

Duckanoo (Makes 18)

Ingredients

75g/3 oz Polenta (Maisgrieß)
125g/-5oz Self Raising Flour
150g/+5oz freshly grated or desiccated Coconut
1/2 teasp Grated Nutmeg
1/2 teasp Ground Cinnamon
240ml/8fl.oz. Milk
1/2 teasp Vanilla Essence
50g/2oz Sultanas
50g/2oz Dark Brown Sugar
2 tbsp Water
25g/1oz Butter, melted

Instructions

1. Preheat the oven to 180C, 350F, Gas Mark 4 and grease some baking sheets.
2. Place the polenta, flour, coconut, nutmeg and cinnamon in a large bowl and mix well.
3. Add the milk a little at a time and mix until smooth then add the vanilla, raisins, sugar, water and butter. Mix with a wooden spoon then knead until the mixture is smooth and even.
4. Form the mixture into 18 balls, place on the greased baking sheets and bake for 30 minutes until golden. Serve with ice-cream or cream.

Can also be poached for 10-15 minutes in boiling water.

Rice & Peas

Lesley Mackley – *The Book of Caribbean Cooking* (serves 6)

2 cups (12oz/350g) basmati rice, washed and soaked for 1 hour
16fl oz (450ml) can coconut milk
1 sprig fresh thyme
1 Scotch bonnet chili
salt and freshly ground black pepper
1tbsp oil
4 scallions, sliced
1 clove garlic, crushed
14oz (400g) can gungo peas, drained and rinsed

- Drain rice and put in a saucepan with coconut milk, thyme, chili, and salt. Bring to boil and stir once.
- Lower heat so liquid simmers gently, cover with a tightly fitting lid and cook for 10-12 mins until rice is tender and liquid is absorbed.
- Meanwhile, heat oil in a large pan. Add scallions and garlic and cook for 2-3 mins.
- Remove the thyme and chili from rice and discard. Carefully stir scallion mixture, gungo peas, and freshly ground pepper into rice and heat through gently

Virginia Burke – *Walkerswood: Caribbean Kitchen* (serves 6)

250g/1 cup dried red peas (red kidney beans), soaked overnight
350ml/ ½ cups Walkerswood Coconut Milk
3 scallion stalks, chopped
1 fresh thyme sprig
salt and freshly ground black pepper, to taste
400g/2 cups uncooked white rice
1 whole scotch bonnet

- Place beans in a large, heavy saucepan with a lid. Add enough water to cover and boil until just tender, about 2 hours.
- Add the coconut milk and seasonings and then the rice. Top up with water, if necessary, so that there is about 2 ½ times as much liquid as rice and beans.
- Place the hot pepper on top and bring to the boil. Reduce the heat and cover. Let the rice steam slowly for about 25-30 mins or until all the liquid is absorbed and the rice is tender.
- Do not stir while cooking or allow the pepper to burst!
- Remove the pepper and thyme stalk, then fluff lightly before serving.

Alcoholic Ginger Beer (Created: 13 Nov 2001)

There are two ways of making ginger beer. The first consists of shredding ginger root and boiling it up with water and sugar. The second involves making a ginger 'plant' which can be re-used time and time again. This makes a batch once a week. The brewing process that will be discussed in this entry is the latter.

Equipment	Ingredients
A jar and lid which is big enough to contain the plant.	Dried ginger
One pint-sized measuring jug	Dried yeast
Several clean and dry two-litre plastic bottles.	Sugar
Teaspoons	Juice of four lemons
A large pan	Water
A fine cloth for straining the plant	

Making the Plant

The plant is a mixture of dried ginger, yeast, sugar and water. This creates a yeast culture.

1. In the jar, place one teaspoon of dried yeast, two teaspoons of dried ginger, four teaspoons of sugar and a pint (600ml) of cold water.
2. Stir and keep at room temperature.
3. Feed the plant every day with two teaspoons of dried ginger and four teaspoons of sugar. Stir after feeding.
4. The plant will be ready after one week.

Making the Ginger Beer

1. Place 1kg (2lb) of sugar and two pints of boiling water in the large pan. The sugar will dissolve.
2. Add the juice of the four lemons to the pan.
3. Strain the contents of the jar - the plant - through the cloth into the pan. See below for what is to be done with the solid portion of the plant.
4. Add 14 pints of room temperature water.
5. Stir and bottle. Fill the bottles about seven-eighths full as you need to allow for expansion. Squeeze the air out of the bottles to stop them exploding under pressure from their contents.
6. Store the bottles in a safe place at room temperature, and leave for three to four weeks to 'brew'.
7. Discard half of the solid from the plant or give it to someone so they may start their own. Place the remaining half in a clean jar with a pint of water and continue to feed as above.

