TERI'S FOOD THERAPY

TASTY TRADITIONS

A COLLECTION OF A FEW OF MY CHILDHOOD SNACK FAVES





To my incredible mother,

Your exceptional cooking skills and unwavering love for food have shaped my culinary journey. From your very own palour/shop to your exceptionally sweet hand, your influence continues to inspire me every day.

This my first e-cookbook is a tribute to you, my first and forever culinary inspiration.

From Teri with love

Welcome to "Tasty Traditions: A Few of My Favorite Childhood Treats." Join me on a nostalgic adventure as we rediscover the flavors of some of my favorite homemade snacks. Some of these were the first things I made when I began my kitchen adventures as a child, while others were the treats my mother would make for us, and some could be found in neighborhood parlors and shops.

From sweet and tangy tamarind balls to coconut drops, saucy pholourie, and crunchy kurma, each recipe in this e-cookbook is a tribute to the cherished flavors that filled my childhood with joy and warmth. Let's recreate these beloved snacks together and savor the sweet memories that each flavor brings.

Get ready to taste the essence of Trinbagonian culture in every bite. Let's cook, create, and celebrate the tastes. Enjoy

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RED CHERRY JAM

6 servings 45 minutes

INGREDIENTS

- 3 ½ cups cherries
- 2 ½ cups water
- 1 ¼ cups sugar
- 1 stick cinnamon
- ¼ tsp red food coloring
- 2 bay leaves
- ½ tsp ground clove
- 1 tsp salt
- Hot pepper, to taste

DIRECTIONS

In a saucepan, add the cherries, water, sugar, cinnamon, bay leaves, clove, salt, and hot pepper.

Stir in the food coloring gradually and allow the mixture to come to a boil.

Cook for 20-30 minutes over medium heat until at least three-quarters of the liquid has reduced.

Turn off the heat and serve once cooled.



COCONUT SWEETBREAD

12 servings | 75 minutes

INGREDIENTS

- 4 1/2 cups flour
- 1 medium-sized coconut, cubed
- 2 cups brown sugar (plus more for sprinkling on top)
- 1/2 cup butter or margarine, room temperature
- 1 cup raisins
- 1/2 cup mixed fruits (dried or fresh)
- 2 large eggs
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 4 tsp baking powder
- 1/2 tsp salt

DIRECTIONS

Preheat your oven to 350°F (175°C).

Blend the coconut with 1 1/2 cups of water until fine. Strain to separate the coconut milk from the flesh and set aside.

In a mixing bowl, cream the butter and brown sugar together until light and fluffy. Add the eggs and mix well. Then, incorporate 2 1/2 cups of the coconut flesh and mix again.

In a separate bowl, combine the flour, mixed fruits, raisins, spices, baking powder, and salt. Gradually stir this mixture into the wet ingredients, mixing well to combine.

Slowly add 1 1/2 cups of the prepared coconut milk to the batter and mix until smooth. Pour the batter into a greased 9x13 inch (23x33 cm) baking dish.

Bake at 350°F (175°C) for 30 minutes. Remove from the oven, brush the top with water, and sprinkle with additional sugar. Return to the oven and bake for an additional 10-15 minutes, or until the top is golden brown and a toothpick inserted in the center comes out clean.

Remove from the oven and place on a cooling rack to cool before slicing and serving.



FRIED SPLIT PEAS

10 servings 40 minutes

INGREDIENTS

- 2 cups split peas
- 3-4 cloves garlic, grated
- 6 leaves shadon beni, minced
- ½ tsp garlic powder
- Hot pepper, minced (to taste)
- Salt, to taste
- Oil for frying (enough to cover the peas)

DIRECTIONS

Rinse the split peas and place them in a bowl. Cover with water and allow to soak for 3-6 hours.

After soaking, drain and rinse the peas again. Place them on paper towels to blot and remove excess water.

Pour enough oil into a skillet or frying pan to cover the peas when frying. Heat the oil to 375°F (190°C).

Add the peas to the hot oil in batches, based on the size of your skillet, without overcrowding. Fry for 3-5 minutes, or until one or two peas test crunchy when bitten into.

Remove the fried peas from the oil and drain them on paper towels.

Once all the peas are fried and drained, place them in a bowl and add the grated garlic, minced shadon beni, garlic powder, minced hot pepper, and salt. Mix well, adjusting seasoning to taste.

Serve and enjoy!



