

Simply Trini Cooking

Lenten Special

40 Delicious

Recipes for Lent



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By
Felix Padilla

Simply Trini Cooking Lenten Special: 40 Delicious Recipes for
Lent

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TABLE OF CONTENTS

I. PREFACE	1
II. INTRODUCTION.....	2
III. BREAKFAST	
i. Accra.....	4
ii. Bake and Saltfish.....	5
iii. Fry Bake	6
iv. Coconut Bake	7
v. Tomato Choka	8
vi. Saltfish Buljol	9
vii. Bake and Shark	10
viii. Float	11
ix. Orange Bread	12
x. GFCF Banana Nut Loaf	13
IV. DESSERT	
i. Soursop Sorbet.....	15
ii. Mango Sorbet	16
iii. GFCF Raisin Drops.....	17
iv. Coconut Drop	18
v. Eggless Cake	19
V. PASTA	
i. Eggless Macaroni Pie ...	21
ii. Spinach Lasagne	22
iii. Macaroni Salad	23
iv. Macaroni Pie	24
v. Vegetable Chow Mein...	25



TABLE OF CONTENTS

VI. MAIN MEALS

i.	Channa Puri	27
ii.	Curry Channa and Aloo.....	28
iii.	Potato Choka	29
iv.	Pumpkin Talkari	30
v.	Pumpkin and Saltfish	31
vi.	Bodi and Saltfish	32
vii.	Parsley Potato.....	33
viii.	Stew Fish	34
ix.	Cornmeal Coo Coo	35
x.	Corn Pie	36
xi.	Dumpling & Saltfish	37
xii.	Stew Fish	38
xiii.	Rice & Curry Seim	39
xiv.	Fish Broth	40
xv.	Callaloo	41
xvi.	Pink Salmon & Rice	42
xvii.	Yam Pie	43
xviii.	Dumpling	44
xix.	Fish Cakes	45
xx.	Green Fig Salad.....	46

VII. SUGGESTED GOOD FRIDAY MENU

i.	Breakfast	47
ii.	Lunch	47
iii.	Dinner	47



PREFACE

This is the time of our spiritual spring. This is the time that many in Trinidad and Tobago, regardless of religious affiliation, recognize as a time to set ourselves free from the "bondage of guilt". This is our tradition here in Trinidad and Tobago, and we always benefit from it.

Today, the significance of the observation of Lent is growing, not just because of the growing infidelity and vice in society, but because of the very fact that our communities and population is growing and our desire for material gain and wealth is growing. I like this season and also believe it can do lot of good for us as a people.

This eBook is our gift to our readers during this season of 'spring'. I hope this eBook will be helpful to you. I also believe it is a good collectible for those who are vegetarians throughout the year.

Before I go, I would like to thank my family who helped me deliver many of these recipes, not to mention my wife who help me put together this book for you to enjoy. I would also like to thank three loyal subscribers who contributed the menu for Good Friday.

If you would like to see detailed step by step, vivid pictures of each of these recipes and many others, visit my website at www.simplytrinicooking.com. Enjoy!

INTRODUCTION

In Trinidad and Tobago, we observe Lent beginning on Ash Wednesday and concluding on Holy Thursday. (You should note that the Sundays within this time is not counted). Lent is the time we become penitent (we pray, repent, gives alms, and practice self-denial). Fasting is therefore popular around this time, generally 40 days. During this time we reflect, evaluate our ways and relationships with others, seek ways to improve our relationships with others, and improve our moral and spiritual being.

The food we eat must help us remain committed to this goal during this Lenten season. Within this eBook you will find a number of recipes that are very simple to prepare and make use of basic ingredients. The only type of meat featured in this eBook is fish.

At the end of this experience, I pray you will have fulfilled your goals and will have prepared you in your next spiritual step on this journey of life.



Breakfast Recipes



Breakfast Recipe: Accra

Yields: 13-18 accras

Preparation time: 15 min

Cooking time: 15 min

Level: Easy

Ingredients:

2 cups flour, sifted
2 tsp. Baking powder
1 tsp. Sugar
½ lb. salt fish, boiled and flaked
1 tsp. parsley
1 tsp. celery, finely chopped
1 bundle chive, finely chopped
1 small onion, grated
2 cloves garlic, grated
2 sprigs thyme, finely chopped
Oil for frying
Water
Hot pepper and salt to taste

Directions:

Combine the flour, baking powder, onion, garlic, the rest of the seasonings, and the saltfish. Pour some water at a time and mix the ingredients until a soft batter is made.

Dip a tablespoon in a bowl of water before dipping it in the batter. Drop tablespoons of the batter into hot oil. Fry until slightly golden. Remove and drain on a paper towel.

Yields approximately 13-18 accras.



Breakfast Recipe: Bake and Saltfish

Yields about: 1 cups

Preparation time: 10 min

Cooking time: 10 min

Level: Easy

Ingredients:

½ lb. Salt fish
3 cloves garlic, crushed
1 small onion, chopped finely
¾ lb. tomatoes, chopped
½ tsp. chive, chopped
½ tsp. thyme, chopped (Spanish
or fine leaf)
2 tbsp. olive oil or coconut oil
(to fry the saltfish)
1 small hot pepper, finely
chopped (optional)

Fry Bake: See page 6

Directions:

Boil the salt fish for about 10 minutes to remove some of the salt.

Remove skin and bones; wash and squeeze the saltfish and break into small pieces. Cook the onions, garlic, tomatoes, chive and thyme in oil until slightly brown.

Add the flaked salt fish and hot pepper and cook for 10 minutes.



