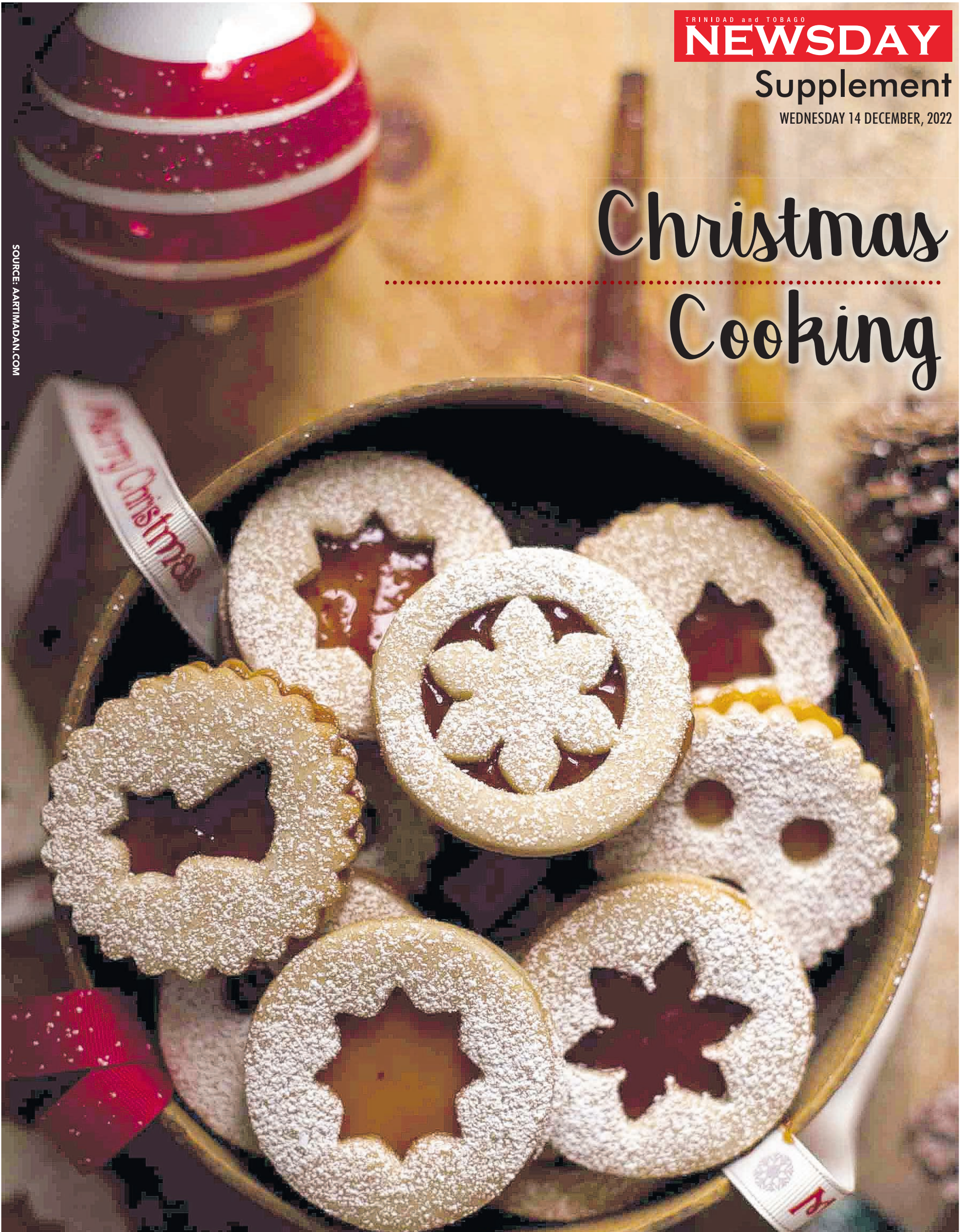


# Christmas Cooking

SOURCE: AARTIMADAN.COM



# Dinner rolls

## Ingredients

1 cup whole milk  
 ½ cup warm water  
 ¼ cup unsalted butter, melted  
 ¼ cup sugar  
 2 ¼ tsp active dry yeast  
 4 cups all-purpose flour, plus more for dusting  
 Salt  
 2 large eggs  
 Oil

## Directions

Combine the warm milk, warm water, melted butter, and sugar. Sprinkle the yeast evenly over the wet ingredients, stir to combine, and let stand for 5 minutes, until foamy. In a large bowl, combine the

flour and salt, and stir to combine. Beat 1 egg, then add to the bloomed yeast mixture. Pour the wet ingredients into the flour and use a knife to stir until the mixture just comes together and forms a dough. Turn the dough out onto a lightly floured surface and knead for 5-10 minutes, or until the dough becomes smooth. Add more flour as needed to keep the dough from sticking. Lightly grease a large glass bowl with oil. Add the dough, cover with plastic wrap, and let rest for 1 hour, or until doubled in size. Punch down the dough, then turn out onto a floured surface. Knead for a few more minutes, just until the dough is smooth, about 2 minutes. Divide the dough into 16 equal balls. Knead the balls, gathering the edges of the dough toward the



centre to make a taut, round ball with a smooth top. Place the rolls on a parchment paper-lined baking sheet. Cover with plastic wrap and let rise for 30 minutes. Preheat the oven to 375°F (190°C). Beat the remaining egg in a small bowl. Uncover the rolls and brush with the egg wash. Lightly sprinkle the rolls with sea salt. Bake for 25-30 minutes, or until the rolls have lightly browned and doubled in size.

