



**E**ASTER  
EDIBLES

*COOKBOOK 2012*



### Callaloo Quiche

8 slices chicken sausage  
1 cup cooked callaloo  
4oz shredded cheddar cheese  
2tbsp butter, melted  
4 eggs, beaten  
1/4 cup finely chopped onion  
1tsp salt  
1/4 cup all-purpose flour  
1 1/2 cups milk

#### DIRECTIONS

1. Place chicken sausage in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain, crumble and set aside.
2. Preheat oven to 350°F (175°C). Lightly grease a 9-inch pie pan.
3. Line bottom of pie plate with cheese and callaloo. Combine eggs, butter, onion, salt, flour and milk; whisk together until smooth; pour into pie pan. Brush egg white on trim of crust.
4. Bake in preheated oven for 35 minutes, until set. Serve hot or cold.



### Ol'-Fashion Chocolate Tea

1 Jamaican chocolate ball  
3tbsp sugar  
1/4 cup sweetened condensed milk  
1 quart water  
A pinch of salt  
3 cinnamon leaves or 2 cinnamon sticks

#### DIRECTIONS

Grate Jamaican chocolate ball in a plate. Bring the water to boil in the meantime, and then add chocolate and cinnamon to the pot of boiling water.

Allow the tea to boil for 15 to 20 minutes. Sweeten to taste then remove cinnamon.

# SPLENDA® RECIPE

## Creamy Cheesecake

Makes: 10 portions Prep Time: 15 minutes Time to Bake: 1 hour



### Ingredients for Crust:

1 ¼ cups Graham Cracker Crumbs;  
¼ cup **SPLENDA® No Calorie Sweetener, Granulated**;  
3 tablespoon Butter, melted.

### Ingredients for Filling:

1 pound Regular Cream Cheese  
1 pound Fat-free Cream Cheese  
1 ¼ cups **SPLENDA® No Calorie Sweetener, Granulated**  
1 ½ tablespoon Limejuice  
Pinch of Salt  
4 Large Eggs

Mix ingredients together, and press into a 10" spring form pan.

### Method:

- Beat the cream cheeses and **SPLENDA® No Calorie Sweetener, Granulated** until well mixed and smooth. Add limejuice and a pinch of salt, beat until smooth. Add eggs 1 at time, beating well after each addition.
- Pour filling over crust and bake 50-60 minutes or until slightly firm to the touch. Let cool 15-20 minutes before placing in the refrigerator. Refrigerate 4-6 hours before serving.
- Top with your favorite topping.

**Nutrition Facts:** Portion 1 piece: Calories 200, Fat 14g, Saturated Fat 8g, Trans Fat 0g, Cholesterol 95mg, Sodium 290mg, Carbohydrates 11g, Fiber 0g, Sugars 3g, Proteins 8g. **Exchanges by portion:** 1 Starch, 1 ½ Proteins, 1 ½ Fat

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\*\* Assumes consumption of 1 packet of **SPLENDA®** per coffee cup. All calorie savings on a per serving basis.  
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## BREAKFAST

### Cornmeal Porridge

1 cup yellow cornmeal (coarse or fine)  
4 cups water  
¼ cup Half and Half (or milk)  
½ cup sweetened condensed milk  
2tbsp sugar  
¼ tsp nutmeg (ground)  
¼ tsp cinnamon (ground)  
Vanilla flavouring (2 drops)

#### DIRECTIONS

Add cornmeal to a bowl, and then pour enough water into the bowl to cover the cornmeal. Use a fork to mix the cornmeal in the bowl to let the water and cornmeal mix loose and watery.

Bring the 4 cups of water to boil in a saucepan. Turn the heat to medium.

Slowly pour the water and cornmeal into the saucepan while stirring with a fork. You will have to stir the mix continuously for about three minutes. Make figure eight patterns if you like; this will stop the cornmeal from forming lumps. Be careful from this point on.

The porridge will splash and burn your hand if the heat is too high. Turn the fire down even more if the splashes from the pot become large. Cover the pot and let simmer for about 20 minutes. Occasionally stirring the mixture in the pot.

Turn off the fire but do not remove the pot from the stove. Now add all the ingredients, except the nutmeg. Stir to sweeten this Jamaican porridge and then taste it. Add more ingredients of your choice to get the desired taste. Serve in small soup bowls and sprinkle with ground nutmeg.



### Breakfast Devilled Eggs

12 hard-boiled eggs, peeled  
½ cup fat-free plain yogurt  
¼tsp salt  
⅛tsp pepper  
¼ cup parsley, chopped  
paprika

#### DIRECTIONS

Cut eggs in half, remove and mash yolk. Mix in the salt and pepper and yogurt. Put yolk mix back into the egg whites, garnish with parsley. Chill. When serving, sprinkle with paprika.



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### Eggnog Pancakes

2 cups all-purpose flour  
4tsp baking powder  
1/2tsp salt  
1/4tsp ground nutmeg  
2 eggs  
1 1/2 cups eggnog  
2tbsp butter or margarine,  
melted

#### DIRECTIONS

In a bowl, combine the flour, baking powder, salt and nutmeg if desired. In another bowl, beat eggs, eggnog and butter; stir into dry ingredients just until moistened. Pour batter by 1/4 cupfuls onto a lightly greased hot griddle. Turn when bubbles form on top; cook until second side is golden brown.



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### Festival

4oz cornmeal  
4oz all-purpose flour  
2 1/2tsp baking powder  
1/2tsp salt  
1 1/2tbsp sugar  
4oz cold water

#### DIRECTIONS

Mix all ingredients together, except water. Add the water to the mix and knead to make soft dough. Make long and slender like spinners.

Now deep-fry the long spinners in cooking oil until brown. Remove the festival and lay on a paper towel to drain the oil.

### Fried Sprat

2 dozen sprats  
Vinegar  
Salt and pepper to taste  
Oil for frying

#### DIRECTIONS

1. Clean and wash the sprats with vinegar and water.
2. Dry with paper towel.
3. Season with salt and black pepper and fry in hot oil.
4. Place fried sprat on paper towel to drain oil.
5. Serve with festival.



