CALLALOO IN MY CALABASH

TERI'S FOOD THERAPY

Terissa Skinner-Ballantyne



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INTRODUCTION

CALLALOO IN MY CALABASH

I CREATED CALLALOO IN MY CALABASH AS A CELEBRATION OF AFRICAN EMANCIPATION DAY, A TIME TO HONOR THE TRADITIONS AND HISTORY THAT HAVE BEEN PASSED DOWN THROUGH GENERATIONS AND REMAIN ALIVE IN OUR KITCHENS TODAY.

THIS MINI E-BOOK IS A TESTAMENT TO THOSE ROOTS, FEATURING A FEW OF MY FAVORITE AFRO-TRINI-INSPIRED DISHES. FROM HEARTY STEWS TO COMFORTING SIDES AND STREET FOODS, THESE RECIPES REFLECT THE WEST AFRICAN INFLUENCES THAT STILL SHAPE OUR COOKING AND OUR CULTURE.

THESE DISHES AREN'T JUST MEALS; THEY'RE PART OF OUR HISTORY, CARRYING THE FLAVORS, TECHNIQUES, AND RESILIENCE OF THOSE WHO CAME BEFORE US. I HOPE THEY BRING WARMTH TO YOUR TABLE AND REMIND YOU THAT EVERY BITE TELLS A STORY.

LOVE TERI.



ABOUT THE BOOK

THE ROOTS OF WEST AFRICAN TRADITIONS IN TRINBAGONIAN FOOD

TRINIDAD & TOBAGO'S FOOD CULTURE IS RICH WITH LAYERS OF HISTORY, AND ONE OF ITS DEEPEST THREADS COMES FROM WEST AFRICA. DURING THE TRANSATLANTIC SLAVE TRADE, AFRICANS BROUGHT NOT ONLY THEIR RESILIENCE BUT ALSO THEIR FLAVORS, COOKING STYLES, AND FOODWAYS. THOUGH THEY WERE FORCED TO ADAPT TO NEW INGREDIENTS, THEY PRESERVED THEIR CULINARY TRADITIONS IN WAYS THAT STILL SHAPE OUR KITCHENS TODAY.

THE AFRICAN IMPRINT CAN BE SEEN IN THE WAY WE COOK AND SEASON OUR FOOD:

THE LOVE OF ONE-POT MEALS LIKE PELAU, ECHOING WEST AFRICAN RICE DISHES SUCH AS JOLLOF AND PILAU.

THE USE OF GREENS, OKRA, AND COCONUT MILK IN STEWS LIKE CALLALOO, WHICH REFLECT AFRICAN LEAF-BASED SOUPS.

SNACKS LIKE ACCRA (SALTFISH FRITTERS) AND FRIED PLANTAIN, WHICH HAVE ROOTS IN AFRICAN STREET FOODS.

THE PAIRING OF SPICY PEPPER SAUCES, SMOKED OR SALTED FISH, AND BOLDLY SEASONED MEATS, ALL TRADITIONS THAT AFRICANS CARRIED ACROSS THE ATLANTIC.

EVEN THE WAY WE COMBINE STAPLES SUCH AS PROVISIONS, RICE, BEANS, AND MEATS, FOLLOWS THE MEAL STRUCTURE FAMILIAR ACROSS WEST AFRICA.

THESE FOODS ARE MORE THAN JUST DELICIOUS DISHES; THEY TELL THE STORY OF ADAPTATION AND ENDURANCE. AFRICANS IN TRINIDAD CREATED MEALS THAT REMINDED THEM OF HOME, USING LOCAL CROPS AND COLONIAL RATIONS BUT HOLDING ONTO TECHNIQUES AND FLAVORS THAT CONNECTED THEM TO THEIR HERITAGE. TODAY, THOSE DISHES REMAIN CENTRAL TO TRINIDADIAN CUISINE, A LIVING TESTAMENT TO HOW AFRICAN CULTURE CONTINUES TO NOURISH OUR TABLES AND OUR TRADITIONS.



