

Special: First Anniversary Issue # 2014-05

COMPÈRE MAGAZINE

4 Simple
Weight Loss
Recipes

A Father's Day
Menu

Never Too Old to
Exercise

*Exclusive Recipe:
Mango-Kiwi Sorbet*





Our cover picture displays coconut jelly, a traditional favourite.

COMPÈRE MAGAZINE AND SIMPLY TRINI COOKING

FOUNDER
Felix Padilla

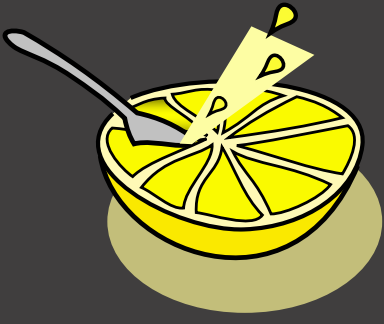
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Simply Trini Cooking is an on-line food blog. This website is the first of its kind determined to keep an archive of all our cultural recipes passed on from generation to generation in Trinidad and Tobago and other recipes that can help our readers develop their repertoire in cooking that could be enjoyable and healthy for the whole family.

The Compère Magazine is an ezine that keeps interested readers up to date with the new recipes that are added to the archive on a monthly basis, articles posted and a number of our activities.

All pictures for recipes are the sole property of www.simplytrinicooking.com.

*“Coconut milk is
the only thing on
this planet that
comes identically to
mother's milk.”
Dick Gregory*



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The importance of physical
exercise

Welcome

To This Issue

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DELICIOUS!

“I'm just taking care of myself: Eating less, exercising more, drinking a lot of coconut water.” *Jennie Garth*

Welcome to the fifth issue of Com-père Magazine for the year 2014. First, we would like to wish all the fathers out there a Happy Father's Day. This issue is important, not because it is a Father's Day issue but one that celebrates this magazine's anniversary.

It is all about coconut, eating healthy and exercising. We just love coconut (the milk and the meat) and we want all our readers to experience the many ways this simple and healthy nut can be used in Trini cooking. For this reason, many of our recipes for the month included an ingredient from the coconut. Besides the meat, the coconut water and coconut oil is healthy to consume. (You can learn more about coconut oil, its health benefits and how to make it [here](#).)

As usual, we encourage our readers to be mindful of the way they eat and to adopt healthy eating habits. Most

important to note is that our eating habits are reflected on our physical appearance. In this magazine, we have some more healthy but easy-to-make-recipes you can try and a number of articles on eating and cooking healthy. There is also one on exercise. This article, seemingly directed to older readers, is for everyone, you are never too old to exercise.

As usual, we hope you enjoy this magazine. Send us your comments on how our magazine has helped you improve yourself and your cooking skills. If you have any suggestion, we would also like to hear about them.

Finally, we thank all our readers who leave encouraging comments and feedback on recipes they have tried. It keeps us motivated to continue posting and keep Simply Trini Cooking alive.

We Hear You

Each and every month we get comments to our site from readers just like you, who appreciate the work we are doing. Here then is a sample of those great comments.

Broccoli in Coconut Cheese Sauce

Yummy, yummy! Was wondering if it was possible to use coconut milk to make a cheese sauce and I found your website (first result in Google!)! So thanks for answering my question! I'll definitely be trying this out tonight, it looks easy peasy too!!

Tola

Ochro Rice

I just made my pot of okra rice following your recipe and it came out fantastic!! I used smoked turkey necks for added flavor. We will be serving this with curry goat today. Thank you so much for sharing this recipe!

Tony

COMMENT OF THE MONTH

Greetings to you and your Family! You're such a lifesaver. I've been following your blog since 2011. I'm originally from St. Vincent and the Grenadines but resides in the USA. I wanted to explore my cooking abilities. At that time (before I got married in 2013), I wanted to master the cooking skill; so I can be a good wife and mother. Being that my husband is from Nigeria and I love my Caribbean and Italian food; I just had to learn different varieties. My husband do not eat African food; he prefers Caribbean food. Normally, I would call my mom and ask her how she would cook etc. But it was time I clip my wings and be my own "woman" and learn my own dishes!

