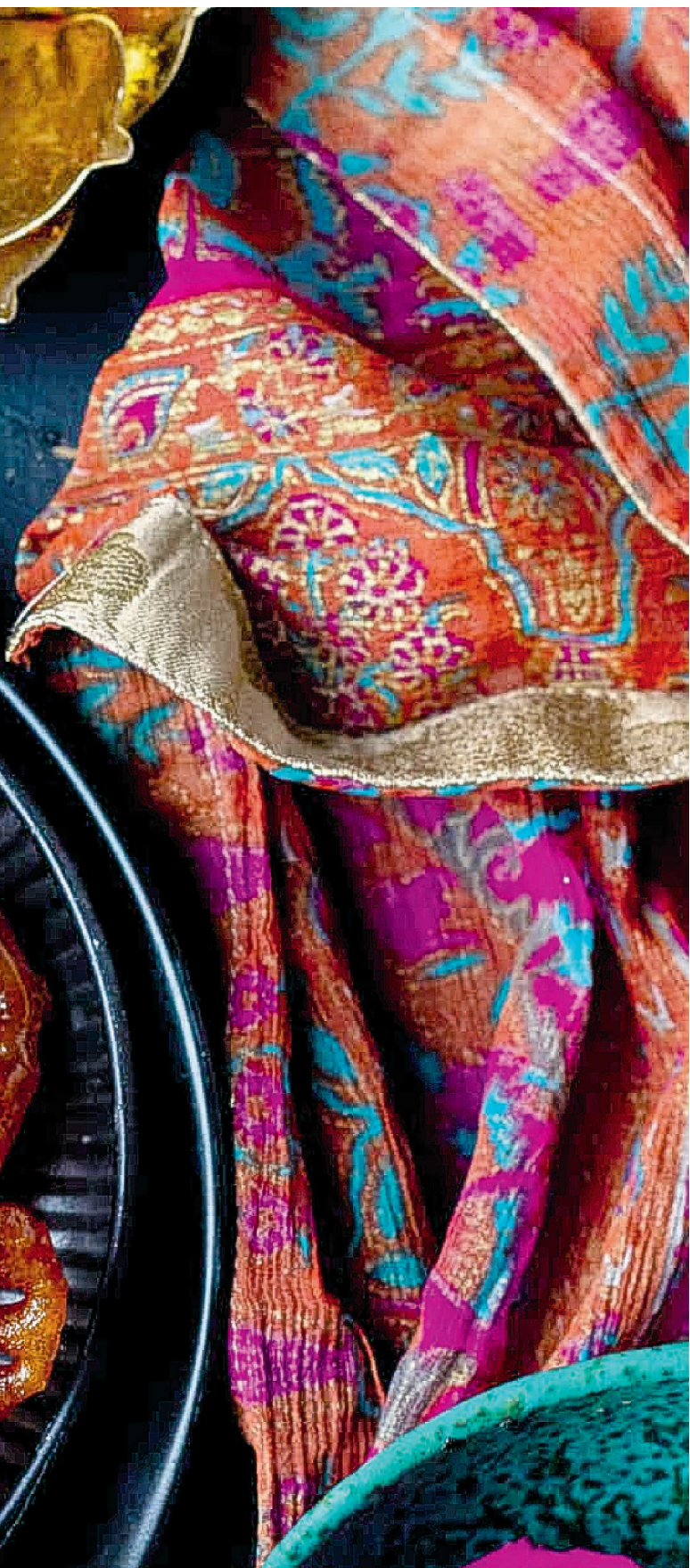


TRINIDAD and TOBAGO

NEWSDAY

Supplement

SATURDAY 4 NOVEMBER, 2023



Diwali

COOKING

SOURCE: FLOURANDSPICEBLOG.COM

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Sweet Rice

Sweet rice is offered to Mother Lakshmi during puja for Diwali



SOURCE: YUMMEFY.COM

Ingredients

- 1 cup white rice
- 4 cups water
- 4 tbsp sugar
- 1 tin condensed milk
- 1 tin evaporated milk
- 1 stick whole spice
- 2 tsp grated ginger
- 1 tsp elichee

Directions

Boil rice in 4 cups water. Do not strain the rice...leave it in the water.

While boiling, add spice, ginger and elichee. When rice is soft add milk and sugar.

Bring to boil until thick.

Let cool and serve.