# Orange cranberry bread

## Ingredients

2 cups flour  
 ¾ cup white sugar  
 1½ teaspoons baking powder  
 ¾ teaspoon salt  
 ½ teaspoon baking soda  
 ¼ cup unsalted butter, cut into pieces and softened  
 ¾ cup orange juice  
 1 tablespoon grated orange zest  
 1 large egg, beaten  
 1 cup dried cranberries  
 ½ cup chopped walnuts (optional)

## Directions

Preheat the oven to 350 degrees°F

(175°C). Grease an 8½ x 4½-inch loaf pan.

Combine flour, sugar, baking powder, salt, and baking soda in a bowl. Stir butter into flour mixture until combined. Add orange juice, orange zest, and egg; mix well. Fold in cranberries and walnuts. Spoon batter into the prepared pan.

Bake in the preheated oven until a toothpick inserted into the centre comes out clean, 60 to 75 minutes. Cool in the pan for 10 minutes before removing to cool completely on a wire rack.

To make muffins:

Spoon the batter into greased muffin cups and bake at 375°F (190°C) for 15 to 20 minutes.

(delish.com)

## Raisin Cake

R E C I P E

### INGREDIENTS

- ¾ cup Raisins
- ½ cup Sultanas / Golden Raisins
- ½ cup Chopped Cherries
- 3 cups **IBIS All Purpose Flour**
- 3 tsps. **LION Baking Powder**
- 1 ¼ cups Butter (at room temperature)
- 1 2/3 cups Granulated Sugar
- 5 Eggs
- 2 tsps. Vanilla Essence
- 1 cup Evaporated Milk
- ½ cup **LOTUS Icing Sugar**.

### METHOD

Preheat oven to 375 degrees F (190 degrees C). Combine dry ingredients together and set aside (flour, baking powder). Combine liquid ingredients together and set aside (vanilla extract and milk). In a small bowl dust raisins, sultanas and cherries in ¼ cup flour and set aside. Cream butter and sugar until light and fluffy. Add eggs one at a time beating after each until well blended. Alternate the addition of the flour and milk mixture, to the creamed batter starting and ending with flour. Fold in floured raisin, cherries and sultanas. Pour batter into a greased and floured Bundt or regular pan. Bake for approximately 40 – 45 minutes or until wooden pick comes out clean when inserted, turn onto wire rack and allow to cool thoroughly. Mix icing sugar and drizzle over cake.

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# Christmas morning cinnamon rolls

## Ingredients

1 cup warm whole milk  
 ⅓ cup granulated sugar  
 6 tablespoons unsalted butter, melted  
 1 teaspoon kosher salt  
 One .25-ounce package active dry yeast  
 2 large eggs  
 4 cups all-purpose flour, plus more for dusting  
 Vegetable oil, for the bowl

### Filling:

6 tablespoons unsalted butter, softened, plus more for the baking dish  
 ¾ cup light brown sugar  
 2 tablespoons ground cinnamon  
 1 cup chopped toasted pecans, optional  
 ½ cup raisins, optional

### Icing:

2 cups confectioners' sugar  
 2 tablespoons unsalted butter, melted  
 ½ teaspoon vanilla extract  
 4 tablespoons milk, plus more as needed

## Directions

For the dough: Combine the milk, granulated sugar, butter, salt and yeast in the bowl of a stand mixer fitted with the hook attachment and stir to combine well. Add the eggs and stir until well mixed. Add the flour and mix on medium-high

speed until the dough is smooth and elastic, about four minutes.

Transfer the dough to a large, lightly oiled bowl and cover with plastic wrap or a clean kitchen towel. Let stand in a warm, draft-free place until doubled in size, 1½ to 2 hours.

Punch the dough down and lightly flour a work surface. Lay the dough out and pat or roll the dough out into an 18-by-12-inch rectangle. For the filling: Butter a 13-by-9-inch glass baking dish. Spread the softened butter evenly all over the dough, leaving a ½-inch border, then sprinkle evenly with the brown sugar and cinnamon. Sprinkle with the pecans and raisins if using. Starting with a short end, roll up the dough and press and crimp the edges to seal. Cut the dough into 12 slices and arrange them in the buttered baking dish. If you want to bake them the same day, cover with plastic wrap and let stand until doubled in size, about one hour. Otherwise, refrigerate overnight; take out of the refrigerator and let sit at room temperature for one hour before baking.

Preheat the oven to 375°F. Bake the cinnamon rolls until puffed and golden brown all over, about 25 minutes.

For the icing: Put the confectioners' sugar in a medium bowl. Whisk in the melted butter, vanilla and 4 tablespoons of milk; whisk until smooth. Add additional milk, about one teaspoon at a time, if needed to achieve a thick but spreadable consistency.

Spread the icing over the warm cinnamon rolls. Serve warm.