Thus far your blog is the only Caribbean food blog and was my foundation. Thank you for that!! I stumbled upon your website and "Stew fish" was my first dish because I wanted to be certain that I did not omit any steps. Ever since- I have been using your blog as a reference. Keep up the good work!! I am even inspired to create my own food blog soon because my passion for cooking and innovating dishes have expanded. My passion has expanded to baking and I just saved your "sponge cake recipe". In addition, I love watching Food network. My husband don't want to dine out now..lol because he says my food are better than restaurant quality and jokingly said he would send me to culinary school..:) May God be with you and abundance prosperity, joy, love and success to you. God bless.

Ria (Stew fish)

Coconut Jelly

Felix you know years I haven't seen this. Thanks for giving me a blast from the past. Loved it when my grandmother used to make it.

Joycelyn

Sour Cherry jam

Visiting Tobago from Canada, the lady's property were I am staying has a big old sour cherry tree. Last night sitting at the porch wind took down a good size branch loaded with sour cherry clusters. I picked them up this morning, and I making my first

Istvan

GFCF Accra

Thanks for the recipe! These are delicious. I didn't have any arrowroot flour so I used potato starch and they came out really well!!!!

Ajj

Sea Moss Drink

Very good recipe. I had to go all the way to Orlando (from Tampa Bay) to grab some. Had an excellent time at the 2014 Orlando Caribbean Carnival, but an even better time finding all of my TrinBago delicacies in the area.

Kevin

Red Mango

I had a good laugh at your opening sentence. Carried me straight back to my childhood days. That was refreshing. I'm glad I saw this recipe. I've made in the past, but apparently I was using the wrong mango

Kedesaha

Announcements

Each month we update our archives with new recipes and articles.

Contact us! We would love to hear from you. Talk to us via email or send us a message on Twitter, Pinterest, and Facebook.

Also, we are inviting you, our readers, to contribute to the magazine, your articles, recipes, anecdotes, and pictures of the recipes you have tried from Simply Trini Cooking.

If you are a blogger and interested in sharing your ideas in this magazine we will be happy to have your join us as a contributor.

10

Coconut Recipes

1. Coconut sweetbread
2. Coconut Jelly
3. Coconut ice blocks
4. Coconut biscuits
5. Callaloo
6. Coconut bake
7. Coconut tart
8. Broccoli in coconut cheese sauce
- 9 Coconut drops
10. Coconut ice cream

All recipes can be found on
www.simplytrinicooking.com



Coconut Sweet Bread

Forum Poll Discussion

What's your favorite dessert?

Linguistic Abilities and Alzheimers



A study done with 93 nuns (aged 75 to 95 years) from Convents primarily in the Milwaukee, Wisconsin, United States.

[Source](#)

The study measured the association of linguistic ability in early life, idea density and grammatical complexity, from autobiographies written at a mean age of 22 years. Approximately 58 years later the participants' cognitive function were assessed and those who died were evaluated neuropathologically.

Alzheimer's disease was investigated in 14 participants and neuropsychological test and neuropathologically confirmed Alzheimer's disease. The study confirmed that low idea density and low grammatical complexity as shown in the autobiographies written in early life was associated with low cognitive test scores

in late life. Also, low idea density (full oral speech) in early life had a stronger and more consistent associations with poor cognitive function than did low grammatical complexity. Thus low linguistic ability in early life was a strong predictor of poor cognitive function and Alzheimer's disease in late life.

If you wish to get more information on this study and more studies like this one, you can click on this [source](#), or visit <http://jama.jamanetwork.com/article.aspx?articleid=396775>

Ask Felix

You got questions about cooking, food, and recipes posted on this site? We have answers, and we are glad to share them with all our readers.

Q What is buttermilk and is there a substitute?

Bob's Red Mill Dry Buttermilk Powder is naturally produced from pure sweet cream buttermilk. It may be used in any recipe that calls for buttermilk. In a dry form, buttermilk lasts much longer than it does as a liquid, and it does not require refrigeration. It is also a good source of calcium and contains 5 grams of protein per serving.

A Buttermilk is low-fat milk with added bacteria culture. The milk is thick and has a slight tangy flavor. It is used mostly in baking (such as pancakes and muffins), cold soups, smoothies and ice creams. If you do not have buttermilk, you can substitute every cup of buttermilk with 1/2 cup regular milk and 1/2 cup plain yogurt. Or, another substitute is to stir together 1 tablespoon lemon juice or white vinegar and 1 cup milk and let stand for 5 minutes before using. You can also use buttermilk powder. For 1 cup buttermilk, mix together 1/4 cup buttermilk powder and 1 cup water.



