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Cooking on a budget

TRINIDAD and TOBAGO
NEWSDAY

Supplement

SATURDAY 28 AUGUST, 2021



PHOTO TAKEN FROM CAROLINESCOOKING.COM

Eggs mornay

(Eggs served with a cheese sauce)

This is an old-fashioned, yet wonderful way to enjoy eggs. A mornay sauce is a cheese sauce made in the same manner as a classic béchamel (white sauce), but with the addition of grated cheese. You can use any kind of melting cheese, including good old cheddar. If you wish, you can use poached or soft-boiled eggs instead of hard-boiled ones.

Ingredients

- 8 eggs
- 2 tbs butter
- 2 tbs all purpose flour
- 1 tsp salt
- ½ tsp mustard powder
- 1/8 tsp black pepper
- Dash of pepper sauce
- 2 cups milk
- ¼ cup grated cheese

Directions

Place the eggs into a saucepan and completely cover with cold water. Bring the water to a rolling boil, turn off heat, cover the saucepan and leave for exactly 12 minutes. When the 12 minutes are up, place the eggs under cold running water and remove the shells. Cut in half and set aside.

Melt the butter in a saucepan over medium heat. Stir in the flour, salt, mustard, black pepper and pepper sauce.

Gradually stir in the milk, and cook, stirring constantly, until the mixture is thickened. Stir in the grated cheese and mix until melted.

Spoon the cheesy mornay sauce over the eggs and garnish with chopped chive and a sprinkle of paprika.



PHOTO TAKEN FROM BRUNCHANDBATTER.COM

Orange French toast

Ingredients

- 2 eggs
- Grated zest of 1 orange
- 4 tbs milk
- ¼ tsp cinnamon
- 4 slices white bread
- Juice of one orange
- 1/3 cup orange marmalade (or any fruit jam/jelly)
- 3 tbs caster sugar
- 1 ½ tbs butter

Directions

Whisk the eggs, orange zest, milk, and ground cinnamon in a shallow dish. Soak the bread slices in this mixture for one minute per side.

While the bread is soaking, bring the orange juice, marmalade, and sugar to a boil in a saucepan, then turn down the heat to a fast simmer for three to four minutes. This will make the syrup for the French toast.

Heat the butter in a frying pan and cook the bread for about two minutes per side on medium heat until golden.

Serve the French toast with some of the syrup poured over each slice.

Recipe adapted from: Nigella Express, Good Food Fast by Nigella Lawson



PHOTO TAKEN FROM LILLUNA.COM

Crispy 'oven fried' wings

with herbed hash brown potatoes

Many a dinner guest has been fooled by this much healthier version of fried chicken. The chicken wings cook in their own natural juices, eliminating the need for any kind of oil or fat.

Ingredients

- 1 pack of chicken wings
- ½ tsp roasted geera
- ½ tsp smoked paprika
- ¼ tsp garlic powder
- Salt, to taste
- Black pepper
- 1 lb potatoes
- 1 tbs parsley
- 2 tbs butter

Directions

Preheat the oven to 400 F. Line a baking tray with foil and set aside.
 Wash the chicken wings with a little bit of lime or flour if desired.
 Pat the chicken wings dry and place into a large mixing bowl.
 In a smaller bowl combine the geera, smoked paprika, and garlic powder.
 Sprinkle the seasoning mixture onto the chicken wings and mix well to make sure that the wings are evenly seasoned.
 Add salt and pepper to the wings, and then place them on the baking sheet. Bake chicken wings for about 20 minutes, flip over, and then bake for an additional 10-15 minutes or until the juices run clear.

To make the hash brown potatoes, scrub and peel the potatoes and then cook them in boiling water until partially cooked (about 15-20 minutes). Drain the potatoes and then allow to cool.
 Pat the potatoes dry using a paper towel and then cut into small cubes.
 Heat the butter in a pan on medium-high heat.
 Add the potatoes to the pan and season with salt and black pepper. Sauté the potatoes until they are well browned on all sides. Garnish with the parsley and serve with the crispy chicken wings.