Breakfast Recipe: Fry Bake

Yields about: 12 small bakes

Preparation time: 90 min

Cooking time: 15 min

Level: Intermediate

Ingredients:

3½ cups flour
½ cup wheat flour
4-5 tsp. baking powder
1 tsp. salt
1½ cups water
1 tbsp. sugar
Oil for frying (bake)

Cover with a damp towel and allow to relax for ½ hour .

Divide dough into small balls (makes about 12 balls).

Roll ball of dough out on a floured board to 1/4 inch thick in a round shape.

Directions:

Add the water all at once, if dough is still dry when mixed, add enough water to make smooth dough.

Fry in hot oil (do not deep fry), turn once and drain on kitchen paper. Serve cool.



Breakfast Recipe: Coconut Bake

Yield: 1

Preparation time: 15 min

Cooking time: 20 min

Level: Intermediate

Ingredients:

2 cups flour
¾ tsp salt
4 tsp baking powder
2 tbsp. melted butter or olive oil
¾ cup grated coconut
2 tbsp. sugar
¾ cup milk

Directions:

Sift flour, salt, baking powder into bowl.

In a separate bowl mix the grated coconut and sugar then add the

coconut mixture to the sifted flour. Add the milk and butter or oil.

Knead for about 5 minutes or until you get a smooth dough like in the picture.

Cover and let rise for 10 minutes.

Using a rolling pin, shape dough into a circle (¾ -1 inch thick) and place in a greased baking tin, round or square. Prick top of the bake with fork to decorate.

Bake in a moderate oven (about 250 degrees F) for 20 minutes or until light brown. Allow to cool.



Breakfast Recipe: Tomato Choka

Serves: 2-3

Preparation time: 15 min

Level: Easy

Ingredients:

5 tomatoes
1 small onion, chopped
4 cloves garlic
salt and pepper to taste



Directions:

Method 1:

Roast or boil the tomatoes, remove the skin, and crushed to a pulp. Add onion, 2 garlic, salt and pepper to taste. In a kalchul fry the remaining garlic until brown and chongkay the tomato choka. Mix all the ingredients together and allow to cool.

Method 2:

Dice raw tomatoes and add chopped garlic, salt and pepper to taste. Add olive oil and mix well.



Breakfast Recipe: Saltfish Buljol

Serves: 3
Preparation time: 10 min
Cooking time: 30 min
Level: Easy

Ingredients:

1/2 lb saltfish (salted pollock or shark)
1 medium-size onion, chopped
2 tbsp hot pepper sauce or half a hot pepper (or add pepper to taste)
1 sprig chive chopped
1/2 lemon or 1 lime
2 tbsp olive oil
3 medium sized tomatoes chopped

Directions:

Boil, clean and debone the Saltfish. Break into small pieces and wash to take out excess salt.

Take up handfuls of saltfish and squeeze out water.

In a separate bowl add onion, chive, tomatoes, olive oil, lemon juice and pepper to saltfish and mix thoroughly.

Refrigerate or serve right away.



Breakfast Recipe: Bake and Shark

Servings: 4-5
Preparation time: 3 hrs
Cooking time: 20 min
Level: Intermediate

Float Fry Bake:
See Page 11

Ingredients:

1 lb shark
3 tbsp green seasoning*
3 lemons (or 4 limes)
1 egg (for egg wash)
Flour (to flour shark)
Salt to taste
Oil for frying

* If you don't have green seasoning use :

1 chive,
10 leaves chadon beni,
2 seasoning pepper,
1 small onion,
2 cloves garlic and
3 leaves big leaf thyme.

Directions:

Squeeze about 3 lemons in some water and leave the shark to soak for about 3 hours.

Wash the shark in clean water. Season with the green seasoning and salt.

Dip the seasoned shark in the egg wash, then in some flour.

Deep fry the shark until golden brown and drain on paper.



Breakfast Recipe: Float

Servings: 7

Preparation time: 25 min

Cooking time: 20 min

Level: Easy

Ingredients:

2 cups flour (all purpose)
3/4 tsp salt
1 tsp baking powder
1 tsp yeast
1/2 tbsp sugar
3/4 cup water
Oil for frying

Directions:

Sift together the flour, and wheat flour. Add salt, yeast and sugar. Mix well. Add the water all at once, if dough is still dry when mixed, add enough water to make a smooth dough.

Allow dough to relax for ½ hour. Divide dough into small balls. Roll ball of dough out on a floured board 1/4 inch thick and round.

Fry in hot oil (do not deep fry), turn once and drain on kitchen paper.

Serve cool.



Breakfast Recipe: Orange Bread

Yields 1 loaf or 2 small loaves

Preparation time: 1 hr 30 min.

Cooking time: 30 min

Level: Intermediate

Ingredients:

5 cups all purpose flour,
divided
1 1/2 tbsp. yeast
3 tbsp. white sugar
1 cup orange juice (from
concentrate)
1 cup warm water
1 egg yolk, beaten
2 tbsp. melted butter
1 tsp. grated orange rind
1 tsp salt

Directions:

Blend the juice, water, sugar, egg,
butter, and orange rind.

Combine the 4 cups of flour and
yeast. Then sift the flour at yeast
twice.

Add 2 cups of the flour into the
liquid mixture and beat well. Then
knead in the next 2 cups of flour.
(Note: As much as 1 cup of flour
would have to be added to help
make a smooth dough. That makes 5
cups in total).

Divide the dough into two and place
into 2 (9" or 23 cm) greased baking
pans or dishes.