(foodnetwork.com)

# Traditional Pastelles

## Ingredients

(For the dough)

- 1 lb 2 oz precooked cornmeal
- 4-5 oz butter or margarine
- ½ tsp salt
- 2 ½ cups warm/hot water



(For the filling)

- 1 ½ lb minced meat  
(can be pork/beef/chicken/fish or minced soya)
- 3 stalks chive
- 1 large onion
- 4 cloves garlic
- 5-6 pimento peppers
- ½ habanero or scotch bonnet pepper, or as you like
- ½ tsp black pepper
- ½ tsp salt or to taste
- 2 tbsp gravy browning (optional)
- 4 oz pimiento stuffed olives, cut in half across.
- 2 oz raisins
- 3 tbsp capers, cut into 2-3 pieces or left whole
- 1 tbsp oil
- Prepared banana leaves (if not available, use foil, but the flavour will be different – the banana leaves impart an exotic aroma and taste!)
- String to tie each package (about 12)
- Large pot of boiling water (to accommodate 12 4-inch x 6-inch packages)

## Directions

Mince chive, onion, garlic and both peppers as fine as possible or use two tbsp green seasoning. Add this to the meat, with salt and black pepper, and mix well. Heat oil in heavy saucepan, add seasoned meat. If using gravy browning, add it now – chicken and pork will look more attractive in the filling. Cook meat until well done. (Fish should be steamed and flaked, and 1 tbsp tomato paste added for colour and flavour; minced soya should be soaked with the seasonings for 30 minutes in hot water – just enough to cover the soya, then cook as above for 20 minutes) Allow to cool a bit before adding olives, raisins and capers. Set aside filling. Prepare banana leaves by first wiping with a wet towel/cloth. The pieces should be about 12-inches square. Pull each piece over an open flame in order to wilt them, so they become pliable. Make the dough by adding salt and margarine to cornmeal. Add warm/hot water. The dough should be soft, not watery, but not dry.

To assemble:

Lay a square of banana leaf (or foil) on countertop. Use a two-inch diameter ball of dough; place another piece of banana leaf (or foil) over the ball, and, using a rolling pin, roll over the top sheet, spreading dough underneath to a thin oblong. Use hands to help shape: you need to have an oblong dough approximately seven inches x 10 inches, to fold over filling. Place approximately 1 ½ to 2 tbsp filling in centre of dough, ensuring that there are olives, capers and raisins in the filling. Fold dough over with leaf/foil on all sides, ensure you have covered the filling with the dough before pulling leaf/foil away. When you are sure the meat is not visible, fold leaf/foil back into a package, ensuring there is no breakage of leaf/foil. If this happens, fold a square of foil over the leaf, thereby retaining the flavour, but preventing seepage into pastelle. If using banana leaves, tie each package with string. If using foil, there is no need for string, but ensure package is watertight. Place all packages into water at same time, to ensure even cooking. Boil for 40-45 mins. Pour off boiling water and allow pastelles to cool for 15-20 mins before opening package.

*(Recipe taken from The Culinary Heritage of Trinbago by Jassie Singh)*

# Ham Bone Soup

## Ingredients

- 1 ham bone, cracked
- ½ lb split peas
- 1 onion, chopped
- 2 stalks celery, chopped
- 2 cloves garlic, minced
- 1 tbsp green seasoning
- 1 tbsp creole seasoning
- 1 green hot pepper
- 3-4 pimentos, chopped
- 1 tbsp oil
- 1 carrot, peeled and cut into ½-inch pieces
- 2 potatoes
- 1 sweet potato
- ½ lb pumpkin, cut into 2-inch cubes
- ½ tsp salt
- 6-8 cups water
- Optional:
- 6 green figs (bananas)
- 1 half ripe plantain
- 1 small dasheen
- 2- 3 eddoes
- 1 small yam
- dumplings

## Directions

Pick over and wash split peas. Place in a saucepan with two and a half cups water and half tsp salt. Cook for 40-45 minutes while you prepare the soup. You can parboil the peas while the soup gets going in the stockpot, then add it after the ham bone is browned. You can also pressure cook the split peas; use the pressure cooker saucepan, and add 1 tsp. oil to keep the froth from boiling over. Meanwhile, heat oil in large stockpot. Add onion, garlic, celery, green seasoning, creole seasoning, and pimentos. Sauté for five minutes, stirring regularly, then add ham bone and green pepper. Turn a few times to brown somewhat. You can add the parboiled split peas with its liquid at this stage, or just add the enough water to cover the bone and bring to the boil. Keep cooking on low heat while you prepare the rest of ingredients. Peel potato and sweet potato and cut into two-inch pieces. If you are using any of the optional ingredients, then peel



and cut those up as well into like size pieces. Add all of the provisions, carrot and pumpkin to the stock pot with the bones. The split peas should be cooked and ready to be added now, if it had not been added before. Add as much of the water as needed. Bring the soup to a boil once more and cook for 20 minutes. If adding dumplings, prepare them while the soup boils. After 10 minutes, add the dumplings, and cook for a further 10 minutes. You may now add the flavour of the hot pepper to the soup by cutting it and dropping a piece back in, saving the rest for the hot mouth in the family!