TAMARIND BALLS

20 servings 30 minutes

INGREDIENTS

- 3 cups shelled tamarind
- 3 cups brown sugar (or more, depending on the tartness of the tamarind)
- 1 cup granulated sugar
- 1 tsp salt
- 5 leaves chado beni, finely chopped
- 4 garlic cloves, grated
- 3 tbsp water
- Hot pepper, to taste

DIRECTIONS

In a medium mixing bowl, combine the tamarind, water, chado beni, grated garlic, and hot pepper. Mix well using your hands or a fork until all ingredients are thoroughly incorporated. The goal is to separate as much of the pulp from the tamarind as possible for a smooth blend.

Spread the granulated sugar on a large plate or baking tray. Scoop out some of the tamarind mixture using a spoon or your hands and gently shape it into a ball. Roll the ball in the granulated sugar, coating it generously.

Continue this process until all of the tamarind mixture is formed into balls. Store the tamarind balls in a cool, dry place and enjoy!

TAMARIND BALLS





CHERRY ANCHAR

6 servings 45 minutes

INGREDIENTS

- 3 ½ cups cherries
- 1 cup sugar
- 3 tbsp geera (cumin)
- 5 tbsp oil
- 1 tsp salt
- 2 tsp minced garlic
- Hot pepper, to taste

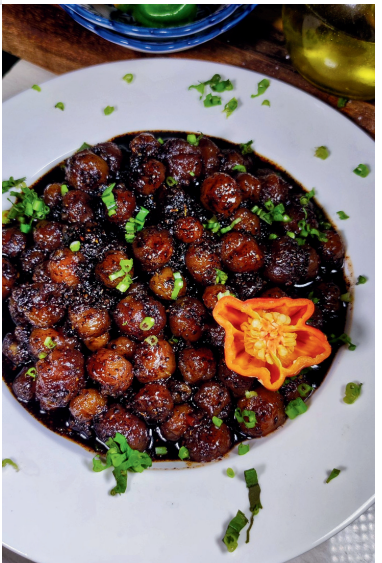
DIRECTIONS

In a small to medium-sized saucepan or skillet over medium-high heat, add the oil.

Toss in the ground geera, minced garlic, and hot pepper, and sauté for 30-40 seconds.

Add the cherries and sugar, mixing well before pouring in water. Bring to a boil and cook for 25-30 minutes, or until about four-fifths of the liquid has reduced.

Remove from heat and allow to cool before serving.





PLANTAIN CHIPS

4 servings 25 minutes

INGREDIENTS

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

DIRECTIONS

- 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.

- Enjoy immediately, either as a snack or a side dish. Optionally, serve with a dipping sauce or alongside your favorite main dish.



COCONUT DROPS

8 servings 45 minutes

INGREDIENTS

- 2 ½ cups grated coconut
- 1 cup flour
- ¾ cup sugar
- ½ cup raisins (optional: soak in warm water to plump)
- ¼ cup butter or margarine
- ¼ cup coconut milk
- 1 tsp vanilla extract
- 1 tsp cinnamon powder
- ½ tsp nutmeg
- ½ tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt

DIRECTIONS

Preheat your oven to 350°F (175°C).

In a mixing bowl, combine the flour, cinnamon, nutmeg, baking powder, baking soda, and salt. Mix well.

Add the butter (or margarine) to the dry ingredients. Use your hands to massage the butter into the flour mixture until well combined.

Stir in the grated coconut and drained raisins until evenly distributed.

Pour in the coconut milk and vanilla extract. Mix using your hands until a dough forms.

Using your hands or a spoon, scoop the dough onto a greased baking tray. Leave enough space between each scoop to prevent them from fusing together while baking. You should get about 8 drops.

Bake in the preheated oven for about 30 minutes, or until the drops are golden brown and firm to the touch.

Remove from the oven and place on a wire rack to cool before serving.



MASALA MANGO

8 servings 45 minutes

INGREDIENTS

- 6 medium half-ripened mangoes (when cutting, also cut the seeds and remove the insides)
- ¼ cup vegetable oil
- 6 tbsp anchar masala
- 1 ⅔ cups brown sugar
- 4 cloves garlic, crushed
- 2 tsp salt
- Pepper to taste

DIRECTIONS

Wash and drain the chopped mangoes, then set aside.

In a large saucepan, heat the oil over medium-high heat for a few seconds before adding the crushed garlic and hot pepper. Stir for a moment.