Allow to rest until it doubles in size
(about 1 hour)

Brush with melted butter. Bake for
about 40 minutes at 350 degrees F or
until golden and firm. Then remove
from oven and cool before serving.



Breakfast Recipe: GFCF Banana Nut Loaf

Serves 1 large loaf or 2 small loaves

Preparation time: 5 minutes

Cooking time: 60 minutes

Level: Basic

Ingredients:

4 eggs
1 1/2 cups granulated sugar
1 cup melted butter
4 ripe medium-sized bananas,
mashed
2 1/2 cups gluten-free flour (I
combined 1 cup cassava flour
and 1 1/2 cups brown rice flour)
1 tsp. baking soda
2 1/2 tsp. baking powder
1 tsp. salt
1 tsp. cinnamon, optional
1 cup shredded coconut
1 cup coarsely chopped almond
nuts
1/2-1 cup maraschino cherries,
halved
1 tsp. vanilla essence

Direction:

Preheat the oven to 350
degrees F or (180 degrees C).

Blend the flour, cinnamon,
baking powder, baking soda
and salt in a large bowl.

In another bowl, beat the eggs,
and gradually beat in the
sugar, melted butter and
vanilla extract. Then add the
mashed bananas and blend
well. Stir in the liquid
ingredients into the flour
mixture gradually. Fold in the
rest of the ingredients: the
coconut, cherries, and
almonds.

Pour the mixture into a well
greased baking loaf pan 6x11
inches or 2 baking loaf pans
(8x4 inches). Bake for about 1
hour at 220 degrees F or until a
toothpick inserted in the center
comes out clean.



Dessert Recipes



Dessert Recipe: Soursop Sorbet



Serves 3

Total preparation time: 30 min

Level: Easy

Ingredients:

2 cups soursop pulp,
Seeded, pureed
2 tbsp lime juice
(Lemon juice could be
used also)
3/4 cup sugar

Directions:

Peel and separate the
seed from the pulp.

Blend with 1 cup of water and place
the pulp in a fine strainer or sieve.
Note: Use the back of a pot spoon to
press the pulp. This is very labour
intensive but worth it!

Add the lime juice and sugar. Blend
until the sugar dissolves. Place in a
metal baking pan and cover with
foil. Freeze until firm (about 3
hours).

*Note: Alternatively, you can freeze
in an ice cream maker according to
manufacturer's instructions.*

Dessert Recipe: Mango Sorbet



Servings: 3
Preparation time: 20 min
Refrigeration time: 3 hours

Ingredients:

2 cups mango pulp (I
used Julie mango)
2 tbsp lime juice
3/4 cup sugar

Directions:

Cut the mango; make
marks as shown and
scoop out the pulp
with a spoon. Blend
the pulp then add the
lime juice.

Add the sugar and blend until the sugar is
dissolved. Place in a metal baking pan and
cover with foil. Freeze until firm (about 3
hours).

*Note: Alternatively, you can freeze in an
ice cream maker according to
manufacturer's instructions.*

Let the sorbet soften at room temperature
before serving. If you don't have an ice
cream maker, freeze the mango until firm
(about 3 hours) then take a fork and mash
the sorbet, then freeze until firm again
before serving.

Dessert Recipe: GF CF Raisin Drops



Yields about: 25 Raisin Drops.

Preparation time: 20 min

Cooking time: 15 min

Level: Easy

Ingredients:

2 1/4 cups gluten free flour* (e.g. Doves farm brand, which has xanthan gum)
2 eggs
3/4 cup raisins
1/3 cup oil
1/3 cup water or coconut milk**
3/4 cup sugar (preferably the light brown sugar)
2 tsp baking powder
1 tsp. cinnamon
1 tsp. mixed essence
Sugar for dusting (optional)

Directions:

Mix the flour, sugar, baking powder and cinnamon together. Beat the eggs. Mix the eggs, water or milk, and vanilla essence together. Pour the liquid into the dry ingredients. Mix well. Add the raisins and mix well. You should have a sticky dough.

Drop the dough, about 2 inches in diameter, onto a greased baking sheet or dish. If you wish you may dust with a little sugar.

Bake in a preheated oven 350 degrees F (180 degrees C) for about 12 to 15 minutes or until golden. Remove from the baking sheet and allow to cool before serving.

Dessert Recipe: Coconut Drops

Yield: 22 drops

Preparation time: 15 min

Cooking time: 20-30 min

Level: Intermediate

Ingredients:

2 ozs. Butter
½ cups sugar
1 egg, lightly beaten
½ tsp bitters
1 tsp. vanilla
3 cups flour
3 tsp baking powder
2 tsp cinnamon
½ cup raisins
2 cups finely grated coconut



Directions:

Preheat oven to 350°F.

Cream the butter and sugar until smooth. Add egg, bitters and vanilla; beat well.

In a separate bowl, combine the flour, baking powder, and cinnamon. Add coconut and raisins. Pour the liquid mixture into the dry ingredients and mix well. Add a little bit of water if necessary to moisten the batter. (However, the batter should be firm enough to hold their shape while baking).

Grease a cookie sheet and drop spoonfuls of batter onto it.

Dessert Recipe: Eggless Cake



Ingredients:

2 1/4 cups less 1 tbsp. all-purpose flour
5 tbsp. corn starch
2 tsp baking powder
1 tsp baking soda
2 tsp. cinnamon
1 tsp. nutmeg
1 can condense milk
1 cup evaporated milk
1 cup melted butterLink
1/4 cup confectioner's sugar (optional)
2 tsp. almond extract

Directions:

Sift twice together the flour with the cornstarch, baking powder, baking

Preparation time: 30 min

Cooking time: 45 min

Level: Easy

soda, nutmeg and cinnamon. Combine well the condense milk, evaporated milk, melted butter, almond extract and (if you had chosen) the confectioner's sugar.