# LASCO <sup>Delicious</sup> *Affordable* Easy

## LASCO Mini Veggie Burgers

### INGREDIENTS

- ¼ cup **LASCO** Mixed Vegetables
- 2 tbsp **LASCO** Jerk Seasoning
- ¼ cup **LASCO** Red Kidney Beans (drained)
- ¼ cup Bread crumbs
- 1 Egg (beaten)
- ¼ cup Grated cheese
- 2 tbsp Onion (finely chopped)
- 2 tbsp Sweet pepper (finely chopped)
- 2 tsp Thyme leaves
- 2 tbsp **LASCO** Tomato Ketchup

- LASCO** Vegetable Oil for frying
- 8 Slider Rolls (or dinner rolls)

### METHOD

Toss mixed vegetables in jerk seasoning, and then lay on a baking sheet. Bake for 15 minutes at 350°F. Crush **LASCO** Red Kidney Beans to a mashed potato consistency. Add the bread crumbs and combine. Add about ¼ of the beaten egg, cheese, onion, sweet pepper, thyme, **LASCO** Ketchup, and the baked **LASCO** Mixed Vegetables. Combine mixture. If it becomes too "wet" add a bit more breadcrumbs and combine. Form Burger patties by rolling about 2 tablespoon of mixture tightly in a ball then press down forming about a 2.5" patty. Heat a small amount of oil in a skillet and shallow fry on both sides. Drain on paper towel.

Sandwich between a roll cut in half with your favorites condiments.

**Makes 8 Mini Burgers**

## Green Banana Fingers

### INGREDIENTS

- 8 Green bananas (peeled)
- 2 cups Flour
- 1 tsp Baking soda
- 1 ½ cups **LASCO** LaSoy Lactose Free
- 2 tbsp **LASCO** Jerk Seasoning (powder)
- ¼ cup Grated cheese
- 2 cloves Garlic (grated)
- 2 cups **LASCO** Vegetable Oil
- 1 Egg (beaten)

### METHOD

Half boil green bananas then drain water. Cut in half lengthwise then in half horizontally. Add baking soda to 1 cup flour and sieve. Combine flour and milk to form a batter. Add dry seasonings, cheese and garlic. Dip each banana in remaining flour, then egg then into the batter. Deep fry bananas until they are golden brown. Drain the excess oil on absorbent paper. Serve with **LASCO** Spicy Ketchup.

**Makes 32 pieces**

## LASCO Spicy Ketchup

### INGREDIENTS

- ½ cup **LASCO** Tomato Ketchup
- 1 tbsp **LASCO** Crushed Red Pepper

### METHOD

Combine ingredients.  
Serve with Banana fries.

**Makes ½ cup**



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## FRITTER FEST

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### Carrot Fritters

1 cup mashed carrots  
1/2 cup flour  
1 egg  
1tsp salt  
1tbsp milk  
1/2tsp black pepper  
1 small onion chopped  
1/2 sweet pepper chopped

1/4 cup flaked codfish  
Oil for deep fat frying  
1/2tsp baking powder

#### DIRECTIONS

1. Beat egg and milk.
2. Add all other ingredients and mix well.
3. Drop by spoonful into oil and fry until golden brown.
4. Drain garnish and serve.

*Source: RADA*

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### Conch Fritters

1lb conch meat  
1/2 large onion  
2 stalks scallion  
1/2 red bell pepper  
1/2 green bell pepper  
1/4 cup buttermilk  
1/4 tsp Scotch bonnet pepper  
Salt to taste  
1 egg  
1/3 cup self-rising cornmeal  
1/3 cup flour  
1tsp baking powder

#### DIRECTIONS

Put conch through food grinder or food processor. Process next four ingredients and mix with conch, adding salt and egg. Mix well. Mix together cornmeal and flour. Add conch mixture. Mixture should be thick. Add buttermilk and Scotch bonnet pepper. Drop by heaping tablespoon into deep oil until light brown. Drain.





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## Oyster Fritters with lemon mustard mayonnaise

24 oysters  
2tbsp lemon juice  
2tbsp plain flour  
2tbsp self-raising flour  
¼tsp baking soda  
½ cup water  
1 egg white  
Oil for deep-frying.

## LEMON MUSTARD MAYONNAISE

¾ cup mayonnaise  
2 green shallots, chopped  
2tbsp chopped fresh parsley  
½tsp grated lemon rind  
1tbsp lemon juice  
1tsp seeded mustard

### DIRECTIONS

1. Combine oysters and lemon juice in bowl, stand for 15 minutes; drain well.
2. Sift flours and soda in medium bowl, gradually stir in

water, mix to a smooth batter. Beat egg white in a small bowl until soft peaks forms, gently fold in to batter. Dip oysters into batter, deep-fry a few at a time in hot oil until golden brown. Drain on absorbent paper. Serve with mayonnaise.

Serve fritters as soon as they are cooked. Mayonnaise can be made up to two days ahead; keep, covered, in refrigerator. This recipe is not suitable for freezing or microwave.

## Lillan Meats

### Salt Fish Fritters (Stamp & Go)

½lb salt fish  
½lb flour  
1 onion  
2 tomatoes (plummy)  
2 cloves garlic  
½ Scotch bonnet pepper  
2 stalks scallion  
1 sprig thyme (leaves only)  
1tsp ketchup  
1tbsp cooking oil (coconut oil, if possible)  
2tsp baking powder  
Oil for frying (coconut oil, if possible)  
Hearty portions of love and care

### DIRECTIONS

1. Soak salt fish, preferably overnight. Drain, rinse under cold water, flake the fish making sure to remove fish bones.
2. Chop finely, tomatoes, onion, garlic, scallion, thyme and pepper.
3. Sauté chopped tomatoes, onion, garlic, scallion, thyme and pepper in 2tbsp oil. Drain off oil and cool.
4. Add seasoning to salt fish, set aside.
5. Add baking powder to flour. Add salt fish to flour.
6. Add enough water to make a medium batter.
7. Add ketchup to batter.
8. Fry by tbsp in about ½ inch of oil until golden brown.
9. Drain on absorbent paper. Serve hot. Makes roughly 24 fritters.

# J.F. Mills

## Easter Bun Recipes



### INGREDIENTS

3 cups JFMills  
All-purpose flour  
3 teaspoon baking  
powder  
1 teaspoon cinnamon  
1 teaspoon mixed spice  
2 eggs

1 ½ cup stout  
3 ounces margarine (melted)  
1 cup brown sugar  
¼ cup honey  
2 ½ teaspoon browning  
½ cup raisins  
½ cup currant  
¼ cup mixed peel  
(finely chopped)  
½ cup grated cheese (optional)



### Whole Wheat Easter Bun



**INGREDIENTS**  
3 cups JFMills Whole  
Wheat flour  
3 teaspoon baking  
powder  
1 teaspoon cinnamon  
1 teaspoon mixed  
spice  
3 eggs  
2 cups stout  
3 ounces margarine  
(melted)

1 cup brown sugar  
¼ cup honey  
2 teaspoons browning  
½ cup raisins  
½ cup currant  
¼ cup mixed peel  
(finely chopped)  
½ cup grated cheese  
(optional)

### METHOD

- **Preheat** Oven to 300 °F. Grease pan generously and dust lightly with flour.
- **Chopped** fruits and soak in stout for 5 minutes.
- **Combine** flour, baking powder and spices together.
- **Add** sugar, melted margarine, eggs, honey, browning and stout together, combine with flour.
- **Scrape** the sides of the bowl add the fruits and mix for another 30 seconds.
- **Pour** batter in a 11 x 14 loaf pan and sprinkle fruits on top.
- **Bake** for 45 – 50 minutes or until done.
- Remove from oven and brush with bun wash.

