

Christmas Cooking



SOURCE: CHEFANDSTEWARD.COM

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Christmas Sorrel and Pineapple Glazed Ham

Ingredients

- 1 smoked ham shoulder (8 lbs)
- 2 tbsp pineapple jam
- 1 cup sorrel concentrate
- Few cloves

Directions

Boil the ham for 10 mins to remove some of the salt and preservatives. Drain and make small cuts on the surface of the ham.

Stick cloves into ham. Mix pineapple and sorrel and pour over ham

Bake at 350 F for one hour, basting every 15 mins with the juices from the pan.

Serve with hops bread.

Recipe courtesy Natasha Laggan of Trini Cooking with Natasha @trinicookingwithnatasha on IG



SOURCE: DARTAGNAN.COM

Portuguese Garlic Pork (Calvinadage)

When making garlic pork there are two very important things that you need to remember:

Rule #1 – No water can touch the meat. You will need to make sure that all knives, chopping boards and jars are completely dry. Any water touching the mixture can cause it to go green and render it inedible.

Rule #2 – Once the meat is in the jar no metal can touch the vinegar. When the meat is ready to be cooked you have to make sure to remove it from the bottle with a plastic spoon.

Ingredients

- 5 pound pork belly – ask the butcher to remove skin and chop into one-inch cubes.
- 3-4 cups vinegar
- ¼ lb garlic
- 1 cup fine leaf thyme
- ½ cup chopped hot pepper
- Salt



SOURCE: FACEBOOK.COM/ GREENMARKETSANTACRUZ

Directions

Wash the pork thoroughly with vinegar (remember – no water). Repeat once more.

Place thyme in a pan and place in the oven at 200 degrees for 10 minutes to dry out. Combine the dried thyme with garlic and hot pepper and rub into the pork with salt.

Place the seasoned meat into sterilised glass jars and top with vinegar. Seal and store in a cool place for three to five days.

When ready to cook, remove the meat from the vinegar with a plastic spoon and fry in hot olive oil until golden brown.

Perfect Roast Chicken

Ingredients

- 1 whole chicken (5-6 lbs)
- 1 large bunch fresh thyme, plus 20 sprigs
- 1 lemon, halved
- 1 head garlic, cut in half crosswise
- 2 tbs butter, melted
- 1 large yellow onion, thickly sliced
- 4 carrots, cut into 2 inch cubes
- Olive oil
- Salt and black pepper

Directions

Preheat the oven to 425 degrees F. Remove the chicken giblets. Rinse the chicken inside and out. Remove any excess fat and leftover pin feathers and pat the outside dry. Liberally salt and pepper the inside of the chicken. Stuff the cavity with the bunch of thyme, both halves of lemon, and all the garlic.

Brush the outside of the chicken with the butter and sprinkle again with salt and pepper. Tie the legs together with kitchen string and tuck



SOURCE: THESLIMSITUATION.COM

the wing tips under the body of the chicken. Place the onions, and carrots in a roasting pan. Toss with salt, pepper, 20 sprigs of thyme, and olive oil. Spread around the bottom of the roasting pan and place the chicken on top.

Roast the chicken for one and a half hours, or until the juices run clear when you cut between a leg and thigh. Remove the chicken and vegetables to a platter and cover with aluminium foil for about 20 minutes. Slice the chicken onto a platter and serve it with the vegetables.

Recipe adapted from Ina Garten's on foodnetwork.com

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PHOTO BY SUREASH CHOLAI

Recipe courtesy Natasha Laggan of Trini Cooking with Natasha @ trinicookingwithnatasha on IG

Pastelle

(Beef & vegetarian)

Makes 20 small pastelles

Ingredients

For the filling – (first set)

- 1 1/4 lbs minced meat OR 2 cups boiled lentils and 4 cups mushrooms sauteed
- 1 large onion finely chopped
- 2 tbsp green seasoning
- 1/2 hot pepper finely chopped or you can use pimento
- 2 tbsp minced garlic
- 1 tbsp fresh fine thyme
- 2 scallions finely chopped
- 2 tbsp. Worcestershire sauce
- salt to taste
- 1/4 tsp black pepper

(second set)

- 1 tbsp oil
- 1 tbsp ketchup
- 1 tbsp small capers chopped
- 1/2 cup olives finely chopped
- 2 tbsp tomato paste
- 1/4 cup raisins

For the masa (dough)

- 2 tbsp soft butter
- 2 cups precooked corn flour (Promasa or Harina PAN brand)
- 2 1/2 cups warm water
- 1 tsp salt.