Homegrown

The Milk Fruit

What you may not know about star apple

Star fruit (*Chrysophyllum cainito*) is a fruit from the tree of the family sapotaceae. The tree is native to the Greater Antilles and West Indies. However, it is cultivated in Central America, Southeast Asia.

Star apple is also known as caimito or estrella (Spanish); cainito or ajara (Portuguese); cainmite or caimitier (French); pomme surette (French West Indies); star-plum (Barbados); caimite (Trinidad and Tobago); caimitero (Bolivia); macoucou (French Guiana); guayabillo (El Salvador); aguay or alivoa (Argentina),

It grows rapidly and reaches a height 20 m. The fruit bears in the seasons February and March.

When ripe, the fruit is somewhat round, usually purple-skinned with a faint green area appearing around the calyx. There are

also a pale green variety. The purple variety having a thicker skin. When cut a radiating star pattern is visible in the pulp. The skin feels like a rubber ball, glossy and smooth. It is not edible. The pulp is soft and white milky. It is sweet and gelatinous and somewhat rubbery. The seed cells in the center and there is usually about 10. They are flattened, nearly oval pointed and hard. The seed is 2 cm long and 1.25 cm wide.

The ripe fruit, because of its mucilaginous character, is eaten to soothe inflammation in laryngitis and pneumonia. The infusions of the leaves have been used against diabetes mellitus, and articular rheumatism. It is given as a decoction and gargled to relieve angina.

In Venezuela, the slightly unripe fruits are eaten to overcome intestinal disturbances. In excess, they cause constipation. A decoction of the rind, or of the leaves, is taken as a pectoral. A decoction of the tannin-rich, astringent bark is drunk as a tonic and stimulant, and is taken to halt diarrhea, dysentery and hemorrhages, and as a treatment for gonorrhea and "catarrh of the bladder".



Source:: www.photobucket.com

The bitter, pulverized seed is taken as a tonic, diuretic and febrifuge. Cuban residents in Miami are known to seek the leaves in order to administer the decoction as a cancer remedy. Many high-tannin plant materials are believed by Latin Americans to be carcinostatic.

In Brazil, the latex of the tree is applied on abscesses and, when dried and powdered, is given as a potent vermifuge. Elsewhere, it is taken as a diuretic, febrifuge and remedy for dysentery.

Nutrition facts:

1 cup serving of star apple pulp has 67 calories, No fat. Carbohydrates, 15 g; fiber, 3 g; a good source of calcium and iron;

Recipes we love with star apple

Served raw

Fruit salads

Pie

Whip cream

Mind and Body

Keep Your Brain Young

One good telltale of our real age is our mental capacity. We expect that as we become grandmas and grandpas, our intellectual performance can never be the same with its prime years. But why does this happen? And what can we do to avoid thinking like we are old-aged already?

THE PROCESS OF AGING

Our neurons are non-regenerative. That means they do not divide to reproduce more of its kind. Once they die, they can't be replaced with another one. As we age, these brain cells of ours start to reduce in size and in number. This reduces our ability to call to mind some things that we have learned, including those in school, and even those details when we were younger.

A neurotransmitter called acetylcholine also declines as we age. This neurotransmitter is directly involved in memory and conveying of messages from a cell to another one. Moreover, because of the stresses that we have, the hippocampus, our memory bank, diminish in function.

As we get old also, we develop plaques and tangles that accumulate between and within neurons, respectively. Plaques are proteins that mount up in between neurons while tangles are fibers that grow within the brain cells. Too much of these two are thought to kill nerve cells, like in Alzheimer's Disease, an age-related disease.

In addition to this, substances are created as a result of our lifestyle and environmental pollution. These substances called free radicals can damage our DNA and impede the production of energy which can cause early cell death.

STAY SHARP

To delay the signs of aging with regards to our mental capability, we should make a number of things a habit.

As they say, stress is inevitable in everyday life because we need it to overcome large and small obstacles. But, of course, stress has a lot more negative effects than good ones. So, avoid too much stress. According to some studies, stress does not only make you look older, it also accelerates the degeneration of your brain.

Those who are easily stressed have higher risks to cognitive impairment than those who are not. You should examine yourself and determine the best ways in which you can cope with the obstacles of the day. Praying is one of the best examples. Planning ahead of time can reduce possible stress. An hour of it can even reduce two hours of your working time.

To stay sharp, one must also have adequate sleep. A new research in Massachussetes General Hospital shows that adequate sleep can help you think well. Adequate sleep helps the brain collect different bits of information and have correct interpretation of them. On the contrary, if you sleep less than the required number, you would most likely have a bad performance and mood problems.