Add the anchar masala and mix, then shortly after, add the mangoes and combine.

Add enough water to the saucepan to just almost cover the mangoes. Add the sugar and salt, and mix well. Cover and let it simmer for 20 minutes.

Uncover and taste. If the mangoes are still a bit tart, gradually add more sugar.

At this point, the liquid should be thicker.

Reduce the heat to medium and allow it to simmer for an additional 10-15 minutes until at least half of the liquid has reduced, or until the skin of the mango is soft and easily separates from the flesh.

Remove from heat and serve hot or cold.

PHOLOURIE with MANGO CHUTNEY





PHOLOURIE

5 servings 50 minutes

INGREDIENTS

- 2 cups Flour
- 1/2 cup Split Pea Powder
- 1 tsp Baking Powder
- 1/2 tsp Yeast
- 1/2 tsp Turmeric
- 1 3/4 cup Water
- 1/2 tsp Salt
- Oil for deep frying

DIRECTIONS

In a large mixing bowl, add all the dry ingredients and mix well. Gradually add water until you form a thick paste.

Cover and set aside to rest for an hour or so.

In a medium frying pan or wok,preheat oil to 375˚F

Using two regular tablespoons, scoop your batter with one spoon and clean the dripping batter off the edges with the other spoon.

Place your spoon close to the oil and scrape the batter into the oil with one motion using the tip end of the other spoon.

Once the batter is in the oil, it will quickly rise to the surface. Allow it to cook for approximately 1 minute on one side, then flip and cook until golden brown on the other side.

Remove from the oil and set aside to drain on parchment paper or paper towels. Repeat until you've fried all the batter, then serve hot with the chutney.

cooks notes - - The recipe yields approximately 20-25 Pholourie depending on the size of each fritter.
- Pholourie is best served hot and fresh, accompanied by your favorite chutney or dipping sauce.





PINEAPPLE CHOW

4 servings 10 minutes

INGREDIENTS

- 1 large ripe pineapple (peeled and cut into slices)
- 6 leaves shadon beni (minced)
- 4-5 cloves garlic (crushed and minced)
- 2 tbsp mustard (optional)
- 2 tsp sugar
- 1 tsp black pepper
- Salt, to taste
- Hot pepper, to taste

DIRECTIONS

Combine the pineapple with the other ingredients in a bowl. Mix well and enjoy.

You can also use other fruits like half-ripened mangoes, plums, pommecythere, apples etc to make this chow.



COCONUT FUDGE

32 servings 55 minutes

INGREDIENTS

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

DIRECTIONS

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!

Additional Tips

Stirring - Continuously stirring is important to prevent the fudge from burning. If you notice it sticking, lower the heat further.

Testing for Doneness - You can test the fudge by dropping a small amount into cold water; if it forms a soft ball, it's ready.

Cooling - For best results, let it cool completely at room temperature before cutting.



CURRY MANGO

8 servings 45 minutes

INGREDIENTS

- 2-3 medium half-ripened Mangoes (washed and chopped)
- 1/2 cup Sugar (Add more or less depending on the tartness of the mango)
- 5 tbsp Vegetable Oil
- 4 tbsp Curry Powder
- 1/4 tsp Turmeric Powder
- 2 tsp Anchar Masala
- 1 tsp Geera Powder
- 4 Cloves Garlic, crushed and chopped
- 5 leaves Shadon Beni, chopped
- 2 Pimentos, chopped
- 1/2 small Onion, diced
- 1 1/2 tsp Salt
- Hot pepper to taste
- Water (enough to cover mangoes)

DIRECTIONS

In a hot saucepan over medium-high heat, add oil allow to heat up slightly. Stir in curry powder, turmeric, Anchar Masala, and roasted Geera Powder. Mix well and let it cook for 1-2 minutes.

Add minced onions, hot pepper, 2/3 of the garlic, Shadon Beni, and pimento to the pan. Mix well and allow it to cook for a few seconds until fragrant.

Add mangoes, sugar, salt, and cover just slightly with water. Stir and place the lid onto the pan. Allow it to cook for 25-30 minutes or until 3/4 of the liquid has reduced.

Check if the mango is soft and the skin is thoroughly cooked through. Do a taste test to adjust the sweetness and saltiness. If the mango is still very tart, add more sugar and a pinch of salt to balance the flavors.