CALLALOO

Callaloo is a beloved Trinidadian dish with strong roots in West African cooking traditions. It evolved from African leafy green stews that used similar greens like amaranth or taro leaves. Enslaved Africans adapted local Caribbean greens, especially dasheen leaves, and combined them with okra and coconut milk, echoing West African one-pot vegetable stews rich in flavor and texture. The use of okra and the stew-like preparation directly link callaloo to African culinary heritage.

CALLALOO



INGREDIENTS

1 bundle Dasheen Bush leaves (with ½ bundle of stems), washed and chopped
2 cups Coconut Milk
6–8 small to medium-sized Okra, sliced
½ lb Pumpkin, cubed
1 small Carrot, thinly sliced
1 medium Onion, roughly chopped
4–5 cloves Garlic, crushed
5 medium-sized Pimentos, roughly chopped
Hot Pepper (to taste)
Salt and Black Pepper (to taste)

INSTRUCTION

In a large saucepan or soup pot, add the coconut milk along with the chopped Dasheen Bush leaves.

Add the cubed pumpkin, sliced carrots, okra, onion, garlic, pimentos, and hot pepper to the saucepan.

Pour in one cup of water and cover with a lid. Place the saucepan on medium heat and cook for approximately 20-25 minutes. Note: You can add the hot pepper at the halfway mark to control the spice level.

Once all the ingredients have softened, lower the heat, remove the hot pepper, and use a swizzle stick, food processor, or blender to gradually puree the mixture to your desired texture.

Once the Callaloo has reached the desired consistency, add salt and black pepper to taste. Mix well and serve hot with your choice of sides.

COCONUT FUDGE



INGREDIENTS

- 2 tins condensed milk
- 3 3/4 cups brown sugar
- 1 packet coconut milk
- 1/2 cup water

INSTRUCTION

In a saucepan, combine the brown sugar, condensed milk, and coconut milk over medium-high heat. Gradually stir to dissolve the sugar.

Once the mixture begins to boil and becomes frothy, lower the heat to medium-low, stirring continuously for 30-45 minutes until the fudge thickens considerably, the edges of the pan become coated, and the fudge begins to solidify.

Turn off the heat, grease your baking dish (a half-sheet baking tray works well), and pour the fudge into the dish. Place it on a flat surface to cool for 30-45 minutes.

Ensure the fudge has solidified before cutting it into even blocks. Enjoy!

PLANTAIN CHIPS



INGREDIENTS

- 2 medium-large plantains (ripe or unripe, depending on preference)
- Salt to taste
- Oil for frying

INSTRUCTION

Peel the plantains and slice them diagonally into ½-inch thick pieces or into rounds, depending on your preference.

Heat oil in a deep skillet or frying pan to 350°F (175°C).

Carefully add the plantain slices to the hot oil. Fry for 2-3 minutes on each side or until they are golden brown.

Use a slotted spoon to remove the plantains from the oil and place them on a plate lined with paper towels to drain excess oil.

Sprinkle with salt to taste while they are still hot.



SALTFISH ACCRA

Accra is directly descended from West African fritters (“akara”), traditionally made from beans or vegetables and adapted in Trinidad using salted fish, reflecting African frying and battering techniques

SALTFISH ACCRA



INGREDIENTS

- 2 ½ cups all-purpose flour
- ½ lb salted fish (e.g., cod or herring)
- 2 cups water
- 2 tbsp brown sugar
- 3 tsp baking powder
- 1 small onion, minced
- 4 pimentos, minced
- 5 leaves shadon beni, minced
- 8 cloves garlic, minced
- 2 sprigs thyme
- Hot pepper, minced (to taste)
- 2 tsp salt
- 1 tsp black pepper
- Oil for frying

INSTRUCTION

Begin by scalding the salted fish. Cover it with warm water and let it sit for 15-20 minutes until softened. This process helps to remove some of the salt. Afterward, rinse the fish under cold water to remove any excess salt.

Next, drain and flake the salted fish using a fork. In a large bowl, combine the flour, flaked fish, minced onion, pimentos, shadon beni, garlic, thyme, hot pepper, salt, and black pepper. Mix well to ensure even distribution of flavors.

