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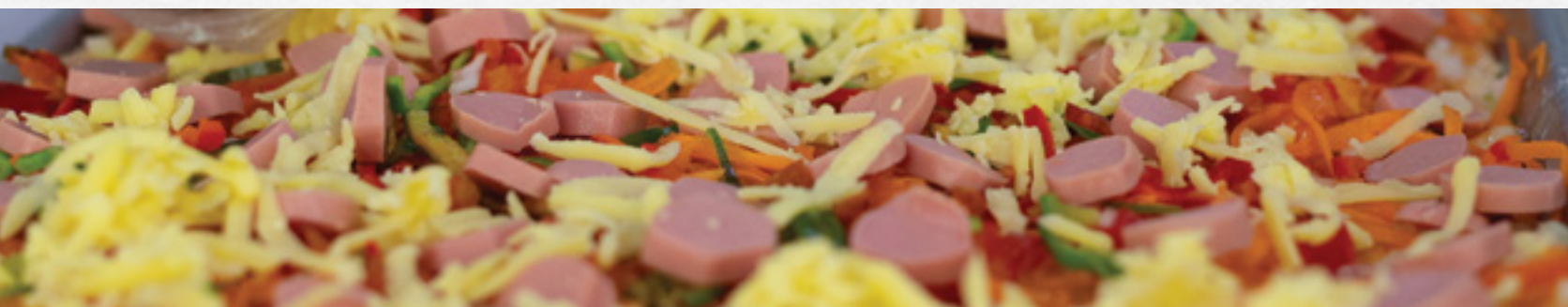
Culinary Book of Recipes

for Home Grown School Feeding Pilot Programme in Regions 5 and 9 in Guyana

Enhancing traditional culinary knowledge for improved nutrition of school aged children

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Preface

Together with the Food and Agriculture Organization of the United Nations (FAO) and the Ministry of Education (MoE) under a Flexible Multipartner Mechanism (FMM) funded project “Enhancing production of and access to nutrition-dense food through social protection programmes”, this Culinary Book of Recipes is designed for a **Home Grown School Feeding Pilot Programme in Regions 5 and 9 in Guyana.**

The main objectives of this Culinary Book of Recipes are:

1. To identify the food basket of locally and non-locally produced food and their appropriate substitutes in the Region 5 and 9 areas, in order to prioritise a food basket for the pilot Home Grown School Feeding (HGSF) programme.
2. To enhance traditional culinary knowledge for improved nutrition of school aged children through the FAO HGSF Programme methodology.



Acknowledgment

The completion of the Culinary Book of Recipes for Home Grown School Feeding Pilot Programme in Regions 5 and 9 in Guyana: enhancing traditional culinary knowledge for improved nutrition of school aged children would not have been possible without the support of:

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Cycle Menus

Week One

MONDAY

Boiled & Fried Provision with Salt Fish

Garden Salad

Fresh Fruit Drink

TUESDAY

Stewed Blackeye with Chicken/Rice or Farine

Vegetable Salad

Fresh Fruit Drink

WEDNESDAY

Baked Chicken /Boiled Sweet Potatoes

Cucumber & Tomato Slices

Fresh Fruit Drink

THURSDAY

Pumpkin, Split Peas & Chicken Soup with Root Vegetables and Dumplings

Fresh Fruit Drink

FRIDAY

Metemgee with Fried Fish

Boiled Corn or Duff

Fresh Fruit Drink

VEGETARIAN OPTION

Boiled & Fried Provision with Chunks

Garden Salad

Fresh Fruit Punch

Stewed Blackeye /Rice

Vegetable Salad

Fresh Fruit Drink

Herbed Potatoes/Soya Ball

Tossed Salad

Fresh Fruit Drink

Pumpkin & Split Peas Soup with Root Vegetables and Dumplings

Fresh Fruit Drink

Metemgee with Steamed Callaloo

Boiled Corn or Duff

Fresh Fruit Drink

Cycle Menus

Week Two

MONDAY

Channa Cook-up with Fried Fish

Vegetable Salad

Fresh Fruit Drink

TUESDAY

Stewed Bora/Beans with Minced Beef/Chicken/Rice

Garden Salad

Fresh Fruit Drink

WEDNESDAY

Dhall with Fried Fish and Coconut Choka/Rice

Tomato Wedges

Fresh Fruit Drink

THURSDAY

Spanish Rice/Farine Fried Rice/Meat or Fish Ball/Tomato Gravy

Vegetable Salad

Fresh Fruit Drink

FRIDAY

Beef/Chicken *Callaloo Cook-up with Fried Yellow Plantain

Cucumber Slices

Fresh Fruit Drink

VEGETARIAN OPTION

Channa Cook-up with Plantain Salad

Vegetable Salad

Fresh Fruit Drink

Stewed Bora/Beans with Chunks/Rice or Farine

Garden Salad

Fresh Fruit Drink

Dhall with Stewed Callaloo & Coconut Choka/Rice or Farine

Tomato Wedges

Fresh Fruit Drink

Spanish Rice/Chunk Ball/Tomato Gravy

Vegetable Salad

Fresh Fruit Drink

Callaloo Cook-up with Fried Yellow Plantain

Cucumber Slices

Fresh Fruit Drink

Cycle Menus

Week Three

MONDAY

Split Peas Soup with Chicken/Beef/Dumplings/Root Vegetables

Fresh Fruit Drink

TUESDAY

Pigeon Peas Stew with Chicken/Salt Beef/Rice

Tomato & Lettuce

Fresh Fruit Drink

WEDNESDAY

Creole Macaroni or Farine with Chicken/Beef

Stir Fry Poi

Fresh Fruit Drink

THURSDAY

Metemgee with Stewed Fish

Bora & Carrot Bundles

Fresh Fruit Drink

FRIDAY

Peas and Rice/Pan Sheared Fish/Potato or Plantain Balls with Brown Gravy

Vegetable Salad

Fresh Fruit Drink

VEGETARIAN OPTION

Split Peas Soup with Dumplings/Root Vegetables

Fresh Fruit Drink

Pigeon Peas Stew with Candied Sweet Potatoes/Rice

Tomato & Lettuce

Fresh Fruit Drink

Creole Macaroni with Chunks

Stir fry Poi

Fresh Fruit Drink

Metemgee with Stewed Chunks

Bora & Carrot Bundles

Fresh Fruit Drink

Peas & Rice/Potato or Plantain Balls with Brown Gravy

Vegetable Salad

Fresh Fruit Drink

Cycle Menus

Week Four

MONDAY

Fish Cakes/Berbice Rice

Cabbage Slaw

Fresh Fruit Drink

TUESDAY

Blackeye Cook-up or Farine with Baked Chicken

Conserved Vegetables

Fresh Fruit Drink

WEDNESDAY

Vegetable / Farine Fried Rice with Chicken Ball / Tamarind Sauce

Cucumber & Tomatoes Salad

Fresh Fruit Drink

THURSDAY

Macaroni Cheese with Stir Fried Vegetables

Fresh Fruit Drink

FRIDAY

Minced Vegetable Chowmein with Fried Banana/Plantain

Fresh Fruit Drink

VEGETARIAN OPTION

Vegetable Pot Pie

Fresh Fruit Drink

Mix peas Cook-up /Farine

Conserved Vegetables

Fresh Fruit Drink

Vegetable Fried Rice or Farine/Cassava Croquette/Tamarind Sauce

Cucumber & Tomatoes Salad

Fresh Fruit Drink

Macaroni Cheese with Stir Fried Vegetables

Fresh Fruit Drink

Vegetable Chowmein with Fried Banana/Plantain

Fresh Fruit Drink





Boiled & Fried Ground Provision (Root Vegetables)

Boil & Fry provisions (root vegetables) is a popular dish in Guyana, particularly when cooking ground provisions. The boiling is self-explanatory but the “frying” really refers to a sauté.

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Cassava	¼	lb	<ol style="list-style-type: none"> 1. Peel root vegetables, cut into large pieces and put into pot with water that covers the root vegetables. Cover the pot, place on high heat and bring to a boil. When the pot comes to a boil, add salt to taste. 2. Cook root vegetables until it cracks and a knife inserts easily. Drain in a colander, shaking off excess water. 3. Heat oil in a pan. 4. Add onions and sauté for 1 minute; add tomatoes, garlic, herbs and salt to taste. Sauté for 2 minutes. 5. Add saltfish or soya chunks and toss to mix and let it cook for 1 minute. 6. Add root vegetables, reduce heat to medium low and toss with saltfish and aromatics to ensure that the cassava is properly coated. 7. Let it cook for 4 - 5 minutes. 8. Sprinkle and stir in green onions, remove pan from heat and serve hot.
Green Plantains	1		
Sweet Potatoes	¼	lb	
Eddoes	¼	lb	
Yams	¼	lb	
Water	3	Cups	
Salt To Taste			
Oil	2	tbsp	
Onions	1	med.	
Diced Tomatoes	¼	Cup	
Garlic, Crushed	2	tbsps	
Chopped Fresh Herbs (Thyme, Parsley)	3	tbsps	
Flaked, De-Salted Saltfish or Soya Chunks	1	Cup	
Sliced Green Onions (White & Green Parts)			

Variations: Boiled and fried can be plain, and can also be served with sautéed salt fish, smoked herring, fried fish, stewed fish, boiled eggs or any meat of choice.



HOW TO PREPARE SALTFISH

Many of our traditional dishes feature saltfish. Saltfish is fish that has been preserved by drying and salting. Drying and salting fish was done to preserve the shelf life of the fish in pre-colonial days. This practice has continued in modern times. In order to prepare saltfish, you must reduce the high salt content and rehydrate it. The salted fish must be prepared ahead of time. Soaking the saltfish overnight is best, along with boiling it for a couple of minutes before using it.

INGREDIENTS	DIRECTIONS
Saltfish	1. In a bowl, add the saltfish and cover with water. Let it soak for 1-2 hours or overnight.
Water	2. Drain the water and add fresh water. Let it soak again for 1-2 hours. You may need to repeat the soaking at least three times, if necessary. 3. Add the saltfish to a medium pot of boiling water. Boil for 30 minutes. 4. If the fish is still salty, drain and add fresh water and boil again for 30 minutes. 5. When the fish is done, drain and set on a plate. 6. Remove skin and bones. 7. Using your hands or a fork, separate the salted fish into flakes.

HOW TO PREPARE SOYA CHUNKS

Soya chunks are a variety of textured vegetable protein (TVP), rich in protein, omega 3 oils and vitamins. The nutritional content of the chunks makes them a healthy meat replacement.

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Soya Granules	2	Cups	1. Bring water to a rolling boil. Switch off flames. Add soya granules and salt. Stir well.
Water	4	Cups	2. Soak for 3 minutes, then drain the hot water. 3. Add tap water and rinse.
Salt	1	Pinch	4. Squeeze the excess water from the granules. 5. Add to dish as per recipe.



PUMPKIN, SPLIT PEAS & CHICKEN SOUP WITH ROOT VEGETABLES AND DUMPLINGS

The variety of ways soup can be made is clear evidence to show that everyone has their own special touch to their own pot of soup. Nevertheless, soup was really introduced by the Chinese who came to Guyana. Guyanese, as usual, came up with their own delicious version of soup and people of all backgrounds enjoy eating a hot plate of appetizing soup – whether chicken soup with ground provision or split peas soup with chicken.