*(Recipe taken from The Culinary Heritage of Trinbago by Jassie Singh)*

# Turkey bone and Black eye peas soup

## Ingredients

- Bones of 1 roasted turkey
- ½ lb black eyed peas (soaked for 2 hours)
- ½ tsp salt
- 1-2 tbsp oil
- 1 tbsp green seasoning
- 1 tbsp creole seasoning
- 1 tsp dried herbs
- 1 tsp crushed red pepper
- 4-6 pimientos, chopped
- 2 stalks celery, chopped
- 1 large sweet potato
- 2 small potatoes
- 1-2 half ripe plantains
- 2-3 carrots
- Cornmeal dumpling
- 6-7 cups water
- Optional:
- 2 chicken stock cubes

## Directions

If you did not soak the black eyed peas beforehand, pick over and wash. If peas were soaked, add ½ tsp salt and three cups water; bring to a boil. If using the pressure cooker, add ½ tsp oil to prevent froth from boiling



over. Cook for 10-12 minutes in the pressure cooker; if the peas were soaked, for 10 minutes, if not, for 12 minutes. If using a regular saucepan, soaked peas will take about 45 minutes to cook. If the peas were not soaked, it may take up to one hour to soften peas. Meanwhile, prepare provisions by peeling and cutting the sweet and regular potatoes into two-inch pieces. Plantains can be cut diagonally into four to five pieces. Peel the carrots and cut into ½-inch pieces. Joint turkey bones into smaller pieces. Heat oil in large stockpot and add provisions, carrots, green seasoning, creole seasoning, celery, pimientos, crushed

red pepper and dried herbs. Cook for 10 minutes, stirring occasionally, until vegetables start to get brown. Add three cups water and chicken cubes if using, and bring to a boil; continue cooking for 15 minutes. Add the black eyed peas, all of the cooking water and all of the bones. Add the rest of water to ensure the bones are covered with cooking liquid. Cook for 10 minutes, while you prepare the dumplings. Drop dumplings into boiling liquid, keeping them submerged until they are cooked.

*(Recipe taken from The Culinary Heritage of Trinbago by Jassie Singh)*

# Rosemary-salted standing rib roast

## Ingredients

1 4-rib standing beef rib roast (9 to 10 pounds)  
3 cloves garlic, thinly sliced  
Kosher salt  
1 tablespoon black peppercorns  
3 sprigs rosemary, leaves stripped (about 1/3 cup leaves)  
2 bay leaves  
3 tablespoons extra-virgin olive oil



leaves in a spice grinder (or crush and finely chop with a knife). Combine with the olive oil and rub all over the roast. Carefully place the roast in the hot roasting pan fat-side up (bones on the bottom). Roast until an instant-read thermometer inserted into the thickest part registers 120 degrees F for medium rare, 1 hour 50 minutes to 2 hours. Transfer the roast to a platter or cutting board, tent loosely with foil and let rest 30 minutes before carving.

([foodnetwork.com](http://foodnetwork.com))

## Direction

Remove the beef from the refrigerator about 30 minutes before roasting. Set a roasting pan on the lowest oven rack; preheat the oven to 425°F. Using a paring knife, make deep slits all over the roast and between each of the ribs; insert a garlic sliver into each slit and poke it just beneath the surface. Grind two tablespoons salt, the peppercorns, rosemary and bay

# Herb-roasted turkey breast

## Ingredients

1 whole bone-in turkey breast, 6½ to 7 pounds  
1 tablespoon minced garlic (3 cloves)  
2 teaspoons dry mustard  
1 tablespoon chopped fresh rosemary leaves  
1 tablespoon chopped fresh sage leaves  
1 teaspoon chopped fresh thyme leaves  
2 teaspoons kosher salt  
1 teaspoon freshly ground black pepper  
2 tablespoons good olive oil  
2 tablespoons freshly squeezed lemon juice  
1 cup dry white wine

## Directions

Preheat the oven to 325°F. Place the turkey breast, skin side up, on a rack in a roasting pan. In a small bowl, combine the garlic, mustard, herbs, salt, pepper, olive oil, and lemon juice to make a paste. Loosen the skin from the meat gently with your fingers and smear half of the paste directly on the



meat. Spread the remaining paste evenly on the skin. Pour the wine into the bottom of the roasting pan. Roast the turkey for 1¾ to 2 hours, until the skin is golden brown and an instant-read thermometer registers 165°F when inserted into the thickest and meatiest areas of the breast (test in several places.) If the skin is over-browning, cover the breast loosely with aluminium foil. When the turkey is done, cover with foil and allow it to rest at room temperature for 15 minutes. Slice and serve with the pan juices spooned over the turkey.

([foodnetwork.com](http://foodnetwork.com))

# Pan Roasted Drumsticks

## Ingredients

1 dozen chicken drumsticks  
1 tsp olive oil  
1 tsp lemon juice  
Garlic powder  
Cajun seasoning  
Black pepper  
All spice  
Paprika  
Salt  
Worcestershire sauce  
Butter  
Chadon beni  
Spanish thyme  
A few cloves of garlic

## Directions

Compound butter:

Mix together olive oil, Worcestershire sauce, lemon juice and butter. Mince chadon beni, thyme and garlic.

Season chicken with garlic powder, Cajun seasoning, salt, black pepper, all spice and a light dusting of paprika for a charred effect. Marinate the drumsticks in a mixture of Worcestershire sauce, soy sauce, olive oil and lemon juice.