Stir in the water gradually, mixing until you achieve a smooth batter.

Preheat your oil to 350°F (175°C). To check if the oil is ready, drop in a small piece of batter; it should sizzle upon contact.

Using two spoons—one to scoop the batter and the other to scrape it—carefully drop spoonfuls of the batter into the hot oil. Fry the fritters for 3-5 minutes, or until they are golden brown.

Once cooked, remove the fritters from the oil and place them on paper towels to drain excess grease. Serve hot with your choice of chutney, such as mango chutney or tamarind sauce, and enjoy!

ROAST CORN



INGREDIENTS

- 5-6 ears of corn

INSTRUCTION

Clean the corn by removing the husk and silk, and set the husk aside.

Place the corn on an open flame (stovetop, BBQ pit, etc.) and allow it to cook, turning gradually to ensure even cooking until ½ to ⅔ of the corn has blackened.

Serve in the husk and enjoy!

BLACK EYE PEAS COOK-UP



INGREDIENTS

- 5-6 pcs Salted Pigtails
- 1/2 cup dried Black Eyed Peas or 2 cups cooked peas
- 2 cups rice (rinsed)
- 1 small to medium carrot (cubed small)
- 1 cup pumpkin (cut into small cubes)
- 1 medium-sized onion (chopped)
- 5 pimento (chopped)
- 5 leaves shadon beni (minced)
- Small bundle chives (minced)
- 6-8 stalks celery (chopped)
- 5 cloves garlic (crushed & chopped)
- 2 tbsp olive oil
- Few sprigs fine thyme (optional)
- 4 1/2 cups water
- 1 tsp black pepper
- Salt and hot pepper to taste

INSTRUCTION

If you are using dried peas, rinse and soak them for 2-3 hours (or overnight for a shorter cooking time). Once the peas have soaked for the appropriate amount of time, rinse them again and place them in a pot of water, covering the peas. Cook on medium-high heat for an hour or so until the beans are soft. Drain and set aside.

Cut up your pigtails into small pieces, rinse, then place them in a saucepan and cover with water. Bring to a boil and allow to cook for 12-15 minutes to remove salt and some of the fat buildup. Rinse at the 15-minute mark and repeat once more before removing from water and setting aside.

Place a large saucepan or Dutch pot on high heat and add the olive oil. Allow your oil to heat up gradually before tossing in 3/4 of your onions, pimento, garlic, celery, chives, shadon beni, and all of the pigtails. Sauté for 2-3 minutes.

Toss in the rice, peas, carrots, and pumpkin, and mix well before stirring in your coconut milk and browning. Season with salt and black pepper, and top with thyme and hot pepper.

Bring to a simmer, then lower the heat to medium and cover with a lid. Allow the cook-up to cook for approximately 20-25 minutes, checking at the 20-minute mark for the level of doneness of the rice.

Once the rice has fully cooked and all of the liquid has been absorbed, stir in the remaining seasonings (onions, pimento, garlic, shadon beni, celery & chives) . If there is still a bit of liquid remaining, lower the heat again and let the liquid cook off with the pot uncovered. Adjust the salt in the cook-up if necessary before turning off the heat. Let your cook-up sit for 7-10 minutes before serving with some fresh greens, cucumbers, tomatoes, or sides of your choice.



CASSAVA PONE

Cassava pone is rooted in African cooking where cassava is a staple; the dense, sweet pudding mirrors African cassava-based desserts and puddings adapted with Caribbean spices and coconut.

CASSAVA PONE



INGREDIENTS

- 3 1/2 cups cassava, grated
- 1 1/2 cups coconut (shredded or fresh)
- 1 cup pumpkin, grated
- 1/2 cup raisins
- 1 1/4 cups brown sugar
- 1 cup coconut milk
- 4 tbsp butter, room temperature
- 1 tsp cinnamon
- 1 tsp nutmeg
- 1 tsp vanilla essence
- 1 tsp baking powder
- 1 tsp ginger
- 1/4 tsp ground clove
- 1/4 tsp salt

INSTRUCTION

Preheat the oven to 325°F (165°C).