INGREDIENTS	6 SERVINGS QUANTITY UNITS		DIRECTIONS
Pumpkin, Cut Into Cubes	8	oz	1. Add pumpkin and coconut milk to a large pot or Dutch oven over medium heat.
Coconut Milk	8	oz	
Onion, Chopped	1	med	2. Chop onion and add to pot. Allow to simmer for a few minutes.
Garlic, Finely Diced	4	cloves	
Celery, Finely Chopped	½	tsp	3. Add carrots, and soaked split peas (drain the water first). Blend split peas and pumpkin to a smooth soup. If needed, add in broth or water to thin out soup.
Carrots, Diced	½	cup	
Dried Split Peas Soak Beforehand For 4+ Hours	½	cup	4. Stir to mix, then cover and heat on medium low for 15-20 minutes, or until the carrots are soft.
Broth or Water	1	cup	
Potatoes, Large Diced	¼	lb	5. Add potatoes and sweet potatoes and continue to simmer. When carrots and potatoes are cooked to your liking and the split peas are soft, add in the cooked chicken and cook for one more minute to incorporate. Add in salt and pepper to taste.
Sweet Potatoes, Large Diced	¼	lb	
Cooked Chicken, Roughly Chopped	12	oz	
Salt and Pepper to Taste			
Dumplings			6. Add dumplings and cook undisturbed for 5 minutes covering the pot. Add callaloo and cook for 2 minutes.
Callaloo	2-3	leaves	
			7. Serve Hot.



DUMPLINGS

A dumpling is a small mass of dough that can be boiled, fried, baked, or steamed. They are popular in the Caribbean and is served in soups and stews.

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Self-Rising Flour	1/2	cup	1. Place flour, cornmeal, margarine, sugar and salt in a small bowl. 2. Add milk and stir to combine. Let it sit for 15 minutes then pinch of about 1 tablespoon of dough and roll into 2 inch long pieces. Set aside until ready to add to soup.
Cornmeal	1/4	cup	
Margarine	1/4	tbsp	
Sugar	1/2	tbsp	
Salt		pinch	
Milk	1/3 - 1/2	cup	



DHALL

Dhall or dhal is a deeply spiced stew made from simmering the split peas until nicely broken down. The method of preparation is relatively standard: soak them overnight, drain, and simmer until tender. At this point, the dhal is a blank canvas for any spicy or aromatic stir-ins, like toasted cumin, coriander seeds, turmeric, and ginger. This is truly a comfort food, in the same vein as split peas soup. Enjoy over hot cooked rice with a simple vegetable side for a filling vegetarian meal.

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Water	4	cup	<ol style="list-style-type: none"> 1. Bring water to a rapid boil. Rinse split peas and add to the water. 2. Add onion and garlic to boiling water. 3. Add spices and salt. 4. Boil peas in a pressure pot for 20 minutes until peas are soft to the touch. Blend with immersion blender or use (dhal ghutney) swizzle stick to achieve a smooth texture. Return to a slow boil for another 5 – 10 minutes until dhal gets slightly thick. Turn heat off when you have reached your desired texture. 5. In a metal ladle or very small pot, heat oil and fry sliced garlic and geera until they become slightly burnt. Immediately add to dhal, being careful to cover the pot as you add the garlic/geera mixture as the hot oil will splash, since it is being combined with a water based liquid.
Split Peas	1	cup	
Garlic	5		
Onion	1	cloves	
Garam Masala	½	tsp	
Curry Powder	½	tsp	
Turmeric	¼	tsp	
Ground Geera	¼	tsp	
Salt	1 ¼	tsp	
Whole Cumin (Geera) Seeds	1	tsp	
Garlic, Thinly Sliced	1	clove	



COCONUT CHOKA

Choka describes the manner in which a dish is prepared. The method most times begins with fire-roasting then grinding, flaking, or mashing. Oil, raw onions, garlic, and hot pepper along with other spices of choice are added for flavour.

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Coconut	1/2		<ol style="list-style-type: none"> 1. Break coconut in half. Drain water. Remove coconut flesh from shell. Chop into large pieces. 2. Roast coconut until edges and back are dark brown/black. Let it cool. 3. Scrape off burnt pieces as much as you can. Wipe with a damp paper towel. 4. Place pieces in a coffee grinder and grind until shredded. Empty processed coconut into a large mixing bowl. 5. Puree onion, garlic, pepper, thyme leaves, and water using a blender. Use 4 tbsp of the mixture and add to ground coconut. 6. Add salt, mix thoroughly. 7. Press mixture down into a bowl, mixture should be moist enough to keep its shape.
Onion	1/2		
Garlic	1	clove	
Thyme	1/4	tsp	
Water	2	tsp	
Salt, to Taste			



PIGEON PEAS STEW WITH CHICKEN

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Fresh Pigeon Peas	2	cups	<ol style="list-style-type: none"> 1. Shell and wash the pigeon peas and pressure cook for about 20 minutes. 2. Chop the onion, garlic and other herbs and set aside. 3. In a deep pot, caramelize the sugar. When the sugar looks golden brown add the seasoned meat. 4. Stir the meat until it is evenly coated with the sugar. Add the onion and the rest of the seasoning. Mix thoroughly again. 5. Add water. Leave to simmer until the meat cooks. When the meat is cooked add the pigeon peas and a little water. 6. Mix well and allow to simmer for another 15 minutes. Add salt to taste. Serve hot over rice
Garlic	2	cloves	
Onion	1	leave	
Broad Leaf Thyme	1	leave	
Chadon Beni	2	leaves	
Chive	1	sprigs	
Brown Sugar	1	tbsp	
Chicken Chopped & Seasoned	1	lb	
Salt to Taste			
Water			

Note: Salted Beef/Fresh Beef can be used instead of chicken. Vegetarian alternative, omit meat



FRIED BANANAS/PLANTAINS

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Bananas or plantains (not very ripe)	2	med	<ol style="list-style-type: none"> 1. Peel and slice the bananas into ¼-inch slices. Sprinkle the slices with the cinnamon, then coat in flour. 2. Heat a large skillet over medium heat, for 3 minutes. 3. Add the coconut oil and swirl to coat. 4. Add the banana slices in a single layer. 5. Cook until golden brown, 2-3 minutes on each side. Divide into two plates, spooning any remaining coconut oil from the pan on top.
Ground Cinnamon	¼	tsp	
Coconut Oil (Or Unsalted Butter)	1	cup	
Salt	½	tsp	

Note:

1. This recipe is not suitable for overripe bananas or plantains. It requires ripe-yet-firm bananas.
2. Plantains can be used instead of Bananas.



VEGETABLE POT PIE

This savoury pot pie is loaded with carrots, potatoes, carrot and peas, then encased in a short crust pastry for a healthy and nutritious meal.

INGREDIENTS		6 SERVINGS	DIRECTIONS
	QUANTITY	UNITS	
FOR THE PIE CRUST:			FOR THE CRUST:
All-Purpose Flour	3 ½ + ½ cup for dusting	cups	<ol style="list-style-type: none"> 1. In a medium-sized bowl, mix together the flour and salt. Dice the butter into small pieces and crumble it with the flour until lumps are the size of small peas. Add sugar and stir well. Pour in the ice cold water, little at a time, mixing with a fork. Finish by hand and shape into a ball. 2. Flatten the dough a little bit, wrap into cling film and chill in the refrigerator for about 2 hours.
Salt	1	pinch	
Unsalted Butter/Margarine, Diced	1 c + 4 tbsp		
Granulated Sugar	2	tsp	
Water, Or More If Needed	¾	cup	
FOR THE FILLING:			FOR THE FILLING:
Butter/Margarine	1	oz	<ol style="list-style-type: none"> 3. Preheat the oven to 425°F (220°C). Grease the bottom and sides of a 9-inch (23 cm) pie dish with butter and dust with flour. 4. Place the carrots and potatoes in a pan with just enough water to cover them. Heat over medium heat until soft, about 15 minutes. Drain all the vegetables. Set aside. 5. Melt margarine in a large skillet placed over medium heat. Add the onions, garlic and celery and cook for about 3 minutes, until tender. 6. Whisk in the flour, salt, pepper, nutmeg and thyme. Slowly add the broth and cream, stirring frequently until thick, about 10 minutes.
Carrots, Chopped Or Sliced	1 ½	cup	
Potatoes, Chopped margarine	1/3	cup	
Onion, Finely Chopped	½	cloves	
Garlic, Minced	3-4	cup	
Celery, Finely Chopped	¼ 1/3		
All-Purpose Flour	1	cup	
Salt	½	tsp	
Black Pepper* Optional	¼	tsp	
Ground Nutmeg	1	tsp	
Fresh Thyme	1 ¾	tbsp	
Vegetable Broth	2/3	cup	
Heavy Liquid Cream	1	cup	
Green Peas		cup	



INGREDIENTS	6 SERVINGS QUANTITY UNITS	DIRECTIONS
Egg, Beaten (For Brushing)	1	<p>7. Turn off the heat and add the peas, and stir in the remaining veggies.</p> <p>8. Dust the surface lightly with flour. Roll out the first pie crust into a large circle, about 12-inch (30 cm) in diameter. Carefully place over the pie dish, prick with a fork and pour the filling over.</p> <p>9. Roll out the second pie crust and use it to cover the pie. Trim the extra overhang off the sides.</p> <p>10. Seal the edges by crimping with your fingers. With a small sharp knife, make a few slits in the top crust for steam to escape.</p> <p>11. Brush with beaten egg and bake for about 30 minutes or until crust is golden.</p> <p>12. Check the pot pie after 15 minutes, and place a piece of foil loosely over the top if the top starts to brown, then continue baking.</p> <p>13. Allow to cool slightly and serve.</p>

Note:

1. * Note that this pie crust recipe makes 2 crusts, one for the bottom, the other one for the top part.
2. Individual Mini pot pies can be made in muffin pans



VEGETABLE FRIED FARINE

This dish is a great alternative to Fried Rice. It is quick and easy to make, customizable with any of your favourite mix-ins, and irresistibly delicious.

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Farine	1 ½	cup	1. Soak farine with fried rice seasoning and soy sauce in water for 10-15 minutes.
Water	2 ½	cup	
Fried Rice Seasoning	2	tbsp	
Soy Sauce	1	tbsp	
Oil	2	tbsp	
Onions, Diced	2	tbsp	
Garlic, Finely Chopped	1	tbsp	2. Heat oil in pan. 3. Add garlic, onions, and sauté for 1 minute. 4. Add vegetables and stir fry for 2 minutes 5. Add farine and mix thoroughly. 6. Remove from stove and place in a suitable serving plate
Bora, Cut Into ½ In.	1	cup	
Carrots, Shredded	½	cup	
Celery, Finely Chopped	2	tbsp	
Corn	½	cup	
Broccoli	½	cup	
Sweet Peppers, Diced	½	cup	
Salt To Taste			
Black Pepper* Optional			

Note:

1. Rice may be used instead of Farine
2. Shredded carrots or any other desired vegetables may be used.
3. Adjust soy sauce to your liking. More soy sauce will yield a darker colour.



STEWED EDDO LEAF

Eddo leaf, also known as taro or dasheen in various countries is the most widely cultivated species of several plants in the Araceae family which are used as vegetables for their corms, leaves, and petioles. Eddo leaf is believed to have been one of the earliest cultivated plants. The leaves are a good source of vitamins A and C and contain proteins. Eddo leaf can be steamed and eaten with shrimp or chicken along with rice or roti. It can also be eaten in Cook-up rice or with dhal and rice.