Another thing we should regularly do to preserve our brain functions is to meditate. Doing it actually improves attention, learning, and memory. Regular meditation can also help you slow down the shrinking of our gray matter. For the younger ones, a thought of it is quite ridiculous because meditating is just for the oldies. But a new study has shown that people who meditate earlier in life have better attention in their succeeding years.

One can't end a roster of anti-aging recommendations without mentioning about eating right. It is true when they say that an apple a day can make you okay. Apples are rich in flavonoids that helps protect the brain cells from free radicals. These fruits also contain a good number of antioxidants that do not only make your skin look young, it also raise the levels of the neurotransmitter called acetylcholine that diminishes as we age.

Just for review, this neurotransmitter is very important for our memory and the ability of the neurons to transport messages from one to another.



4 Simple Weight Loss Recipes



Baked Salmon

Ingredients

Fresh salmon fillets (allow about 1 per person)

1/3 cup orange juice

2 lemons

Salt and pepper

Garlic powder

Seasoning of your choice

Fresh cilantro or chadon beni for garnishing

Directions:

Preheat oven to 375 degrees

Wash & place salmon filets skin side down into deep rectangular baking dish. Mix 1/3 cup orange juice with the juice of one of the lemons; pour mixture over salmon

Season each salmon filet with salt, pepper, garlic powder, and your favourite seasoning to taste.

Cut the second lemon in half, cut one half of lemon into slices and place slices on top of salmon filets (The second half of this lemon will be sliced and placed on salmon after it's done). Bake salmon filets for 15-25 minutes depending on the thickness.

After baking, place filets on serving dish and place slices from the second half of the lemon on top. Garnish filets with cilantro or chadon beni.



Acocado Dip

Ingredients

4 avocados

1 red onion

1/2 bunch of cilantro

1 ear of sweet corn

1 pint of sweet grape tomatoes

Juice of 1/2 lime

2 fresh jalapeno peppers

Directions

Remove avocado and dice in a bowl.

Shuck corn and remove kernels from cob and add to avocado. Dice red onion, cilantro and jalapeno. Slice tomatoes in half. Add to mixture, season with salt and pepper. Cover with plastic wrap and store in fridge. Be sure to press plastic wrap to the surface of the dip to prevent browning.

4 Simple Weight Loss Recipes



Golden Honey Oat Bread Recipe

Ingredients

1 1/4 cups and 2 tablespoons water, room temperature (70 to 90°F.)
1/2 cup rolled oats or barley flakes
1/4 cup flax seed powder
2 cups unbleached flour
3/4 cup whole wheat flour
2 tablespoons vital wheat gluten or xanthum gum
1 tablespoon powdered milk
2 tablespoons honey
1 1/8 teaspoon instant yeast
2 1/2 tablespoons coconut oil
2 teaspoons salt

Directions:

Equipment:

A 9 by 5 inch/ 7 cup bread pan, coated lightly with cooking spray.

Step 1: Make the dough (Bread Machine)

In the bread machine container, combine water, oats, and cracked flax and mix to moisten. Then let sit covered for a minimum of 15 minutes. In a medium bowl, whisk together the flours, gluten, powdered milk, and yeast.

Add the honey, and oil to the oat mixture and then the flour mixture. Mix 3 minutes and allow to rest for 20. If your bread machine always restarts with a 3 minute mix allow it to do so while adding the salt and then go into the kneading cycle for 4 minutes. If it starts with the kneading cycle also run it for 4 minutes, adding the salt at the beginning of the kneading cycle.

Step 2: Let the dough rise

Using an oiled spatula or dough scraper, scrape the dough into a 2 quart container with cover or bowl, greased lightly with cooking spray or oil. Push down the dough and lightly spray or oil the top of the dough. It will be 4 cups /943 grams/33 ounces.). Cover the container with a lid or plastic wrap. With a piece of tape, mark where double the height would be. Allow the dough to rise (ideally at 80 to 82°F/28°C) until doubled, about 1 hour, 15 min. For extra strength and elasticity, you can stretch it after the first 30 minutes. To achieve a moist and warm temperature I put a small container of very hot water (about 1 cup) under a plastic box to create a proofer and change the water every 20 to 30 minutes. (You can retard the dough overnight after the first rise by gently deflating it and refrigerating it but it seems to rise best when baked the same day. If you refrigerate it overnight, remove it to room temperature. For about an hour before shaping).