In a large mixing bowl, mix the sugar and butter together until creamy. Add the cinnamon, nutmeg, clove, and salt; set aside.

In a food processor, grind the cassava and pumpkin into a smooth paste. Transfer this mixture to the bowl with the sugar and butter mixture.

Place the coconut into a blender with 2 cups of water and blend until fine. Strain to separate the coconut milk from the pulp.

Mix 1 1/2 cups of the ground coconut into the cassava and pumpkin mixture. Stir in the remaining ingredients, adding the coconut milk last.

Pour the mixture into a greased 9x13 inch (or similar size) baking tray and bake for 1 1/2 hours, or until the top is firm to the touch, golden brown, and the sides begin to pull away from the edges.

Allow the pone to cool before slicing and serving.

STEW CHICKEN



INGREDIENTS

1 whole chicken (5–6 lbs), cut into small pieces
4 tablespoons green seasoning
1 teaspoon black pepper
1 teaspoon salt
6 tablespoons brown sugar
2–3 medium pimento peppers, chopped
1 small onion, chopped
3–4 cloves garlic, crushed and minced
3–4 sprigs fresh thyme
2 crushed bay leaves (or cilament leaves)
2 tablespoons butter or margarine
2 tablespoons ketchup
2 cups water
Hot pepper and additional salt to taste

INSTRUCTION

Place the chicken in a bowl of water with vinegar or lime juice. Clean thoroughly by removing excess skin and fat, then drain well. Season the chicken with green seasoning, salt, and black pepper. Mix well and let marinate for at least 30 minutes.

Heat a medium saucepan over high heat. Add the brown sugar and let it melt undisturbed until it starts to bubble and caramelize. Stir gently as it turns a rich, frothy brown.

Carefully add the seasoned chicken to the pot and stir to coat it in the caramelized sugar. Let the chicken sear for about 1 minute, then pour in the water and stir again.

Cover the pot and cook on medium heat for 15–20 minutes. Once the chicken has absorbed the color and begun to tenderize, uncover and add the chopped pimento, onion, garlic, thyme, bay leaves, butter, ketchup, and hot pepper. Mix well.

Let the stew simmer uncovered until the liquid reduces by half and thickens to a rich gravy. Taste and adjust salt as needed. Once the chicken is tender and the sauce is full-bodied, remove from heat.

Serve hot with rice, roti, macaroni pie, or your favorite sides.

SALTFISH BULJOL



INGREDIENTS

- 1 pack salted fish 200g (I also use pre-boiled & pre-shredded)
- 4 medium tomatoes
- 2 medium-large pimentos, minced
- 1 ½ cups white cabbage, chopped
- 4 cloves garlic, minced
- 1 small onion, sliced
- 1 small piece hot pepper (or to taste)
- 3 tablespoons olive oil

INSTRUCTION

Wash the salted fish to remove some of the surface salt. Then, place the fish in a small saucepan of boiling water to further remove salt for approximately 10–15 minutes. Remove from hot water and rinse again. Set aside to cool.

Once the saltfish has cooled, use a fork, knife, or your hands to shred and break down the salted fish.

Add oil to a frying pan or saucepan over medium heat. Sauté the garlic, onion, pimento, and hot pepper for about 30 seconds or until fragrant.

Add the tomatoes and cabbage, and sauté for another 2 minutes, tossing occasionally. Then, add the salted fish. Toss all the ingredients together until well incorporated, and cook on low heat for 5–6 minutes before removing from heat.

This dish can be served immediately. If it's lacking in salt, feel free to add your preferred amount. Serve with fried bakes, sada roti, coconut bake, etc.



FRIED BAKES

Fried bake resembles several African fried dough snacks and breads. Dishes like Kenyan Mandzi and Nigerian Puff Puff are strikingly similar.