	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Oil	2	tbsp	<ol style="list-style-type: none"> 1. Wash eddo leaves and chop it up. 2. Add oil to hot cooking pan. 3. Add in chopped onions and the minced garlic. Sauté until onions are translucent. 4. Add eddo leaf and salt. Stir well and let it simmer. Cover and cook for about 5 minutes. 5. Add coconut milk. Stir well, cover and cook for about 10 minutes.
Onion, Finely Chopped	½		
Garlic, Finely Chopped	2	cloves	
Salt To Taste			
Eddo Leaf	10-15	leaves	
Coconut	1	cup	



SOYA BALLS

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Soya Granules (Cooked Until Tender And Drained)	3	oz	<ol style="list-style-type: none"> 1. Combine all the ingredients and form 'golf size' balls. 2. Line them in a baking dish and bake in the oven for 15 to 20 minutes at 180 degrees. 3. Alternately you can shallow fry them in a pan, on slow heat until golden. Serve with Marinara sauce.
Onion, Finely Chopped	1/2	tbsp	
Garlic, Grated	2	cloves	
Ginger, Grated	1/4	tsp	
Fresh Mix Herbs Like Basil, Oregano and Thyme	1	tsp	
Olive Oil Or Butter	2	tsp	
Salt To Taste			
Cheddar Cheese, Shredded	6	oz	
Cornflour (Or 2 Slices of Bread Soaked In Milk, Squeezed)	3	tsp	



MARINARA SAUCE

INGREDIENTS

	6 SERVINGS	
	QUANTITY	UNITS
Olive Oil	4	tsp
Onion, Chopped	6	tbsp
Garlic, Chopped	3	tsp
Basil	½	tsp
Parsley	½	tsp
Oregano	½	tsp
Tomatoes Blanched, Skinned and Pureed.	½	lb
Salt To Taste		
Parmesan Cheese Powder	1	tsp

DIRECTIONS

1. Pour oil in a hot pan and sauté the garlic until fragrant.
2. Add the chopped onions and sauté until they change pale golden.
3. Add in the chopped herbs and the pureed tomatoes and give it a boil.
4. Adjust the seasonings as desired.
5. Sprinkle in the Parmesan cheese.



CONSERVED VEGETABLES

This fresh vegetable salad is simple and delicious. It is made with crunchy vegetables and can be served as a salad or a side dish.

INGREDIENTS

	6 SERVINGS	
	QUANTITY	UNITS
Ochro, Leave The Head On Carrots, Julienne	1/4	lb
Squash, Cut Into Small Dices	1/2	cup
Pumpkin Cut Into 1 In. Slices	1/4	lb
Bora, Cut In 1 In	1/4	lb
Pak Choi Cut Into 1 In.	5	strings
Thick Leaf Callaloo, Cut Into 1 In	5	leaves
Cabbage, Cut Into Squares	5	leaves
Salt To Taste	1/4	lb
Butter/Margarine	2	oz

DIRECTIONS

1. Place ochro, carrots and squash to steam for 15 mins.
2. In another pot place the pumpkin, bora, pak choi, thick leaf callaloo and cabbage to steam for 10 mins.
3. After steaming, remove from cooker and place on a serving dish/ plate.
4. Add salt, pepper and butter/margarine to taste.



FISH CAKES

Delightfully crispy on the outside, tender, moist and flaky on the inside, this fish cakes recipe is the perfect way to enjoy fish. Fish cakes in various forms are eaten throughout the world and have a long history, dating back to ancient China nearly 4000 years ago. Every country has its own variation but the classic Guyanese recipe consists of fish, potatoes, eggs, onions, seasoning, herbs and often breadcrumbs. Through the years they also became a convenient way to use up leftovers.

INGREDIENTS	6 SERVINGS QUANTITY UNITS		DIRECTIONS
White Flaky Fish - Seasoned as Desired	1 ½	lb	<ol style="list-style-type: none"> 1. Wash fish and pat dry with paper towels. Place fish on a baking sheet and season as desired. 2. Bake fish at 350 degrees for 10-12 minutes or until cooked through / boil fish in half cup of water for 12-15 minutes. 3. Place fish in bowl, flake with a fork and add dry seasonings-mix thoroughly. Add chopped eschallot, onions, garlic; mix and set aside. 4. Peel and chop potatoes. Boil until potatoes are cooked, but not falling apart. Mash immediately after draining. 5. Add enough mashed potato, a little at a time to form a ball. Taste mixture and adjust seasoning to suit. Shape into small discs. 6. If using eggs: beat together one egg and 1 tsp water. Add fish cake to egg mixture, coat on both sides then immediately place in bowl with breadcrumbs. 7. Coat on both sides. Heat enough oil in a shallow frying pan on medium heat and fry until golden brown on both sides. 8. If not using eggs: after shaping into discs, press firmly into breadcrumb coating on both sides, and fry immediately in a shallow pan until golden brown. 9. Top with mango sour
Salt	½	tsp	
Garlic	½	tsp	
Lime or Lemon Juice	1	tsp	
Eschallot, Chopped Finely	1-2	stalks	
Freshly Chopped Herbs (Optional)	½	tsp	
Onion/Garlic, Finely Chopped	1	tbsp	
Potatoes or Cassava	2	lb	
Egg	2		
Water (Optional)	1	tsp	
Breadcrumbs	½	cup	
Oil For Frying	1	cup	

Note:

1. Eggless fish cake will be slightly soft while frying, so be careful when turning them in the frying pan, once cooled, they will become stiffer.
2. Egg can be added to batter to aid in binding.
3. If using saltfish, be sure to boil fish twice to remove salt. Boil



BERBICE RICE

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Oil	3	tbsp	<ol style="list-style-type: none"> 1. Add oil to pot and place on medium heat. 2. Add onions and garlic and cook until the onions are softened or translucent. The onions should not develop a colour. 3. Add rice and stir to coat and mix. Cook for 1 – 2 minutes without the rice developing any colour. 4. Add coconut milk, turn heat to medium high, taste for and add salt or cubes to taste. Stir pot, cover and bring to a boil. Let cook for 3 minutes then reduce heat to low/simmer and cook covered for 20 minutes or until all the liquid is gone. Add fine thyme and margarine and stir in until blended. 5. Remove pot from heat (still covered) and let rest for 10 minutes before fluffing with a fork
Onions, Finely Diced	½		
Garlic, Grated	2	cloves	
White/ Brown Rice, Washed And Drained Well	2	cups	
Fresh Coconut Milk	3	cups	
Salt To Taste			
Vegetable Cubes	1		
Fine Leaf Thyme (Dried Or Fresh)	½	oz	
Margarine	½	tbsp	

Note:

1. If using salt fish, boil to remove most but not all of the salt, break into pieces and add after #2
2. If using parboiled rice, then you will need to use 4 cups coconut milk.
3. Callaloo can be added at #4.



CASSAVA CORQUETTE

This delicious dish can be used as a finger food or a part of a main dish.

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Cassava	1	lb	<ol style="list-style-type: none"> 1. Peel and cut the cassava into pieces. Remove the veins. 2. Place the cassava, garlic, lemon juice, salt in a pot and add water until covered. 3. Boil over medium-high heat for 25 minutes or until soft. 4. Drain, let cool, take the processor, or crush well with a fork. 5. Add the corn starch, mix well and knead until you achieve a dough that does not stick. 6. Please take a little of the mixture, give it the desired shape, go through the beaten egg, and the breadcrumbs, sauté until they are browned on both sides, remove and drain on absorbent paper. 7. Serve with the tamarind sauce.
Garlic	1	clove	
Lemon Juice	2	tbsp	
Salt to taste			
Corn Starch	1	tbsp	
Beaten Egg	1		
Breadcrumbs	½	cup	
Frying Oil	1	cup	

Note:

1. Use good quality cassava, which is not black or with chopsticks.
2. At the time of processing cassava, it must be cold so that it does not become doughy and so it is with the right consistency



PEAS & RICE

This dish is infused with coconut, Caribbean herbs and spices. This recipe features peas or beans and rice cooked in rich, creamy coconut milk and is often serve as a meatless main meal as well as a side dish. Peas and rice is a hearty dish, because the peas or beans provide essential nutrients and are full of dietary fiber, making it a healthy dish too.

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Beans Or Peas Of Choice	¾	cups	<ol style="list-style-type: none"> Place beans/peas in a bowl and cover with water. Soak overnight. Drain and rinse the beans/peas. Add beans with 3 cups water in a pressure pot and bring to a boil. Cook until tender. When beans are tender, add coconut milk, garlic, scallion, and thyme; bring to a boil. Add rice, stir well then lower the heat. Cover pot and simmer for 20-25 minutes. Adjust liquid if needed. Rice or farine should be soft but not mushy. Fluff with a fork, then serve.
Water	3	cups	
Coconut Milk	8	oz	
Garlic	2	cloves	
Scallion, Chopped	2		
Thyme	2	sprigs	
Rice Or Farine	2	cups	

Note:

- Cooking time for different beans and peas varies
- A mixture of beans or peas can be used.
- If using farine, soak with coconut milk; add bean mixture to soaked farine. Cook for 2 minutes.



FRIED FISH

Fried fish is any fish or shellfish that has been prepared by frying. Often, the fish is covered in batter, egg and breadcrumbs, flour, or herbs and spices before being fried and served, often with a slice of lemon. Fish is fried in many parts of the world, and is an important food in many cuisines.

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Vegetable Oil, For Frying			<ol style="list-style-type: none"> 1. Pour 2-inches of vegetable oil into a large skillet. Place skillet over large burner and heat oil over medium high heat. To check if the oil is hot enough, drop in a 1-inch cube of white bread. The bread should brown in a 40 count. 2. Place flour in a bowl. 3. Combine egg and water in second bowl. 4. Season plain bread crumbs with mustard and cayenne in the third bowl. 5. Coat fish in flour, then egg, and then bread crumbs. Gently set coated fish into hot oil and fry 5 minutes on each side until medium golden brown in colour. 6. When the fish is evenly golden all over, remove and drain on paper towels.
All-Purpose Flour	1/2	cups	
Egg	1	large	
Cold Water, A Splash	2	tbsp	
Plain Bread Crumbs	1/2	cups	
Dried Mustard Powder	1/2	tsp	
Cayenne Pepper	1/4	tsp	
Fresh Fish of Your Choice Seasoned With Salt and Pepper	2	lbs	



FARINE CALLALOO COOK-UP

Callaloo Cook-up is often referred to as an Ital Cook-up in Guyana. Callaloo is a variety of green leafy vegetables. There are many varieties of callaloo in Guyana, but spinach is the closest substitution for the variety most often used in Cook-up rice dishes.

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Coconut Oil	2	tbsp	1. Bring a skillet up to temperature on medium heat, then add coconut oil.
Tomatoes, Diced	1	med	2. When coconut oil is hot and melted add tomatoes, green onions, and garlic.
Onion, Finely Chopped	½		3. Sauté for a few minutes then add the callaloo followed by the salt, dried thyme, and black pepper.
Garlic, Grated	3	cloves	4. Continue to sauté for 2 minutes mixing together all of the seasoning and other ingredients.
Callaloo Washed And Chopped	½	lb	5. Add the rice/farine and coconut milk.
Dried Thyme	1	tsp	6. Mix together well and bring to a boil.
Salt	1	tsp	7. Let it boil uncovered for about 5 minutes, then give it a good stir, freeing any rice that may have stuck to the bottom.
Black Pepper*Optional	¼	tsp	8. Then reduce the heat to the lowest possible heat, cover and let the rice simmer for 15 to 20 minutes or until rice is fully cook.
White Rice or Farine, Washed and Drained	2	cups	9. Then remove from the heat, fluff the rice with a fork mixing together well.
Fresh Coconut Milk	3½	cups	

Note:

1. Poi, pak choi or eddoe leaf callaloo can be used
2. If using eddo leave callaloo
3. Beef or chicken can be added
4. If Farine is used, soak in 1 cup coconut milk with 1 tbsp cook up seasoning.



SPANISH RICE / FARINE

Spanish rice, also known as Mexican rice or red rice (Spanish: arroz rojo), is a Mexican side dish or an ingredient in other dishes made from white rice, tomatoes, garlic, onions, etc. Spanish rice is traditionally made by sautéing the rice in a skillet with oil or fat until it is coloured golden brown. Water or chicken broth is then added, along with tomatoes in the form of chopped tomatoes or tomato sauce.