## SOUP AND SALAD

### Fish Soup with Shrimp and Lobster

¼ cup olive oil  
2 cups finely chopped scallion  
2 cups chopped onions  
3tbsp flour  
3 cloves garlic, minced  
2 cups canned tomatoes  
3 cups fish stock  
2 cups dry white wine  
3lb or 2½lb live lobsters  
Salt and freshly ground pepper  
1 cup water  
1lb shrimp, shelled  
2½lb skinless fish fillets, cut into 2-inch pieces  
½lb thin pasta, such as vermicelli broken into three- or four-inch lengths

#### DIRECTIONS

1. Heat the oil and add the scallion and onions. Cook, stirring until onions are wilted. Sprinkle with flour and add the garlic, stirring.
2. Add the tomatoes, fish stock and wine and cook 15 minutes, stirring occasionally.



3. Plunge a knife into the centre section of each lobster and sever the tail. Cut each tail crosswise into three pieces.
4. Crack the lobster claws. Split the carcass in half and remove and discard the tough small sac near the eyes. Save all the juices that come out of the lobsters.
5. Add the lobster pieces and the juices to the soup. Add the remaining ingredients. Stir, bringing to the boil and cook 15 minutes.
6. When ready to serve, discard the pieces of lobster carcass.

### Purée of Red Peas Soup

2 cups water  
¼ cup coconut milk  
2 cans red beans  
½tsp white pepper  
½tsp salt  
1 stalk scallion  
2 sprigs thyme

#### DIRECTIONS

1. Bring water to the boil.
2. Add coconut milk to water. Blend red peas. Add to boiling coconut liquid.
3. Add other ingredients and simmer for 25-30 minutes
4. Serve hot.

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**Grace**

# Grace Whole Wheat Easter Bun

## Ingredients

- 2 ounces **GRACE HELLO SOFT MARGARINE**
- 1 pound whole wheat flour
- 1 Tbsp. mixed spice
- 1 tsp. salt
- 1 Tbsp. cinnamon powder
- 1 tsp. nutmeg
- 1 Tbsp. baking powder
- 4 ounces mixed spice
- 2 tsp. vanilla essence
- 1 Tbsp. **Grace Browning**
- 1/2 cup **Grace Guava Jam**
- 1/2 pound dark sugar
- 1 large egg, beaten

Preparation Time: 10 minutes

Baking Time: 45 minutes

Serves: 10 people

Yield: 10 slices

## Directions

1. Melt **Grace Hello Margarine** and set aside to cool. Combine whole wheat flour, mixed spice, salt, cinnamon powder, nutmeg and baking powder.
2. Add three quarters of mixed fruits. Mix well then set aside.
3. To the cooled **Hello Grace Margarine**, add stout, wine, vanilla essence, **Grace Browning** and one tablespoon **Grace Guava Jam**, then mix well.
4. Add dark sugar and mix until all the sugar granules are dissolved, then add the beaten egg.
5. Pour liquid ingredient into dry ingredients and mix well.
6. Scrape the batter into a greased loaf pan then sprinkle on remaining mixed fruits. Place in pre-heated oven at 180°C/350°F for 45 minutes or until a skewer comes out clean.
7. Melt the remaining **Grace Guava Jam** and brush onto the baked bun as a glaze.

**To Serve:** Serve with your favourite cheese.





### Pumpkin Soup

1lb pumpkin  
2 onions  
1 quart chicken soup  
2 sprigs thyme  
1tbsp butter  
1 stalk scallion

#### DIRECTIONS

1. Slice and lightly sauté onions in butter.
2. Add peeled, cubed pumpkin and the rest of the ingredients.
3. Cover in chicken stock and simmer for about an hour.
4. Strain before serving.

### Corn Chowder

One 14-oz can chicken broth  
1 cup chopped onion  
1/8tsp pepper  
One 12-oz can evaporated skim milk  
1/4 cup all-purpose flour  
One 12-oz can whole kernel corn with sweet peppers  
1tbsp snipped fresh parsley (optional)

#### DIRECTIONS

In a medium saucepan, combine broth, onion and pepper. Bring to boil, reduce heat. Cover and simmer for five minutes or till onion is tender. In a small bowl, stir together milk and flour. Stir into broth mixture. Cook and stir till thickened and bubbly. If desired, sprinkle with parsley.

Note: If desired, when adding the corn, add one 6-oz can minced clams, undrained or 1 cup chopped, cooked chicken.

### Tomato Soup

1lb fresh tomatoes  
1 quart chicken stock  
1 onion  
Strips of smoked chicken  
1oz brown sugar, salt and pepper to taste  
Fresh herbs of choice  
1oz margarine  
2tbsp flour

#### DIRECTIONS

1. Using half the margarine, fry meat in thick pot, add sliced onion and fry slightly.
2. Chop tomatoes, add to pot and cover and cook over low heat for 10 minutes, stirring occasionally.
3. Add mixed herbs, stock, sugar, salt and pepper and simmer.
4. Remove from flame, rub through sieve, rinse the pot and add remaining margarine.
5. When butter has melted, gradually stir in flour and add the sieved purée.
6. Cook until rich.



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## SOUP AND SALAD

### Broccoli Salad

- 1 bunch broccoli, cut up
- 1/2 cup finely chopped red onions
- 1 cup raisins
- 1/2 cup diced celery
- 1/2 cup sunflower seeds
- Dressing
- 1 cup salad dressing
- 2tsp sugar
- 1tsp vinegar

#### DIRECTIONS

1. In a large serving bowl, combine broccoli and other salad ingredients.
2. Mix dressing ingredients together, pour over salad ingredients and toss gently.

### Cho cho Salad

- 3 young, tender chayotes
- 1 small white onion, thinly sliced, separated into rings
- 2 tomatoes, cut into chunky bite-sized pieces
- 1 can (2<sup>1</sup>/<sub>4</sub>oz) sliced ripe olives, drained
- 2tbsp chopped cilantro
- Oil and vinegar dressing (recipe below)
- Half a head of Boston or buttercup lettuce, coarsely shredded

#### DIRECTIONS

Halve chayotes, but do not peel them; place them in a steamer or cover with water in a saucepan; bring to a boil, reduce heat, cover and cook until fork-tender. Allow to cool; peel only if necessary, and cut into chunky, bite-sized pieces.

In a bowl, combine chayotes, onion, tomatoes, olives and cilantro.

Toss with oil and vinegar dressing and refrigerate until lightly chilled (approximately 20 to 30 minutes)

Spoon chayote mixture over shredded lettuce just before serving.