Add the remaining garlic, Shadon Beni, and pimento. Stir well before turning off the heat. Set aside to cool slightly before serving.





SOAKED PLUM

4 servings 15 minutes

INGREDIENTS

- 2 ½ cups green plums (half ripened)
- 4 leaves shadon beni, minced
- 4-5 cloves garlic, crushed and minced
- ½ tsp black pepper
- 1 ½ tsp salt
- ½ tsp mustard
- Hot pepper, to taste

DIRECTIONS

Score the plums by making at least four slices along the flesh.

Place the plums in a bowl, add all other ingredients, and mix well. Taste to ensure sufficient salt and adjust as needed. Pour the mixture into a glass jar or bowl with a lid.

Allow to sit and soak for at least overnight before enjoying.





BOILED CORN

5-6 servings 30 minutes

INGREDIENTS

- 5-6 ears of corn, cleaned and rinsed
- 5-6 cloves of garlic, crushed
- Salt, to taste
- Water

DIRECTIONS

Place the cleaned corn into a saucepan.

Add the crushed garlic cloves and salt to taste.

Cover with water and bring to a boil.

Cook for 10-15 minutes.

Remove from the pot and enjoy!



TAMARIND SAUCE

servings 15 minutes

INGREDIENTS

1 cup Tamarind (shells removed)
1/2 cup sugar (more if the sauce is still a bit too tart)
5 leaves Shadon Beni, finely chopped
3 teaspoons minced Garlic
1 tablespoon Masala
1/4 teaspoon Roasted Geera
1 teaspoon Salt
1 cup warm Water
Hot Pepper, to taste
Pinch of Red Pepper Flakes (optional)

DIRECTIONS

1. Add all of your ingredients to a medium-sized mixing bowl. (Add pepper gradually.)

2. Mix well for 2-3 minutes, taste, and add more sugar if needed.

Note:
The longer this sauce sits, the thicker it becomes, and the better it tastes. Enjoy the tangy and flavorful tamarind sauce with your favorite dishes!

MANGO JAM





MANGO JAM

8 servings 60 minutes

INGREDIENTS

3 ½ cups brown sugar (add more or less sugar depending on the tartness of the mangoes)
- 1 tsp salt
- 2 sticks cinnamon
- 4 bay leaves
- 1 tsp clove buds
- 1 piece pepper, to taste
- 5 tsp red food coloring (this depends on the strength of the food coloring; add gradually until you achieve the desired deep red color)

DIRECTIONS

Add the chopped mangoes to a large saucepan and cover them with water. Add all other ingredients and stir, ensuring everything is evenly distributed.

Simmer for 40 minutes or until the skin of the mango is red, the mangoes begin to fall apart, and the sauce starts to thicken. (Feel free to add more sugar if the mango is still a bit tart.)

Remove from heat once the skin of the mango is soft and falling off the bone.

Let cool and serve your delicious snack; most importantly, enjoy!





BANANA FRITTERS

4 servings 35 minutes

INGREDIENTS

- 2 cups flour
- 4 bananas, mashed
- 1 1/2 cups milk
- 1/4 cup water
- 1/2 cup brown sugar (more if you'd like a sweeter fritter)
- 2 teaspoons baking powder
- 2 tablespoons oil (for the batter)
- 1/2 teaspoon cinnamon powder
- 1/2 teaspoon ground nutmeg
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt

DIRECTIONS

Preheat your oil for frying to 350°F.

In a mixing bowl, add the mashed bananas along with all other ingredients except for the milk and water. Mix well.

Stir in the milk and water until your batter is smooth.

Using a scoop or spoon, carefully drop the batter into the hot oil. Fry for 3-5 minutes or until the fritters are floating and are a deep golden brown.

Remove the fritters from the oil and place them on a paper towel-lined tray to drain excess oil.

Serve warm, dusted with icing sugar, cinnamon sugar, or drizzled with syrup.



SALTFISH ACCRA

6 servings 40 minutes

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

DIRECTIONS

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!



CASSAVA PONE

8-12 servings 120 minutes

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

DIRECTIONS

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.



CHICKEN FOOT SOUSE





CHICKEN FOOT SOUSE

6-8 servings | 60 minutes

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

DIRECTIONS

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.