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Extra Virgin Olive Oil	2	tbsp	<ol style="list-style-type: none"> 1. Heat olive oil in large skillet on medium/high heat. 2. Add the rice and stir it so that the rice is lightly coated with the oil. Cook on medium high heat, stirring often, until much of the rice has browned. 3. Add the onion and cook, stirring frequently another 3 minutes, until the onions begin to soften. Add the garlic and cook until the onions are translucent and softened, about a minute more. 4. Combine stock, tomato, oregano, salt, and browned rice and onions. 5. Simmer, cover, and cook until the rice has absorbed the stock. 6. Remove from heat and let sit for 5 minutes. 7. Fluff with a fork or spoon to serve.
Rice or Farine	2	cups	
Onion, Finely Chopped	1	med	
Garlic, Minced	3	cloves	
Chicken or Vegetable Stock	3	cups	
Tomato Paste	½	cup	
Dried Oregano	2	tbsp	
Salt	2	tsp	

Note:

1. Tomato paste can be substituted with 1 cup of diced fresh or cooked tomatoes.
2. If using farine, soak with chicken stock and tomato paste for 10-15 minutes, add cooked onion and garlic. Add remaining ingredients to farine mixture



MEATBALLS

Meatballs is an excellent method to use excess meat, taking scraps of meat, grinding them into small bits and possibly adding some fillers to help hold the mixture together. The meat is rolled into a ball for use in soups, stews, sauces, and pasta dishes. Today, meatballs are served as appetizers, as side dishes to the main course, or they can be combined with foods such as pasta or noodles to become the main dish. Two of the most popular meatball dishes are spaghetti and meatballs or Swedish meatballs, both very common foods that originated in Europe.

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Fresh Bread Crumbs	1	cups	<ol style="list-style-type: none"> Heat olive oil in large skillet on medium/high heat. Add the rice and stir it so that the rice is lightly coated with the oil. Cook on medium high heat, stirring often, until much of the rice has browned. Add the onion and cook, stirring frequently another 3 minutes, until the onions begin to soften. Add the garlic and cook until the onions are translucent and softened, about a minute more. Combine stock, tomato, oregano, salt, and browned rice and onions. Simmer, cover, and cook until the rice has absorbed the stock. Remove from heat and let sit for 5 minutes. Fluff with a fork or spoon to serve.
Whole Milk, Then More If Needed	¼	cup	
Lean Ground Beef, Chicken or Soya Chunks	1	lb	
Egg	1	large	
Onion, Finely Minced	½		
Garlic Cloves, Minced	2	cloves	
Fresh Basil, Finely Chopped	¼	tbsp	
Fresh Parsley, Finely Chopped	¼	tbsp	
Fresh Oregano, Finely Chopped	¼	tbsp	
Parmesan Cheese, Finely Shredded	¼	cup	
Salt	1	tsp	
Ground Black Pepper*Optional	1	tsp	

Note:

- Other meats such as minced chicken and mutton can be used.
- For vegetarian alternative, substitute meat with soya granules.



BOILED SWEET POTATOES

Sweet potatoes rank as one of the healthiest vegetables because of their high levels of vitamin A, C, iron, potassium, and fibre. The orange-fleshed varieties are also an excellent source of the vitamin A precursor, beta-carotene, which our bodies turn into vitamin A. Sweet potatoes are packed with complex carbs, which the body uses for energy, and they also offer antioxidants. Sweet potatoes can be used in both savoury and sweet applications. They are served as a cooked vegetable in whole or mashed form, and can be baked, roasted, steamed, boiled, simmered, or fried.

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Sweet Potatoes Scrubbed	1 ½	lbs	<ol style="list-style-type: none"> 1. Peel potatoes and cut into 1" chunks. 2. Place potatoes in cold salted water and bring to a boil over high heat. 3. Cook 18-20 minutes or until tender when pierced with a fork. 4. Place potatoes in a strainer and drain well. 5. Mash if desired and stir in butter, add salt to taste.
Margarine	2	tbsp	
Salt to Taste			



HERBED POTATOES

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Potatoes, Quartered	1	lb	<ol style="list-style-type: none"> 1. Preheat oven to 425 degrees. 2. In a large bowl, toss potatoes, oil, garlic, and herbs. Season with salt, pepper, and a pinch of red pepper flakes (optional) 3. Pour into a 9"-x-13" baking dish. 4. Bake until potatoes are golden and fork tender, 35 to 40 minutes.
Extra-Virgin Olive Oil	1/8	c	
Garlic, Minced	2	cloves	
Freshly Chopped Rosemary	1	tsp	
Freshly Chopped Parsley	1	tsp	
Fresh Thyme Leaves	1	tsp	
Salt			



METEMGEE

Guyanese Metemgee (metem/mettagee) is a thick soup or stew made with root vegetables cooked in a rich coconut milk broth.

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Oil	1	tsp	<ol style="list-style-type: none"> 1. In a large stock pot, heat oil. Add onion, thyme and pepper and sauté for 2-3 minutes. 2. Add coconut milk and water. Bring to a boil. 3. Add cassava, sweet potatoes, and eddoes to the pot then add plantains on top and cook for 20 minutes. 4. When plantains are tender, remove and continue to cook until the other vegetables are tender. 5. Serve with boiled corn, duff or steamed callaloo
Onion, Chopped	1	med	
Wiri Wiri Pepper * Optional	3		
Thyme	4	sprigs	
Coconut Milk	1	cups	
Water	2	cups	
Cassava, Cut Into 3-Inch Pieces	¼	lb	
Sweet Potato, Boniato Cut Into 3-Inch Pieces	¼	lb	
Plantains, Cut Into Thirds	1	med	
Eddoes Cut Into Equal Pieces	¼	lb	



DUFF

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
All Purpose Flour	1 ½	cup	<ol style="list-style-type: none"> 1. Add flour, sugar and baking powder to a mixing bowl, then mix together well 2. Next, rub butter/margarine into dry ingredients using your hands 3. Form a well in the centre of the dry ingredients, add water starting with ¼ cup and then a bit more if needed 4. Knead for 3 to 5 minutes, into a soft dough 5. Then cover with a damp paper towel or kitchen towel and let it rest for 30 mins 6. When ready to cook separate the dough into 6 even pieces, roll pieces into elongated balls 7. Then add 4 cups of water to a shallow pot or a deep pan with a tight lid and bring to a boil 8. Add the dough balls to the boiling water and cover the pot tight. You may also use a steamer basket for this step if you have one 9. Then reduce heat to medium and steam dough balls for 15 minutes 10. After 15 minutes remove duff from the pot and place in a serving dish. Serve with metemgee, soup or your favourite stews.
Brown Sugar	1 ½	tbsp	
Baking Powder	1	tsp	
Room Temperature Butter/Margarine	1	tbsp	
Warm Water Plus 4 Cups of Water For Cooking	½	cup	

Note:

1. Self rising flour can be used instead of all-purpose flour. If using, omit baking powder



CORN ON THE COB

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
White Sugar	2	tbsp	1. Fill a large pot about 3/4 full of water and bring to a boil. 2. Stir in sugar and lemon juice, dissolving the sugar. 3. Gently place ears of corn into boiling water, cover the pot, turn off the heat, and let the corn cook in the hot water until tender, about 10 minutes
Lemon Juice	1	tbsp	
Corn On The Cob, Husks and Silk Removed	6 sm	ears	



SAUTEED CALLALOO (POI BHAJI)

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Fresh Poi Bhaji	2 ½	lbs	<ol style="list-style-type: none"> 1. Remove bhaji leaves from stems. Rinse and place in another bowl. 2. Chop bhaji thoroughly and set aside. 3. Heat shallow pot with oil. Add onions, garlic, peppers, and tomato, sauté until fragrant. 4. Add bhaji and cook 10 minutes until wilted. 5. Add spices, mango, and coconut milk. 6. Let bhaji cook 20-25 minutes. Bhaji is done cooking when completely wilted and dark green.
Oil	4-5	tbsp	
Onion, Finely Chopped	1	med	
Garlic, Minced	2-3	cloves	
Wiri Wiri Pepper *Optional	1		
Tomato, Chopped	1	large	
Green Mango *Optional	4	inch pieces	
Coconut Milk	4	oz	
Salt	½	tsp	
Paprika *Optional	½	tsp	
Black Pepper *Optional	½	tsp	



VEGETABLE CHOWMEIN

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Dried Chowmein Noodles	6	oz	<ol style="list-style-type: none"> 1. Bring a large pot of water to a boil with salt and oil. Add chowmein noodles and cook according to package directions. 2. Drain noodles in a colander, rinse immediately with cold water. Spread noodles out in an aluminium pan or long shallow pan. 3. Season noodles with sesame oil, black pepper, Chinese five spice, garlic powder, and salt. Set aside. 4. Cook vegetables in a heavy-bottom pot or wok. Add soy sauce, sesame oil, water, oyster sauce, grated ginger, and pepper; let simmer for 30 seconds. Add vegetables and cook for 3-4 minutes. 5. Turn heat off, add seasoned chowmein noodles to pot with vegetables and toss. Add scallions and mix thoroughly. Adjust salt to taste.
Water for Boiling			
Vegetable Oil	1	tbsp	
Salt for Water	1	tsp	
Sesame Oil	2	tbsp	
Black Pepper <i>*Optional</i>	½	tsp	
Chinese Five Spice Powder	½	tsp	
Garlic Powder	1	tsp	
Salt	½	tsp	
Bok Choy or 1 Cup Cabbage, Cut Into Strips	½	cup	
Shredded or Julienned Carrots	½	cup	
Bora, Cut In 1" Lengths	3	strings	
Red Bell Pepper, Cut Into Strips	½	cup	
Soy Sauce	¼	tbsp	
Sesame Oil	1	tbsp	
Water	2	cup	
Freshly Grated Ginger	1	tsp	
Scallion, Sliced	2	stems	
Wiri Wiri <i>*Optional</i>			

Note:

1. Can be served with meat of choice, for example, Baked Chicken.



CHANNA (CHICK PEAS) COOK-UP

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Oil	1	tsp	1. Heat oil in a pot then sauté onion, wiri wiri pepper and thyme for about 3 minutes.
Onion, Chopped	½		
Wiri Wiri Pepper*Optional	2		
Thyme	2	sprig	
Green Seasoning	4	tbsp	2. Add green seasoning and sauté for a minute or two.
Coconut Milk	2	cups	
Canned Or Dried Chick Peas	6	oz	3. Add coconut milk, chick peas, water and chicken bouillon and cook for about 5 minutes, then add rice and black pepper, stir. Add callaloo and pumpkin
Bouillon Cubes	2		
Black Pepper*Optional	½	tsp	4. Reduce heat to low then cover pot and cook for 20 minutes until all the liquid has absorbed and the rice is tender. Remove from heat and serve warm.
White Rice Or Farine	2	cups	
Callaloo, Finely Chopped	2	cups	
Pumpkin, Finely Chopped	½	cup	

Note:

1. If using dried chick peas, pressure cook for approximately 15 minutes before #1.
2. If using farine, soak for 15 minutes with coconut milk. Add mixture at #3 to farine. Stir well.



PLANTAIN SALAD

This recipe has a beautiful array of sweet, spicy and tangy flavours, plus some lovely textures from the peas and carrots.