For cooking

- Fresh banana leaves or aluminium foil (heat banana leaves to make them pliable)
- String to tie the leaves so they don't open
- Pot of boiling water

Directions

To prepare the meat, season with the first set of ingredients and mix well. Cover and refrigerate for one hour.

To a pot on medium heat add oil. Add meat and cook until brown.

Add second set of ingredients and cook for an additional two mins. Adjust salt to taste, set aside to cool.

To prepare the vegetarian filling, sautee the mushrooms with the pepper/pimientos, garlic and some chopped onions. After the mushrooms have cooked down, add the other ingredients from the first set (except the meat) and sautee for another minute. Add the peas (which have been boiled in salted water until tender) and mix together. Add the second set of ingredients and cook for an additional two mins. Adjust salt to taste, set aside to cool.

To make the dough add all ingredients to a bowl to form a soft dough. Form dough into small dough balls 2-3 inches and keep covered with a damp tea towel.

On one leaf rub a thin layer of oil, open out one of the dough balls with your fingers to 1/4-inch thickness.

Place one tbsp of filling in the middle. Fold over, bringing edges together to close. Wrap and tie the pouches.

Steam in a colander covered over boiling water for 1 hour or boil for 30 mins. Serve with chow chow.

Pastelle Pie

Ingredients

- 2 lbs boneless beef cubes
- 1 1/2 cups pre-cooked corn meal (Promasa or Harina PAN)
- 1 1/2 – 2 cups water
- 1 tsp coconut oil
- 2 tbs Worcestershire sauce
- 1 1/2 cups milk
- 1/4 cup pimento peppers, diced
- 2 tbs fine leaf thyme, chopped
- 1 bunch chive, cleaned and chopped
- 1/4 cup capers
- 4 tbs butter
- 1 medium onion, chopped
- 2 eggs, whisked
- 7 cloves garlic, minced
- 1 tsp sugar
- 12 seedless olives, sliced
- Raisins, to taste
- Salt, black pepper, and pepper sauce, to taste.



SOURCE: HOMEMADEZAGAT.COM

Recipe courtesy Sarah Hamel-Smith @ thecurvytrini on IG.

Directions

Melt two tablespoons butter and one tsp coconut oil in a pressure cooker and sauté beef, onion, garlic, pimentos, sweet peppers, salt, black pepper, Worcestershire sauce and chive for 8-10 minutes.

Add water and put on lid. Cook for about 40 minutes on medium heat, or until beef is soft and pulls apart.

Add thyme and shred beef into small pieces with a knife and fork. Strain off liquid and add olives, raisins and capers.

In a bowl, mix eggs, milk, two tablespoons melted butter, salt, black pepper and cornmeal until smooth. Gradually add corn meal mixture to beef mixture and combine well. Place mixture in an ungreased Pyrex dish and bake at 350 degrees F for 40 minutes.

Festive Potato Salad

Ingredients

- 2 pounds yellow, red, or white potatoes
- 1/2 cup sour cream
- 1/4 cup mayonnaise
- 2 tablespoons yellow mustard
- 2 tablespoons honey
- 1/2 tablespoon brown sugar
- 1/2 cup onion, finely chopped
- 8 cloves of garlic, minced
- 3 (preferably red) pimento peppers OR half of a sweet pepper, chopped
- 3 stalks of chive, chopped thin
- Handful of flat leaf parsley, chopped
- 1/2 cup shredded carrots
- 1/3 cup canned kernel corn
- Salt and freshly ground black pepper



SOURCE: CHEFDEHOME.COM

Recipe courtesy Sarah Hamel-Smith @ thecurvytrini on IG.

Directions

Add potatoes to a large pot and cover with 1 1/2 inches of water. Season with salt — use one teaspoon for every quart of water. Bring the water to a boil then reduce to a low simmer. Cook 15 to 20 minutes or until easily pierced with a fork.

Combine the rest of the ingredients in a large bowl while the potatoes are cooking and place in the refrigerator.

Strain the potatoes in a colander and let them cool for about 20 minutes. Add the potatoes to the mayonnaise/ sour cream mixture and gently toss until they are coated and well combined. Refrigerate for 30 minutes before serving.