Fold in the liquid mixture into the flour mixture. Mix well. Pour into a lined and grease (deep 9" round) cake pan. Bake in a preheated 325 degree F oven for about 45 minutes or until the cake is golden brown and a toothpick that is inserted in the center of the cake comes out clean. Remove and cool before serving.

Note: Some people like sweet cakes. This cake is mildly sweet. If you want a sweeter cake, I believe the optional confectioner's sugar will do just well, because it will blend easily in the cake.

Pasta Recipes



Main Course Recipe: Eggless Macaroni Pie



Yields 1-dish 12 x 8 x 2 inches.

Preparation time: 10 min

Total cooking time: 45 min

Level: Intermediate

Ingredients:

1 pk macaroni 20 oz
2 1/2 cups grated cheese
1 pimento pepper,
chopped finely
1 1/2 cup evaporated
milk
2 tbsp butter
1 1/2 tbsp flour
1/2 tsp white or black
pepper
1/2 tsp paprika
1/2 tsp parsley
1 tsp tomato paste

Directions:

Boil the macaroni, drain and set aside.
Melt the butter over a medium flame. Then add the flour while stirring continuously. Let cook for about 1 minute. Add the milk and stir. Add the grated cheese and stir into a smooth paste.

Add the cheese sauce to the boiled macaroni and mix thoroughly. Add the seasonings and tomato paste and mix again. Pour the macaroni mixture in a greased baking dish 12 x 8 x 2 inches. Sprinkle grated cheese on top, enough to cover the surface. You could also sprinkle a bit of parsley on the cheese.

Bake for 30 minutes at 350 degrees F or until the top looks golden. Serve cool.

Main Course Recipe: Spinach Lasagne



Servings: 1 tray
Preparation time: 20 min
Cooking time: 60 min
Level: Intermediate

Ingredients:

- 1 pack of lasagna pasta
- 1 bundle of spinach (bhagi)
- 2 cloves garlic, finely chopped
- 1 small onion, finely chopped
- 2 tbsp. oil for sauteing the spinach
- 1 1/2 lb. cheddar cheese, grated
- 2 tbsp. butter
- 2 tbsp. flour, all purpose
- 1 cup milk
- 1/2 cup chunky tomato sauce (optional)

Directions:

Wash and clean the spinach. Sauté the garlic and onion in a deep pot; add the spinach (bhagi) to the pot, mix and allow to cook until the leaves are soft.

Make the white sauce. Over a low flame, melt the butter, stir in the flour, and add the milk. Mix, preferably with a fork to ensure that the flour don't lump together. Continue to boil until the milk gets thick. Remove immediately from the flame.

Boil the pasta. Drain when cooked and set aside to cool.

Grease the dish. Line it with the pasta. Add the white sauce (if you are placing tomato sauce, then add it now), layer the spinach, then the cheese, and then another layer of pasta. Continue when done. Note: you will have about three layers when done. You may still have some spinach, this can be placed on the top as well before the last layer of cheese. Bake for 40 minutes at 250 degrees Fahrenheit.

Main Course Recipe: Macaroni Salad

Serving: 7-8
Preparation time: 10 min
Cooking time: 25 min
Level: Easy

Ingredients:

1 pack (300g) macaroni
2 cups mixed vegetables (corn, green beans, peas, string beans, and carrots)
2 hard boiled eggs
1 celery stalk
1 medium sweet pepper, finely chopped
5 stuffed olives, finely chopped (optional)
1 small onion, grated
1 tbsp. lemon juice
3 tbsp. mayonnaise
1 tsp. sugar
2 tsp. sweet relish
Pepper to taste



Directions:

Boil the macaroni. Strain and pour the macaroni in a deep bowl for mixing. Add the vegetables.

(If you use frozen mixed vegetables, steam the vegetables before using it). Grate the onion.

Finely chop the boiled egg and add to the dish. Mix the lemon juice, mayonnaise and sugar in a separate bowl and add to the macaroni. Add the rest of the ingredients and a little pepper for taste, if desired, and mix well the ingredients together.

Refrigerate the macaroni salad until ready to serve.

Main Course Recipe: Macaroni Pie

Yield: 1 pie

Preparation time: 15 min

Cooking time: 15 min + 30 min

Level: Easy

Ingredients:

1 pack macaroni, about 20 oz
1 egg
2-3 tsp. tomato paste
2 tbsp. butter
3/4 cup evaporated milk
1 lb. cheese, grated
1 small onion, finely grated
1 pimento
1 tsp. parsley
1 sprig of chive, finely
chopped
1/2 tsp. paprika
1 tsp. bitters
A dash of favorite seasonings
Salt and pepper sauce to taste

Direction:

In water, cook the macaroni for about 10 minutes and drain.

Add the butter into the hot macaroni and mix until melted. Add the egg, tomato paste, milk and cheese. Mix well. Stir in herbs, bitters, and pepper to the macaroni.

Pour in a greased baking dish and sprinkle cheese over the top. Garnish slightly.

Bake at 350° for 30 minutes or until the top gets golden brown.