FRIED BAKES



INGREDIENTS

- 2 cups All-Purpose Flour
- 2 tsp Baking Powder
- 1 tbsp Brown Sugar
- 2 tbsp Butter or Margarine
- 1/4 tsp Salt
- 3/4 cup room temperature Water
- Vegetable Oil (for frying)

INSTRUCTION

1. In a large mixing bowl, add flour, baking powder, salt, and brown sugar. Mix well.

2. Add butter or margarine and rub into the flour using your hands until properly incorporated.

3. Gradually add water slowly until the flour is binded but not very sticky. Knead for 2 minutes and then roll into a ball. Set aside in a bowl covered with a towel. Let the dough rest for 15-20 minutes.

4. Heat vegetable oil in a frying pan or skillet over high heat to a temp of 325°F -350°F

5. On a floured surface, divide the dough into 8-9 small balls and begin rolling each ball out into a circular shape.

6. Add dough to oil and slowly ladle oil unto bake (it will begin puffing up gradually) once it has fully puffed up or is golden on the edges flip and fry on the other side. Remove from heat and place in a bowl lined with greaseproof paper or paper towels to absorb excess oil.

8. Serve hot with cheese, buljol, smoked herring, tomato choka, or any desired filling.

CRISPY FRIED SNAPPER



INGREDIENTS

For the Fish Marinade:

4–5 medium snapper, cleaned and washed with lime or lemon water
5 tbsp green seasoning
2 tbsp jerk seasoning
1 tbsp dried thyme
½ tsp red pepper flakes (optional)
¼ tsp black pepper
1½ tsp salt

For the Dredge:
1½ cups all-purpose flour
3 tbsp cornstarch (optional, for crispiness)
1 tbsp paprika
1 tbsp ginger powder
1 tsp cayenne pepper
2 tsp garlic powder
2 tsp onion powder
1 tsp black pepper
¼ tsp dried thyme
½ tsp salt

For Frying:
Neutral oil for shallow frying

INSTRUCTION

Using a sharp knife, score each fish with three slits on both sides. Place the cleaned, washed snapper into a large bowl and season with green seasoning, jerk spice, thyme, red pepper flakes, salt, and black pepper. Rub everything in thoroughly, getting into the slits. Cover and set aside to marinate for at least 30 minutes, or overnight for best results.

In a wide bowl, mix together the flour, cornstarch, and all dredge spices. Heat oil in a large skillet over medium-high heat.

To test the oil, dip the end of a wooden spoon into the pan, if bubbles form around it, your oil is ready.

Take one fish at a time, dredge it in the flour mixture, and coat evenly. Shake off any excess flour before gently placing the fish in the oil. Fry each side for 4–5 minutes until golden brown and crisp, then flip and fry the other side the same way. Remove and place on paper towels to drain.

Repeat with remaining fish and serve hot with sides of your choice.

CORN SOUP



INGREDIENTS

— 3–4 Corn on the Cob, sliced
— 2 medium Carrots, sliced
— 2 medium Sweet Potatoes, cubed
— 5 English Potatoes, cubed
— 2 cups Pumpkin, cubed
— 1 tin Sweet Corn
— 1 tin Cream Style Corn
— 2 cups Coconut Milk
— 2 tbsp Fine Thyme
— ½ cup Chive, chopped
— 1 cup Celery, chopped
— 5 Chadon Beni leaves, minced
— 5 cloves Garlic, crushed and chopped
— 3 Pimentos, chopped
— 1 large Onion, chopped
— 2 tbsp Dried Parsley
— 1½ cups Split Pea Powder
— 1 tbsp Turmeric
— 16 cups Water
— Salt and Hot Pepper, to taste

Dumplings
— 2 cups All-Purpose Flour
— ¼ tsp Salt
— ½ cup Water

INSTRUCTION

To make the dumplings, add the salt to the flour and mix. Slowly add water and bring the dough together to form a firm ball. Cover and set aside to rest while you prepare the soup.

Place a large soup pot over high heat and add a bit of olive oil. When the oil is hot, sauté the onion, garlic, thyme, chive, pimento, celery, hot pepper, and chadon beni for about 2 minutes until fragrant. Stir in the coconut milk.