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SOURCE: OURBESTBITES.COM

Ham Bone Soup

Ingredients

10 cups water
 ¼ cup coconut milk powder
 2 tbs Spanish thyme, chopped
 2 bay leaves
 4 cloves garlic, smashed
 1 large onion, chopped
 1 large carrot, chopped
 1 small piece of pumpkin
 1 large potato
 2 cups split peas (soaked for a few hours or overnight)
 1 tbs soy sauce
 1 hot pepper
 3 pimento peppers, seeded and diced
 Ham bone as well as left over pieces of ham
 1 tsp salt.

Directions

Heat oil in a large pot on medium heat and then add onions. Cook for a few minutes until translucent. Add smashed garlic cloves and sauté for an extra minute.

Add split peas, ham bone (as long as any other pieces of ham meat), water, coconut milk, pimento peppers, bay leaves, hot pepper, soy sauce. Mix well and add salt. Reduce heat and cover and allow to cook for about one hour while stirring from time to time. Use a large spoon to remove any froth that may settle on top of the soup.

After one hour has passed add the potato, carrot, and pumpkin, and Spanish thyme. Cook for an additional 30 minutes or until the vegetables are cooked through. Adjust salt to taste. Enjoy!

Hops Bread

Makes 12

Directions

Add yeast and sugar to water mix and allow to bloom.

Add salt, melted Crisco and yeast mixture to flour. Knead to form a medium dough and continue kneading for five mins until very smooth.

Cover dough and allow to double in size (about one hour).

Punch down and break into two-inch balls and place on a greased tray. Cover and allow to double in size.

Bake at 400 degrees F for 15- 20 mins until golden brown.

Recipe courtesy Natasha Laggan of Trini Cooking with Natasha @ trinicookingwithnatasha on IG

Ingredients

4 cups of flour
 1 tbs Crisco, melted (use butter or shortening as a substitute)
 1 1/2 cups of warm water
 1 tsp salt
 1 tsp brown sugar
 1 tbs instant yeast



PHOTO COURTESY NATASHA LAGGAN OF TRINI COOKING WITH NATASHA

Coconut Hops

Ingredients:

4 cups of bread flour (if not available, all-purpose can be used)
 2 teaspoons of salt
 1 tablespoon (3 teaspoons) of instant yeast
 4 teaspoons of sugar (brown or granulated)
 4 tablespoon of butter (lard, shortening or oil can also be used)
 1 whole dry coconut, blended
 Warm milk or water can be added if dough is still dry after the addition of coconut

Directions

Crack coconut and remove the nut from the shell. Cut into small pieces and blend with 1- 1 ½ cups of warm water.

Add dry ingredients to a bowl or stand mixer and mix to incorporate.

Add pureed coconut pulp and melted butter and mix on medium speed. If the dough is dry, add some warm milk or water. If the dough is too wet and sticky, add a tablespoon of flour. Knead the dough for 15-20 minutes until it is smooth and elastic.

Grease a bowl with some oil and add

the dough, ensuring that the top of the dough is also greased. Cover with a moist paper towel or tea towel and let it rise and double in size for 45 minutes to one hour in a warm area of the kitchen. The warmer it is, the quicker it will rise, and if it is a bit cooler, then it will take longer.

Once the dough has doubled in size, punch the middle to let the air out.

Separate into eight, 12 or 16 small dough balls.

Shape into buns and place onto a greased baking pan.

Let the buns rise again until they double in size.

Tip: They will rise quickly if placed into the oven set at the lowest temperature. Brush the buns with water so they won't dry out, and let them rise in the warm oven for 20 minutes.

When the buns double in size, bake them at 325 degrees F for 30-35 minutes or 10-15 minutes if you used the oven rising method.

Once ready, remove from pan and place onto cooling racks.

Brush the top with melted butter.

Serve with cheese and pepper sauce, some spicy buljol or some yummy Christmas ham!

Enjoy!