Pan sear on either side for about 6 minutes.



Bake in preheated oven at 270 degrees C for 30 minutes (with some water and oil to prevent drying out). Flip drumsticks halfway through baking. Thoroughly baste with compound butter mixed with the water and oil from the pan, as well as any liquid sprung from the chicken during baking. Garnish and serve.

*Recipe courtesy Joshua Lee-Chee from Chaguanas*

# Leg of pork

## Ingredients

1 3-4 lb leg of pork  
1 lime or 2 tbsp lime juice  
3-4 tbsp jerk seasoning or 2 tbsp green seasoning  
1 tsp salt  
1 tsp black pepper  
2 tsp minced garlic  
1 tbsp soy sauce  
1 tsp crushed dry red pepper  
2 tbsp olive or vegetable oil  
1 tsp ginger powder  
2 tbsp orange marmalade  
2 oz (¼ cup) orange juice

## Directions

Use the juice of the lime to rub over the meat, then wash off and dry the joint with paper towels.

Score the skin of the meat with approximately ½-inch deep cuts. This will allow the marinade to reach the flesh and give the skin a crisp finish.

If using jerk seasoning, then use a pair of gloves to rub the seasoning well into the pork leg. You will not need any other seasoning with jerk seasoning since it contains salt, pepper and herbs. Add ginger powder to the jerk seasoning to give it a Trini burst of flavour.

If using the Trini mix of seasonings, then place the green seasoning, salt, black



pepper, minced garlic, soy sauce, crushed red pepper, ginger powder and oil in a small bowl and mix well. Rub this mixture well into the pork leg. Allow the meat to marinate for at least four to six hours or overnight in a covered container or zippered bag is best, turning a few times to evenly distribute the marinade.

Mix orange marmalade and orange juice in a small bowl. This will be used to baste the leg of pork as it roasts, giving a lovely glaze to the crisp skin. Put meat on a deep roasting pan and place into an oven preheated to 375°-400°F. Roast for 40 minutes at this temperature, then reduce

heat to 325°F. Baste leg of pork with orange marmalade mixture every 15-20 minutes, using basting brush to pick up any juices that the pork may drip into roasting pan, brushing this on the leg together with the basting mixture.

Calculate cooking time based on the weight of the meat, at 25 minutes per pound, plus the original 40 minutes on high heat. A three-pound leg should take less than two hours, and a four-pound leg should be done in 2 hours, 20 minutes.

*(Recipe taken from The Culinary Heritage of Trinidad by Jassie Singh)*

# Pineapple honey-glazed ham

## Ingredients

1 9- to 10-pound bone-in smoked ham  
1 tablespoon whole cloves, optional  
Two 20-ounce cans sliced pineapple  
20 maraschino cherries  
2 cups honey  
2 cups light brown sugar

## Directions

Let the ham sit at room temperature for about 30 minutes. Preheat the oven to 325°F. Trim off any skin from the ham. Use a sharp paring knife to score through the fat in a diagonal crosshatch pattern without cutting through to the meat. Push the cloves into the ham, if using, placing them at the intersections of the cuts. Put the ham, flat-side down, on a rack in a roasting pan. Drain the pineapples, reserving the juice. Arrange the sliced pineapple all over the ham, securing with toothpicks. Add a maraschino cherry to the centre of each pineapple slice

and secure with a toothpick. Pour ¼-inch water in the bottom of the pan and tent the ham with foil. Roast until an instant-read thermometer inserted in the thickest part of the ham (avoiding bone) registers 130°F, about 2 hours 30 minutes (or about 15 minutes per pound). Meanwhile, combine the honey, brown sugar and reserved pineapple juice in a large saucepan set over medium heat. Simmer, stirring occasionally, until thickened, syrupy and reduced to about three cups, 25 to 30 minutes. Set aside. Increase the oven temperature to 425 degrees F. Uncover the pan and carefully brush a third of the glaze all over the ham. If the water in the roasting pan has evaporated, add more. Bake the ham for 15 minutes more. Brush with another third of the glaze and bake for 15 minutes more. Brush the remaining glaze over the ham and cook until the glaze is shiny and the skin is dark golden brown and crispy, about 15 minutes more. Let rest for 15 minutes.

(foodnetwork.com)

# Millionaire's ham

## Ingredients

1 bone-in ham  
3½ cups packed light brown sugar  
1¼ cups orange juice  
1 teaspoon cayenne pepper  
Kosher salt and freshly ground black pepper

## Directions

Preheat the oven to 325°F. Line the bottom and the rack of a roasting pan with foil. Place the rack inside the roasting pan. With the fatty side facing down, use a sharp knife to cut ¼-inch long diagonal lines about one-inch deep all over the surface of the ham. Working in the opposite direction, cut more ¼-inch long and one-inch deep diagonal lines to create diamond shapes. Turn the ham over so the fatty side is facing up. Create the same diamond shape placing any pieces of ham that fall off back onto the ham. Place the ham, fatty-side up, on the rack and cook, rotating the pan halfway through, until warm in the centre and the fat starts to crisp up, about 2 hours. Meanwhile, mix 3 cups sugar, ¼ cup orange juice, ½ teaspoon cayenne pepper, one tablespoon salt and one teaspoon pepper in a medium bowl. Remove the ham from the oven and carefully brush one-third of the glaze all over the ham. Bake the ham for 20 minutes. Brush with another third of the glaze and bake for 20 minutes more.