Calf's liver with persillade

(parsley dressing)



PHOTO TAKEN FROM WOMENSWEEKLYFOOD.COM.AU

Ingredients

- 4 slices calf's liver (7-10 mm thick)
- 2 tbs butter
- 1 handful parsley
- ½ small onion
- ¼ cup chopped chive
- 1 garlic clove
- Juice of half a lemon or lime
- 6 tbs water

Directions

Pat the liver dry using kitchen paper then season with salt and pepper.
 Prepare the persillade by finely chopping the parsley, onion, garlic, and chive. Mix together well and set aside.
 Melt the butter on medium-high heat in a large frying pan. Add the liver as soon as the butter starts to foam and cook for 1 ½ minutes until golden brown underneath. Turn the heat to high, flip the liver over and cook for a further 1 ½ minutes.
 Remove the liver from the pan and place on a serving dish. To the pan, add the persillade as well as the water and lemon juice and simmer for 10 seconds. Pour the sauce over the liver and serve with some creamy mashed potatoes.

Recipe adapted from Foolproof French Cooking by Raymond Blanc

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Ninjin shirishiri

(Japanese carrot dish)

This simple yet flavourful dish has made a carrot lover out of many people who claimed to hate the vegetable. That's how good it is! Try it with rice, noodles, or even on its own. It might be a budget meal, but this unusual combination of ingredients is sure to impress.

Ingredients

- 1 carrot, grated
- 1 egg, beaten
- 1 can tuna (in oil)
- 1 tbs soy sauce
- 1 tbs sesame oil
- Salt and pepper (to taste)
- ¼ cup water

Directions

Pour oil from canned tuna into a frying pan and heat to medium high. Add the grated carrots to the tuna oil and cook for a few minutes.

Add a bit of water to the dish and continue to cook until the water evaporates. This will help to soften the carrots.

Add the canned tuna and use the spoon to break it up into smaller pieces. Stir well to incorporate into carrots.

Add soy sauce, sesame oil, salt and pepper sauce.

Finally pour beaten egg over mixture while stirring vigorously. Cook for a few more seconds until egg looks cooked.

TARGET Corned Beef Beef Meatballs

Ingredients

- 1 tin Target Corned Beef
- 1 cup yellow onion, finely chopped
- 3 cloves garlic, minced
- 2 tsp thyme, fresh/dry
- 2 tsp oregano, dry
- 3 pimentos, finely chopped
- 1 egg, lightly beaten
- 1/4 cup breadcrumbs

These meatballs can be pan fried or baked

Method

1. Preheat oven to 200° C/Gas 6.
2. Place the corned beef into a mixing bowl and season with onion and all aromatics.
3. Add the beaten egg and breadcrumbs.
4. Mix until evenly combined, then form into meatballs and place onto a baking tray.
5. Fry or bake until cooked through (for baking, this may be 20-25 minutes)



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AMCO
Eats & Treats

Zuppa Toscana

(Italian sausage, kale, and potato soup)

Here is a take on a delicious Italian soup that gained its popularity through the American restaurant franchise, Olive Garden. It is a meaty, milky, and deeply satisfying soup.

Ingredients

- 2 large sausages (any kind of nice, quality sausage)
- ¼ cup bacon, diced
- ½ onion, diced
- 4 cloves garlic, crushed or diced
- 4 cups chicken broth
- 3 cups water
- ¾ cup Nestle cream mixed with ¼ cup evaporated milk
- Juice from one large lemon
- 3 potatoes, chopped into large pieces
- 1 bundle of kale

Directions

Fry the bacon until crispy in a large pot. Remove bacon bits and place onto a paper towel. Chop the sausage into small pieces and fry in the pot for about five minutes. Remove and place onto a paper towel.

Add the diced onion and cook until translucent. Add garlic and cook until fragrant, about 1-2 minutes.

Add the water and broth and bring to a boil. Add potatoes, kale, sausage and bacon. Cook until the potatoes are easily pierced with a fork.

Stir in the lemon juice, as well as the cream and evaporated milk mixture. Season soup with salt and pepper. Serve with crusty garlic bread.