Parsad

Serves 10 to 15 people

Ingredients

- 1 lb tin vegetable ghee
- 3 lbs flour
- 1 lb white sugar
- 2 tins evaporated milk
- 1 tin condensed milk
- 1 tbsp grated ginger
- 1 pack elichee
- 2 cups water

Directions

Place pot on stove. Pour four cups of water in pot, add sugar and ginger and bring to a boil. Lower heat.

Add all milk and stir. Bring to boil on low heat and turn off stove.

Heat large, heavy aluminium pot.

Add ghee and heat properly.

Add flour gradually while stirring on medium heat.

Stir for about 45 minutes or until flour is light brown in colour and feels light when you turn it.

Add elichee. Keep stirring for approximately 10 minutes.

Pour milk mixture while turning vigorously until water dries.

Turn off stove and let cool.

Serve.



PHOTO COURTESY PROPA TRINI COOKING WITH NATASHA

Cream of Wheat Parsad



SOURCE: TRINI COOKING WITH NATASHA

Ingredients

- 1 cup cream of wheat
- 1 cup ghee
- 1 lb granulated sugar
- 1 cup condensed milk
- 2 tins evaporated milk
- 1 tbsp elichee
- 1 tbsp grated ginger
- 4 cups of water

Directions

For phag (sugar water): Bring water to a boil, add sugar, ginger and all milk. Let simmer for five minutes ensuring that all sugar is melted.

In a large pot, heat ghee add cream of wheat and parch until its light brown. Add elichee. Next, add phag while turning gently over low heat until cream of wheat is cooked (approximately 10 minutes).

Serve.



FILE PHOTO

Paratha

Ingredients

- 1 lb flour (4 cups)
- 4 tsp baking powder
- 1 tsp salt
- 1 ½ oz ghee/ margarine or butter
- Water (approximately 1 ¾ cups)

Directions

- Sift flour, baking powder and salt
- Add enough water to form a smooth, soft dough
- Knead well and leave for ½ hour covered with a damp cloth
- Knead a second time and divide into four balls
- Flour board and roll out dough to size 8-inch or 9-inch as desired, then spread with ghee and sprinkle with flour
- Cut dough from centre to edge, roll tightly into a cone shape, press peak of cone into centre and flatten
- Leave again for 30 minutes. Sprinkle flour on board and roll out very thin with rolling pin.
- Cook on a moderately hot tawah coating dough with oil on both sides as it cooks
- Turn on both sides and cook about 1 ½ minutes on each side
- Remove from baking stone and hit with wooden dabra until flaky or wrap in clean cloth and break up the roti into pieces.



Dosti Roti

Ingredients

- | | |
|---------------------------------|------------|
| 3 cups flour | water |
| 3 tsp baking powder | ½ tsp salt |
| 1 tbsp ghee or melted margarine | |

Directions

- Sift then measure flour, add baking powder and salt
 - Add 1 ½ cup water all at once and mix into a dough
 - Add more water if necessary
 - Knead dough with a fold, seal, turn motion until smooth
 - Cover with a damp cloth and leave to rest for half an hour
 - Knead dough once or twice then divide into eight equal balls.
- Let balls rest for 15 minutes.
 - Shape one of the balls into a circle 4-inch in diameter, spread with ghee then shape another ball and place it against the greased side of the first circle.
 - On a floured board, roll out the two rotis together, then cook on a lightly greased baking stone or tawah.
 - Insert knife between two layers and flip apart to allow steam out
 - Place back together and keep warm in a clean dish towel or napkin.



SOURCE: FOODINATIONTT.COM



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SOURCE: SPICECRAVINGS.COM

Curried Channa

Ingredients

- | | |
|--------------------------|------------------------------------|
| 1 lb channa (chick peas) | 3 tbsps curry |
| 2 lbs potato | 1 tbsp salt |
| 2 heads garlic (peeled) | 1 tsp saffron |
| 2 onions (peeled) | 1 tbsp whole grain masala (ground) |
| 2 pimentos | 6 grains maithee (fenugreek) |
| Hot pepper (optional) | 1 tsp ground geera |
| 1 bunch chive | 1 ½ tsp baking powder |
| 6 leaves chadon beni | |
| 3 tbsps oil | |

Directions

- Soak channa overnight with one tsp baking powder. Let fry until soft and slightly brown.
- The next morning, strain and rinse soaked channa. Add curry and ¼ cup of water. Let curry cook until a paste is formed.
- Grind 1 garlic, 1 onion, pimentos, hot pepper, bunch chive and chadon beni. Next, add channa and potato. Let that cook for a bit and then add the remaining half of ground seasoning and salt.
- Using half of this ground seasoning, add to channa along with one tbsp oil and ½ tsp baking powder. Add enough water to cover the channa and potato. Let boil until soft.
- Chop next onion and head of garlic (you can add more pimentos and pepper to this if you wish). Serve with roti or rice
- Heat oil in pot and fry maithee. Next, add chopped onion and garlic.