Recipe courtesy Reshmi Rampersad @ TasteofTrini on IG and YouTube.com/ TasteofTrini

Ponche de sponge cupcakes *(Gluten free)*

Makes 12 Cupcakes

Ingredients

For the cake:

- 2 eggs
- 3/4 cups granulated sugar
- 1 cups gluten-free 1:1 baking blend
- 1 teaspoons baking powder
- 1/2 teaspoon cinnamon
- 1/4 teaspoon grated nutmeg
- Pinch of salt
- 1/2 cup ponche de creme, room temperature
- 2 tablespoons coconut oil, melted or vegetable oil
- 1/2 teaspoon vanilla extract

For the frosting:

- 1/4 cup butter
- 1/4 cup shortening
- 2 tablespoons ponche de creme
- 2-3 cups powdered sugar
- 1/2 teaspoon cinnamon
- Pinch of grated nutmeg

Directions

Preheat oven to 350°F and line a 12-cup cupcake pan and set aside.

In a bowl, sift together gluten-free flour, baking powder, pumpkin spice, and salt then set aside.

Using a stand mixer or a hand mixer, beat the eggs for 4 minutes with the paddle attachment over medium to high speed until pale. Add the sugar and beat for another 4-5 minutes until light and fluffy.

Reduce the mixer to low, add the flour and mix until just combined.

Add the milk mixture and beat again just to combine the ingredients.



PHOTO COURTESY RENEE SIMEON

Pour batter into prepared cupcake pan, filling about 2/3 way and bake for about 20-25 minutes until the cake is golden and a toothpick comes out of the cake clean.

Let sit in the pan for about 5 minutes, then gently remove and transfer to a cooling rack and let cool completely before frosting.

For the frosting, in the bowl of a stand mixer, combine the butter and shortening. Cream together until smooth and blended.

Reduce speed to low, gradually add the powdered sugar about 1/3 cup at a time until all has been added.

Mix for about 30 seconds, then add the ponche de creme, spices and vanilla.

Increase speed to medium and mix until light and fluffy. If the icing is too thick, add more ponche de creme a tablespoon at a time.

Once cupcakes are cooled, frost and sprinkle with a little more spice or sprinkles to serve.

Recipe courtesy Renee Simeon @ offthewheatenpath on IG



Sweet Bread

Ingredients

(for dry mixture)

- 1 1/2 cups all purpose flour
- 1/4 tsp salt
- 1 1/2 tsp baking powder
- 1 cup fresh grated coconut
- 1/2 cup sugar
- 1/2 cup raisins
- 1/4 cup cherries
- 1/4 cup mixed peel
- 1 tsp cinnamon
- 1/2 tsp nutmeg

(for wet mixture)

- 1 tsp vanilla
- 1 cup milk
- 1 egg – optional
- 1 cup butter

(for the top)

- 1/4 cup mixed peel
- 1 tbsp sugar

Directions

Combine the dry ingredients in a mixing bowl.

In a separate bowl combine the wet ingredients together.

Add wet ingredients to dry ingredients and mix until combined making sure to not over mix.

Pour batter into greased loaf pan, top with mixed peel and white sugar. Bake at 325 degrees F for 45 mins or one hour.

Cool completely before cutting.

Recipe courtesy Natasha Laggan of Trini Cooking with Natasha @ trinicookingwithnatasha on IG

Sorrel

Here is a basic recipe for everyone's favourite traditional Christmas drink – sorrel! The portugal peel really gives it a hint of delicious citrus flavour. Serve with lots of ice and with or without your alcohol of choice.

Ingredients

- 1 1/2 lb sorrel flowers (trimmed)
- 8 cups water
- 2 cinnamon sticks
- 4-6 cloves
- 1-2 thick slices of ginger
- 1 tsp vanilla essence (optional)
- The peel of one portugal (scrape off all of the white pith)
- Sugar, to taste



SOURCE: DRINKNUBA.COM

Directions

Place sorrel, cinnamon stick, cloves, ginger, essence, portugal peel, and water in a large pan. Bring to a boil.

Continue to boil for 10-15 minutes.

Cover and leave to seep overnight.

Strain mixture and sweeten with sugar.

Rum Punch

The classic recipe for rum punch can be remembered as follows: one of sour (lime juice), two of sweet (simple syrup), three of strong (rum), and four of weak (chaser – usually water). Enjoy!