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Half-Ripe Plantains, Firm	4		<ol style="list-style-type: none"> 1. Wash and peel the plantains. Boil for approximately 10 minutes and drain. 2. Cut the plantains in ½ inch pieces. 3. Add the celery, sweet pepper, onion, mayonnaise, mustard. 4. Add salt and pepper to taste. 5. Add peas and carrot, mix thoroughly. Serve chilled.
Sweet Pepper, Chopped	1		
Onion, Finely Chopped	1		
Celery, Finely Chopped	1	sprig	
Mayonnaise	3	tbsp	
Mustard	1	tsp	
Salt to Taste * <i>Optional</i>			
Pepper To Taste * <i>Optional</i>			
Green Peas, Blanched	4	oz	
Carrot, Finely Diced And Blanched	4	oz	

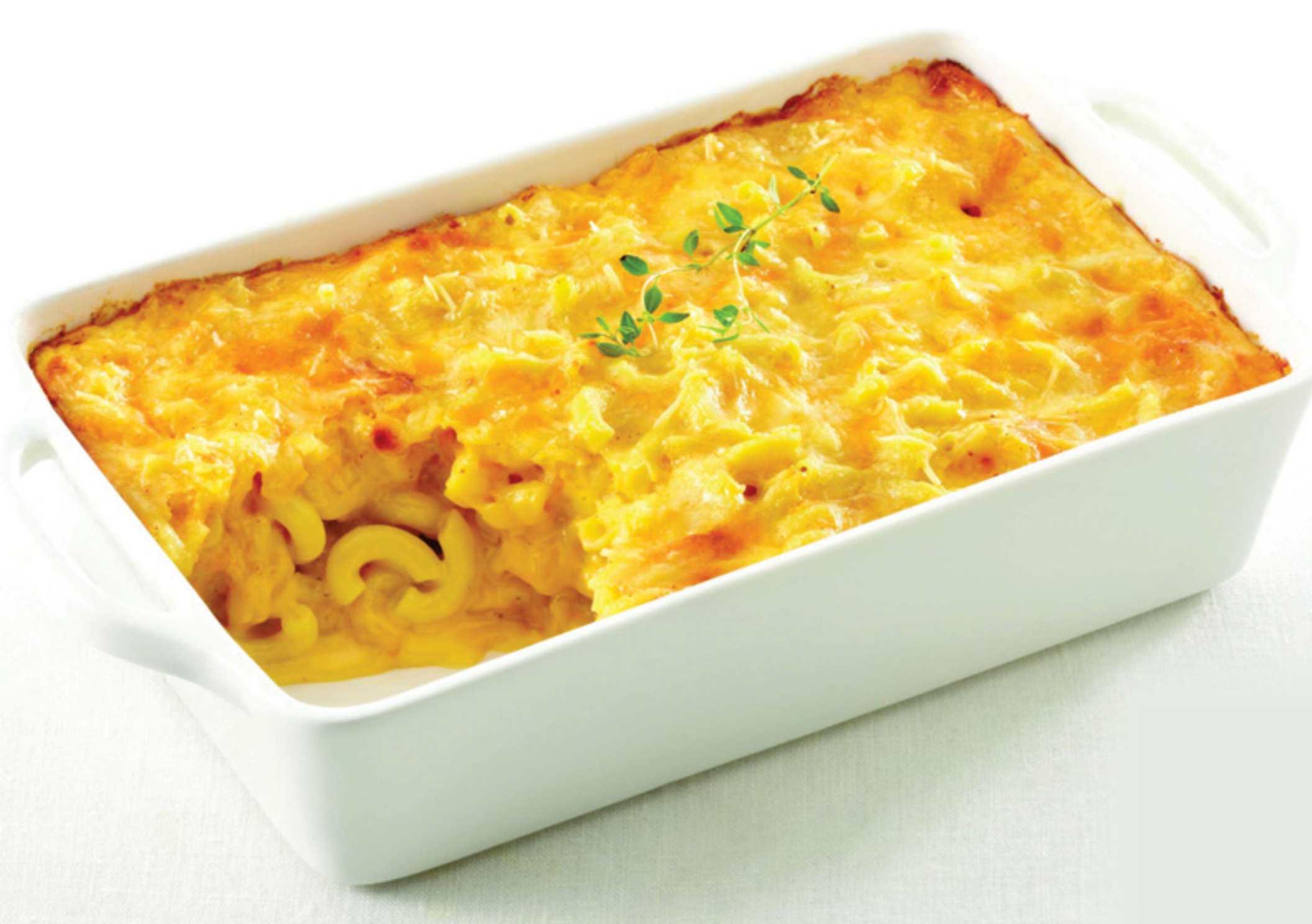


STEWED BORA BEANS WITH CHICKEN

INGREDIENTS	6 SERVINGS QUANTITY UNITS		DIRECTIONS
Seasoning for Chicken			<p>Prep Chicken</p> <ol style="list-style-type: none"> 1. Wash and pat chicken dry. Place in a mixing bowl. 2. Add all seasonings. Mix it up and marinate for 30 minutes minimum. <p>Prep Bora</p> <ol style="list-style-type: none"> 3. Chop heads and tails off of bora beans. Chop into 1-2 in sized pieces. Rinse chopped beans, set aside. 4. Heat a wide bottom pot on medium heat. Add oil 5. Add potatoes along with salt and black pepper. Cook for a few minutes until cooked through. Remove from oil. 6. Add a little more oil to pot if needed, add onion, garlic, and pepper, sauté a few minutes until onions are browned. 7. Add chicken. Cook 6-7 minutes until juices are almost dried down. 8. Add in bora and toss with chicken. Add tomato paste, black pepper, paprika, cube, and chopped tomatoes. Cover pot with lid and cook about ten minutes on medium-high heat. 9. Add water to help steam bora and keep from sticking to pot. Cook an additional 15 minutes or until bora is to desired texture. 10. Add potatoes to pot and toss with bora and chicken. Let it cook 1 more minute. Adjust salt to taste.
Chicken Thighs or Breasts, Chopped 1-In Pieces	½	lb	
Green Seasoning	1	tbsp	
Cassareep or ½ Tsp Browning Sauce	2	tsp	
Salt	½	tsp	
Soy Sauce	1	tsp	
Oil	2	tsp	
Bora Beans, Chopped 1-2in Pieces	½	lb	
Oil	2-3	tbsp	
Potato, Peeled and Chopped + Pinch of Salt and Black Pepper	½	lb	
Onion, Thinly Sliced	½	med	
Garlic, Minced	4-5	cloves	
Wiri Wiri Peppers, Finely Chopped *Optional	1-2		
Tomato Paste	2	tsp	
Black Pepper *Optional	¼	tsp	
Paprika *Optional	½	tsp	
Bouillon Cube or Salt	1		
Tomato	1	med	
¼ Cup Water	¼	cup	

Note:

1. Minced beef or chunks can be substituted for chicken



BAKED MAC AND CHEESE

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Cheddar Cheese	½	lb	<ol style="list-style-type: none"> Preheat oven to 350 degrees. Shred cheese and set aside. Keep 4 ounces for crust topping separately Cook the macaroni noodles by following instructions on the package. Drain noodles and return to the pot or place in a large mixing bowl. Melt margarine/butter in a medium saucepan on low heat. Once margarine/butter is completely melted, add onion and garlic. Cook for 2 minutes on low heat. Add flour. Stir together until flour is completely mixed into the melted butter. Cook butter and flour mixture for 3 minutes, then add warmed milk. Increase heat to medium and bring milk to a boil while continuously stirring to prevent burning Once milk comes to a boil reduce the heat to low and continue to stir until mixture forms a creamy translucent sauce and coats the back of a wooden spoon. Remove sauce completely from the heat, add mustard and whisk together to smoothly combine with sauce. Divide shredded cheese (excluding the cheese reserved for the topping) into 2. Add ½ to the sauce, stirring with a wooden spoon until is it melted and forms a creamy cheese sauce. Add the sauce to the cooked pasta and mix together. Combine the remaining ½ of the shredded cheese with the pasta and cheese sauce mixture and gently stir together Pour the mixed pasta, cheese sauce, shredded cheese combination into a greased casserole dish and top with the shredded cheese set aside for the crust. Place on the middle rack of the oven. Bake for 45 minutes. Remove from the oven and let cool for 15 minutes before serving
Elbow Macaroni Noodles	6	oz	
Margarine/Butter	¼	cup	
Onion, Finely Chopped	1	tbsp	
Garlic, Grated	2	cloves	
Flour	¼	cup	
Warm Milk	2	cups	
Mustard	1	tbsp	



STIR FRY VEGETABLES

INGREDIENTS

	6 SERVINGS	
	QUANTITY	UNITS
Carrot, Sliced	1	large
Broccoli Florets	1	cup
Baby Corn, Drained	4	oz
Bell Pepper, Seeded and Sliced	1	
Cooking Oil	2	tbsp
Margarine/Butter	2	tbsp
Garlic Cloves, Peeled and Minced	3	cloves
Ginger, Minced	2	tsp

Stir Fry Sauce		
Chicken Broth, or Vegetable Broth	¼	cup
Corn Starch	½	tsp
Soy Sauce	3	tbsp
Honey	2	tbsp
Hot Sauce <i>*Optional</i>	¼	tsp

DIRECTIONS

1. In a large non-stick skillet or wok, over medium heat, heat the oil.
2. Add the vegetables and stir fry about 3 minutes or until vegetables are crisp-tender.
3. Add the butter, garlic, ginger and cook until fragrant.
4. In a small bowl, combine all the ingredients for the stir fry sauce. Pour the sauce over the vegetables and stir.
5. Turn heat down to medium/low and cook 3-4 minutes, until sauce thickens and vegetables are desired tenderness.



BAKED CHICKEN

INGREDIENTS	6 SERVINGS QUANTITY UNITS		DIRECTIONS
Boneless Skinless Chicken Breasts	2	lb	<ol style="list-style-type: none"> Brine the chicken. To brine your chicken breasts, fill a large bowl with warm water and salt. Stir to combine until most of the salt is absorbed. Add the chicken breasts and let them sit in the mixture to brine for 15 minutes. Chicken can also be placed in covered bowl and refrigerate for up to 6 hours. Remove the chicken breasts from the brine, rinse with cold water, then pat dry with some paper towels. Preheat oven to 450 degrees. Place the chicken breasts in a single layer in a large baking dish. Brush on both sides (turning once) evenly with the melted butter or olive oil. In a separate small bowl, whisk the salt, pepper, garlic powder and paprika until combined. Then sprinkle the mixture evenly over the chicken on both sides. Bake for 15-18* minutes, or until the chicken is cooked through and no longer pink. Cooking time will depend on the thickness of the chicken breasts. Once the chicken is cooked, remove the pan from the oven, transfer the chicken to a clean plate, and loosely tent the plate with aluminium foil. Let the chicken rest for at least 5-10 minutes. Serve warm.
Warm Water	1	quart	
Salt	¼	cup	
Melted Butter or Olive Oil	1	tbsp	
Salt	1	tsp	
Black Pepper	½	tsp	
Garlic Powder	½	tsp	
Paprika	½	tsp	

Note:

- Chicken can be served with a variety of sauces such as pineapple sauce, BBQ sauce, Honey Mustard, Garlic Parmesan Creamy sauce to name a few.
- Any other suitable part of the chicken can be used, egg, thighs or wings.



TOMATO GRAVY

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Tomatoes, Peeled, Cored, and Chopped	2	large	<ol style="list-style-type: none"> Put the chopped tomatoes in a saucepan with 1 cup of the chicken stock. Place the saucepan over medium-high heat and bring to a boil. Reduce the heat to low and continue to simmer the tomatoes; begin to prepare the roux. Put the butter/margarine in a medium saucepan and place it over medium-low heat. When the fat has melted and the foaming subsides, add the flour. Cook, whisking constantly until the roux is just light brown. Remove the pan from the heat and gradually stir in the simmering tomato and broth mixture. Return the tomato mixture to the heat and stir in ¼ cup of milk, cream, water, or chicken stock. Whisk in tomato paste, if using, along with salt and black pepper. Cook, stirring until hot and bubbling. If too thick, add more liquid (milk, cream, water or chicken stock) as needed. Garnish the sauce with a sprinkling of chopped fresh parsley and serve.
Chicken Stock	½	cup	
Butter/Margarine	¼	cup	
All-Purpose Flour	¼	cup	
Milk, Cream, Water, or Chicken Stock	¼-¾	cup	
Tomato Paste, <i>Optional</i> Salt, To Taste Black Pepper, To Taste	2-3	tbsp	
Finely Chopped Parsley, For Garnish	1	tbsp	

Note - Variations

- Substitute 1 can of good-quality diced tomatoes or stewed tomatoes (finely chopped) for the fresh tomatoes.
- Add 1/2 teaspoon of onion powder or a few tablespoons of finely chopped onion to the simmering tomatoes and chicken broth.
- Add a few tablespoons of finely chopped bell pepper to the simmering tomatoes and chicken broth.
- Add 1 small clove of finely minced garlic or 1/4 teaspoon of garlic powder to the simmering tomatoes.
- Chop a rib of celery and add it to the simmering tomatoes.