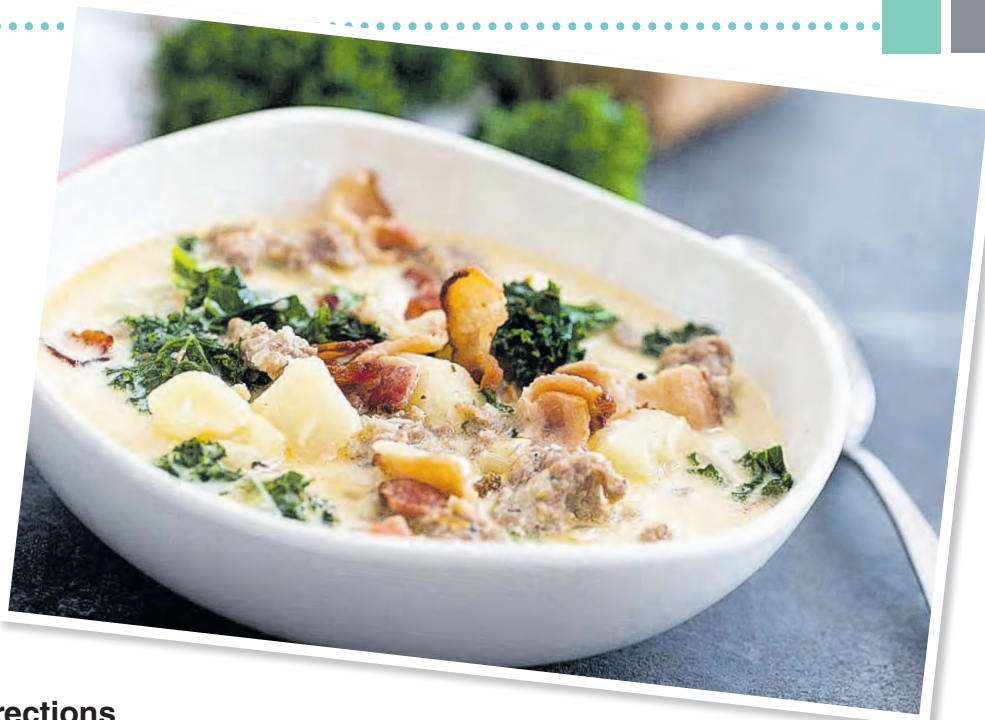


PHOTO TAKEN FROM TASTEANDTELLBLOG.COM

PHOTO TAKEN FROM POSHPESCATARIAN.COM



Pan fried white fish

with christophine ribbons and sweet tomato salsa

Christophine works as a fantastic substitute for recipes calling for zucchini. Here is a tasty recipe for some fried fish with crunchy christophine ribbons.

Ingredients

For the fish:

- 4 white fish fillets
- Juice of one lemon
- 1 tbs green seasoning
- 4 tbs all-purpose flour

For the tomato salsa:

- 4 tomatoes, diced
- 1 small onion, finely chopped
- 8 tbs olive oil
- 4 tbs water
- 1 tsp white vinegar
- ½ tsp sugar

For the christophine ribbons:

- 4 large christophine
- 1 garlic clove, crushed and diced
- 8 fresh basil leaves, chopped
- 6 tbs olive oil

Directions

Thinly slice the christophine ribbons using a mandolin (if you have one) or a vegetable peeler. Place into a bowl and mix in the olive oil, garlic, basil, as well as ½ tsp of salt and a bit of black pepper. Cover with plastic wrap and marinate for at least six hours.

Transfer the christophine ribbons and their juices to a large saucepan. Cover and cook over a high heat for two minutes, until tender. Set aside.

While the tomatoes, onions, oil, water, vinegar and sugar in a bowl. Add salt and adjust the sugar to taste.

Wash the fish fillets with lime or flour and then pat dry. Season with the green seasoning as well as salt and pepper.

Dip fish fillets into the flour so that they are coated on both sides.

Heat some vegetable oil in a large pan and fish the fish for three minutes on each side until the fish flakes easily with a fork.

To serve, place some of the christophine ribbons on a plate, place the fried fish fillet on top of the ribbons (and squeeze on a bit of the lemon juice) and finally top with some of the tomato salsa.

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Dulce de leche

This version of dulce de leche, a sweet caramel pudding originating in South America, is perhaps the simplest one that you will ever find. There is, after all, only one ingredient! Don't underestimate how amazing the results will be though. Sometimes simple really is best.

Ingredients

1 tin sweetened condensed milk

Directions

Place condensed milk tin into a large pot. Fill pot with hot water making sure that the tin is completely submerged.

Turn on heat until water comes to a boil. Lower heat to a simmer and continue to boil the condensed milk for three hours, constantly keeping watch to make sure that the tin is always submerged. Refill with boiling water as necessary. The tin runs the risk of exploding if it is not fully submerged in water so pay careful attention to this step.

After about three hours, carefully remove the tin from the water with a pair of tongs and leave to cool.

The condensed milk should have transformed into a dark brown, delicious dulce de leche, best enjoyed one rich tablespoon at a time.