Ingredients

- 1 cup lime juice (freshly squeezed)
- 2 cups simple syrup
- 3 cups dark rums
- 4 cups water
- Angostura Bitters, to taste
- Ice

Directions

To make simple syrup, combine 1 cup sugar and 1 cup water over medium heat and cook until sugar has completely dissolved. Allow to cool



SOURCE: BAKEITWITHLOVE.COM

completely. Pour all remaining ingredients into a punch bowl with lots of ice. *Enjoy!*



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Sorrel Black Cake

SOURCE: FOOD52.COM

If you forgot to soak your fruits and you found yourself in a jam this year, have no fear! Growing up, this is how I thought black cakes were made because it's the only way my mom did it. As an adult, I have tasted so many different black cakes and my mom's method tastes exactly like cake made with fruits that were macerated for months. Try this recipe and let me know what you think!

Ingredients

Fruits:

- 1 ½ cups of pitted prunes
- 1 ½ cups of raisins
- 1 ½ cups of currants
- 1 ½ cups fresh or rehydrated sorrel sepals
- 1 ½ cups of maraschino or candied cherries
- 1 ½ cups of mixed peel
- 2-3 cups of cherry brandy (use any type of cherry, cranberry, berry or grape wine as a substitute)
- 2 750 ml bottles of spiced dark rum
- 1-2 cups of sorrel concentrate (2 cups of fresh or dried sorrel + 2 cups of water + 4-6 bay leaves + 2 sticks of cinnamon + 2 teaspoons of grated ginger + 2 teaspoons of orange zest + 6-8 cloves + 1 cup of brown sugar. Simmer ingredients until thick, and strain and let cool.)

Tip: use any combination of dried fruits that you have access too. (dates, dried pineapples, dried paw paw etc.)

Browning:

- 1 cup of brown sugar
- ½ cup of boiling water



PHOTO COURTESY
RESHMI RAMPERSAD

Cake batter:

- 227 grams or ½ pound of butter (softened at room temperature)
- 1 cup of granulated sugar
- 1 ¾ cups all-purpose flour
- 2 teaspoons of baking powder
- 4 large eggs
- 2 teaspoons vanilla extract (1.5 tablespoons vanilla essence)
- 1 teaspoon almond extract
- Dash of Angostura bitters
- The zest of a lime
- 1 tablespoon orange zest
- 1 tablespoon cinnamon powder
- 2 teaspoons of freshly grated nutmeg

Directions

Add all the fruits to a pot and pour ¾ of the cherry brandy and 1 bottle of spiced rum and let it come to a gentle simmer. Cover and simmer for five minutes. Turn off the heat and let it macerate overnight or until cool. Once cooled, add to a blender and pulse until you get the desired texture. I prefer mine chunky so I pulse the fruits about 3-5 times.

Tip: do this in batches, grinding some completely smooth, some coarse and some in chunks for added texture.

Make the browning by adding brown sugar to a heavy-bottomed pot over medium-high heat. Keep stirring, preferably with a wooden spoon. Let the sugar melt and caramelize until it looks almost black in colour. Once it starts to smoke and turns dark, turn the heat off and add boiling water. Stir well to incorporate.

Preheat oven to 250 F or 120 C.

Grease a 9 inch round pan with butter and line the bottom with parchment paper.

Cream butter and sugar using a mixer or by hand, until light and fluffy. Beat eggs in and add lime and orange zest, extracts or essences and bitters until everything is incorporated.

In another bowl, mix all the dry ingredients. Then fold the flour mixture into the creamed butter and sugar mixture, and gradually add the fruits and browning until you get the desired colour. More browning will yield a darker cake. It's all about personal preference.

Mix well. The batter should be extremely thick now and to know if it's ready, a wooden spoon should stand straight in the batter without falling. If it falls, that means the mixture is too wet and not enough flour was added. I learned this tip from my mother-in-law who learned this from her mom. She was known for her delicious black cakes so I trust the techniques she passed on.

Pour the cake batter into the greased pan and bake for 2-3 hours until a toothpick or skewer comes out clean. Once the cake is finished baking, let it cool. As it cools, pour a mixture of dark spiced-rum and a few tablespoons of sorrel concentrate every five to 10 minutes until the cakes are completely cooled and can no longer absorb it. When it is completely cooled, remove from baking pan and place into a storage container. Continue soaking every few hours until Christmas day (depending on how boozy you like it).

For non-alcoholics use malta, Peardrax, grape juice, cranberry juice or non-alcoholic wine to soak fruits and cake.

For vegetarians use ½ cup of unsweetened applesauce for each egg used, pureed dates or any type of fruit jam.

Enjoy!

Recipe courtesy Reshmi Rampersad
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