Main Course Recipe: Vegetable Chow Mein



Serves: 6

Prep time: 30 minutes

Cooking time: 30 minutes

Level: Intermediate

Ingredients:

1 tin (425 g) baby corn
1 tin (400 g) button mushroom
2 carrots, thinly sliced
1/2 small cabbage, thinly sliced
1 large sweet pepper,
1 small onion, thinly sliced
184 g lou mein egg noodles
2 tsp. salt
1 tbsp. soy sauce.
1/2 tsp. corn starch (for solution)
1/2 tbsp. sesame oil
oil for frying (about 2 tbsp)
1 sprig chive, chopped (optional)

Directions:

Boil and drain noodles. Cut up the vegetables. Mix the cornstarch solution (1/2 tsp. cornstarch: 1 tbsp. water) and set aside.

Heat wok and bring oil to a boil over a medium to high flame. Add the onion and stir fry for 30 seconds. Stir fry the carrots and sweet pepper for 1 minute. Then add the corn, mushrooms and cabbage.

Stir fry for 1 minute until the vegetables are cooked. Add seasonings (except corn starch and sesame oil) then thicken with corn starch solution.

Add sesame oil, noodles and chive stirring evenly. Turn off heat. Serve hot.



Main Course Recipes



Main Course Recipe: Channa Puri



Ingredients:

1/2 lb (approx. 2 cups)
channa
6 cups flour
2 tbsp. baking powder
1 tsp. sugar
2 1/2 tsp. salt
1 3/4 cup water
3 pimento peppers (2
green and 1 red)
4 cloves garlic
6 leaves chadon beni
1 tbsp. geera powder
1/2 tsp. grated ginger
Oil

Directions:

Soak channa
overnight. Boil for 10
minutes.

Yields about 8 large roti

Cooking and preparation time: approx. 90 min

Level: Difficult

Mix flour, sugar, baking powder, salt and water to form a soft dough. Rub a little oil over the dough. Let rest for 30 minutes. Drain the channa and blend in a food processor. Set aside. Blend the seasoning. Combine the seasoning and channa in the processor. Add the salt and geera powder. Set aside.

Sprinkle flour on a clean surface and make nine loyas. Open the loya and sprinkle flour. Add about 2 1/2 tablespoon of the channa mixture and seal the ball. Leave to rest for about 10 minutes.

Roll out the filled dough very thinly. Heat tawah on medium heat. Grease the tawah and place the rolled out roti.

Grease the top, cook on one side, turn over, and cook on the other side. When the channa puri is cooked and swells, fold and place in a bowl to cool.

Main Course Recipe: Curry Channa and Aloo



Serves: 4-6

Preparation time: 10 min

Cooking time: 30 min

Level: Intermediate

Ingredients:

1/2 lb. dried channa or 1 tin of channa (garbanzo bean)
4 potatoes, peeled and chopped
2 cloves garlic, chopped
1 small onion, chopped
2 pimento peppers, finely chopped
2 tbsp. curry powder
1/2 tsp geera
1/2 tsp masala
1/2 tsp. salt or salt to taste
3-4 leaves chadon beni, chopped finely

Directions:

If dried channa is used, pressure cook the channa in salted water (1 tsp salt) until tender. Drain and set aside the channa and the channa water.

Wash, peel and chop the potatoes.

Heat oil and add onion and garlic. Add the curry and cook until almost dry. Add potato and green seasoning. Stir until coated with curry. Add channa and mix. Then add the pimento and chadon beni. Add the "channa" water (about 2 cups). Cook until potatoes are tender and mixture is thick. Season with salt, geera, masala. Add pepper to taste.

Main Course Recipe: Potato Choka



Servings: 8
Preparation time: 10 minutes
Cooking time: 25 min
Level: Easy

Ingredients:

4 potatoes
4 cloves garlic, divided
1/2 med. onion,
chopped
3 tbsp oil
Salt to taste
Pepper to taste

Note: You can boil the potatoes with a little salt added

Directions:

Wash and boil the potatoes. Test with an ice pick or knife.

Peel the potatoes.

Grate two of the garlic cloves. Chop the onion finely. Add pepper and salt to taste.

Note: You could also use chopped raw pepper. Mix thoroughly.

Fry the next two cloves of chopped garlic in a kalchul until brown and chongkay the potato choka. Mix well.

Main Course Recipe: Pumpkin Talkari

Servings: 3
Preparation time: 10 min
Cooking time: 25 min
Level: Intermediate

Ingredients:

1 lb. pumpkin
2 pimentos
2 cloves garlic
1/2 onion
1 bouillon cube
(optional)
1 tbsp curry
(optional)
1/2 tsp. salt
1 small slice of hot
pepper
1/2 tsp. geera
2 tbsp. oil

Directions:

Cut up the onion, pimentos, garlic and pumpkin and set aside. Heat oil and saute garlic.

Add the hot pepper, the rest of seasonings, bouillon cube and geera. Add the pumpkin and stir. Add a little water and leave to simmer for about 15 - 20 minutes.

Add salt and allow to reduce to a semi thick consistency. Not too dry though!



Main Course Recipe: Pumpkin and Saltfish



Servings:

Preparation time: 10 min

Cooking time: 30 min

Level: Easy

Ingredients:

1 1/2 lb pumpkin,
diced
1/2 lb saltfish
6 leaves chadon beni
(divided)
2 tbsp oil
1/2 onion, chpped
3 cloves garlic,
chopped
2 chives, chopped
1/2 cup water (
approximately)
Pepper to taste

Directions:

Boil and clean the saltfish. In a deep pot, over a medium flame, add the oil and saute the onion and garlic. Then add the chopped chive and chadon beni. Allow to fry for about a minute.

Add the pumpkin and mix thoroughly. According to the type of pumpkin you have you may have to add a little water. Cook for about fifteen minutes or until soft. Then add the saltfish, the leaves of the chadon beni.. At this time you could also lower the flame to help evaporate some of the excess water. When most of the water has evaporated add pepper to taste.