### Simple Sardine Salad

1. Drain the oil from a tin of sardines, then squeeze three drops of lemon juice on each fish and let them stand for one hour.
2. Arrange crisp lettuce leaves on a chilled platter and place a sardine on each leaf, with one spoonful of mayonnaise dressing poured over each.
3. Garnish the edge of the platter with cold boiled beets cut into fancy shapes.
4. Serve with crackers and cream cheese.



### Waldorf Salad

- 1 orange
- 2 cups diced, unpeeled apples (Jamaican or American)
- 1tsp finely grated orange peel
- 1/2 cups raisins
- 1/2 cup thinly sliced celery
- 1/2 cup chopped walnuts
- 1/4 cup mayonnaise
- 1tbs sugar
- 3/4 cup whipped topping
- Salad greens or lettuce

#### DIRECTIONS

1. Zest orange for the 1tsp grated orange peel; peel and section orange over a bowl to catch any juices.
2. Cut each orange section in half, reserve 1tbsp of the collected juice.
3. In a bowl, combine diced apple, orange peel, raisins, celery, walnuts and orange pieces.
4. In a separate bowl, blend together mayonnaise, sugar and reserved orange juice.
5. Fold in whipped topping and gently stir into apple Waldorf salad mixture.
6. Arrange salad greens on serving plates and top with Waldorf salad.



### Caesar Salad

- 1 head romaine lettuce, roughly chopped
- 1/4 cup extra-virgin olive oil, divided
- 2 soft-boiled eggs
- Heavy pinch of sea salt (Don't use table salt)
- Freshly ground black pepper
- Drizzle red-wine vinegar
- 3 shots Worcestershire sauce
- Garlic croutons

#### DIRECTIONS

1. Drizzle lettuce with 2tbsp extra-virgin oil.
2. Add salt and pepper, toss to coat.
3. Add vinegar and toss to coat.
4. Drizzle Worcestershire sauce over lettuce. Toss to coat.
5. Crack eggs over salad, toss to coat.
6. Top with garlic croutons and serve.



# Spicy Mango BBQ Chicken

BY CHRISTIAN SWEENEY, FUZION FOOD SERVICES

**This dish may be done in the oven, but for the best results do it on a charcoal or gas grill.**

#### Ingredients:

- 1 Whole CB Chicken
- 1 tsp salt
- 1 tsp pepper
- 2 tsp allspice powder
- 1 tsp cinnamon
- 2 tsp hot pepper sauce
- 2 tbsp mango chutney
- Pulp of 3 ripe mangoes (blended) Or 2 cups of mango nectar
- 3 tbsp sugar or honey
- 1 bulb ginger

#### Method:

Preheat grill or oven at least 20 minutes before cooking. Rinse and clean chicken then break down into 8 pieces. Season chicken with salt, pepper, allspice powder and cinnamon.

Marinate overnight or for a minimum of 30 minutes. In a medium sauce pan combine chutney, crushed ginger, nectar and honey and simmer for 30 minutes so it is reduced (looks like syrup)

Oven method: Bake at 350° F for 25 - 30 minutes turning and basting with sauce at regular intervals.

#### Grill Method:

Baste and turn chicken regularly until chicken is done



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## Mussels in Curry and Coconut Milk

1 1/2tbsp extra-virgin olive oil or butter  
 1/4 cup finely chopped shallots  
 1/2 cup dry white wine  
 1 cup unsweetened coconut milk  
 2tsp Tahi or Vietnamese fish sauce  
 2tsp fresh lime juice  
 1 1/2 to 2tsp prepared Thai green curry paste or 1 tablespoon plus 1 teaspoon curry powder to taste  
 1tsp sugar  
 3 1/2lb scrubbed mussels  
 1/4 cup chopped fresh cilantro, basil or flatleaf parsley

### DIRECTIONS

1. In a medium saucepan, heat the olive oil over moderate heat.
2. Add shallots, cover and

cook, stirring occasionally, until soft and golden, about five minutes

3. Add the white wine and simmer until almost completely evaporated and only two or three tablespoons are left in the pan. About five to six minutes.

4. Stir in the coconut milk, fish sauce, lime juice, curry paste and sugar.

5. Whisk until completely combined; taste and add more curry paste, if desired. Simmer for five minutes until slightly thickened.

6. Add the mussels. Cover and cook, shaking the pan frequently to rearrange, until all the shells have opened, five to seven minutes.

7. Transfer the mussels to warm, shallow bowls and spoon the sauce over. Sprinkle with herbs.

## Sugar Cane Red Snapper Kebabs

4 ea red snapper fillet, skin on  
 4 ea sugar cane, sticks (1/4" x 6")  
 4 ea red onions, quartered  
 8 ea mushrooms, button

### DIRECTIONS

1. Cut snapper in 4" x 2" size, season with marinade.

2. Fold the snapper fillet and use small knife to make an incision into the centre of each piece of fish, same size as cane sticks.

3. Place fish, mushroom and onion alternately on cane stick.

4. Marinate for at least two hours.

5. Grill until fish is tender.

6. Sauté for four minutes in pot with 1oz of olive oil and finish in a oven for five minutes or until done at 350°F.

7. Serve with beer sauce.

Suggested accompaniments:  
 Rice, pasta, potatoes and any type of vegetables, raw or cooked.

### Marinade

3oz olive oil  
 2oz onion  
 2oz escallion  
 3 ea pimento  
 1 sprig thyme leaves  
 1oz garlic  
 1/2oz ginger  
 1/4 ea Scotch bonnet pepper  
 4 pinches salt  
 2oz white wine, dry (optional)

**Method:** Blend together until smooth.

### Beer Sauce

1 ea bay leaf  
 1 sprig thyme  
 1 slice onion  
 4oz white wine  
 4oz beer  
 12oz butter, cubed  
 3oz heavy cream

### DIRECTIONS

1. Place onion, thyme, bay leaf and wine in a shallow pot.

2. Reduce by half.

3. Add heavy cream, allow to hot.

4. Add butter, gradually, while whisking over low flames.

5. Add beer.

6. Remove & strain.

*Recipe by Kenrick Anthony Stewart, MSc, CHE*



## Easy Coconut Shrimp

1 egg  
 1/2 cup all-purpose flour  
 2/3 cup beer  
 1 1/2tsp baking powder  
 1/4 cup all-purpose flour  
 2 cups flaked coconut  
 24 shrimps  
 3 cups oil for frying

### DIRECTIONS

1. In medium bowl, combine egg, 1/2 cup flour, beer and baking powder. Place 1/4 cup flour and coconut in two separate bowls.