In a separate bowl, whisk together the split pea powder, turmeric, and 2 cups of water until smooth with no lumps. Add this mixture to the pot and stir well. Next, pour in the cream-style corn, sweet corn, sweet potatoes, pumpkin, and English potatoes. Add the remaining 14 cups of water and bring everything to a boil. Let it cook uncovered for 25–30 minutes, by which time the vegetables will begin to soften and the soup will start to thicken.

Add the sliced carrots and corn to the pot. Roll out the dumpling dough and cut it into your desired shapes — quarter the dough, roll each piece into a cylinder, and cut into bite-sized pieces. Add the dumplings to the soup, sprinkle in the parsley, and season with salt to taste. Stir gently, lower the heat, and simmer for another 10 minutes. Feel free to add more water if the soup gets too thick.

Remove from heat and serve up a piping hot bowl of corn soup, perfect for liming, carnival nights, or a cozy family meal.



BEEF PELAU

Pelau's one-pot cooking style draws heavily from West African "pilau" and "jollof" rice dishes, combining rice, meat, peas, and spices — showcasing the blending of African culinary techniques with local ingredients

BEEF & GREEN PEAS PELAU



INGREDIENTS

- 2 lbs Beef, cubed
- 5 tbsp Green Seasoning
- 1 tsp Black Pepper
- 2 tsp Salt
- 3 cups Rice, washed
- 2/3 cup Brown Sugar
- 2 1/2 cups Green Pigeon Peas
- 1 small to medium Carrot, cubed small
- 2 cups Coconut Milk
- 1 small Onion, chopped
- 4 Pimento, chopped
- 2 tbsp grated Ginger
- 5 cloves Garlic, crushed & chopped
- 3 cups Water
- Salt and hot pepper to taste

INSTRUCTION

Wash the beef with lime/lemon or vinegar water, drain, and place in a clean bowl.

Add green seasoning, black pepper, and salt. Mix well, cover, and set aside to marinate.

Place a large saucepan or Dutch pot on high heat and add brown sugar. Keep a watchful eye on the sugar while allowing it to melt gradually.

When most of the sugar has liquefied, begin stirring gradually until the sugar becomes frothy and changes from a light caramel brown to a slightly darker color (do not let it become too dark or it will be very bitter).

Toss in the beef and stir quickly. Allow the beef to cook in its own juices for 3-4 minutes.

Add rice, peas, carrots, hot pepper, and ginger to the beef. Stir well, then add coconut milk and water. Stir well. Bring to a simmer, then lower the heat to medium and cover.

Allow the rice to steam for approximately 15 minutes before adding the remaining ingredients. Ensure they are well incorporated before lowering the heat to low and placing the lid back on.

Allow to steam for a further 15 minutes until the rice is soft and almost all the liquid has been absorbed. Turn off the heat and let it sit for 10 minutes before serving.

PINEAPPLE PEPPER SAUCE



INGREDIENTS

- 10 hot peppers (medium-large)
- 1 small bundle shadon beni (10-12 leaves)
- 1 1/4 cups vinegar
- 2 tbsp mustard
- 1 bunch garlic
- 2 cups very ripe pineapple (cubed)
- 3 tsp salt

INSTRUCTION

Add the vinegar to your blender first, then add all of the other ingredients. Blend on high until you have a smooth paste. Pour into sterilized jars or bottles and store in a cool, dry place for up to 3-4 months.



COO COO

Coo coo is deeply rooted in West African fufu traditions, where starchy staples like cornmeal or cassava are cooked and stirred to a thick, smooth consistency — similar to how coo coo is made with cornmeal and okra in Trinidad.

COO COO



INGREDIENTS

2 cups med-fine Cornmeal
4-5 med Ochro
1 small Carrot grated
2 cloves Garlic grated
2 Pimento finely chopped
2 tbsp Butter
1/2 tsp Black Pepper
2 cups Coconut milk
3 cups Water
Salt to taste

INSTRUCTION

Grease a medium sized dish.

To a medium to large saucepan on high heat add 2 tbsp butter to melt then add garlic and pimento stir and allow cook for 30 secs.