Step 3: Shape the dough and let it rise.

Turn the dough onto a lightly floured counter and press it down to flatten it slightly. It will still be sticky but use only as much flour as absolutely necessary. Shape it into a log and allow it to relax covered for 20 minutes. (This is essential for an evenly shaped dough.).

Shape the dough into a loaf set it into the prepared baking pan. It will be about 3/4 inches from the top of the pan.

Cover the shaped dough with the plastic box or oiled plastic wrap and allow it to rise until almost doubled and when pressed gently with a finger the depression very slowly fills in. The highest point will be - 15 - about 1 1/2 inches higher than the sides of the pan. Using the plastic box and hot water it takes 1 hour 15 minutes to 1 1/2 hours. At a cooler temperature it will take longer. Meantime preheat the oven for a minimum of 40 minutes.

Step 4: Slash and bake the bread

If you like the look of a bread with a slash down the middle, with a sharp knife or straight edged razor blade, make a 1/2 inch deep slash down the top of the dough. You can also leave it unslashed. Mist the dough with water, quickly but gently set the baking sheet on the hot stone or hot baking sheet and toss 1/2 cup of ice cubes into the pan beneath. Immediately shut the door, lower the temperature to 375°F/190°C, and bake 20 minutes. Turn the dough around, tent, and continue baking 15 to 20 minutes or until the bread is golden brown and a skewer inserted in the middle comes out clean. (An instant read thermometer inserted into the center will read about 205°F.)

Step 5: Cool the bread

Unmold the bread onto a wire rack and allow it to cool, top-side-up until barely warm.

Great Recipes

4 Simple Weight Loss Recipes



Black Bean Salad

Ingredients

The Salad:

2 lbs. black beans
 2 lbs. (2-15 oz. cans) cooked sweet corn, cut from the cob
 8 green onions, diced
 2 cloves garlic, large, minced
 2-3 jalapeno peppers, cleaned, diced
 1 green Bell pepper, cleaned, diced (I also sometimes add a small sweet red pepper, for both sweetness & color)
 1 ripe avocado, large, pitted, peeled and diced
 4 oz pimento pepper, chopped
 3 tomatoes, seeded & diced
 1 cup fresh chandon beni or cilantro, chopped
 Sea salt & fresh cracked black pepper to taste

The Dressing:

3 tbs[. fresh lime juice
 2 tbsp. fresh orange juice
 1 1/2 tsp lime zest
 1/2 tsp. ground cumin
 Sea salt & fresh cracked black pepper to taste

Directions

Combine all the salad ingredients in a large bowl. Season with the salt & pepper. Whisk the dressing vigorously to incorporate. Add the dressing to the salad and gently toss to combine everything. Chill until ready to serve. Lightly toss again prior to serving.

Prepare this salad at least 4 hours prior to serving to let everything - except the avocado - marry joyfully in the bowl.

You do want to let the avocado bathe in the lime juice of the dressing - better presentation that way, and you can store the avocado pieces in a small container. Then, pour the dressing off the avocado and mix the salad with the dressing, then dress the top of the salad with the avocado

pieces at service.

Very pretty dish and the absence of any oil seems to make all the veggies sparkle in a light citrus glow. You want this salad well chilled, but if you don't bathe the avocados in the dressing first, they will end up looking like grey lumps of pork as the air hits them.

A decorative graphic within a dashed teal border. It features a cluster of yellow and brown dots of varying sizes, arranged in a shape that suggests a map of Trinidad. Below the dots, the text "Have you been inspired?" is written in a bold, black, serif font.

Have you been inspired?

Every now and then we get e-mails or messages within Facebook from readers like you who tell us how they have been inspired to create their versions of the many dishes we place on the Simply Trini Cooking site. If you want to tell us about how a recipe has inspired you, we will be delighted to hear from you. If you want to share your experience with other readers, we will also be glad to place your comments and pictures within the pages of this magazine. Just send in your comments, recipes, and pictures to:
raz4125@simplytrinicooking.com.

Vitamin Series

How to Store Vitamins

There are two main types of vitamins, water soluble vitamins and fat soluble vitamins, and the way that the body does or does not store vitamin content taken from food depends on which type it is. The body cannot store water soluble vitamins and this means that a person needs to replenish their water soluble vitamin intake on a daily basis. The eight B vitamins and vitamin C are water soluble vitamins and the body cannot store vitamin content that is either of these.