2. Hold shrimp by tail, and dredge in flour, shaking off excess flour. Dip in egg/beer batter; allow excess to drip off. Roll shrimp in coconut, and place on a baking sheet lined with wax paper. Refrigerate for 30 minutes. Meanwhile, heat oil to 350°F (175°C) in a deep-fryer.

3. Fry shrimp in batches: cook, turning once, for two to three minutes, or until golden brown. Using tongs, remove shrimp to paper towels to drain. Serve warm with your favourite dipping sauce.

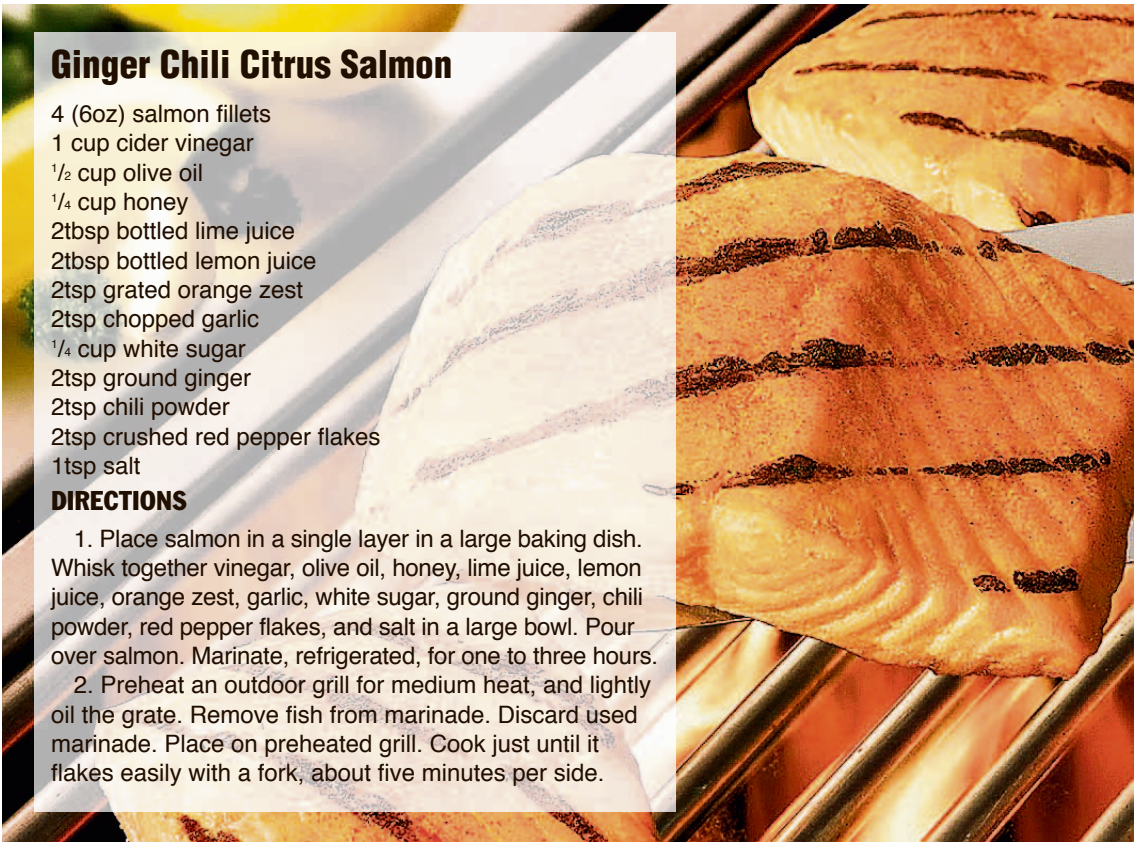
## ENTRÉE: FISH DELIGHT

### Ginger Chili Citrus Salmon

4 (6oz) salmon fillets  
1 cup cider vinegar  
1/2 cup olive oil  
1/4 cup honey  
2tbsp bottled lime juice  
2tbsp bottled lemon juice  
2tsp grated orange zest  
2tsp chopped garlic  
1/4 cup white sugar  
2tsp ground ginger  
2tsp chili powder  
2tsp crushed red pepper flakes  
1 tsp salt

#### DIRECTIONS

1. Place salmon in a single layer in a large baking dish. Whisk together vinegar, olive oil, honey, lime juice, lemon juice, orange zest, garlic, white sugar, ground ginger, chili powder, red pepper flakes, and salt in a large bowl. Pour over salmon. Marinate, refrigerated, for one to three hours.
2. Preheat an outdoor grill for medium heat, and lightly oil the grate. Remove fish from marinade. Discard used marinade. Place on preheated grill. Cook just until it flakes easily with a fork, about five minutes per side.



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## ENTRÉE: FISH DELIGHT

### Fish and Pepper Satays

500g white fish fillets, chopped  
1 medium red pepper, chopped

#### Satay Sauce

1/4 cup roasted salted peanuts  
1 medium onion, chopped  
1/4 cup smooth peanut butter  
1 clove garlic, crushed  
2tbsp fruit chutney  
2tbsp oil  
2tsp light soy sauce  
1/4 cup water  
2tbsp lemon juice  
1 small fresh red Scotch bonnet, finely chopped

#### DIRECTIONS

**Satay sauce:** Blend peanuts and onions until finely chopped. Add remaining ingredients, process until smooth.

1. Thread fish and pepper on to approximately eight skewers, place skewers in single layer in dish, top with satay sauce. Cover, refrigerate for several hours or overnight; turn occasionally.

2. Remove satays from sauce, reserve sauce. Grill or barbecue satays until fish is tender. While fish is cooking, heat reserved sauce for serving.

### Fachoy Steamed Fish

1lb red snapper, grouper or yellow tail  
Dash salt and pepper  
1/2tsp garlic powder  
1 tsp oil  
2 stalk scallion – chopped  
4 cloves garlic – minced  
4 slices ginger – cut into slivers  
6tbsp Hong Kong Maiden or Fachoy Soy Sauce

#### DIRECTIONS

Season fish with salt, pepper and garlic powder. Place fish on a heat-proof dish, and set in a steamer. Steam for about 15 minutes or until fish is cook. Just before the fish is cooked, combine in a bowl scallion, garlic, ginger and soy sauce. In a small saucepan, heat oil and stir fry mixture for one minute. Pour over steamed fish and serve.

### RAINFOREST SEAFOODS

#### Authentic Curried Snapper

1 TrayPack or 1lb Rainforest Seafoods Snapper Fillets  
1/2tsp cumin  
1tbsp curry powder  
1/2tsp masala powder  
2 cloves garlic [minced]  
1 small onion [diced]  
1 Scotch bonnet pepper [minced]  
4 stalks scallion  
1/4 cup vegetable oil  
Salt and pepper – to taste



#### DIRECTIONS

Sauté all seasonings in oil for five minutes or until fragrant. Turn heat down very low.