Main Course Recipe: Bodi and Saltfish



Servings: 5
Preparation time: 5 min
Cooking time: 25-30 min
Level: Easy

Ingredients:

1/2 lb saltfish
1 bundle bodi, chopped
2 pimento peppers,
chopped
1 whole onion, chopped
4 clove garlic, chopped

Directions:

Boil, clean and break up the saltfish into small pieces and set aside.

Heat the oil over a medium flame; saute the onion and garlic for about one minute or when it's beginning to look slightly brown. Add the bodi (long bean) and pimento pepper.

Cook until tender. (Note: You may have to add a little water (approx 1/4 cup) to the pot to avoid burning the bodi.)

When the bodi is tender, add the saltfish and cook for about three minutes.

Serve over rice or with roti or bake.

Main Course Recipe: Parsley Potato



Serves 5

Preparation time: 10 minutes

Cooking time: 30 minutes

Level: Easy

Ingredients:

5 medium potatoes (red skin is best)
3 1/2 tbsp. parsley, finely chopped
1 large pimento pepper or 2 small pimento peppers, finely chopped
4 tbsp. butter
4 cloves of garlic, grated
Salt to taste
Water to boil the Potatoes

Directions:

Wash and boil the potatoes. Cut the potatoes into into 1-2 inch cubes.

Heat pot over a medium flame and melt the butter. Add pimento peppers, garlic and parsley. Saute until tender.

Add potatoes in 2 parts and toss until well, adding salt gradually. Combine the ingredients, then add more salt to taste as desired.

Main Course Recipe: Stew Fish



Ingredients:

3/4 lb fish fillets (you can use any fish you like)
1 lime
1 sprig celery, chopped
1 small onion, chopped
2 cloves garlic, chopped
9 leaves chadon beni, chopped
3 pimento peppers, chopped (divided)
1 tsp salt
2 tomatoes, chopped
1/2 sweet pepper, chopped
Approx. 3/4 cup flour for dusting
1 tsp grated ginger
1 cup water
2 tbsp tomato paste
1 tbsp sugar

Serves 5

Preparation time:

Cooking time:

Level Intermediate

Directions:

Wash the fillets in water with the juice of the lime added. Season with celery, onion, pimento peppers, chadon beni, garlic and salt. Marinate for an hour. Scrape off most of the seasoning and set aside.

Dust the fish with flour. Fry until golden brown and drain on paper towels. Saute the seasoning that was set aside together with the ginger for one minute. Add the tomatoes and sweet pepper and saute for 1 minute.

Add tomato paste, sugar and 1 cup of water. Add the fried fish and let simmer for 1 minute. Serve over rice.

Main Course Recipe: Cornmeal Coo Coo

Yield: 1 -9 inch

Preparation time: 15 min

Cooking time: 20 min

Level: Easy

1 medium onion, grated
1 tsp. garlic, grated
10 small ochroes, sliced
thinly
2 tbsp. powdered seasoning of
choice (for taste)
1 tbsp. butter
½ cup water
2 cup coconut milk
1 cup yellow cornmeal
1 tsp. chive
salt to taste
1 small pepper and pimento
pepper, thinly chopped, for
taste (optional)

Heat coconut milk on a low heat. Cook the ochroes in the coconut milk until tender. Add onion, garlic, chive, salt, pepper, and other seasoning and stir. Continue to cook on a low heat. Remove from heat and add cornmeal. Return and cook on a low fire. Mix a little at a time, but stir vigorously until all is added. (Please, ensure that there are no lumps in the mixture). Mix well!

Sometimes a little bit of liquid may have to be added at a time. Add it slowly to avoid the mixture getting too wet.

A thick creamy mixture is desirable. Continually stir the mixture over a low heat and cook for 5 minutes or until most of the liquid is absorbed and a stiff ball is formed.



Remove the coo-coo from the fire when it appears stiff and can hold a peak. Remove from heat and, at once, pour into a buttered bowl or dish. Smooth top with the butter using the back of a spoon. Continue adding a little butter at a time to help smoothen the top. When done, leave to stand for 15 minutes before serving. Then turn over onto a serving plate.

Main Course Recipe: Corn Pie



Ingredients:

1 egg
1 can whole kernel corn
1/2 tsp. salt
1/4 cup (2 oz.) butter
1/2 tsp. black pepper or
white pepper
8 tbsp. Promasa Cornmeal
2 pimento peppers,
chopped
2 medium sized onions,
chopped
1 large sweet pepper, diced
1 cup evaporated milk

Directions:

Add 1 egg to the liquid from 1 can of whole kernel corn. If there is little liquid add water to bring it up to about 1 cup liquid.

Servings: 6

Preparation time: 10 min

Cooking time: 30 min

Level: Easy

Directions:

Add 1 egg to the liquid from 1 can of whole kernel corn. If there is little liquid add water to bring it up to about 1 cup liquid. Beat well then add salt and black pepper or white pepper. Stir in cornmeal to a smooth paste and set aside. Melt the butter and saute the onion, pimento peppers and sweet pepper. Add evaporated milk and bring to boil. Add the cornmeal mixture and stir on low heat to a consistent paste. Stir in the whole kernel corn. Continue stirring until it leaves the sides of the pot. Remove from heat and pour into a greased dish. Smooth the surface with the back of a spoon.

Bake at 350 degrees F for approx 30 minutes or until golden brown.