SPLIT PEAS SOUP WITH CHICKEN

INGREDIENTS

6 SERVINGS
QUANTITY UNITS

To Season The Chicken

Skinless Boneless Chicken
Thighs, Halved

2 lbs

Garlic Powder
Onion Powder
Salt
Parsley Flakes
Black Pepper* *Optional*

1 tsp
½ tbsp
½ tsp
1 tsp
¼ tsp

Oil For Cooking
Onion, Diced
Garlic, Finely Chopped
Split Peas Washed
Celery, Diced
Fresh Thyme
Bouillon Cubes
Water
Potatoes, Peeled And Diced
Carrots, Sliced
Wiri Wiri Pepper* *Optional*
Water

2 tbsp
1
6 cloves
1 cup
3 sticks
5 sprigs
3
1 cups
½ lb
1
2
4

DIRECTIONS

1. In a bowl combine the chicken, onion powder, garlic powder, salt, parsley flakes and black pepper and set aside.
2. Place oil in a large pot and bring to a heat. Add the onion and garlic and cook for about 3 minutes, followed by the seasoned chicken and sauté for about 5 minutes,
3. Then add the washed split peas, celery, thyme, bouillon and about 8 cups of water.
4. Bring to a boil and cook until the split peas are completely soft (about 40 minutes to an hour). Add the potatoes, carrots and wiri wiri peppers and 4 more cups of water.
5. Add dumplings and continue to cook until the potatoes are almost mushy, then use the back of the pot spoon to crush about ½ of the potatoes and mix into the soup to thicken the broth. This step is only needed if the potatoes don't dissolve into the both during cooking.

Note - Variations

1. Root vegetables such as cassava and sweet potatoes can be used in addition to or substitute for potatoes.



CREOLE MACARONI WITH TUNA

INGREDIENTS	6 SERVINGS QUANTITY UNITS		DIRECTIONS
Macaroni	6	oz	<ol style="list-style-type: none"> 1. Prepare the macaroni according to package directions. Drain in a colander and rinse with cold water to cool it down. 2. Place the cooked macaroni, all the vegetables, and the tuna in a large bowl. Toss to combine.
Red Onion, Finely Chopped	½		
Carrots, Shredded	1½	cup	
Red Bell Pepper, Chopped	½	cup	<ol style="list-style-type: none"> 3. Combine the ingredients for the dressing in a bowl and whisk well. Pour over the macaroni salad and stir to coat. Refrigerate until ready to serve.
Celery, Chopped	2	tsp	
Light Tuna, Drained	4	oz	
For The Dressing:			
Olive Oil	¼	cup	
Apple Cider Vinegar	1	tbsp	
Garlic, Minced	2	cloves	
Salt	½	tsp	
Pepper* <i>Optional</i>	¼	tsp	
Sugar	1	tbsp	
Italian Seasoning	1	tbsp	
Red Pepper Flakes* <i>Optional</i>	¼	tsp	

Note - Variations

1. Pasta can be made ahead of time, if this is done, keep the salad and the dressing separate until right before serving time. This will prevent the pasta from soaking up all the dressing.
2. For vegetarian alternative, use chunks instead of Tuna.



BROWN GRAVY

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Butter/Margarine	2½	tbsp	<ol style="list-style-type: none"> Melt butter in small sauce pan. Whisk butter and flour for about 30 seconds. Add broth and soy sauce. Stir until you achieve desired thickness. Stir in parsley. Serve warm.
All Purpose Flour	¼	cup	
Vegetable Broth	1½	cups	
Soy Sauce	2	tbsp	
Ground Black Pepper*Optional	¼	tsp	
Fresh Parsley *Optional	¼	tsp	



PLANTAIN BALLS

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Ripe Plantains	2	large	<ol style="list-style-type: none"> 1. Cut the plantains in half, do not peel. 2. Place the plantains in a medium pot and cover with water. Cook over medium heat for about 8 - 10 minutes. 3. Remove the plantains from the water and peel. Mash with a potato masher or a fork. 4. Form balls of about 1 ½ to 2 tablespoons of plantain mash. Flatten them with your hands and place 1 piece of guava paste and 1 piece of cheese in the centre. 5. Form the ball again and place in a heavy pot with hot oil, over medium high heat. Fry for about 4 minutes turning over once, until golden brown. 6. Using a slotted spoon, transfer to a plate lined with paper towels to absorb the oil. Serve hot and sprinkle with sugar if desired.
Mozzarella Cheese, Diced	½	cup	
Guava Paste, Diced	1/3	cup	
Vegetable Oil For Frying	1	cup	
Sugar For Garnish* Optional			



FARINE POTATO BALLS

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Potatoes	¼	lb	<ol style="list-style-type: none"> 1. Wash, peel, diced and boil potatoes in salted water for 15 minutes. 2. In a large bowl, mashed potatoes, add farine, cheese, chives, and cayenne pepper. 3. Using a small cookie scoop, roll the mixture into 1¼ - 1½ -inch balls. 4. Working one at a time, dip balls into egg, then dredge in Panko, pressing to coat. 5. Working in batches, fry balls until evenly golden and crispy, about 2-3 minutes. Transfer to a paper towel-lined plate. 6. Serve immediately, garnished with Parmesan, if desired.
Salt	2	tsp	
Farine, Soaked	¼	cup	
Shredded Cheddar Cheese	½	cup	
Chopped Fresh Chives	2	tbsp	
Egg, Beaten	1	large	
Panko	½	cups	
Grated Parmesan	3	tbsp	
Vegetable Oil	1	cups	



PAN SEARED FISH

INGREDIENTS

	6 SERVINGS	
	QUANTITY	UNITS
Fish Fillets	1 ½	lbs
Salt and Ground Black Pepper		
Vegetable Oil	¼	cup
Butter or Margarine	3	tbsp
Fresh Thyme	2	sprig
Chopped Flat-Leaf Parsley *Optional	1	tbsp
Lemon Wedges *Optional		

DIRECTIONS

1. Pat fillets dry with a paper towel. Season on both sides with salt and pepper.
2. Heat a heavy 10-inch non-stick or cast-iron skillet over high heat. When the pan is hot, add the oil.
3. Place the fillets in the pan, skin side down laying them down away from your body. Press down gently with a spatula for about 20 seconds to prevent curling.
4. Lower heat to medium and let sizzle until fish is golden and caramelized around edges, about 2 to 3 minutes.
5. Carefully flip fillets and add butter and thyme to pan. Tilt pan slightly to let the melted butter pool at one end.
6. Use a spoon to baste the fish with the pooled butter.
7. Continue basting until golden all over and cooked through, 45 to 90 seconds more, depending on the thickness of the fish.
8. Serve immediately with chopped parsley (if using) and lemon wedges.



DEMERARA RICE

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
White or Parboiled Rice	2	cups	<ol style="list-style-type: none"> 1. Rinse rice in several changes of cold water until water is clear, then drain well in a large fine-mesh sieve. 2. Bring rice and water to a boil uncovered, without stirring, until steam holes appear in rice and grains on surface look dry, 5 to 7 minutes. 3. Reduce heat to very low, then cover pot with a tight-fitting lid and simmer 15 minutes. 4. Remove from heat and let stand, covered, 5 minutes. Gently fluff rice with a fork.
Water	3 ¾	cups	



CANDIED SWEET POTATO BALLS

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Sweet Potatoes	½	lb	<ol style="list-style-type: none"> 1. Boil sweet potatoes in salted water. Drain and cool. 2. Scoop the cooked potatoes into balls. Arrange in greased shallow baking dish. 3. Make syrup with the sugar and water. Add cinnamon and nutmeg to flavour. 4. Pour syrup over the potatoes. 5. Baked uncovered in a moderate oven, 350 degrees, until most of the syrup is absorbed by the potatoes (approximately 30 minutes). Baste often during cooking. 6. Serve hot.
Sugar	2	oz	
Water	2	tbsp	
Cinnamon	1	tsp	
Nutmeg	½	tsp	

Note

1. Sweet potatoes may be sliced.



FISH STEW

INGREDIENTS	6 SERVINGS QUANTITY UNITS		DIRECTIONS
Fish Filets	2	lbs	<ol style="list-style-type: none"> 1. Place fillets in a large bowl with juice of lime and salt. Allow to sit for 20 minutes, and then rinse with cool water. 2. In a large plate, place flour, salt and black pepper then stir to combine. In a large frying pan over high heat, add enough oil to deep fry the fish. 3. While oil heats, dredge fish with flour on both sides making sure to shake off the excess. Place into hot oil and fry until golden brown and crispy. Set aside. <p>To make the Sauce</p> <ol style="list-style-type: none"> 4. Place oil in a large frying pan over medium heat. Add onion and sauté until soft, about 5 minutes. 5. Add garlic, ginger, wiri wiri, thyme and bay leaf and cook until the garlic and ginger become fragrant, about 1 minute. 6. Add tomato and cook for 10 minutes or until tomatoes begin to soften. 7. Add water, vegetable bouillons and ketchup, and bring to a boil. Lower to a simmer and allow to cook for 15 minutes. When sauce has thickened just a bit, add fried fish. Turn the heat down to low and cover the pot. 8. Cook for 3-5 minutes without stirring. Remove from heat and garnish with chopped scallion. 9. Serve over hot rice or metemgee.
Juice of One Lime	1		
Salt	1	tbsp	
All Purpose Flour	1	cup	
Salt	¼	tsp	
Black Pepper	1	tsp	
Oil to Fry	1	cup	
Sauce			
Oil for Cooking	1	tbsp	
Onion, Finely Chopped	1	large	
Garlic, Crushed	6	cloves	
Crushed Ginger	½	tsp	
Wiri Wiri *Optional	½		
Thyme	3	tsp	
Bay Leaf	2		
Chopped Tomatoes	2	tsp	
Vegetable Bouillons	2	cups	
Ketchup	2	tbsp	
Scallion, Finely Chopped			
Water	2½	cups	



STEWED CHUNKS

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Soya Chunk	1	cup	<ol style="list-style-type: none"> Boil water in a pot and add soya chunks. Take off heat and stir occasionally until cooked. Strain, squeeze and keep aside. Grind celery, cilantro, green chillies, spring onion, chopped onion, chopped garlic and salt. Add grounded mixture to soya and season soya. Heat oil in a low-based pan and add brown sugar. When sugar melts and starts to bubble in the oil, add seasoned soya chunks and ketchup into pan and mix. Cook for 2-3 mins. Add peas and carrots and mix. Cook for 4-5 mins. Cover and cook on low heat for 6-7 mins. Remove from heat and serve hot.
Celery, Chopped	1	tsp	
Onion, Chopped	1		
Garlic, Peeled And Chopped	3	cloves	
Salt to Taste			
Brown Sugar	½	tbsp	
Oil	2	tbsp	
Tomato Ketchup	¼	cup	
Green Peas	¼	cup	
Carrots Peeled and Chopped	1		