Add diced Rainforest Seafoods Snapper Fillets slowly & simmer for 15-20 minutes.

Remove and serve with pasta, steamed rice or steamed vegetables. Serves two.

#### FISHTASTIC! TIP:

Add a tip of cinnamon for stronger curry flavour.

### Callaloo-Stuffed Baked Fish

2 medium fish  
1lb Callaloo  
1/2 scotch bonnet pepper  
1 onion  
1 carrot  
1 1/2tsp salt  
1 1/2tsp pepper  
1tbsp fish sauce  
1/2tbsp soy sauce  
3 cloves garlic

#### DIRECTIONS

Chop the callaloo, carrot, onion, pepper and garlic.

Combine the vegetables in a bowl and add the salt, pepper, fish sauce and soy sauce.

Heat 1tbsp of oil in a frying pan.

Add the vegetables and sauté for five minutes.

Add two tablespoons of water, cover the pot and cook at a medium heat for 20 minutes.

Allow the vegetables to cool.

Clean and scale the fish.

Rub 1tsp of salt and pepper on the skin of the fish.

Leave the fish to season for 30 minutes.

Preheat the oven at 200°C.

Once the callaloo has cooled, use it to stuff the fish.

Place the fish on tin foil in an oiled baking tray.

Turn over the foil so that the fish is wrapped up and place in the oven.

Bake for 45 minutes.

Serve with your choice of accompaniment.

# RAINFOREST SEAFOODS



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## Seafood for **LENT**



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### Algerian Carrots

1½ cups water  
2lb carrots, peeled and sliced  
5tbsp olive oil  
1tsp salt  
½tsp ground black pepper  
½tsp ground cinnamon  
½tsp ground cumin  
3 cloves garlic, crushed  
½tsp dried thyme leaves  
1 bay leaf  
1tsp lemon juice

#### DIRECTIONS

1. Place a steamer insert into a saucepan, and fill with 1½ cups of water, or just below the bottom of

the steamer. Cover, and bring the water to a boil over high heat. Add the sliced carrots, reduce the heat to medium, and cover the pan again. Steam until tender but not mushy, four to six minutes depending on the thickness of the slices. Reserve ½ cup of the cooking liquid.

2. Heat the olive oil in a skillet over medium heat. Reduce the heat to low and stir in the salt, pepper, cinnamon, cumin, garlic, and thyme. Cook the spices and garlic, stirring frequently, until fragrant, about 10 minutes. Add the ½ cup reserved cooking liquid and the bay leaf, cover, and simmer for 20 minutes.

3. Stir in the carrots, tossing well to coat with the spice mixture, and cook until heated through, about two to three minutes. Sprinkle with lemon juice and remove the bay leaf before serving.



### LASCO Chicken and Pasta Casserole

4 cups LASCO elbow pasta  
1 cup diced chicken breast  
1tbsp LASCO chicken seasoning  
2tsp LASCO all-purpose seasoning  
1tbsp LASCO vegetable oil  
3tbsp LASCO margarine  
3tbsp flour  
1½ cups LASCO whole milk (mixed)  
2tbsp mustard  
1 cup grated cheese  
1 small can LASCO whole kernel corn (drained)  
1 small LASCO green peas (drained)  
½ cup LASCO real Jamaican water crackers  
(finely crushed)

#### DIRECTIONS

Boil pasta Al Dente (cooked to a tender but firm consistency).

Sprinkle LASCO chicken seasoning and LASCO all-purpose seasoning on to chicken. Heat LASCO vegetable oil in frying pan and cook breast until tender.

Prepare cheese sauce by adding flour to a heated sauce pan. Add 2tbsp LASCO soft



margarine and stir together. Add the mixed LASCO whole milk and mustard and continue stirring, then add cheese, chicken and LASCO elbow pasta to sauce. Remove from heat and stir in LASCO whole kernel corn and LASCO green peas.

Pour in greased ovenproof dish and sprinkle with cheese then LASCO real Jamaican water cracker crumbs. Place small “dots” of butter on top of the cracker crumbs. Bake at 350°F for 20 minutes. Remove from oven and serve hot. Serves four.

QUALITY SINCE 1922



Earth Chef



# VEGGIE MINCE BEEF BALLS IN BARBECUE SAUCE

Preparation Time: 45 minutes • Serves: 4-6 persons • Cooking Time: 30 minutes

## INGREDIENTS

METRIC	IMPERIAL	DESCRIPTION
110 grams	1 pack	GRACE EARTH CHEF UNFLAVOURED VEGGIE MINCE BEEF
500 ml	2 cups	Boiling Water
7.5 ml	1 cup	GRACE VEGETABLE OIL
	6 cloves	Garlic, crushed
225 grams	8 oz	Onion, chopped
114 grams	4 oz	Escallion, chopped
	1 whole	Scotch Bonnet Pepper, finely chopped
15 ml	1 Tbsp	Thyme leaves
225 grams	8 oz	Breadcrumbs
225 grams	8 oz	Whole wheat Flour

## TO MAKE BARBECUE SAUCE

250 ml	1 cup	GRACE TOMATO KETCHUP
5ml	1 tsp	sugar
15 ml		1 tbsp liquidized ginger
5 ml	1 tsp	Grace Hot Pepper Sauce
15 ml	1 tsp	Grace Fish and Meat Sauce

## METHOD

1. Place GRACE EARTH CHEF UNFLAVOURED VEGGIE MINCE BEEF in a large bowl; pour on 500ml (2 cups) boiling water and re-hydrate for 5 minutes.
2. Blend together 7 Tbsp GRACE VEGETABLE OIL, the crushed garlic, chopped onion, escallion, scotch bonnet pepper and thyme in a blender for 2 minutes. Add the contents of the seasoning sachet and blend for another minute.
3. Pour blended marinade mixture unto the re-hydrated mince, mix well and allow to marinate for 30-40 minutes.
4. Add the breadcrumbs gradually to the marinated mixture to create "workable dough".
5. Spoon some of the mixture into the palm of the hand using a tablespoon. Roll the mixture into small balls, set aside. Continue until all the mixture is used. (Number of balls varies depending on sizes created).
6. Heat remaining GRACE VEGETABLE OIL in a large skillet. Roll balls in whole-wheat flour, coating evenly. Fry coated balls in heated oil until golden brown.
7. Remove from oil and drain on absorbent paper.

## FOR THE BARBECUE SAUCE

8. Combine all the ingredients in a saucepan.
9. Heat and serve with Veggie Balls.

TO SERVE: Serve with steamed Cous Cous and BARBECUE SAUCE  
METHOD NOTE: May be served as hors d' oeuvres.



- More Protein than meat.
- 100% Meatless.
- 1 pack serves 4.
- Low fat, no cholesterol.
- Convenient Seasoning Sachets.
- Easy to prepare.