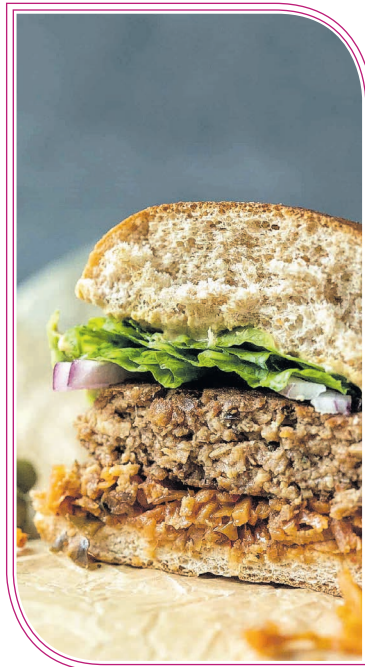
Chataigne Snuggets

Ingredients

- Chataigne
- 1 cup of flour
- ¼ cup of corn starch
- 2 teaspoons of saffron powder
- 1 tablespoon of salt
- 1 teaspoon of black pepper
- 4 cloves of grated garlic
- 1 medium finely chopped onion
- 2 tablespoons of finely chopped cilantro

Directions

- Peel, gut and shred chataigne.
- Bring a pot of water to a boil, add one tablespoon of salt and blanch chataigne for 15 minutes.
- Drain and leave to cool.
- To a bowl, add flour, corn starch, saffron powder, salt, black pepper, grated garlic, chopped onion and chopped cilantro. Add water and whisk to a slow runny consistency.
- Add blanched chataigne and mix well.
- Heat oil to 375° Fahrenheit.
- Using a tablespoon, add mixture into the oil to form nuggets.
- Fry until golden brown and serve with your favourite chutney.



SOURCE: MYQUIETKITCHEN.COM

Soya burgers

Ingredients

- 1 small pack minced soya
- 1 bunch chive (chopped)
- 12 leaves chadon beni
- 6 pimentos
- 1 head of garlic (peeled)
- 1 onion (peeled)
- ¼ teaspoon black pepper
- Salt to taste
- 2 tbsps ketchup
- 1 tbsp corn starch
- 1 tbsp flour

For frying:

- Corn meal (seasoned with salt, pepper and spices of your choice)
- Evaporated milk

Directions

- Boil minced soya and use a cheese cloth to wring soya dry.
- Add all ingredients (except those used for frying) in food processor and grind until fine.
- Using small amounts of the processed ingredients, make into small balls (about the size of an onion).
- Dip balls into evaporated milk and roll in seasoned corn meal.
- Flatten the balls into ¾ inch thick patties.
- Deep dry or grill until brown on both sides.
- Serve on bread with your favourite condiments.

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SOURCE: JEHCANCOOK.COM

Rasgulla

Serves 10

Ingredients

- 1 cup flour
- ½ cup full cream milk powder
- ¼ cup ground almonds
- 1 tsp baking powder
- ¼ tsp baking soda
- ½ tsp ground cardamom
- 2 tbs butter
- ¼ cup plain yoghurt
- 2-3 tbs water
- vegetable oil to deep fry

Directions

- Place all dry ingredients into a bowl, rub in butter to fine crumb stage.
- Stir in yoghurt.
- Add water and knead to a soft dough.
- Form dough into 20 small balls.
- Heat oil and fry rasgullas until golden, do not overheat oil.
- Remove and drain. Place into syrup when still warm
- Make syrup:
Combine 2 cups sugar with 1 cup water, add 6 bruised cardamom pods
- Boil until sugar is dissolved, 5 mins.
- Add 1 tsp rose water.
- Let rasgulla sit in syrup until ready to serve.

rahamut@gmail.com

Ingredients

- 4 cups all-purpose flour
- 1 tsp ginger powder
- 1 tsp cinnamon
- ½ cup butter
- 4 tbs condensed milk
- Oil for frying

For the sugar syrup (paag)

- 2 cups granulated sugar
- 1 cup water

Directions

- Place flour with spices into a bowl, add butter and rub into flour.
- Add milk and bring the dough together, add enough water to knead to a firm dough.
- Divide into 2 pieces.
- Roll dough to desired thickness and cut into strips or squares.
- Heat oil in a deep pot or wok and deep fry kurma to a golden brown colour, drain.
- Boil sugar in water until thick, and very bubbly, when sugar spins a thread boil for another two minutes
- Drain and coat with sugar syrup turning to coat until sugar crystallises.