Spiced party popcorn

This is an unusual and slightly elevated way to serve everyone's favourite snack – popcorn!

Ingredients

1 packet of microwave popcorn
(or 200 grams of popcorn kernels)
2 tsp ground cinnamon
2 tsp ground geera
2 tsp ground paprika
Salt, to taste
4 tbs caster sugar
4 tbs butter

Directions

Prepare the microwave popcorn or popcorn kernels according to the instructions on the package.

Melt the butter in a sauce pan on a low heat with the spices, salt, and sugar, then pour it over the popcorn.

Place the popcorn and butter into a large paper bag and shake vigorously until everything is well combined.

Arrange and serve in a nice party bowl.

Recipe adapted from: Nigella Express, Good Food Fast by Nigella Lawson

PHOTO TAKEN FROM
TARATEASPOON.COMPHOTO TAKEN FROM
SLENDERKITCHEN.COM

Crispy wonton chips

with avocado and tomato salsa

Wonton skins offer us an affordable and delicious way to make a crispy treat. If you don't have any avocados on hand, the hoisin sauce chips pair perfectly with many dips including any store bought salsas!

Ingredients

12 wonton skins
2 tbs hoisin sauce
2 tbs sesame seeds (or chopped peanuts)
Olive oil
1 avocado
1 tomato
The juice of one lime or lemon

Directions

Preheat oven to 350 F. Slice the wonton skins in half diagonally to create 24 triangles.

Place a piece of baking paper onto a baking tray and lay the wonton skins on top. Brush the tops of the wonton skins with the Hoisin sauce and then sprinkle on the sesame seeds or finely chopped peanuts. Drizzle a little bit of olive oil over the wonton skins.

Bake the chips for about 8 minutes or until golden brown and crispy. When you remove the chips from the oven, sprinkle on a little salt and allow them to cool on the baking dish.

Cut the avocado and tomato into small bite-sized cubes, mix together in a bowl, season to taste with salt and black pepper and squeeze the lime or lemon juice over it.

Italian sponge cake

Ingredients

For cake
1 cup cake flour
1 cup granulated sugar
6 eggs (at room temperature)

For filling
1 cup Nestle cream
1 tsp vanilla essence
¼ cup jam of choice

Directions

Butter a cake pan and set aside. Separate the egg whites and yolks into two different bowls. Beat the yolks together with ½ cup of the sugar with an electric mixer until the mixture is pale and thick (about eight minutes of so). Set aside.

Beat the egg whites, slowly adding the granulated sugar until the mixture forms stiff peaks. Add the egg yolk mixture to the whites and gently fold in with a spatula until the mixture is well incorporated.

Sift the cake flour on top of the eggs, 1/3 cup at a time, gently folding until it is well incorporated. Place batter into the pan and place into a 350 degree oven for 30 minutes.

Remove cake from oven, allow to cool, and then slice cake in half horizontally.

In a bowl, mix together the cream and vanilla. Set aside. When cake has cooled, spread the jam onto the bottom half of the cake, and then top with the cream. Place the top half of the cake back on top, making a sort of sponge cake sandwich. Dust some powdered sugar onto the top of the cake.



PHOTO TAKEN FROM ANITALIANINMYKITCHEN.COM



PHOTO TAKEN FROM TASTEOFHOME.COM

Crème caramel

Also known as flan in many South and Central American countries, this light and jiggly crème caramel is the perfect end to any meal.

Ingredients

1 carton evaporated milk
1 tin condensed milk
¾ cup water
5 eggs
1 tsp vanilla essence
3 tsp sugar (for the caramel)

Directions

Using an electric mixer, blend all ingredients together in a large mixing bowl except for the 3 tbs of sugar. Beat for a few minutes until well combined.

Melt the sugar in a hot pan over the stovetop until it reaches a dark caramel colour. Pour this melted caramel onto the bottom of a baking tin and swirl it around until it completely covers the bottom of the tin.

Pour the egg and milk mixture on top of the melted sugar. Place the tin into a large baking pan and then fill the pan with hot water to a depth of around 2.5 cm. (This way of baking in hot water is known as a "bain marie")

Bake the crème caramel at 350 degrees F for 40-45 minutes or until firm and set. Lift the dish carefully out of its bain marie water bath and leave it in the fridge overnight to cool.

When ready to serve, place a large serving dish over the tin with the crème caramel and then flip it over.

Cinnamon sugar baked apples

This sweet apple treat is best enjoyed with a scoop of cold vanilla ice cream.