Brush the remaining third of the glaze over the ham and cook until the glaze is shiny and the skin is dark golden brown and crispy, about 30 minutes more. Mix the remaining ½ cup sugar, one cup orange juice, ½ teaspoon cayenne pepper and a generous amount of pepper in a small saucepan and bring to a boil over medium-high heat. Cook, stirring frequently, until the sugar is dissolved and the sauce has reduced by about half, seven to eight minutes. Remove the ham from the oven and let rest for 15 minutes. Transfer to a cutting board. Slice and serve with the sauce on the side.

**Optional Glazes:**  
1 tbsp mustard, ½ cup orange juice, 2 tbsp honey  
1 tbsp mustard, ½ cup marmalade (with fruit chopped smaller)  
1 tbsp mustard, ½ cup crushed pineapple with juice.

Note: This recipe is based on an eight to 10-pound ham. The cooking time will vary depending on the size of the ham, calculating 20 minute per pound, with an extra 20 minutes added.

(foodnetwork.com)

# Hawaiian Chicken on Coconut Rice

## Ingredients

2 lbs of boneless, skinless chicken  
2 tbsp green seasoning  
1/2 red, yellow, orange and green Bell pepper  
1 medium red onion  
1 large pineapple  
Salt and pepper to taste

## Sauce

1 cup pineapple juice  
3 tbsp soy sauce  
1/2 cup chicken broth or water  
2 tbsp brown sugar  
2 tbsp canola oil  
1 tsp minced garlic  
1 tsp ground ginger

## Coconut Rice

2 cups rice  
1 cup of coconut milk  
1/2 cup of water  
Salt to taste

## Directions

Dice chicken into bite-sized pieces and season with salt, pepper and green seasoning. Set aside for an hour to marinate. Heat oil in a cast iron skillet using a high heat. Add chicken to skillet and sear on all sides until golden brown. Remove from skillet. Add Bell peppers and red onion and saute for 4-6 minutes or until tender.



Remove from pan. Add sauce ingredients to a skillet and bring to a simmer. Add the chicken to the sauce, then add the broth and cook on a medium to low heat. Let sauce reduce then add Bell peppers and pineapple chunks to the pan. Cook until the sauce is thick and sticky. Serve chicken on coconut rice in the carved-out pineapple bowls.

Recipe courtesy Antonio Gill, Trini living in Toronto

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## Christmas Cake

### Ingredients

1lb butter  
 1lb brown sugar  
 6-8 eggs  
 1½ lbs flour, sifted  
 2 cups orange juice  
 1 tbs mixed spice  
 1 lemon zest  
 4 tsp baking powder  
 ½ lb sultanas  
 ½ lb prunes  
 ½ lb mix peel  
 ½ lb cherries  
 ½ lb raisins  
 2 tbsp mixed essence  
 Browning  
 1 bottle rum  
 1 bottle cherry brandy/wine  
 2 dashes of bitters

### Directions

(Soak fruits 2 weeks before baking using ½ rum and wine)  
 In mixing bowl, blend eggs, sugar, butter, lemon zest, bitters and mixed spice  
 Cream until sugar is melted  
 Add sifted flour gradually, then orange juice and browning  
 Add blended fruits and baking powder  
 Mix well  
 Preheat oven to 350 degrees  
 Grease and flour 2 8-inch cake pans  
 Bake for 1 hour 15 mins  
 When baked, pour rum/wine over cake

*Recipe courtesy Leonis Olaoshun of Moruga*

## Linzer cookies

### Ingredients

2¾ cups (415 g) all-purpose flour spoon and levelled  
 1 tsp ground cinnamon  
 ½ tsp ground nutmeg  
 ¼ tsp ground cloves  
 ½ tsp baking powder  
 ¼ tsp salt  
 1 cup (250 g) unsalted butter softened  
 ¾ cup (160 g) caster sugar  
 1 tsp vanilla extract  
 1 egg yolk  
 1 large egg  
 1 orange zested  
 powdered sugar to dust  
 Jam of choice (eg sorrel, orange, etc)

### Directions

To a large mixing bowl, add the flour, cinnamon, nutmeg, cloves, baking powder and salt. Use a whisk to mix.  
 To a separate bowl, add the softened butter and sugar and use a spatula to mix until creamed; about two minutes of mixing. Add the vanilla extract, egg yolk and egg and mix until well combined. Then add half



the flour mixture and mix using the spatula. Add the remaining flour mixture and mix until a dough forms. Split the dough into two and shape into balls. Lay out a large piece of baking paper on your work surface and place half the dough on top. Place half the baking sheet over the dough. Use a rolling pin to roll out to 1/8 inch thickness. Place on a baking tray and chill in the fridge for 30 minutes. Preheat your oven to 175°C/350°F. Use a three-inch cookie cutter to cut out as many cookies as you can. Transfer to a baking paper lined baking sheet using a small spatula. This recipe makes 20 cookies (40 cookie halves) if you continue rolling out the dough and cutting it. Use a small cookie cutter in any shape you like to cut middles out of half the

cookies. These will be the tops of your cookies. Bake for eight minutes or until the outside of the cookies are golden. Continue doing this until all cookies are baked. Place the cooled down cookies with a hole cut out on a cooling rack with a baking tray underneath. Dust them with powdered sugar. Pipe the jam on the other cookie halves and place the dusted cookies on top to finish. If the jam is a little thin, add more in the cookie tops to fill the shape. Make sure you don't overfill the cookies otherwise it seeps and bleeds into the powdered sugar on the top cookie. Cookies can be stored in an airtight container, in a cool dry place for up to three weeks.