The sweetness of mithai

By Wendy Rahamut

Growing up, Indian sweets were limited to kurma and gulab jamun.

Kurma was referred to as “mithai,” and it was only available in the crunchy form.

There was some barfi, but it was not sold as a regular offering at the supermarket check-out counters.

Barfi was made in East Indian households for special occasions, as was the large sugary gulab jamun, which some people refer to as “fat kurma.”

Today, Indian sweets are made by everybody and are not limited to being served at prayers and functions.

A trip to the iconic “Indian delicacy village” in Debe will not only satisfy your savoury Indian delicacy craving, but each shop also has Indian sweet offering made up of barfi smothered in hundreds and thousands, jelabies dripping in syrup, large sugar encrusted gulab jamun, kurma, perfectly-rounded laddoo and other traditional sweets.

The festival of Divali is a celebration of light over darkness and Hindus celebrate by offering sweets at their prayer functions leading up to Divali, and an extension of that for which sweets are made and given to friends and family.

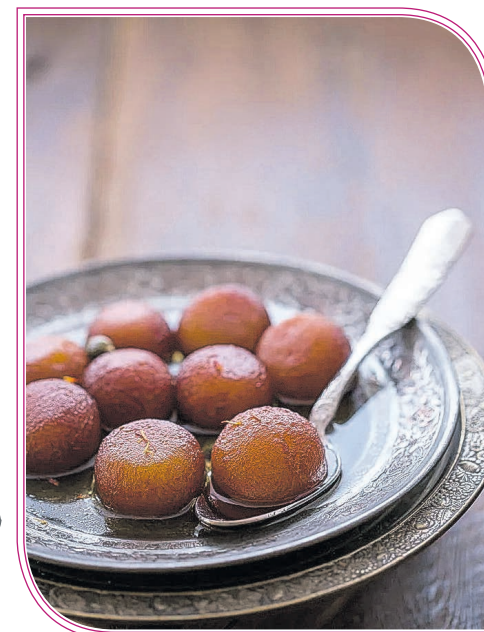
Mithai incidentally is the term used in Indian cuisine when referring to any Indian sweet.

It is easy to understand why kurma was referred to as mithai growing up, when our Indian ancestors arrived on our shores they recreated the familiar foods from the motherland, sweets were referred to by the umbrella name mithai.

Today, there are a great variety of Indian sweets being offered for sale, and Indian desserts as well, kulfi, barfi, coconut barfi, gulab jamun, kurma, laddoo, kheer, rasmalai, rasgulla, parsad and halva, and I am sure as I write this, I am not including all the sweets made on this island at Divali time and beyond.

My weakness is traditional gulab jamun and the gulab jamun (rasgulla) in syrup, both of these sweets allow me to reach my bliss point of sweet tolerance pretty quickly but also push me to say, “more please.”

I will be honest when I say making mithai is not an easy task, there is some amount of skill needed, like cooking the gulab jamun well, or boiling the paag (sugar syrup) to the perfect consistency, so with all things in cooking and baking, I say to you, practice makes perfect. Why not try some this weekend?



SOURCE: JCOOKINGODYSSEY.COM

Trini Gulab Jamoon

By Shaun Alexander, co-founder and chief culinary officer of Foodie Nation

Ingredients

¼ lb margarine
 1 ½ cups **Super Cow powdered milk**
 2 cups all purpose flour
 1 tsp cardamom
 1 dash nutmeg
 ¼ tsp all spice powder

½ cup water

For syrup:

1 cup sugar
 1 tbsp grated ginger
 1 dash cardamom
 1 dash nutmeg
 ¼ cup water

Directions

Mix Super Cow powder milk, flour, cardamom, nutmeg, all spice, margarine and water.

Shape into desired forms and sizes to fry.

Heat oil to 350°F and fry.