Ingredients

6 red apples
6 tbs sugar (granulated or brown)
1 ½ tbs cinnamon
6 tbs butter

Directions

Use a sharp knife to remove the core of the apples.

Mix the sugar and cinnamon together in a bowl. Fill the centres of the apples with the cinnamon sugar mixture. Place a tablespoon of butter on the top of each apple and then sprinkle on a little more of the cinnamon sugar,

Place apples on a baking dish lined with foil and pour ½ cup of water onto the pan (to prevent the apples from burning). Bake in a 350 degree oven for 30-40 minutes or until tender. The apples will look very wrinkled when you remove them from the oven.

Serve with some vanilla ice-cream and spoon over some of the syrup in the pan.



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Christmas

 <p>DASHEEN BUSH OPEN LEAVES 4 BUNDLES FOR \$19.00 SAVE BIG</p>	 <p>Mountain Fresh Premium Carrots CARROTS 1 LB 4 PACKS FOR \$19.00 SAVE BIG</p>	 <p>UK POTATO PRICE PER LB \$2.50 SAVE BIG PER LB</p>	 <p>MELONGENE BAG \$3.99 SAVE BIG</p>	 <p>LOCAL CABBAGE PRICE PER LB \$6.99 SAVE BIG PER LB</p>
		 <p>WHOLE SQUASH PRICE PER LB \$3.99 SAVE BIG PER LB</p>		

 <p>MACFOODS SMOKED BEEF HAM AVERAGE 2.5 - 4 LBS \$69.95 SAVE BIG</p>	 <p>MACFOODS SMOKED PICNIC HAM AVERAGE 6 - 8 LBS \$99.95 SAVE \$40.00</p>	 <p>MACFOODS SMOKED TURKEY HAM AVERAGE 8 - 10 LBS \$99.95 SAVE BIG</p>	 <p>Sugardale SPIRAL SLICED HAM AVERAGE 10 LBS \$199.95 SAVE BIG</p>	 <p>BUTTERBALL WHOLE TURKEY AVERAGE 10 - 14 LBS \$199.95 SAVE \$50.00</p>
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 <p>MACFOODS SMOKED BONELESS PICNIC HAM AVERAGE 6 - 8 LBS \$129.99 SAVE BIG</p>	 <p>MACFOODS SMOKED LEG HAM AVERAGE 10 - 16 LBS \$149.95 SAVE \$50.00</p>	 <p>MACFOODS SMOKED CHICKEN HAM AVERAGE 2.5 - 3.5 LBS 3 FOR \$99.00 SAVE BIG</p>	 <p>TURKEY VALLEY FARMS WHOLE YOUNG TURKEY AVERAGE 8 - 10 LBS \$99.95 SAVE \$50.00</p>	 <p>BLUE RIBBON LEG HAM AVERAGE 10 - 14 LBS \$199.95 SAVE BIG</p>
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 <p>BLACK SEEDLESS GRAPES PRICE PER LB \$19.95 SAVE BIG PER LB</p>	 <p>GALA APPLES BAG 8 FOR \$19.00 SAVE BIG</p>	 <p>WHITE OAK 750 MLS 4 DAYS ONLY AUGUST 28TH - 31ST \$79.95 SAVE BIG</p>	 <p>STUDD ASSORTED WINES 750 MLS 3 BOTTLES FOR \$99.95 SAVE BIG</p>	 <p>MACARTHUR'S SCOTCH WHISKEY 75 CL \$149.95 SAVE BIG</p>
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Sale runs August 27th-September 9th or while stocks last.

Westbees Supermarket would like to remind you of your social responsibility as individuals, **WEAR YOUR MASK IN PUBLIC, LIMIT YOUR MOVEMENT WHILE PRACTISING SOCIAL DISTANCING IN PUBLIC SPACES.**

STAY SAFE STAY HEALTHY

COVID 19 IS SERIOUS! DON'T PLAY WITH YOUR LIFE AND THE LIVES OF OTHERS.