Note

- Any peas can be used



CABBAGE SLAW

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Cabbage, Shredded	2	cups	<ol style="list-style-type: none"> Place the shredded cabbage in a very large bowl. Add the shredded carrot to the cabbage and toss to mix. In a separate bowl, stir the mayonnaise, vinegar, mustard, salt, and pepper together. Taste for acidity and seasoning then adjust as desired. Pour two-thirds of the dressing over the cabbage and carrot then mix well. Add raisins, if using. If the cabbage slaw seems dry, add a little more of the dressing. Serve immediately or let it sit in the refrigerator for about an hour to let the flavours mingle and the cabbage to soften.
Carrots, Peeled and Shredded	1/2	cups	
Mayonnaise	1/4	cup	
Apple Cider Vinegar	1	tbsp	
Mustard	1	tbsp	
Salt or More to Taste	1/4	tsp	
Ground Black Pepper <i>*Optional</i>	1/4	tsp	
Raisin <i>*Optional</i>	1/8	tsp	

Note

- Red and or green cabbage can be used



GARDEN SALAD

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Lettuce	¼	cups	<ol style="list-style-type: none"> 1. In a large bowl, combine all ingredients. 2. Drizzle with salad dressing and toss until evenly coated. Serve immediately.
Cherry Tomatoes Halved Lengthwise	¼	lb	
Radishes, Ends Trimmed, Halved Lengthwise and Sliced	½		
Carrot, Peeled & Sliced Cucumbers, Sliced	½ ½		

Note

1. Red and or green cabbage can be used



TOMATO AND CUCUMBER SALAD

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Cucumber, Sliced	1	large	1. Combine all ingredients in a bowl and toss well. 2. Refrigerate at least 20 minutes before serving.
Tomatoes, Diced	½	lb	
Red Onion, Sliced	½		
Fresh Herbs Parsley, Basil and/or Dill *Optional	1	tbsp	
Olive Oil	2	tbsp	
Vinegar	1	tbsp	
Salt & Pepper To Taste			



TOMATO AND CUCUMBER SLICES

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Tomatoes Cut Into ¼ Inch Slices	½	lb	<ol style="list-style-type: none"> 1. Sprinkle the tomatoes and cucumber evenly with salt and pepper. 2. Layer on a serving plate. Drizzle with extra virgin olive oil. 3. Refrigerate for 30 minutes. Serve cold
Cucumber Cut Into ¼ Inch Slices	½	med	
Salt	¼	tsp	
Black Pepper*Optional	¼	tsp	
Extra Virgin Olive Oil	1	tbsp	



VEGETABLE SALAD

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Garlic, Finely Minced	1	clove	1. Bring a large pot of water to a boil. Make dressing: In a bowl, whisk together all ingredients except oil, salt and pepper. Whisking constantly, slowly drizzle in oil. Season with salt and pepper.
Italian Seasoning	1	tsp	
Chopped Fresh Parsley	2	tsp	
Sugar	½	tsp	
Mustard	½	tsp	
Olive Oil	1/3		
Salt and Pepper	+ 1tbsp	cup	
Salad			
Carrots, Cut Into ½ Inch Diagonal Slices	½	large	2. Add carrots, broccoli and cauliflower to boiling water and cook until just tender, about 4 minutes. Drain and rinse under cold water.
Broccoli Florets	½	cups	
Cauliflower Florets	½	cups	3. In a large salad bowl, toss cooked vegetables, bell pepper, onion and cherry tomatoes with dressing. Cover and chill for at least 30 minutes. Toss again just before serving.
Yellow Bell Pepper, Seeded and Cut Into Large Dice	½		
Red Onion, Cut Into Thin Wedges	½		
Cherry Tomatoes	½	cups	



TOSSED SALAD

INGREDIENTS		6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS		
Lettuce, Shredded	1/2	cups	1. Wash, cut, slice, or cube, all vegetables. 2. Place all salad ingredients in a large bowl.	
Cucumbers, Cubed	1/4	cup		
Cherry Tomatoes Halves or Regular	1/4	cup	3. Add all the salad dressing ingredients in a small bowl, and with a whisk, mix until all the ingredients are well blended. 4. Toss the salad with the dressing and serve immediately.	
Carrots, Shredded	1/4	cup		
Green Cabbage, Finely Shredded	1/4	cup		
Red Apples Sliced Or Cubed	1/4	cups		
Ingredients For The Dressing				
Olive Oil	3	tbsp		
White Wine Vinegar or Apple Cider, or Balsamic	1	tbsp		
Garlic, Crushed Thinly	1	clove		
Seasoned With Salt and Pepper to Taste				
Sugar	1	tsp		



TOMATO AND LETTUCE SALAD

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Firm Ripe Tomatoes Sliced	4		1. Combine salad ingredients in a large serving bowl.
Lettuce, Shredded	1 ½	cups	
Red Onion, Thinly Sliced	¼	cup	2. Whisk dressing ingredients together to combine. Drizzle over salad.
Dressing			
Extra Virgin Olive Oil	¼	cup	
Freshly Squeezed Lemon Juice	3	tbsp	
Finely Grated Fresh Parmesan Cheese	¼	cup	
White Vinegar	½	tbsp	
Garlic, Minced	1	cloves	
Salt	½	tsp	
Black Pepper *Optional	¼	tsp	



STIR FRY POI (CALLALOO)

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Vegetable Oil	2	tbsp	<ol style="list-style-type: none"> 1. Heat oil in a heavy pot over medium-high. Add onion and garlic and cook, stirring often, until softened and translucent, about 1 minute. 2. Stir in callaloo just to wilt slightly, then add coconut milk, and pepper; season with salt. 3. Reduce heat to medium-low, cover pot, and simmer until callaloo is tender, wilted and softened, 40–45 minutes.
Onion, Finely Chopped	1	small	
Garlic, Finely Chopped	6	cloves	
Callaloo Thick Stems Trimmed, Thinly Sliced	2	lb	
Coconut Milk	6	oz	
Black Pepper <i>*Optional</i>	1	tsp	
Salt To Taste			



TOMATO WEDGES

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Fresh Tomatoes, Cut Into Wedges	3-4	med	<ol style="list-style-type: none"> 1. Place tomato wedges in a large bowl. 2. Place remaining ingredients in a jar. Cover and shake until blended. 3. Pour dressing over tomatoes and toss gently. Chill before serving.
Vegetable Oil	¼	tbsp	
Fresh Parsley, Snipped	1	tbsp	
Salt	1	tsp	
Black Pepper <i>*Optional</i>	¼	tsp	



CUCUMBER SLICES

INGREDIENTS

	6 SERVINGS	
	QUANTITY	UNITS
Cucumber, Thinly Sliced	1	lb
Salt	2	tsp
White Vinegar	½	tsp
Water	½	tsp
Sugar	3	tsp
Red Pepper Flakes *Optional	¼	tsp
Minced Red Onion	2	tsp

DIRECTIONS

1. Place cucumber slices in a colander sitting over a bowl, sprinkle with salt and toss well. Let sit for 1 hour refrigerated.
2. Combine vinegar, water, sugar and red pepper in a small saucepan; bring to a boil. Reduce heat, cook until reduced to a 1/3 cup (about 10 minutes).
3. Remove reduction from heat and add onion. Let mixture cool to room temp.
4. When cucumbers are done resting, pat dry with a few paper towels and then combine with the vinegar reduction.
5. Chill for at least a few hours before serving.



BORA AND CARROT BUNDLES

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Green Bora Beans, Cut Into 3" Lengths	1	cup	<ol style="list-style-type: none"> 1. Bring a pot of salted water to a boil and blanch the bora beans for 2 to 3 minutes. After the beans have cooked, drain the beans and immediately submerge them in iced water to stop cooking. 2. Bring a second pot of salted water to a boil and blanch the carrots for 2 to 3 minutes. After the carrots have cooked, drain them and immediately submerge them in iced water to stop cooking. 3. Pat the beans and the carrots dry with paper towels. 4. In a small bowl, mix the minced garlic and melted butter. 5. Wrap 4 bora and 3 carrots sticks with an eschallot. 6. Spoon the garlic butter mixture over the bora and carrots. 7. Sprinkle each bundle with brown sugar
Carrots, Julienne	1	cup	
Brown Sugar	2	tbsp	
Eschallot Leaves			
Minced Garlic	1	tbsp	
Butter	6	tbsp	



GUAVA DRINK

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Ripe Guavas	1	lb	<ol style="list-style-type: none"> 1. Cut guavas in quarters and remove seeds. 2. Mash pulp and pass through a sieve. 3. Add sugar and water. 4. Chill 5. Serve cold and garnish with lemon slices.
Sugar	8	oz	
Water	2	litre	
Lemon Slices to Garnish			



SOURSOP DRINK

INGREDIENTS

Soursop Pulp
 Sugar
 Water
 Lemon Juice
 West Indian Cherries to Garnish

6 SERVINGS QUANTITY UNITS

1 ½ pints
 12 oz
 2 pints
 2 tsp

DIRECTIONS

1. Mash soursop pulp with sugar.
2. Add water and strain.
3. Add lemon juice and put to chill.
4. Serve cold, garnished with West Indian cherries.



FRUIT PUNCH

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Cherries	½	pints	<ol style="list-style-type: none"> 1. Heat water and dissolve sugar. Cool. 2. Add fruit juices to sweetened water. 3. Add fruit. 4. Pour over ice.
Pineapple, Crushed	½		
Papaw	1	sm	
Water	2	pints	
Sugar	8	oz	
Orange Juice	¼	pint	
Pineapple Juice	4	cups	
Ice			



COCONUT DRINK

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Coconut	1		1. Grate coconut and wash out milk using approximately 1 ½ pint water. 2. Set all ingredients in a jar for 3 days. 3. Strain and bottle off.
Sugar to Taste			
Piece of Spice			
Cloves	2		
Water	2	pint	
Eggshells, Crushed	2		
Egg White, Whisked	1		



LEMONADE

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Juice of Lemons or Limes	12	large	<ol style="list-style-type: none"> 1. Stir sugar with rind in water until the sugar is dissolved. 2. Add the juice and stir well. 3. Serve at once in glass with cracked ice.
Sugar	1	lb	
Rind of Lemons or Limes	3		
Water	1	pints	



MANGO DRINK

INGREDIENTS	6 SERVINGS		DIRECTIONS
	QUANTITY	UNITS	
Mango Pulp	4	cups	<ol style="list-style-type: none"> 1. Place pulp into the blender along with water. 2. Blend until it become soft and smooth. 3. Strain liquid and refrigerate. 4. Serve while chill.
Water	3	cups	
Sugar	½	cup	

APPENDIX 1: GLOSSARY OF FOOD PREPARATION TERMS

Bake:	To cook in the oven by dry heat.
Barbecue:	To cook in an oven, basting from time to time with a highly seasoned sauce or cooking on a grill or spit over hot coals.
Baste:	To moisten meat while roasting to add flavour and to prevent drying of the surface. Melted fat or meat drippings may be used for basting.
Batter:	Flour and liquid mixture, usually combined with other ingredients, thin enough to pour or drop from a spoon.
Blanch:	To dip briefly in boiling water.
Blend:	To thoroughly mix two ingredients.
Boil:	Boil to cook foods in water or a liquid in which the bubbles are breaking on the surface and steam is given off.
Braise:	To brown in a small amount of fat, cover, add a small amount of liquid, and cook slowly.
Broth:	A flavourful liquid obtained from the simmering of meats and/or vegetables.
Chill:	To refrigerate until thoroughly cold.
Chop:	To cut food into fairly fine pieces with a knife or other chopping device.
Coat:	To cover entire surface with flour, fine crumbs sauce, batter or other food as required.
Crisp:	To make foods firm and brittle.
Croquette:	Mixture of chopped, cooked meat, poultry, fish or vegetables bound with thick sauce, shaped, breaded and fried.
Cube:	To cut into ½ inch squares.
Dice:	To cut into ¼ inch cubes.
Dough:	A mixture of flour, liquid, and other ingredients, thick enough to roll or knead.
Drippings:	Fat and liquid residue from frying or roasting meat or poultry.
Drizzle:	To pour very small quantity of liquid in a thin stream over food.
Fillet:	A boneless cut of meat, fish, or poultry.
Flake:	To break into small pieces, usually with a fork.
Fluff:	To use the prongs of a fork to carefully separate the cooked grains, letting any moisture evaporate and remove lumps for a light fluffy texture.
Fry:	To cook in hot fat.
Grate:	To rub food against grater to form small particles.
Grease:	To rub lightly with fat.
Hold:	To keep a prepared dish under appropriate conditions and temperature before and during dinning.
Julienne:	Food cut into small stick shape pieces.
Knead:	To work dough with a pressing motion accompanied by folding and stretching.
Marinade:	Mixture of oil, acid, and seasonings used to flavour and tenderize meats and vegetables.
Marinate:	To steep food in a marinade long enough to modify its flavour.