Main Course Recipe: Dumpling & Saltfish



Servings:

Preparation time: 15 min

Cooking time: 15 min

Level: Easy

Ingredients:

Salt fish:

½ lb. Salt fish

3 cloves garlic, crushed

1 small onion, chopped finely

3 small tomatoes, chopped

½ tsp. chive, chopped

½ tsp. thyme, chopped

(Spanish or fine leaf)

2 pimento pepper

3 leaves chadon beni,
chopped

2 tbsp. olive oil or coconut oil
(to fry the saltfish)

1 small hot pepper, finely
chopped (optional)

Boil the saltfish. Wash and clean the saltfish and break it up into smaller pieces. The saltfish is sometimes very salty so you may need to wash the saltfish about three times to remove the extra salt.

Cut up the tomatoes and seasoning. Saute the garlic and onion. Then add the pimento pepper. Add the tomatoes and cook for about one minute. Then add the saltfish and stir. Add a little water to prevent sticking. Simmer for about more two minutes.

Serve over dumpling. (see page 44)

Main Course Recipe: Stew Fish



Ingredients:

1 lb fish (I used Carite but King fish can be used also)
1 tbsp green seasoning
2 cloves garlic, chopped
1 lemon
1 small onion, chopped
2 tomatoes, diced
1 sprig celery, chopped
1 pimento pepper, chopped
1 leaf big leaf thyme, chopped
1 dash paprika
1 dash parsley
Salt to taste
2 tbsp tomato paste
3 tbsp oil
1 tbsp golden ray margarine
1 1/2 cup water (divided)

Directions:

Wash the fish with the lemon and drain. Season with green seasoning, garlic, onion,

Serves: 3-4 persons

Preparation time: 1hr 10 min

Cooking time: 20 min

Level: Easy

tomatoes, pimento peppers, big leaf thyme, salt, paprika and parsley. Allow to marinate for at least 1 hour.

Heat the oil over a medium flame. While the oil is heating, scrape the seasoning from the fish and set aside. Add the seasoning and saute for about 2 minutes. Add the fish and let it steam for 1 minute. Add half cup of water and cover the pot. Allow to cook until tender (about 10 minutes).

Note: Try not to turn the fish too much while cooking to avoid breaking it up. Add the golden ray margarine.

The fish is cooked but now we have to make the sauce. Add the tomato paste and 1 cup of water. Allow to simmer for about two minutes. Adjust salt if necessary.

Main Course Recipe: Rice & Curry Seim



Serves 5

Preparation time: 7 minutes

Cooking time: 20 minutes

Level: Intermediate

Ingredients:

1 1/2 cups rice
2 lbs seim
2 tsp salt
1 onion, chopped
3 cloves garlic, chopped
2 tbsp green seasoning
8 pimento (seasoning pepper)
3 tbsp curry
1 tsp geera (roasted cumin)
1 tsp turmeric powder (we call this Saffron, or Hardi)
1 tsp amchar masala
5 tbsp water
2 tbsp oil
3/4 cup coconut milk powder
3/4 cup water + 1 cup when cooking

Directions:

Boil rice, drain and set aside.
Wash, clean and cut up the Seim. Chop the pimento peppers, garlic and onion. Set aside.
Mix the curry, green seasoning, geera, turmeric, and amchar masala with 5 tbsp water. Set aside.
Heat the oil over a medium flame. Then add the chopped pimento pepper, garlic and onion.

When the onion looks translucent pour in the curry mixture and let cook for 1 minute or until it starts to look sticky. Add the seim and mix in with the curry.

Mix 3/4 cup coconut milk powder and 3/4 cup water. Add to Seim and mix. Let cook for about 5 minutes add salt then add 1 cup water. Pressure cook for 10 minutes. The Seim looks nice and tender now. You can adjust salt to taste if you want. Serve over rice.

Main Course Recipe: Fish Broth



Serves: 4
Preparation time: 15 min
Cooking time: 30-40 min
Level: Easy

Ingredients:

4 medium sized fish slices,
cleaned
2 cloves garlic, minced
1 small onion, minced
4 sprigs spanish thyme,
minced
¼ cup water
2 tsp. limes juice
½ onion
1 garlic
1 stalk of celery, finely
chopped
½ cup chive, finely chopped
1 large carrot, diced
1 cup pumpkin, diced
3 small potatoes, peeled and
diced
6 green fig (bananas), peeled
and chopped

3 ochroes, chopped (optional)
1 pimento pepper, chopped
Water
Salt and pepper to taste

Directions:

Blend the garlic, onion, thyme, lime and water. Season the fish slices with this mixture. Allow to marinate for an hour.

In a large pot sauté the onion, garlic, pimento pepper until golden brown.

Add water and the rest of the vegetables and simmer until all the vegetables are tender.

When vegetables are tender, add fish and allow to simmer until cooked. Add salt and pepper to taste. Serve.

Main Course Recipe: Callaloo



Servings 2

Preparation time: 5 min

Total cooking time: 15 min

Level: Easy

Ingredients:

1 large bundle dasheen bush
2 packs coconut milk
4 cloves garlic, chopped
1/2 medium onion, chopped
2 sprigs chive, chopped
3 pimento peppers, chopped
1 sprig thyme, chopped
1/2 cup pumpkin, chopped
8 large ochros, chopped
salt to taste
1 hot pepper
Water (about 4 cups)
1 tbs. roucou

Directions:

Cut up the dasheen bush and wash.
(Note: Remove the tips of the dasheen bush before cutting it up.)

Place the chopped dasheen bush in a large pot; add the pumpkin, seasonings, the ochro, coconut milk powder, roucou and hot pepper.