Add carrots, ochro and continue to stir for 1-2 mins till softened slightly.

Stir in coconut milk and let sit until bubbles start forming on the sides of the pan.

Add cornmeal to a medium bowl and stir in 3 cups water, pour in cornmeal and water into saucepan gradually and stir.

Lower heat to medium and using large spoon or pot spoon begin mixing/stirring cornmeal gradually and continuously .

Add salt and black pepper and continue stirring until cornmeal thickens considerably and water is fully absorbed.
NOTE: As cornmeal thickens it will become harder to stir but stirring is necessary to prevent burning and ensure a great texture etc.

When cornmeal begins to firm up and leave the sides of the pot it is done. Remove from heat and place in greased dish. You can grease a wide knife and use this to level the top of the coo-coo.

Set aside to cool for at least 30 mins to an hour to ensure Coo-coo sets well. Slice and enjoy with your favorite toppings.

FRIED PLANTAIN



INGREDIENTS

— 2–3 ripe Plantains (yellow with black spots or fully blackened)
— Neutral oil for frying (vegetable, canola, or coconut oil)

INSTRUCTION

Choose plantains that are very ripe, the skin should be mostly black or deep yellow with dark spots. Peel the plantains and slice them on a diagonal into ½-inch thick pieces. You can also cut them into rounds or lengthwise strips depending on how you prefer them served.

Heat a shallow layer of oil in a frying pan over medium heat. Once the oil is hot, gently add the plantain slices in a single layer, being careful not to overcrowd the pan. Fry for about 2–3 minutes on each side, or until golden brown and slightly crisp on the outside, with soft centers.

Once fried, transfer the plantains to a plate lined with paper towels to drain any excess oil.

Serve warm as a side dish, with breakfast, alongside stews, rice, or on their own as a sweet-and-savory snack.

BOILED YAM



INGREDIENTS

1 lb yam (white yam or yellow yam)

Water (enough to cover the yam in the pot)

1 tsp salt

Optional: 1 tbsp oil or butter (for serving)

INSTRUCTION

Peel the yam carefully using a sharp knife—Trini yam has tough skin. Rinse well under running water to remove any sap. Cut into thick slices or chunks (about 2 inches wide).

Place the yam pieces in a medium pot. Add enough water to cover the yam completely. Add salt. Bring to a boil over medium-high heat.

Once boiling, reduce heat to medium and cook for 15–20 minutes, or until the yam is fork-tender but not falling apart.

Drain off the hot water. Serve hot with a drizzle of oil or melted butter, or pair with your favorite stewed meats, saltfish, or even callaloo.



CHICKEN FOOT SOUSE

Souse, a pickled meat dish, reflects African preservation techniques using vinegar, lime, and spices to tenderize and flavor meat, a method essential before refrigeration.

CHICKEN FOOT SOUSE



INGREDIENTS

- 1 lb chicken feet (remove toenails, clean, and wash with lime and vinegar)
- 4 tbsp green seasoning
- 2 medium onions, sliced
- 2 medium-small cucumbers, thinly sliced
- 1/2 cup lime juice
- 1 small bundle shadon beni, minced
- 4-5 cloves garlic, finely minced
- 5 pimento peppers, finely minced
- 2 tsp black pepper
- Hot pepper, to taste
- Salt, to taste

INSTRUCTION

Add the chicken feet to a pot, then add the green seasoning and cover with water. Bring to a boil and cook for 25-30 minutes until the chicken feet are tender.

Strain the liquid, rinse the chicken feet, and place them into a large bowl.

Add the cucumbers, onions, seasonings, salt, and black pepper, and mix well.

Refrigerate overnight or let it sit out to marinate for at least 1 hour before serving.



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A PERSONAL THANK YOU

.

FOOD IS MORE THAN SUSTENANCE, IT'S A MEMORY, A TRADITION, AND A CONNECTION TO WHERE WE COME FROM. THANK YOU FOR LETTING ME SHARE A PIECE OF MY KITCHEN WITH YOU.

TERI