Bring syrup ingredients to a boil. Mix until sugar is dissolved.

Soak fried dough in syrup and enjoy!



PHOTO BY SHAUN ALEXANDER

Creamy Barfi

Ingredients

4 cups of **Super Cow full cream powdered milk**
 1 cup condensed milk
 150 grams heavy cream
 1 teaspoon elichee
 1 teaspoon ginger
 2 tablespoons butter
 Cake sprinkles

For phaag (sugar mixture)

3 cups sugar
 1 ½ cups water

Directions

Combine Super Cow full cream powdered milk and heavy cream in a mixing bowl, ensuring they are well mixed.

Sift the mixture to remove any lumps.

To this mixture, add ginger, elichee, one tablespoon of butter, and condensed milk, stirring thoroughly to create a smooth blend.

Set this mixture aside. In a separate pot, combine 3 cups of sugar and 1 ½ cups of water (for phaag).

Boil the mixture until it reaches the stage where a thread is spun. Grease a dish using the remaining butter.

Pour the sugar syrup into the milk mixture and stir briskly to combine the two.

Transfer the mixture to the greased dish, pressing it down firmly.

While the mixture is still warm, sprinkle the top and cut it into squares. Serve and enjoy!

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TASTE
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SOURCE: TAMARINDNTHYME.COM

Laddoo

Ingredients

- 1 pound ground split peas
- 1 teaspoon yellow food colouring
- 1 cup powdered milk
- 1 tablespoon ghee
- 2 cups sugar
- 1 teaspoon elichee
- 1 tablespoon ginger (grated)
- ½ cup condensed milk
- 1 cup water
- (Water to mix ground peas mixture)
- Oil for frying

Directions

Mix ground split peas with yellow food colouring, powdered milk. Add water and mix until a runny but thick paste is formed.

Heat oil for deep frying.

Make small balls and fry or use icing bag and squeeze small amounts of the mixture at a time in oil.

Grind until fine.

Add to ground, fried mixture elichee, ghee, ginger, condensed milk and mix together until combined well.

In a pot, place sugar and 1 cup water and bring to a boil. When a thread is spun, pour into ground split peas mixture and immediately stir mixture.

Form into small balls and roll until smooth. Do not allow mixture to become dry before you form and roll balls.

Serve.



SOURCE: VEGANRICA.COM

Jalebi

Ingredients

- 3 cups flour
- 1 teaspoon yeast
- 3 ounces yoghurt
- ¼ teaspoon yellow food colouring
- ¼ teaspoon saffron
- Oil for deep frying
- For syrup
- 3 cups white sugar
- 1 cup water

Directions

Mix dry ingredients (for batter) with yoghurt and water until mixture is soft and runny. Leave mixture to rest for three hours (or you can leave it overnight if you wish).

Pour mixture in icing bag (or Ziploc bag ensuring that a small hole is cut in one corner). Pour mixture in hot oil moving hand in a circular motion.

Leave to cook for about one minute on each side.

Place on clean cloth or paper towel for excess oil to be absorbed.

Place sugar and water in a separate pot to boil until thick but runny syrup is formed.

Dip jalebis in syrup and leave on a rack to cool.

Serve

Gugniya

Ingredients

- 1 coconut grated
- 1 tsp grated ginger
- 1 cup sugar
- Pieces of bay leaves
- 2 cups flour
- 1 tbsp butter
- ¼ tsp yeast
- 1 tbsp baking powder

Directions

Place pot on stove.

In a bowl, add flour together with dry ingredients.

Rub in butter etc in flour.

Knead with warm water.

Break dough into small balls.

Using a rolling pin, roll out dough forming circles.

For filling:

Add coconut, sugar and spices.

Stir until sugar is melted.

Place coconut filling on to flour.

Fold and press with a fork to seal the edges.

Deep fry until golden brown.

Serve



SOURCE: FOOD52.COM

Phulourie

Ingredients

- 2 lbs flour
- 1 tsp salt
- 2 tbsps baking powder
- 1 tbsp saffron
- ½ tsp yeast
- 1 tbsp ground split peas
- Oil for deep frying

Directions

- Mix all dry ingredients together.
- Adding warm water, mix well until a paste is formed. Not too runny and not too stiff.
- Leave for 2 hours to rise.
- Mix again and leave to rise for another hour.
- Heat oil.
- Forming small balls with the mixture, place balls into oil.
- Fry until phulourie feels light when turned with a spoon.
- Remove and place into a bowl lined with paper.
- Serve with chutney.

