it to the pan for extra cooking.

Instructions

- 1 Mix flour, sugar, salt, and baking powder in a bowl.
- 2 Add butter, warm water, and oil. Combine and form dough into a ball. (There will be small chunks of butter in the dough.)
- 3 Let dough sit for at least one hour to rise.
- 4 Knead for 2 minutes until dough is smooth.
- 5 Make small dumplings (the size of ping pong balls) and flatten slightly. Set dumpling balls on a floured surface.
- 6 In a deep pan, heat oil on high, making sure there is enough oil to cover the entire dumpling ball. Fry until both sides are golden brown. The dumplings will puff up twice their size. Enjoy!

These fish cakes are addictive. They definitely can stand alone, but are often served in perfect accompaniment with Tamarind Sauce and Jamaican Fried Dumplings. You will find yourself circling the platter, reaching for more and more!

Jamaican Fish Cakes



Prep Time: 20 min

Cook Time: 20 min

Serves: 10 people

What You Need

3c	Salt Fish (Cod), shredded
	Hot Water
1c	Caribbean scallions
3 tbsp	Fresh Thyme, leaves removed
1	Pimento Pepper
1/2 tsp	Scotch Bonnet Pepper, no seed
1/2c	Spanish Onion
2 tbsp	Garlic (1/2 head)
1/4c	All-purpose Flour
1 tbsp	Baking Powder
1 tsp	Black Pepper
3	Eggs, beaten
1/4c	Oil

Notes

- If unable to find caribbean scallions with red stems, substitute with green onions.

Instructions

- 1 Rinse salt fish under warm water. Place in a bowl and pour hot water to cover. Let sit for 5 minutes. Drain water and rinse salt fish again. Let cool for another 5 minutes.
- 2 Using fingers, shred salt fish into small pieces. With knife, chop into fine flakes.
- 3 Wash and finely chop seasonings (scallions, thyme leaves, pimento and scotch bonnet). Finely dice onion and garlic.
- 4 In a medium bowl, mix flour, baking powder and black pepper. Add salt fish and eggs. Stir.
- 5 Heat oil in pan on Med-High. Scoop batter (about 1/4c) and form flat patty.
- 6 Fry on each side until both sides are golden brown. Test centre with knife. Knife should come out clean. Enjoy!

“Chow” can be eaten with a meal, but it is the most popular go-to snack enjoyed by Trinidadians any time of the day. Great for a “lime,” the sharing bowl is passed around gleefully, each person licking their lips, checking to see who can take the heat!

“Chow” Mango Salad



Prep Time: 15 min

Cook Time: 0 min

Serves: 4+

What You Need

- 1-2 Mango, half-ripened
- 4 cloves Garlic
- 1/2c Bandania
- 1 Lime
- Hot Pepper
- Salt (to taste)
- Black Pepper (to taste)

Notes

- Cilantro can be substituted for bandania.
- Ingredients can be chopped finely instead of using a mortar & pestle.
- Most any tropical fruit can be used to make chow (orange, pineapple, green plum, pommecythe/golden plum, papaya, sour cherry, pomerac/Malay apple, papaya, chennet/guinep.
- Try different kinds of hot peppers, such as Carolina Reaper, Bhut Jolokia, Moruga, Ghost, and Trinidadian Scorpion.

Instructions

- 1 Peel mangoes and cut into thinly julienned strips. Place in a medium bowl.
- 2 Using a mortar and pestle, grind garlic and bandania. Add to mango.
- 3 Cut lime in half and squeeze over mango. Add hot pepper, salt and black pepper to taste. Stir well.
- 4 Let sit for at least 5 minutes (in the sun) for the flavours to integrate and intensify!
Enjoy!

Every island has its version of rum punch. What makes it a signature drink is that it highlights the unique rum of that region. By adding a combination of orange, lime or pineapple juice, you can lighten the potency of this drink and add a tropical twist!

Bajan Rum Punch



Prep Time: 5 min
Cook Time: 15 min
Serves: 4

What You Need

2c	Granulated Sugar
2c	Cold Water
1c	Fresh Lime Juice
3c	Golden Rum
2c	Crushed Ice
2 dashes	Bitters
Pinch	Grated Nutmeg (optional)

Instructions

- 1 Put sugar in a small saucepan. Add cold water. Bring to a boil, stirring constantly.
- 2 Lower the heat and simmer for 3-5 minutes until sugar is dissolved. Remove from the heat and cool.
- 3 Pour sugar syrup into a large container.
- 4 Add lime juice, golden rum, and ice. Mix well.
- 5 Add bitters and nutmeg. Stir well. Enjoy!

Notes

- Experiment with different rums for variations of this signature drink.



Ginger has long been known for its versatility in cooking and baking for both sweet and savoury dishes, as well as for its medicinal purposes. This Ginger Beer leaves a gentle burn at the back of your throat and on your tongue, and is the ideal thirst-quencher!