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## CB CHICKEN

### Pan-Roasted Chicken Breast with Coconut Rice Pilaf

#### Pan-Roasted Chicken

2 CB chicken breast quarters  
4oz pimento and Scotch bonnet  
'Maitre d' butter (see below)  
4 sprigs chopped thyme  
Salt and black pepper to taste

#### Pimento and Scotch Bonnet 'Maitre d' Butter

4oz of butter (room temperature)  
1 Scotch bonnet pepper  
6 Pimento seeds  
Salt

*Combine all of the above ingredients and blend in a blender.*

#### Coconut Rice Pilaf

2 cups of parboiled rice  
4oz coconut milk powder  
1 chopped onion



2 cloves of chopped garlic  
1 sprig thyme  
1 stalk chopped scallion  
2oz of vegetable oil  
2oz of toasted coconut flakes

#### DIRECTIONS

1. Preheat oven to 350°F
2. Take chicken breast and rub Maitre d butter mixture under the skin and on the surface. Season the surface with salt, pepper and chopped thyme; let rest.
3. In a medium saucepan, on

medium heat place 1oz vegetable oil and sauté onion, garlic, scallion until soft and translucent. Add your rice and stir in thoroughly and seasoned with salt and pepper. Whisk coconut milk with water until fully dissolved and add to sauce pan and bring to a boil, then reduce flame and cover to steam the rice.

4. To cook the chicken, place a sauté pan on medium heat. Add remainder of vegetable oil. When oil has become hot, place chicken skin side down and sear to seal in the juices and get a nice crust on the outside, this will take about five to seven minutes. Repeat process on the other side. Then place in the oven for six minutes.

When ready to serve, toss toasted coconut flakes into rice and enjoy! Serves two persons.

*By Shea Stewart of Elite Creations*

### Tomato Mac and Cheese

4tbsp butter, plus more for baking dish  
2 cups uncooked elbow macaroni  
2tbsp minced onion  
4tbsp all-purpose flour  
1tsp salt, plus more for seasoning  
<sup>3</sup>/<sub>4</sub>tbsp dry mustard  
<sup>1</sup>/<sub>4</sub>tbsp paprika  
2 cups milk  
3 cups shredded Cheddar, divided  
2 ripe tomatoes, blanched, peeled, and cut into <sup>1</sup>/<sub>2</sub>-inch thick slices  
Freshly ground black pepper

#### DIRECTIONS

Preheat the oven to 375°F. Lightly butter a 13"x9"x2" baking dish.

Bring 6 cups of salted water to a boil over high heat. Add the macaroni and cook until al dente. Drain and set aside.

Melt the butter in a large saucepan, over medium heat. Add the onion and cook, stirring constantly, until tender. Add the flour, salt, dry mustard, and paprika; mix well. Stir in the milk and cook until thickened, about five minutes. Add two cups of the shredded cheese and stir until melted. Toss in the macaroni and pour into the prepared dish. Cover the macaroni with tomato slices and season salt and pepper, to taste. Bake for 35 to 45 minutes. The last few minutes, top with the remaining cheese and return to the oven until the cheese melts. Serve hot.

*Source: Food network*



### Vegetable Casserole

2lb vegetables eg carrot, cho chos, string bean, parboiled potatoes  
1 large onion, sliced  
1tsp salt  
3tsp butter or margarine  
3tsp flour  
2 cups milk

#### DIRECTIONS

1. Preheat oven to 350°F.
2. Grease a medium casserole dish with butter.
3. Peel and slice vegetables.
4. Layer half of vegetables in casserole dish with slices onions.
5. Mix flour and salt.
6. Sprinkle half of flour mixture on sliced vegetables and dot with half of butter.
7. Layer remaining sliced vegetables and sprinkle with remainder of flour mixture.
8. Dot with remaining butter.
9. Pour milk over and bake for 45 mins to allow sauce to cook.
10. Serve hot.
11. Serves four to six.

# Miracle

## Tun' Cornmeal with vegetables

- 1 lb Miracle Refined Cornmeal
- 2 Sachet Miracle Coconut Milk, (mixed according to package)
- 7 cups of water (reserve a cup)
- 1 can Miracle Mixed Vegetables
- ½ lb cubed pumpkin
- 1 packet soup mix
- 2 stalks of scallion, chopped
- 1 onion, chopped
- 1 small cabbage, shredded
- 6 okras, cut into rounds

### Method

Bring water to boil in a medium-sized heavy bottom pot. Add **Miracle Coconut Milk**, pumpkin and seasonings. Cook for approximately three minutes. Set aside.

Use the 1 cup of reserved water to mix **Miracle Refined Cornmeal**. Add the coconut milk liquid mixture. Stir rapidly, in a circular motion until cornmeal is cooked, about 10 to 15 minutes or until cornmeal is a pale yellow.

Stir in **Miracle Mixed Vegetables** and allow to steam.

Serves 3 – 4 persons

## Shirley Temple

- 8 teaspoons **Miracle Strawberry Syrup**
- 16 ounces chilled ginger ale/ginger beer
- 4 maraschino cherries with stems
- 4 strips lemon zest
- 4 wedges fresh orange

### Method

In 6-ounce cocktail or saucer-style champagne glasses, pour 2 teaspoons of **Miracle Strawberry Syrup** and fill to the rim with the ginger beer.

Stir, then drop one cherry and one strip of lemon zest into each glass. Cut a small slit in the center of each orange wedge and place on the rim of each glass.

Makes 4



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### Banana Bun

1/2oz dried yeast  
1/2lb flour  
1/2tsp salt  
2 ripe bananas  
1oz raisins  
1oz granulated sugar  
1/2 pint milk  
1 egg  
3tbsp brown sugar  
2tsp cinnamon

#### DIRECTIONS

1. Put the dried yeast in a bowl with a teaspoon of sugar.
2. Heat the milk until luke-warm.
3. Pour half the milk over the yeast, then mix with fork. Leave for 10 minutes.
4. Sift the flour with salt; add the sugar and make a well in the centre. Mix well.
5. Pour in the rest of the ingredients. Mix well.
6. Knead and roll out into an oblong shape. Spread with melted butter and crushed ripe banana. Sprinkle with brown sugar, nutmeg and raisins.
7. Roll up lengthwise and cut in slices 1 1/2 inches wide.
8. Place cut side down in greased baking tin and put in a warm place to rise to double the size.
9. Bake in the oven for 20 minutes at 400°F.
10. Glaze with sugar and water syrup.
11. Serves eight.