Papaya Chutney

Ingredients

- 1 green papaya
- 2 lemons
- 1 lime
- Salt
- Scotch bonnet pepper
- Chadon beni
- Pudina (spearmint)
- 1 head garlic

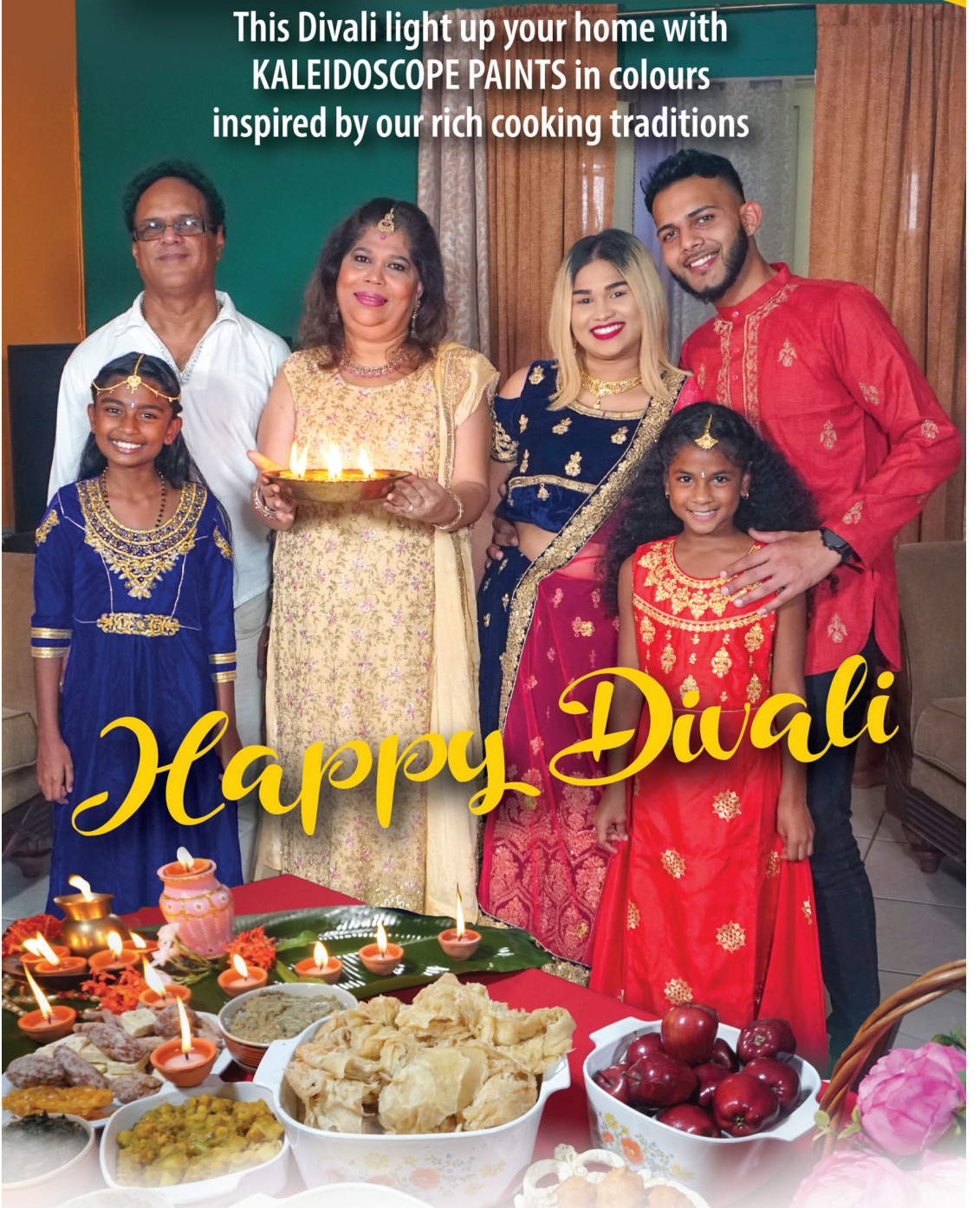
Directions

- Peel, de-seed and finely grate the green papaya.
- Add one tablespoon of salt and leave to rest for one hour.
- After one hour, pour into a cheese cloth and wring papaya to remove excess water.
- Grind garlic, chadon beni, pudina and scotch bonnet pepper then add to the papaya.
- Add the juice of the lime and lemons.
- Mix well and add salt to taste (if desired).