Mix:	To combine two or more ingredients by stirring.
Peel:	To strip off outside covering.
Reconstitute:	To restore concentrated foods to their normal state, usually by adding water as in fruits juice and milk.
Rehydrate:	To cook or soak dehydrated foods.
Refresh:	To restore to its semi original state.
Sauté:	To cook in small amount of fat.
Simmer:	To cook in a liquid in which bubbles form slowly and break just below the surface.
Sliver:	To cut into long, slender pieces.
Stew:	To simmer in a small amount of liquid.
Stir:	To mix food materials with a circular motion.
Stir fry:	To cook quickly in a small amount of oil over high heat, using light tossing and stirring motion to preserve shape of food.
Stock:	Liquid in which meat, fish, poultry or vegetables has been cooked.
Toss:	To mix ingredients lightly without crushing.

APPENDIX 2 – FOOD SUBSTITUTION LIST

List 1. Staple Foods

The list below will show one serving of Staple and so can be used to substitute other staple foods:

1 slice breadfruit (2oz)	1 slice plantain (2")
1 slice sweet potato or Irish Potato	1 finger banana
1 slice yam (2oz)	1 dumpling
1 slice bread (shop slice) or 1 hotdog roll or ½ hamburger roll	
½ cup cooked rice and pasta (for menus of the project a small lunch should have 1 cup and a large bowl should have 1 ½ cup)	

List 2. Food from Animal (Meat and Poultry)

Item in this group include beef, pork, chicken, fish, turkey neck and mutton. You may substitute items in the recipe manual from among those listed above.

Meat substitutes include: vegemince, vegechunks, eggs, and tofu

List 3. Vegetables

Root Vegetables	Carrot	Bora	Pumpkin	Broccoli
Cabbage	Pak choi	Callaloo	Cucumber	
Vegetables (Free calories):	Tomato	Lettuce		

N.B Frozen mixed vegetables could also be used as a substitute.

List 4. Peas and Beans

Pigeon Peas	Red Peas	Black Eye	Spilt Peas	Channa (chick peas)
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APPENDIX 3: ABBREVIATIONS and MEANINGS

Abbreviation	Meaning
c	cup (s)
c	celsius/ centigrade
f	fahrenheit
g	gram(s)
gal	gallon (s)
in/”	inch
kg	kilogram(s)
l	litre(s)
lb.	pounds(s)
mg	milligram(s)
min	minutes
ml	millilitres(s)
Oz	ounce
pt.	pint(s)
qt.	quart(s)
re	retinol equivalent
tbsp.	tablespoon(s)
tsp.	teaspoon(s)

***Abbreviations are arranged in alphabetical order.**

APPENDIX 4: SERVING UTENSILS

Approximate Measure	Approximate Weight
16 tbsp.	8oz
12 tbsp.	6 ¼ oz.
10 tbsp. (2/3 C)	6 oz.
8 tbsp. (1/2 C)	4-5 oz.
6 tbsp. (3/8 C)	3-4 oz.
5 tbsp. (1/3 C)	2 ½ - 3 oz.
4 tbsp. (¼ C)	2- 2 ¼ oz.
3 1/5 tbsp.	1 ¾ -2 oz.
2 2/3 tbsp.	1 ½ - 1 ¾ oz.
2 1/5 tbsp.	1-1 ½ oz.
1 3/5 tbsp.	1 oz.
1 ½ tbsp.	¾ oz
1 tbsp.	½ oz.
Scant 2 tsp.	1/3 oz.
1/8 cup (2 tbsp.)	1 oz.
¼ cup	2 oz.
½ cup	4 oz.
¾ cup	6 oz.
1 cup	8 oz.
1 ½ cup	12 oz.

APPENDIX 5: CONVERSION TABLES

Measurements	Convenient Equivalent
3 teaspoon	1 tablespoon
1 tablespoon	15 grams
16 tablespoons	1 cup
1 cup	8 ounces
1 fluid ounce	2 tablespoon
8 fluid ounces	1 cup
16 ounces	480 grams
1 tbsp.	3 tsp.
1/8 cup	2 tbsp.
¼ cup	4 tbsp.
1/3 cup	5 tbsp. + 1 tsp.
½ cup	8 tbsp.
2/3 cup	10 tbsp.
¾ cup	12 tbsp.
1 cup	16 tbsp.
1 pt.	2 cups
1 qt.	2pt. = 4 cups
1 gal	4 qt.
1lb.	16oz

Approximate Measure Approximate Weight

2 tbsp.	1oz.
¼ cup	2 oz.
6 tbsp.	3 oz.
½ cup	4 oz.
¾ cup	6 oz.
1 cup	8 oz.

APPENDIX 6: METRIC CONVERSIONS

Measurement	Equivalent
5 ml	1 tsp.
1 litre (L)	1000 ml
1 kilogram (kg)	1000 grams (g)
1 milligram (mg)	1/1000 grams
1 kilocalorie (kcal)	4.184 kilojoules (KJ)
1 gram	0.035 oz.
1 kilogram	2.2 lb.
1 ounce	28 grams
1 millilitre (mL)	1/5 tsp.
1 litre (L)	1.06 qt.
1 cup	240 mL
1 quart (qt.)	0.95 L
1 gal	3.8 L
35 fluid ounces	1 L

APPENDIX 7: EQUIVALENTS FOR WEIGHT

Weight Standard	Metric
½ oz.	15 g
1 oz.	30 g
1 ½ oz.	45 g
2 oz.	60 g
3 oz.	70 g
½ oz.	100 g
4 oz. (¼ lb.)	120 g
5 oz.	150 g
6 oz.	180 g
7 oz.	210 g
8 oz. (½ lb.)	240 g
9 oz.	270 g
10 oz.	300 g
11 oz.	330 g
12 oz. (¾ lb.)	360 g
13 oz.	390 g
14 oz.	420 g
15 oz.	450 g
1 lb. (16 oz.)	480 g
2 lb.	908 g
2 lb. (3 oz.)	1000 g (1 kg)

***30 g is used for each 1 ounce or part, therefore for ease of conversion in this text. This is use throughout to maintain proportions in the recipes.**

APPENDIX 8: EQUIVALENTS FOR MEASURE

MEASURE	
Standard	Metric
1 tsp.	5 mL
1 tbsp.	15 mL
¼ cup (4 tbsp.)	60 mL
1/3 cup (5 1/3 tbsp.)	80 mL
½ cup (8 tbsp.)	120 mL
2/3 cup (10 2/3 tbsp.)	160 mL
¾ cup (12tbsp.)	180 mL
1 cup (16 tbsp.)	240 mL
2 cups (1 pint)	480 mL
4 cups (1qt.)	0.95 L
2 qt. (½ gal)	1.89 L
4 qt. (1 gal)	3.79 L

***30 g is used for each 1 ounce or part, therefore for ease of conversion in this text. This is use throughout to maintain proportions in the recipes.**

APPENDIX 9: GUIDE FOR PURCHASING AND STORING INGREDIENTS FOR VEGETARIAN RECIPES

Textured vegetable protein (TVP, Veggie chunks, mince)

1. Before purchasing consider the type required whether chunks or mince flavoured or unflavoured.
2. There are many varieties of TVP, so be sure to read labels properly before purchasing.
3. Check the expiration date on packages.
4. TVP has a long shelf life if stored in a tightly closed container at room temperature.
5. Rehydrated TVP has to be stores in the refrigerator and used within 5 days.

Tofu

1. The recipes I this manual calls for FIRM tofu to be used. Ensure to read labels properly.
2. Check the expiration date on packages before purchasing.
3. The firm tofu may be found in the refrigerated section of the supermarket.
4. Tofu should be stored in the refrigerator. Once the package is opened it should be rinsed and covered with fresh water. Change water daily use within a week.

***30 g is used for each 1 ounce or part, therefore for ease of conversion in this text. This is use throughout to maintain proportions in the recipes.**

APPENDIX 12: EQUIVALENT FOR TEMPERATURE

TEMPERATURE	
°F	°C
32	0
100	38
150	65
200	95
250	121
275	135
300	150
325	165
350	175
375	190
400	205
425	220
450	230
475	145
500	260

APPENDIX 13: GUIDE FOR ROUNDING OFF WEIGHT AND MEASURE

If The Total Amount if an Ingredient is

Round it to

WEIGHTS

Less than 2 oz.
 More than 10 oz. but less than 2 lb. 8 oz.
 2 lb. 8 oz. – 5 lb.
 More than 5 lb.

Measure unless weight is $\frac{1}{4}$, $\frac{1}{2}$, or $\frac{3}{4}$ oz. amounts
 Closest $\frac{1}{4}$ oz. or convert to measure
 Closest full ounce
 Closest $\frac{1}{4}$ lb.

MEASURES

Less than 1 tbsp.
 More than 1 tbsp. but less than 3 tbsp.
 3 tbsp. – $\frac{1}{2}$ cup
 More than $\frac{1}{2}$ cup but less than $\frac{3}{4}$ cup
 2 cups – 2 qt.
 More than 2 qt. but less than 4 qt.
 1-2 gal
 More than 2 gal but less than 10 gal
 More than 10 gal but less than 20 gal
 More than 20 gal

Closest $\frac{1}{8}$ tsp.
 Closest $\frac{1}{4}$ tsp.
 Closest $\frac{1}{2}$ tsp. or convert to weight
 Closest full tsp. or convert to weight
 Nearest $\frac{1}{4}$ cup
 Nearest $\frac{1}{2}$ cup
 Nearest full cup or $\frac{1}{4}$ qt.
 Nearest full quart
 Closest $\frac{1}{2}$ gal
 Closest full gallon

****For baked goods or products in which accurate ratios are critical, always round to the nearest full cup $\frac{1}{4}$ qt.***

APPENDIX 15: NUTRIENT AND MEAL STANDARD FOR 4-6 YEAR OLDS

Recommended Dietary Allowance for Standard Meals

Nutrients	Quantity
Energy (kcal)	340.5
Protein (g)	15
Fat (g)	13
Vitamin A (ug)	133.3
Vitamin c (mg)*	30
Iron (mg)*	5
Calcium (mg)	333
Sodium (mg)	1000
Potassium (mg)	533

Meal Standard for Menu Planning

Food Group	Exchange	Weight/ Measure
Staples	1.5	½ cup rice or cereal
FFA-Meat-Med	1.5	2 oz. meat
Fruits	0.5	¼ cup juices
Vegetables	0.5	¼ cup vegetables
Fats and oils	1	1 tsp. gravy
Sugars	2	2 tsp. sugary (in ½ cup drink)

Total

Calories	340.5 kcal	
Carbohydrates	49%	42 g
Protein	17%	15 g
Fat	34%	13 g

***% RDA recommended for these meals is 20% for all nutrients except iron and Vitamin C for which 30% was the target.**



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