Source: http://www.bbc.co.uk/dna/h2g2/pda/A634664?s_id=4&s_split=1 - 22/06/05

Ackee & Saltfish

Lesley Mackley – *The Book of Caribbean Cooking* (Serves 4)

8oz (225g) salt cod, soaked overnight and drained
4 slices bacon, 2tbsp oil, 1 onion, chopped
1 green capsicum, quartered and sliced
4 scallions (spring onion), sliced
2 green chilies, deseeded and finely chopped
3 tomatoes, peeled and chopped
freshly ground black pepper, 2tbsp chopped fresh parsley
19oz (538g) can ackees, drained
1tbsp (1/2oz/15g) butter
1 ripe plantain, peeled and sliced lengthwise

- Preheat broiler. Put fish in a saucepan, cover with cold water, and bring to boil. Cover and simmer for 20mins.
- Drain fish, and remove skin and bone. Flake flesh and set aside. Broil bacon until crisp. Drain on paper towels and chop. In a skillet, heat oil. Add onion and cook for 5 mins. Add green capsicum, scallions, and chilies, and cook for 5 mins until soft. Add tomatoes, pepper, and parsley and cook for a few mins until well blended. Add fish, ackees, and bacon, and stir very gently until heated through.
- Heat butter in a skillet, add plantain slices, and cook for 2-3 mins on each side. Drain on paper towels. Serve fish and ackees garnished with the fried plantain as a main course with Rice and Peas.

Virginia Burke – *Walkerswood: Caribbean Kitchen* (Serves 6)

1kg/2lb salt cod, 2tbsp cooking oil, 1 onion, chopped
2 escallion (spring onion) stalks, chopped
½ scotch bonnet pepper, de-seeded and chopped, or ½ tsp Walkerswood Scotch Bonnet Pepper Sauce
2 garlic gloves, crushed, 1tsp chopped fresh thyme
2 tomatoes, chopped
2x 535g cans Walkerswood Ackees (about 2 dozen), drained
salt and pepper, to taste

- Prepare the saltfish. Heat the oil in a large frying pan, add the onion, escallions, hot pepper or sauce and garlic.
- Fry over low heat until the onion is transparent, then add the fresh thyme. Add the saltfish and fry, stirring constantly, for 3 mins, and then the tomatoes and ackees.
- Toss gently so as not to break up the ackees
- Sprinkle with salt (if necessary) and pepper before serving.

Callaloo

Lesley Mackley – *The Book of Caribbean Cooking*

1lb (450g) callaloo leaves

2 tbsp (1oz/25g) butter

1 onion, finely chopped

2 gloves garlic, crushed

4 oz (115g) okra, sliced

1 sprig thyme

3 ¾ cups (30 fl oz/850 ml) chicken or vegetable stock

14fl oz(400ml) can coconut milk

Salt and freshly ground pepper

8 oz (225g) fresh, canned, or frozen crabmeat

Hot pepper sauce, to taste

Finely diced red capsicum, to garnish

- finely shred Callaloo leaves
- in a large pan, heat butter, add onion and cook for 10 mins until soft and golden
- add okra and thyme and cook, stirring, for 5 mins
- stir in callaloo, then add stock, coconut milk, and seasoning
- bring to the boil, cover, and simmer gently for 15 mins
- add crabmeat and cook gently for 5 more mins
- add hot pepper sauce to taste
- ladle into heated soup bowls and garnish with diced red capsicum

Corwynn Darkholme – <http://soup.allrecipes.com/az/CallalooSoup.asp>

1 pound callaloo leaves

6 cups chicken stock

1 onion, chopped

½ pound salt beef, fat removed, and diced

½ tsp ground black pepper, 1 green chili pepper, chopped

6 tbsp minced shallots

¼ tsp dried thyme

1 cup okra

½ pound crabmeat

- remove the thick stems of the callaloo leaves, chop roughly, and put into a large saucepan
- add chicken stock, onion, beef, black pepper, shallots, thyme, chili pepper, and crab meat; cover, and simmer until meat is tender (c. 35mins)
- add the okra, and cook for 8 mins; then remove the chili pepper
- puree the soup in a blender or food processor
- reheat, and adjust seasonings