WESTBEES IS NOT RESPONSIBLE FOR ANY TYPOGRAPHICAL ERRORS



WE'RE OPEN



REVISED OPENING HOURS
BOTH LOCATIONS
TACARIGUA AND DIEGO MARTIN
MON - SAT - 8AM - 7PM
SUN & PUBLIC HOLIDAYS - 8AM - 2PM

TACARIGUA
#434 EASTERN MAIN ROAD &
CORNER CANE FARM JUNCTION TACARIGUA
(opposite TRINCITY MALL TAXI STAND)

DIEGO MARTIN
#7-11 D / MARTIN MAIN RD, DIEGO MARTIN
TEL: 632-2401, 632-8150, FAX 632-7271



PHOTO TAKEN FROM BBC.CO.UK

Spanish tortilla

This delicious tortilla is elegant enough to be served as one of the main dishes at a dinner, especially with a fresh salad and some toasted garlic bread on the side.

Ingredients

4 medium potatoes (thinly sliced)
1 medium onion (chopped finely)
8 eggs
Salt
Grated cheddar cheese
Chive

Directions

Place the sliced potato into a bowl and sprinkle with $\frac{1}{2}$ tsp salt. Heat a pan over medium high heat and coat with olive oil. When the oil is hot add the potatoes and fry for five minutes remembering to stir from time to time (to keep them from sticking).

Add the onions to the pan and cover. Lower heat to medium. While the potatoes are cooking, crack eight eggs into a large bowl add a pinch of salt and beat with a fork. As soon as the potatoes are tender (about five minutes), remove potatoes and onions from frying pan and add to the eggs.

Add the egg/potato/onion mixture to the pan and flatten the top with a wooden spoon or spatula. Cook for about five minutes.

Place a plate on top of the pan, flip tortilla over, and return to pan. Cook for a few minutes more. Remove from pan, grate some cheese over the tortilla, sprinkle with chopped chive and enjoy!

Savoury Korean pancake

(Gamjajeon)

Here is a wonderful recipe for a savoury Korean potato pancake known as gamjajeon. It's sure to impress your guests, especially with the tangy dipping sauce.

Ingredients

1 large potato, grated
 $\frac{1}{4}$ cup small onion, grated
 $\frac{1}{4}$ cup potato or corn starch
 $\frac{1}{4}$ tsp salt

For Sauce

2 tablespoons soy sauce
1 tablespoon white vinegar
1 tbs chive, chopped
1 tsp pepper sauce
1 tsp white sugar
1 tsp toasted sesame seeds.



PHOTO TAKEN FROM FRUGALHAUSFRAU.COM

Directions

Combine all ingredients for sauce in a small bowl. Set aside.

Grate potato and onion and place in a small bowl. Add potato starch and salt and mix to combine.

Heat a non-stick pan over medium high heat. Add two tps vegetable oil and swirl the pan around to coat evenly.

Add potato mixture and spread it thinly on pan. Cook for a few minutes until the bottom of the mixture turns light brown and crispy.

Flip pancake over and cook until other side turns golden brown and crispy as well. Slide onto a plate, cut into eight triangular pieces (as if you were cutting a pizza) and serve with dipping sauce. Enjoy!

Recipe adapted from <http://www.maangchi.com/recipe/simple-gamjajeon>.



PHOTO TAKEN FROM COOKSPIRATION.COM

Clafouti aux prunes

(French plum clafouti)

Clafouti is an elegant traditional French dessert hailing from the countrysides of France. If plums aren't available you can always substitute local cherries or even bananas. Serve warm or cooled. If using bananas be sure to squeeze some fresh lime juice on top of them after they have been sliced as this will prevent them from turning brown.

Ingredients

2 cups ripe plums (or whatever fruit you have on hand – even bananas)
 $\frac{3}{4}$ cup milk
1 tsp vanilla essence
 $\frac{1}{4}$ cup all purpose flour
1 pinch salt
 $\frac{1}{3}$ cup white sugar
2 eggs, lightly beaten
2 tbs butter (melted and then cooled)
2 tbs Nestle cream

Directions

Cut the plums in half and remove any seeds. Place the plums in a large bowl and mix in half of the white sugar. Leave the plums to macerate in the sugar for about 30 minutes.

In a clean bowl mix the flour, salt, and remaining sugar and combine well. Create a well in the centre of the dry ingredients and add the two beaten eggs. Use a whisk to begin mixing the eggs, slowly incorporating the flour until the batter is well mixed.

Add the cooled melted butter and mix well. Now add the milk and cream and whisk until you have a very smooth batter.

Place the sugar coated plums into a buttered pie dish. Pour the batter on top of the fruit and place into a 350 degree oven for 40 minutes or until an inserted knife comes out clean. Serve the clafouti warm or cool with a scoop of vanilla ice cream or a dollop of cream.