Add the water and put to boil. Boil until the ingredients are tender. Add salt to taste.

Stir occasionally to avoid burning.

Main Course Recipe: Pink Salmon & Rice



Servings 2

Preparation time: 5 min

Total cooking time: 15 min

Level: Easy

Ingredients

1 cup of rice
1 tin pink salmon
(418g)
1 onion, chopped
2 cloves of garlic,
chopped
4 tomatoes, chopped
3 tbsp. oil
1 pimento pepper,
chopped
2 tbsp. golden ray
butter
Salt and pepper to taste

Directions:

Boil the rice and set aside.

Sauté the onion, tomatoes, garlic and pimento pepper over a medium flame for 2 minutes.

Add the pink salmon and cook for 2 more minutes. Add the golden ray margarine. Continue to cook for about 3 minutes.

Adjust salt and pepper to taste. Serve hot over the rice.

Main Course Recipe: Yam Pie



Yield: 1 - 10x7 casserole dish

Preparation time: 20 min

Cooking time: 65 min

Level:

Ingredients:

1 1/2 lbs. yam
8 oz. grated cheese
1 small onion, finely diced
2 pimiento, finely diced
2 tbsp. flour
1 cup milk
2 tbsp. butter
1 tsp. nutmeg
1 tsp. of each: big thyme,
small thyme, chive, celery,
Parsley
Water

Directions:

Wash and boil the yam until tender. Remove the skin and place the yam in a separate bowl.

Mash the yam until it is slightly smooth, it is okay to have a little bit of lumps in it.

Add the chopped onion, chopped herbs, paprika, and parsley to the yam. Make the white sauce for the yam. Melt the butter in a sauce pan, add the onion and pimiento.

Mix in the flour and pour the milk. Stir and allow to cook until slightly thicken. Add the grated 3/4 of the grated cheese and grated nutmeg. Mix well. Pour into the yam and mix well. Pour in a greased baking dish. Sprinkle cheese and a little finely chopped parsley over and bake in a preheated oven for about 45 minutes and bake at about 250 degrees Fahrenheit.

Main Course Recipe: Dumpling



Servings:
Preparation time: 15 min
Cooking time: 15 min
Level: Easy

Ingredients:

2 cups all purpose
flour
1 tsp salt
5 leaves chadon beni
1 sprig chive
 $\frac{3}{4}$ cup water, or
Coconut milk
2 litres water (for
boiling dumpling)

Directions:

Mix the flour, herbs salt, and add the water or coconut milk, a little at a time, to make a soft dough.

Make little balls 2 - 3 inches in diameter. Then flatten out and add to boiling water.

When the dumpling floats to the top it is done.

Main Course Recipe: Fish Cakes



Ingredients:

1 lb potatoes, boiled,
peeled and crushed
1 tbsp. mustard
1 lb fish (tuna, salmon,
marlin, or any firm fish,
seasoned (no salt)
1 lime (for washing fish)
2 tbsp. onions, diced
3/4 cup carrots, shredded
2 tbsp. green seasoning
1 tsp. paprika
2 tbsp. celery
2 tbsp. chive
1 tbsp pepper flakes
(optional)
1 tsp. black pepper
Salt to taste
1/2 cup cornmeal
1/2 cup white flour
3/4 cup milk

Serves 6

Preparation time: 3 hrs (includes marinating
the fish) 10 minutes

Cooking time: 35 min

Directions:

Wash, and season fish with green seasoning and paprika (any herbs you like really) no salt. Allow to marinate for at least 3 hours.

Steam fish for about 15 minutes. (Note: If you don't have a steamer, you could use instead a rice strainer and a pot cover placed over a pot of boiling water.)

Boil, peel and crush potatoes.

Flake fish when cool and add to potatoes.

Add all other ingredients (carrots, chive, celery, onion, mustard, salt to taste) and mix well.

Form into egg-shaped balls.

Mix 1/2 cup cornmeal and 1/2 cup white flour seasoned with pepper flakes. Set aside.

Mix 3/4 cup milk seasoned with 1 tsp. black pepper.

Dip fish cakes in batter then in coating, coat well. Set aside for about 5 minutes. Fry in hot oil until golden brown. Serve cool with your favorite sauce.

Main Course Recipe: Green Fig Salad



Servings: 6-7
Preparation time: 15 min
Cooking time: 25 min
Level: Easy

Ingredients::

1 "hand" of green
bananas (about 12
bananas)
1 sweet pepper,
chopped
1 small onion,
chopped finely
1 sprig celery,
chopped finely
1 can peas and carrots
2 pimento peppers
3 tbsp. mayonnaise
mustard to taste
Salt to taste

Directions:

Wash and peel the figs. Boil for
approximately 10 minutes and drain.

Cut up the figs into 1/2" pieces.

Add the celery, sweet pepper,
pimento, onion, salt, mustard and
pepper to taste.

Add the peas and carrots and mix
thoroughly. Serve chilled.

A Suggested Good Friday Menu

Breakfast: Contributed by Cheryl Seignoret



Cocoa Tea (Hot Chocolate)
Cucumber or Pineapple Chutney
Bake and Sardine Choka
Mango Sorbet (appetizer)

Lunch: Contributed by Angeline Hassell

Provision and Salfish
Stew Fish
Parsley Cassava
Baiganee
Mixed Salad



Dinner: Contributed by Martha McIntosh



Corn Soup
Sorrel Drink

Dessert: Contributed by Cheryl Seignoret

Soursop Sorbet
Shortbread Crosses
Coffee, Ginger Tea or
Orange Peel Tea



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