Bajan Ginger Beer



Prep Time: 10 min
Wait Time: 5-7 days
Serves: 10

What You Need

- 1/2c Fresh Ginger
- 16c Hot Water
- 1 Green Lime (optional)
- 2c Sugar (or to taste)

Notes

- The longer you leave ginger to sit, the taste becomes deeper and stronger.
- Try making a carbonated version by adding 1/4 tsp yeast on Day 5, pour and let sit for two or more days. Be careful when opening! Keeps best in a clean 2L plastic soda bottle.

Instructions

- 1 Peel and wash ginger. Pound it until it becomes small chunks.
- 2 Put ginger into a large jar or bowl and add boiling hot water.
- 3 Stir in sugar.
- 4 Peel lime. Cut it in half and squeeze the juice into the jar. Add the rind to the jar.
- 5 Strain the liquid into an airtight (easy to pour) container. Leave for 5-7 days at room temperature, stirring or shaking gently every couple of days.
- 6 Put liquid into refrigerator to chill.
Enjoy!



This jerk chicken takes you straight to the “jerk huts” of Jamaica and brings you right back home again. WALKERSWOOD has bottled the best combination of heat and spice in its authentic Jerk Seasoning. It’s cooking made easy!

Oven Roasted Jerk Chicken



Prep Time: 1 hour 20 min

Cook Time: 45 min

Serves: 4

What You Need

- 4 tbsp WALKERSWOOD Hot or Mild Jerk Seasoning
- 1-2 tbsp Cooking Oil
- 1 Whole Chicken
- 1 Lime or Lemon

Notes

- Instead of whole chicken, use 3-4lbs chicken parts.
- Remove chicken skin for a healthier option.
- For unique flavour variations, substitute coconut oil for cooking oil or add 1 tbsp dark rum.

Instructions

- 1 With a knife, separate chicken into smaller parts (drumsticks, thighs, breasts). Butterfly breast so that it is flat for even cooking.
- 2 In a bowl, toss chicken with juice of lime and pat dry.
- 3 Combine WALKERSWOOD Jerk Seasoning with oil and mix into a paste.
- 4 Rub jerk paste to cover all chicken pieces. Set aside in roasting pan to marinate in refrigerator for at least 1 hour.
- 5 Preheat oven at 350°F. Put chicken to roast for 45 minutes. To test for doneness, stick chicken with a knife. If the juices run clear, the chicken is ready. Enjoy!

Guava is a tropical fruit with a naturally high level of pectin. It thickens easily, making it an ideal choice to make jellies and sauces. Impress your guests with this sweet take on jerk. Use it for a special occasion or to make the everyday a little more decadent!

Jerk Lamb with Guava Glaze

Prep Time: overnight

Cook Time: 60 min

Serves: 8-10

What You Need

- 5 lbs Boned Leg of Lamb or Lamb Cutlets
- 3 tbsp WALKERSWOOD Hot or Mild Jerk Seasoning
- 1 tsp Salt , or to taste
- 1-2 tbsp Cooking Oil

- 1 head Garlic, unpeeled
- 3/4c WALKERSWOOD Guava Jelly (or Red Current Jelly)
- 3 tbsp White Wine Vinegar
- 1 tsp Parsley, chopped
- 1 tsp Cilantro (Coriander), chopped



Instructions

- 1 Rub salt and jerk seasoning into lamb thoroughly.
- 2 Cover and marinate in refrigerator overnight.
- 3 Preheat oven to 180°C/350°F.
- 4 Roll and tie the leg of lamb in three places with cooking twine to secure. Roast the lamb for 45 minutes (medium rare). Put garlic in a small dish and remove from the oven at the same time as the lamb. If using cutlets, grill for 8-10 minutes on both sides. Allow the lamb to rest for 10 minutes.
- 5 In the meantime, remove soft roasted garlic from skins and toss into a saucepan. Add white wine vinegar, WALKERSWOOD Guava Jelly, parsley and cilantro. Crush garlic while stirring.
- 6 Bring to a boil, making sure the guava jelly has melted completely. Simmer and allow liquid to reduce by half.
- 7 Slice the lamb and glaze with the warm sauce. Enjoy!

Although Ackee and Salt fish is considered the national dish of Jamaica, Rice and Peas is fondly known as “Jamaican coat of arms.” Simmered in coconut milk with a fresh hint of thyme and a touch of pepper, this is soul food that’s perfect for Sunday family dinner!