*(thescranline.com)*

## Vegan Fruit Cupcakes

### Ingredients

1 box of white or yellow cake mix  
 ¾ cup ground flaxseed mixed in water  
 1 cup of plant-based milk  
 ½ cup vegetable oil  
 ½ lb fruit mix  
 ¼ cup all-purpose flour  
 1 tbsp rum extract  
 1 tbsp all spice essence  
 1 tbsp clove essence  
 2 tsp cinnamon powder  
 3-4 splashes of Angostura bitters  
 1/3 cup of Black Strap molasses or browning  
 Green or red cherries

### Directions

Pre-heat oven to 325F.  
 Prepare cake mix base as



indicated on the box using the substitutions as listed  
 Mix in the flour, cinnamon and the other wet ingredients, except the fruits and molasses  
 Using a spatula, mix the fruits and molasses into the batter until combined.  
 Prepare cupcake tin with your preferred liners and pour to just above half  
 Place 1 cherry in the middle of each liner and bake for 45-50 mins  
 Remove from heat  
 Soak with alcohol like a traditional fruit cake

Sorrel buttercream icing:

1 container of whipped buttercream icing  
 1 tsp rum extract  
 1 tsp all spice essence  
 1 tsp clove essence  
 ¼ cup plant-based milk

5 tbsp dried sorrel powder  
 ¾ of a 3.4 oz pack of vanilla pudding mix  
 Red gel food colouring

Using a hand mixer, whip icing in a large bowl until fluffy and double in volume  
 Mix in the dry ingredients, and essences and add the milk until you achieve your desired consistency  
 Decorate cupcakes

*Recipe courtesy Noel Roberts, Trini living in NY*

## Pound Fruit Sponge Cake



### Ingredients

½ lb margarine  
 ¾ cup brown sugar  
 4 eggs  
 Zest of 1 lime  
 2 cups sifted flour  
 1 tsp mixed spice  
 1½ cups pre-soaked fruits  
 1 tsp mixed essence  
 ½ cup Maraschino cherries (optional)  
 Rum or cherry brandy

### Directions

Cream together margarine and brown sugar.  
 Gradually add eggs (1 at a time)  
 Add lime zest and gradually add flour and mixed spice  
 Add fruits, mixed essence and cherries  
 Grease and flour 8-inch pan and pour batter into it  
 Bake at 350 degrees for 1 hour or until cake leaves side of pan  
 Pour rum or cherry brandy when baked (optional)

# Paimé

## Ingredients

- ..... ½ grated coconut (medium sized)
- ..... 2 cups corn flour or cornmeal
- ..... 1 tsp grated nutmeg
- ..... 1 tsp grated spice
- ..... 1 tbsp mixed essence
- ..... ¼ lb margarine
- ..... ¼ lb grated pumpkin (optional)
- ..... 2 cups brown sugar
- ..... 1 pinch salt
- ..... 1 dash black pepper
- ..... 1 dash Angostura bitters
- ..... ¼ cup raisins
- ..... Cut and greased banana leaves,
- ..... string, aluminium foil

## Directions

Mix all ingredients together using warm water. Monitor the consistency to ensure that the dough is not too firm and dry, but sufficiently manageable for folding. Using a spoon or scoop paste onto greased banana leaves, shape them into desired square or rectangular size and preferred thickness. Fold and tie with a string, or double wrap with foil and seal edges. Boil for half hour, turning to ensure that paimé cooks evenly. Remove from heat and drain.

*Recipe courtesy Aunty Joy from Valencia*



# Meringue sandwiches



## Ingredients

- ..... 4 large egg whites, at room temperature
- ..... ½ teaspoon cream of tartar
- ..... ¼ teaspoon salt
- ..... 2¼ cups confectioners sugar
- ..... Red food colouring
- ..... Sorrel jam or lemon curd for spreading

## Directions

Position racks in the upper and lower thirds of the oven; preheat to 250°F. Line two baking sheets with parchment paper. Beat the egg whites, cream of tartar and salt in a large clean dry bowl with a mixer on medium speed until foamy. Increase the speed to medium high and beat

until thick and opaque, about one more minute. Gradually add the confectioners sugar, about ¼ cup at a time, and beat until stiff shiny peaks form, about five more minutes. Fit a pastry bag with a large flat or star tip. Using a paint brush and food colouring, paint two to three vertical lines from the bottom of the bag (where the tip is attached) to the top, making sure lines are evenly spaced from each other. Fill bag with meringue. Pipe about 70 one-inch disks on the baking sheets, spacing them two inches apart. Bake at 250°F until dry and crisp, about three hours. Let cool completely on the baking sheets. Store in an airtight container in a dry place for up to one week. Just before serving, sandwich with sorrel jam or lemon curd.