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SOURCE: AHEADOFTHYME.COM

Stuffed sweet peppers

with leftover rice

Ingredients

4 large sweet peppers	1 tsp garlic ground
1 ½ cups leftover rice (to the rice you can add boiled peas, cooked carrots, raisins, mushrooms and more)	¼ tsp ground geera
3 leaves carpalay (called curry leaves locally)	½ tsp saffron powder
4 tbsps oil	1 ½ tbsps ketchup
	¼ tsp coriander powder
	4 tbsps warm water
	salt to taste

Directions

Begin by removing the tops of the sweet peppers and delicately scoop out their insides.

Ensure a thorough washing and pat them dry.

Prepare a mixture using 2 tablespoons of oil and the required amount of salt.

Coat both the inside and outside of the peppers with this oil and salt blend.

Roast the peppers over an open flame until they acquire a light char. Set them aside.

In a pan, heat the remaining oil.

Add minced garlic and curry leaves.

Introduce the vegetables, along with geera (cumin) and coriander

powder. Sauté for two minutes, stirring regularly.

Add the rice, tomato ketchup, salt, and around 3 to 4 tablespoons of warm water. Toss the mixture thoroughly.

Cover and cook on low heat for 3-4 minutes, until the rice reaches your desired level of tenderness.

Adjust the seasoning to your taste.

Remove the mixture from the heat and use it to stuff the roasted sweet peppers.

If desired, top them with grated cheese.

Serve and enjoy your delicious dish!

Ochro rice

Ingredients

2 cups rice
About 10 to 15 small okras (ochroes), trimmed and sliced
3 cups coconut milk
1 tablespoon seasoning salt
1 medium-sized onion (grated)
4 garlic cloves (grated)
4 pimentos
hot pepper (optional)
1 bundle chive (chopped)
About 5 leaves chandon beni (chopped)
3 tablespoons oil

Directions

Heat oil in a large pot over medium-high heat. Sauté garlic, onion, pimentos, hot pepper, and okras for two minutes.

Add coconut milk and seasoning salt. Reduce the heat to medium and let it simmer for 10 minutes.

Introduce rice and 1 ½ cups of water. Cover and let it cook, making sure to stir the rice every 5 minutes to prevent it from sticking to the bottom of the pot.

When all the liquid is fully absorbed, remove the pot from the heat and stir in chives and chandon beni, ensuring an even distribution.

Take the pot off the heat and serve

Dragon Fruit Lassi

Ingredients

1 dragon fruit
2 cups unsweetened yoghurt or dahee
4 cardamom pods
1 stick cinnamon
1 tsp fennel seeds
3 tbsps sugar (more if desired)
1 tbsp honey
1 bay leaf

Directions

Peel and dice dragon fruit.

In a pan, toast 4 cardamom pods, 1 stick cinnamon, 1 tsp fennel seeds and 1 bay leaf until lightly brown and aromatic.

Grind into fine powder to make lassi masala

In a blender, add dragon fruit cubes, yoghurt, sugar, honey and lassi masala.

Blend until smooth.

Serve chilled.

Curried Corn

Ingredients

4 corns (cut into pieces)
1 bunch chive
6 leaves chandon beni
4 cloves garlic
3 cups coconut milk
2 tbsps curry
1 whole pepper
2 to 3 pimentos
1 tbsp oil
½ tsp black pepper
Salt to taste

To chunkay:
(all finely chopped)

2 cloves garlic,
1 pimento,
6 leaves carapulay,
1 small onion

Directions

In a blender, combine chive, Chandon Beni, 4 cloves of garlic, and peppers with enough water to cover the seasoning. Blend until smooth.

Next, incorporate the seasoning mixture into the corn, followed by the addition of black pepper and salt. Stir thoroughly to combine.

In a heated pan with oil, introduce all the ingredients listed for chunkaying. Cook until they turn a golden brown colour.

Add curry to the pan and immediately pour in 2 tablespoons of water. Cook until a paste forms.

Incorporate the seasoned corn into the curry paste, ensuring all the corn pieces are well coated.

Let the mixture simmer for approximately 5 minutes.

Finally, pour in the coconut milk, bring it to a boil, and then allow it to cook for 30 minutes until the corn becomes soft.

Serve.



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