Rice and Peas



Prep Time: overnight

Cook Time: 2 hours 4 min

Serves: 6

What You Need

- 1c Dried Kidney Beans, soaked overnight
- 1 1/2c Coconut Milk, unsweetened
- 3 stalks Green Onions, chopped
- 1 sprig Fresh Thyme
- 2c White Rice
- 1 Scotch Bonnet Pepper, whole
- Salt (to taste)
- Black Pepper (to taste)

Notes

- The seeds of a pepper contain the most heat. Cooking the pepper whole allows the flavours and aromas to be released, but minimizes the heat.
- Gungo peas (pigeon peas) and black-eyed peas may also be used in this dish.

Instructions

- 1 Place beans in a large saucepan. Add enough water to cover. Boil until just tender, about 2 hours.
- 2 Add coconut milk, green onions, thyme, salt and black pepper. Stir well.
- 3 Add rice. Top up with water (if necessary), so that there is about 2 1/2 times as much liquid as rice and beans.
- 4 Place the hot pepper on top and bring to a boil.
- 5 Reduce the heat and cover. Let the rice steam slowly until cooked, about 25-30 minutes.
- 6 Remove the pepper and thyme stalk. Fluff lightly with a fork before serving. Enjoy!

“Curry Goat,” “Curried Goat” or “Goat Curry,” no matter where it’s from or how you say it, boasts of bold flavours and pungent aromatics. With room for interpretation and personal taste, we ask, “How do you like your goat? Hot or mild? Chewy or falling off the bone?”

Curry Goat

Prep Time: 2 hrs 15 min

Cook Time: 1 hr

Serves: 6



What You Need

2 1/2 lbs Goat Leg or Shoulder,
2-in cubes

1 Lemon

1 1/2 Onion, chopped, divided

1/2 head Garlic, crushed

1/2c Podina, chopped

1 Pimento (optional)

1/4 Scotch Bonnet (optional)

2 sprigs Fresh Thyme, leaves

1 tbsp Salt

2 tsp Black Pepper

4 tbsp Curry Powder (Chief)

3 tbsp Oil

Hot Water (as needed)

Notes

- “Seasoning” is a loose recipe. Alter amounts and ingredients according to availability in grocery and what you have at home. Can be made ahead and stored in refrigerator. Bandania (Shado Beni) or cilantro can be substituted for podina.

Instructions

- 1 In a bowl, wash goat with juice of lemon and rind. Rinse 3 times with water. Drain.
- 2 To make “seasoning” use a blender or a mortar and pestle to crush together 1 onion, garlic, salt, black pepper, podina and thyme. If using blender, add a touch of water. Pour seasoning onto meat. Stir well and let sit for 2 hours to marinate.
- 3 In a large pot, heat oil on High. Add curry powder and fry until it makes a paste and starts to become grainy, about 5 minutes. Add 1/2 onion and water. Stir. Turn heat down to Medium and fry until it dries down to a smooth paste.
- 4 When onions are golden brown, add goat (keep liquid and any remaining seasoning) and fry for 30 minutes. Stir occasionally, adding a little water each time to prevent sticking.
- 5 Add leftover seasoning liquid and pour boiling water to cover the goat. Place lid on pot. Turn up heat to High until liquid has almost dried down. Check for desired tenderness. Leave enough gravy to pour over rice or sop up with roti. Enjoy!

The sticky protein-packed tendon found in cow heel has grown in popularity as one of the new “Super Foods.” It makes your bones and joints healthy. Mom knew this hearty, flavourful soup made from bone stock “gives you strength” and is just the right medicine!

Cow Heel Dumpling Soup



Prep Time: 35 min

Cook Time: 20 min

Serves 10

What You Need

3 lbs Cow Heel

1 tbsp White Vinegar

2 Onions, medium, divided

1 head Garlic, divided

1/2c Bandania, chopped

1 1/2 tbsp Salt, divided

2 tsp Black Pepper

3 sprigs Fresh Thyme, divided

1 1/4c Yellow Dry Split Peas

13c Water, divided

1/4 Sc Scotch Bonnet (optional)

4c Provisions (cassava*, carrots*, potato*, green banana*; half-ripe banana, plantain, eddoes, sweet potato

10 Okra

2 1/2c Flour

2 tbsp Coconut Cream/Milk

Instructions

- 1 In a bowl, wash cow heel with vinegar and water. Rinse 3 times with water. Drain.
- 2 Season cow heel with 1/3 diced onion, 1/3 minced garlic, bandania, black pepper, 1 tbsp salt and 1 sprig of thyme. Stir well and set aside.
- 3 Chop provisions into large bite-sized chunks. Separate provisions into two bowls according to cook time (harder* ones take longer to cook).
- 4 In a large pot, boil 8 cups water, split peas, 1/3 onion, 1/3 garlic, 2 sprigs of thyme and scotch bonnet for 1 hour until split peas are tender. Add cow heel and keep boiling.
- 5 In a large bowl, combine flour, 2 tsp salt and 2 cups water. Knead dough hard into a ball. Form into bite-sized dumplings.
- 6 Add 3c water, hard* provisions, and dumplings. Turn heat to Medium and boil for 10 minutes. Cut top of okra and quarter lengthwise. Add okra, the rest of provisions, and last 1/3 of onions and garlic. Simmer for another 20 minutes. Enjoy!