*(recipe adapted from foodnetwork.com and thescranline.com)*

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## Sweetbread

### Ingredients

1 whole coconut (medium) grated by hand, or in the blender with 1-2 cups water.

(Frozen pre-grated coconut is available and is an excellent labour saver!)

1 ¼ lbs. (20 oz) white flour.

½ lb brown sugar (more if you like)

4 oz margarine or butter

2 tsp instant yeast

2 tsp cinnamon

1 tsp grated nutmeg or mace

1 tsp vanilla extract

1 tsp. ginger powder

4-8 oz mixed dried fruits

1-2 cups water (only if using dry coconut)

### Directions

Mix dry ingredients, then, if using blender-grated coconut, add this and vanilla to mixture, and knead to a soft dough. If using pre-grated or hand grated coconut, add to dry ingredients, and add one to two cups water, as needed, to achieve a soft dough. Allow dough to raise to double its original size – this will take 1½-2 hours.

Punch down dough, and shape into a loaf. Place in greased 11½-inch x 4 ½-inch loaf pan. (If using any other size pan, make sure dough is halfway up the side of the pan, in order to get a nice-looking loaf! The dough can also be shaped and placed on a greased cookie sheet.) Allow dough to rise to the top of the pan, usually in about 1½-2 hours. Bake in a pre-heated 350°F oven for about 55-60 minutes, or until a skewer comes out clean when loaf is tested. Turn loaf out immediately and allow to cool on a wire rack before slicing.

*(Recipe taken from The Culinary Heritage of Trinidad by Jassie Singh)*

## Christmas Jell-O Shots

### Ingredients

Lime layer:

1 three-ounce package lime gelatin

½ cup white rum

Strawberry layer:

1 three-ounce package strawberry gelatin

½ cup white rum

Topping:

½ cup heavy cream

Red and green sprinkles, for decorating

### Directions

For the lime layer: Heat 1 ½ cups water in a small saucepan until just simmering.

Pour the lime gelatin powder into a medium bowl, then add the hot water.

Stir until the powder has completely dissolved, about 2 minutes. Stir in the rum until combined.

Transfer to a large liquid measuring cup. Divide evenly among 34 plastic shot glasses (1-ounce).

Refrigerate until the gelatin has set, about 45 minutes.

For the strawberry layer: Heat 1 ½ cups water in a small saucepan until just simmering.



Pour the strawberry gelatin powder into a medium bowl, then add the hot water.

Stir until the powder has completely dissolved, about 2 minutes.

Stir in the rum until combined.

Transfer to a large liquid measuring cup.

Carefully pour this mixture on top of the set lime layer in each shot glass, then return the glasses to the refrigerator to set completely, about 2 hours.

For the topping: With an electric mixer on medium speed, whisk the cream in a large bowl until it holds stiff peaks.

Cover and refrigerate until ready to serve.

Pipe or dollop the whipped cream on each shot, then decorate lightly with sprinkles.

Serve chilled.

*foodnetwork.com*

### Ingredients

3 eggs

strip of lime peel, or 1 tsp.

grated lime peel

1 tin condensed milk

1 tin evaporated milk

Good dash of Angostura

Bitters

freshly grated nutmeg

¼ - ½ bottle good quality rum

### Directions

Beat eggs with lime peel till lemon-coloured and fluffy. Add condensed and evaporated milk, ½ tsp. freshly grated nutmeg, then rum (to your taste) and Angostura Bitters. Strain into one-litre bottle. Since the eggs are raw, ponche de crème must be kept refrigerated. When ready to serve, pour over

## Easy ponche de creme



ice, and top with grated nutmeg.

*(Recipe taken from The Culinary Heritage of Trinidad by Jassie Singh)*



## Sorrel

### Ingredients

2 ½ - 3 lbs of fresh sorrel, or ½ lb dried sorrel petals

1 ½ - 2 tbsp. cloves

1 ½ - 2 litres water

1 lb sugar

### Directions

If using fresh sorrel, run a knife around the base of the sepals of the fruits, which will allow the seeds to be easily removed. Wash sorrel, place in a large pot, then add water to cover the fruits. Add cloves and boil for about 20-30 minutes. Allow to cool before straining. Squeeze the pulp to extract as much liquid as possible. Add sugar and sweeten to taste, adding more water if needed. Strain into bottles. The preference is for a strong, tart, but not too sweet, drink. It can be tempered with lots of ice.

*(Recipe taken from The Culinary Heritage of Trinidad by Jassie Singh)*

## Irish Cream

### Ingredients

235 ml heavy cream

395 ml sweetened

condensed milk

3 tbsp chocolate syrup

1 tsp instant coffee

granules

1 tsp pure vanilla extract

400 ml whiskey

### Directions

Dissolve coffee granules in 2 tbsp of whiskey. Place cream, condensed milk, chocolate syrup, dissolved coffee and vanilla in a blender and mix on low speed for 30 seconds. Add the remainder of the whiskey into the blender at a very slow speed and give it a whirl for a few more seconds. Pour into sterilised glass bottles with tight-fitting lids and store in the refrigerator for up to 2 months.

*Recipe courtesy Shiyen Lee Chee of San Fernando*