### Super Moist Pumpkin Bread

3 1/2 cups all-purpose flour  
2 cups packed dark brown sugar  
2/3 cup white sugar  
2 cups pumpkin purée  
1 cup vegetable oil  
2/3 cup coconut milk  
2tsp baking soda  
1tsp salt  
1tsp ground nutmeg  
1 1/2 tsp ground cinnamon  
2/3 cup flaked coconut  
1 cup raisins

#### DIRECTIONS

1. Preheat oven to 350°F. Grease and flour two 8x4 inch loaf pans.

2. In a large bowl combine the flour, brown sugar, white sugar, pumpkin purée, oil, coconut milk, baking soda, salt, ground nutmeg and ground cinnamon. Mix until all of the flour is gone. Fold in the raisins and flaked coconut. Pour batter into the prepared pans.

3. Bake at 350°F for one hour and 15 minutes or until a toothpick inserted in the center comes out clean. Remove from oven and cover loaves with foil tightly. Allow to steam for 10 minutes. Remove foil and turn out onto a cooling rack. Tent lightly with the foil and allow to cool completely.



### Sweet Potato Easter Bun

1 cup sugar  
2tbsp molasses  
2tsp mixed spice  
1 bottle stout  
2tbsp margarine  
1 medium egg  
2 cups flour  
1 1/2 cups sweet potato boiled (crushed)  
2tsp baking powder  
1 cup (crystallised) otaheite apples/guavas/sweet potato (mixed peel)

#### DIRECTIONS

1. Melt margarine and beat egg.
2. Dissolve sugar, molasses and spice in stout. Add margarine and beaten egg.
3. In a bowl, combine flour and baking powder.
4. Gradually add liquid mixture to dry ingredients, beating well.
5. Add mixed peel and mix well.
6. Bake in a greased loaf pan at 160°C for about 45-60 minutes, or until a skewer inserted comes out clean.
7. Glaze with honey and melted margarine.

– Submitted by Miss H. Gordon

# Cadbury



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## DESSERT

### Traditional Jamaican Easter Bun

You'll need approximately 4oz or 125 grams each of raisins, mixed peel, cherries and currants. Soak in hot water to soften before use, if desired.

1 pack dry yeast (20 g)  
1 cup warm milk (250 ml)  
1 cup butter (250 g)  
6 cups flour (900 g)  
1 cup brown sugar (180 g)  
1 tsp ginger  
1 tsp nutmeg  
1 tsp cinnamon  
1 tsp salt  
4-5tbsp molasses  
1 large egg (beaten)

#### DIRECTIONS

Dilute yeast in a little warm water or milk.

Sift together the dry ingredients.

Melt butter in milk.

Mix all ingredients in a large bowl.

Add fruit.

The dough should not be sticky.

Knead and leave to rise.

Knead again.

Shape into loaves (you can make large or small loaves).

Leave to rise for about one hour or double in bulk.

Bake in medium oven 300-325°F.

Just before they're done, paint with a glaze made from molasses, or sugar and water.

Bake for another 10-15 minutes.

### Coconut Mini Chipsters

1/3 cup packaged shredded coconut  
3/4 cup all-purpose flour  
1/2 tsp baking powder  
1/2 tsp baking soda  
1/4 cup margarine  
1/4 cup egg substitute  
1 tbsp vanilla extract  
3/4 cup SLENDA low-calorie sweetener  
1/4 cup water  
1/4 cup mini chocolate chips

#### DIRECTIONS

1. Preheat oven to 375°F. Spread coconut on cookie sheet. Toast in oven, stirring every two minutes for six-eight minutes or until lightly golden.

2. In a small mixing bowl, combine flour, baking powder and baking soda. Set aside.

3. In a large mixing bowl with mixer in high speed, beat

margarine until light and fluffy, about one minute.

4. Add egg substitute and vanilla. Beat at high speed until blended, about one minute.

5. Gradually add SLENDA low-calorie sweetener and beat at medium speed until blended and creamy, about one minute.

6. With mixer at low speed, gradually add half the flour mixture. Then add the water followed by the remainder of the flour mixture. Stir in mini chocolate chips and toasted coconut.

7. Measure level tablespoons of dough and drop about two inches apart on greased cookie sheet. Flatten dough slightly. Bake for eight minutes or until golden brown around the edges. Cool on wire rack.



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### Strawberry-Lemon Daiquiri Mocktail

- 1/2 cup lemonade
- 1/2 cup strawberries
- Crushed ice

#### DIRECTIONS

Add lemonade, strawberries, and five ice cubes to blender. Blend until slushy. Add more ice if needed.

Garnish: Place a sugared strawberry on the rim of the glass. Add a little umbrella.



### LASC O Energizer

- 1 packet LASC O Creamy Malt Food Drink
- 1 can LASC O Irish moss
- 1/4 cup LASC O oats
- 1 ripe banana; peeled
- 1 cup water
- 1/4 cup cracked ice (or more)

#### DIRECTIONS

Combine all ingredients in a blender. Mix until smooth. Pour in decorated stem glasses and serve immediately. Serves two to three.

### Pumpkin Shake

- 4oz chilled cooked pumpkin
- 1 1/2 cups cold skim milk
- 8tsp sugar (or substitute sweetener)
- 1/8tsp cinnamon
- 1tsp vanilla
- Nutmeg

#### DIRECTIONS

1. Combine all ingredients in a blender. Sprinkle nutmeg on top.
2. Makes two servings.



### Easter on the island Fruit Smoothie

- 1 1/2 cups crushed ice
- 1 banana, chopped
- 1 kiwi, peeled and chopped
- 1/2 cup chopped strawberries
- 1/2 cup chopped pineapple
- 1/4 cup cream of coconut
- 1tbsp coconut flakes for garnish

#### DIRECTIONS

1. Blend the ice, banana, kiwi, strawberries, pineapple, and cream of coconut in a blender until smooth; pour into a glass and garnish with the coconut flakes to serve.



Simply  
Delicious...



## Easter Bun

- |                                    |   |
|------------------------------------|---|
| 3 Cups All Purpose Flour           | 1 Teaspoon nutmeg                                 |
| 3 Teaspoons Baking Powder          | 1 Teaspoon cinnamon                               |
| 1 ¼ Cups Brown Sugar               | ½ Teaspoon <b>McLas Almond</b> extract            |
| 2 Eggs                             | 1 Teaspoon salt                                   |
| 2 oz melted butter                 | 1 cup mixed fruit (raisins, currants, mixed peel) |
| 1 Bottle stout                     | 2 Tablespoon honey                                |
| 2 Tablespoon <b>McLas Browning</b> |   |
| 1 Tablespoon <b>McLas Vanilla</b>  |   |

### Directions

- Heat the stout.
- Mix the sugar, butter, eggs, fruits and all the spices.
- Pour the hot liquid on the mixture
- Mix flour, baking powder and salt and fold into mixture
- Pour into greased and floured 12" baking tin
- Top with pieces of cherries
- Bake at 350° for 50-60 minutes or until inserted knife comes out clean.



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