Banana fritters are a quick and easy snack. With just a handful of ingredients, this is the perfect recipe to introduce young chefs to the kitchen and the sweet joys of cooking!

Banana Fritters



Prep Time: 10 min

Cook Time: 20 min

Makes: 20

What You Need

- 4-5 Over-ripe Bananas
- 2 tbsp Brown Sugar (optional)
- 1 tbsp Granulated Sugar (optional)
- 1/4 tsp Ground Nutmeg
- 1/4 tsp Ground Cinnamon
- Pinch Salt
- 1/2 tsp Vanilla Extract
- 1 c All Purpose Flour
- 1/4c Cooking Oil
- Icing Sugar (optional)
- Ice Cream (optional)

Notes

- Over-ripe bananas can be very sweet, so adding the sugars is optional, depending on individual taste.
- Children should be supervised by an adult at all times when cooking.

Instructions

- 1** In a medium bowl, mash bananas with a fork. Add sugars, nutmeg, cinnamon, salt and vanilla extract. Mix together.
- 2** Stir flour into banana mixture.
- 3** Heat oil. Using a large spoon, pour batter one spoonful at a time into the oil. Fry until golden brown on both sides.
- 4** Remove fritters from pan and place on paper towel to remove excess oil. When you press the fritter and no batter oozes out, it is done.
- 5** Sprinkle fritters with icing sugar and serve with your favourite ice cream. Enjoy!

In the mood for something sweet? This no-bake sugar cake is a super-sweet confectionary that will satisfy even the strongest craving! In the past, they were dropped onto banana leaves to harden and be easily removed! Banana leaves – the original parchment paper!

Coconut Sugar Cake



Prep Time: 20 min

Cook Time: 35 min

Makes: 20

What You Need

- 1 Dried Coconut, finely grated
- 1 1/2c Sugar , white or brown
- 1 tbsp Butter
- 2 tbsp Ginger Root, grated
- 1/2c Hot Water (may not use all)
- 1 tbsp Vanilla (optional)
- Food Colouring (optional)

Notes

- See Traditional Coconut Fudge recipe for instructions on how to remove coconut meat from outer shell.
- You can keep the brown skin or peel it, grate finely or coarsely, or choose to add food colouring or not, depending on the look you want.
- To make this a more child-friendly recipe, transfer hot mixture to a plastic bowl and cool slightly so it is safer to handle. Kids can have fun spooning out the “cakes.”

Instructions

- 1 Follow instructions to prepare and grate dried coconut (see Notes).
- 2 In a medium pot, bring sugar and water to a boil. Add butter and ginger, stirring till it thickens, about 20 minutes.
- 3 Pour in grated coconut. Keep cooking on Medium heat until very thick. Watch closely to avoid burning. Remove from heat and add vanilla and food colouring.
- 4 Drop by tablespoonfuls onto parchment paper, spreading a little if desired. Enjoy!

When a coconut dries out, the milk inside hardens and becomes the copra or “meat” of the coconut. Many recipes use canned coconut milk, but this Traditional Fudge involves the reconstitution of the meat back to milk, just the way our grandmothers used to do it!

Traditional Coconut Fudge



Prep Time: 45 min

Cook Time: 80 min

Makes: 20

What You Need

- 1 can Condensed Milk
- 2c Light Brown Sugar
- 1 tbsp Granulated Sugar (optional)
- 1 Dried Coconut
- 2c Hot Water
- 1 tbsp Vanilla

Notes

- Sprinkle some dried flakes back into the mixture for a nice texture.
- Use the strained coconut to make a Sweet Bread, to add texture to dishes, or to feed to the chickens!

Instructions

- 1 Crack coconut with a hammer. Using a sharp paring knife, carefully separate the white meat from its hard, brown shell. Peel the brown skin (seed coat), leaving as much of the white meat intact as possible.
- 2 Grate white meat very fine. Place in a bowl and add 2c hot water. Let stand for 15 minutes, stirring occasionally. Strain through a cheese cloth, wringing it tightly to squeeze out all of the coconut milk.
- 3 Pour coconut milk, condensed milk and sugar into a medium saucepan and boil for 20 minutes to thicken. When you lift the spoon and it drips down in a thin thread, it is ready. (The thicker the thread, the harder the fudge.) Remove from heat and stir in vanilla.
- 4 Pour the hot mixture onto a prepared baking sheet, buttered and lined with parchment paper. Cool at room temperature for 15 minutes and score with a knife into 1-inch squares. Leave to set for 45 minutes. Enjoy!

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