MANGO CHUTNEY

servings 15 minutes

INGREDIENTS

- 2 half-ripened medium-large mangoes
- 5-6 leaves shadon beni (also known as culantro)
- 4 cloves garlic
- 4 tsp sugar
- 2 tsp mustard (optional)
- ½ tsp black pepper
- Salt to taste
- Hot pepper to taste (adjust based on preference)

DIRECTIONS

- Peel and slice the mangoes, then cut them into cubes.

- In a blender, combine the mango cubes, shadon beni, garlic, and hot pepper. Blend until you achieve a smooth puree.

- Pour the puree into a bowl. Add the mustard (if using), salt, black pepper, and sugar. Mix well until all ingredients are fully combined.

- Pair the sauce with pholourie, saheena, or bake & shark. Enjoy!

NOTE:
Feel to adjust seasoning to taste after mixing, as individual preferences may vary.



POMMECYTHERE CHUTNEY

servings 20 minutes

INGREDIENTS

- 3 medium pommecythere
- 1 cup water
- 7 leaves shadon beni
- 4 cloves garlic
- 2 tsp sugar (add more or less depending on tartness)
- 2 tsp mustard
- 1 tsp black pepper
- ½ hot pepper or less
- Salt to taste

DIRECTIONS

Wash, peel, and cut away the flesh of the pommecythere until only the seed remains.

In a blender or food processor, add the pommecythere and remaining ingredients, and blend well.

Finish by adding salt and mixing thoroughly.

You can refrigerate the mixture in a jar with a tight lid.

Note:
You can also use half-ripened mangoes for this recipe.

CURRY MANGO





KURMA

10 servings 40 minutes

INGREDIENTS

- 4 cups flour
- 1/2 cup milk
- 1/4 cup shortening
- 1/4 cup butter or margarine
- 1/2 teaspoon cinnamon powder
- 1 teaspoon ginger powder

For the Syrup

- 1 cup white sugar
- 1/2 cup water
- 1 tablespoon grated ginger

DIRECTIONS

In a mixing bowl, combine the flour, cinnamon powder, and ginger powder. Mix well. Cut in the butter and shortening, massaging them into the flour until well incorporated.

Add the milk to bring the dough together and knead for 3-5 minutes until the dough is smooth. Heat your oil to 375°F.

Divide the dough into four portions and shape them into balls. On a surface dusted with flour, roll out one ball until it is about 1/2 inch thick. Fold it four times and begin rolling out again. Continue rolling until the dough is approximately 1/4 inch thick, then cut it into 2-inch strips.

Place the strips into the hot oil in batches and fry until they are golden brown. Remove from the oil and place them in bowls lined with paper towels to drain.

Syrup

In a saucepan over medium-high heat, add the water, sugar, and grated ginger. Stir well and bring to a simmer, stirring occasionally until the syrup thickens considerably.

Remove the paper towels from the bowl with the fried dough (kurma) and quickly pour the syrup over it. Toss to ensure even coating. Set aside for the syrup to cool and dry, then serve.



ROAST CORN

6 servings 35 minutes

INGREDIENTS

- 5-6 ears of corn

DIRECTIONS

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!



COCOA TEA

2 servings 15 minutes

INGREDIENTS

2 tablespoons grated unsweetened chocolate
- 1 cup milk
- 1/2 cup water
- 1/4 teaspoon cinnamon powder
- 1/4 teaspoon nutmeg
- 1/4 teaspoon ground cloves
- 1/8 teaspoon salt
- Sugar to taste

DIRECTIONS

In a small saucepan over low heat, add the milk and grated chocolate.

Stir in the cinnamon, nutmeg, ground cloves, and salt.

Heat the mixture gently, stirring occasionally, until it comes to a gentle boil.

Once boiling, let it simmer for 3-5 minutes, stirring frequently.

Remove from heat and stir in the water and sugar to taste.

If desired, strain the mixture through a fine sieve for a smoother texture.

Serve hot.



A Heartfelt Thank You!

As we reach the end of this e-cookbook, I want to take a moment to express my deepest gratitude to all of you who have followed me on my food journey over the years. Your support, encouragement, and enthusiasm have been a constant source of inspiration for me.

I would also like to extend my heartfelt thanks to my family, especially my partner, David Skinner-Ballantyne, whose unwavering support has fueled my passion and creativity. Your belief in me has made all the difference, and I am truly grateful to have you by my side.

Every recipe shared, every comment, and every moment we've spent together in the kitchen has enriched my experience, and I hope this e-cookbook brings you as much joy as your support has brought me.



Teri's Food Therapy

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