It is not simply that the body cannot store vitamins that are water soluble but also the water soluble vitamins are easily destroyed by improper storage, handling, or cooking of foods that contain these vitamins. In particular, it is important not to overcook vegetables by boiling as the water soluble vitamins are in effect washed out of them but this lack of being able to store vitamins that are water soluble can be overcome by light cooking or steaming and by using the water that vegetable have been cooked in to form sauces and gravies. As the body cannot store vitamin C or the other water soluble



It is important not to overcook vegetables by boiling as the water soluble vitamins are in effect washed out of them.

vitamins it is essential to eat a balanced diet with at least 5 portions of fruit and vegetables to ensure that enough vitamins are available for the body to use when necessary and a person does not suffer from a vitamin deficiency due to the body's inability to store vitamin content.

On the other hand, the body can store vitamin content that is fat soluble. The body will store vitamin content in the fat cells so that it can be used when required and a person does not need to consume as many of these fat soluble vitamins on as frequent a basis as they do with water soluble vitamins.

The fat cells store vitamin A, D, E, and K as these are all fat soluble vitamins.

It is also important to store vitamin supplements correctly to ensure that the beneficial qualities of these are not diminished. The best way to store vitamin supplements is in a container with a screw top lid and to keep the container in a dry place. When you store vitamin supplements it is also essential to check that they have not been kept longer than the expiration date. The vitamin content of supplements cannot be guaranteed if you store vitamin tablets past their use by date.

Lifetime Fitness Series

The Importance of Physical Exercise

One of the simplest and most effective ways to bring down blood glucose levels, cut the risk of cardiovascular disease, and improve overall health and well-being is physical fitness and exercise. Yet, in our increasingly sedentary world, where almost every essential task can be performed online, from the driver's seat, or with a phone call, exercising and being physically fit can be tough case to sell.

In reality, everyone should exercise, yet survey shows that only 30% of the United States adult population gets the recommended thirty minutes of daily physical activity, and 25% are not active at all.

Inactivity is thought to be one of the key reasons for the surge of type 2 diabetes in America, because inactivity and obesity promote insulin resistance and other factors that trigger other kinds of diseases.

The good news is that it is never too late to get moving, and exercise is one of the easiest ways to start controlling the onset of any kinds of diseases. For people who are already candidates for some serious diseases like diabetes and heart failure, exercise and physical fitness can improve the condition of some parts of

the body like insulin sensitivity, lower the risk of heart disease, and promote weight loss.

In 2003, the Journal of Clinical Endocrinology and Metabolism had published an issue regarding the result of their study and found out that lack of exercise and physical fitness were the key factors behind obesity and other serious diseases like diabetes.

Hence, it is extremely important for a person to stay healthy and be physically fit in order to avoid such illnesses.

Getting Started

The first order of business with any exercise plan, especially if you are a “dyed-in-the-wool” couch potato, is



The good news is that it is never too late to get moving.

to consult with your health care provider.

If you have cardiac factors, your doctor may want to perform a stress test to establish a safe level of exercise for you.

Certain complications of some diseases will also dictate what type of exercise program you can take on. Activities like weightlifting, jogging, or high-impact aerobics can possibly pose a risk for people with diabetic retinopathy due to the risk for further blood vessel damage and possible “retinal detachment.”

(Continued on page 31)

Home Series

Budgeting Tips to Get You Started

Introduction:

This is a new series for Compère Magazine. This will be an exciting new guide on how to decorate your home on a budget. For anybody, decorating on a budget can be a challenge, but it also can be very rewarding. This series will also teach you how to showcase your home.

The first this series, will provide you with great ideas and tips for decorating various rooms within your home without going over budget. Just by adding a few small, but creative and decorative details, you can make any home look like a million dollars. As long as you approach your decorating on a budget creatively, it should not only save you money, but will be fun also.

If you want to create the perfect look for your home, and you are on a budget, then you need to get creative. It is not impossible to design a new look for any room in the home on a shoestring. So as long as you are willing to invest your time and energy, then you should be able to make a room go from plain to perfect in no time at all.

As already mentioned above, decorating on a budget can be fun. So instead of looking at the more expensive items that are available, why not instead start looking at their inexpensive counterparts. There are plenty of companies around which offer items that look as good as the more expensive items for the home, at half the price.

The real test for anyone who is decorating on a budget is their ability to take an inexpensive item, and then be able to camouflage its real value. So what they should be able to do is make a \$10 item look like a \$100 item instead. This can certainly be achieved, all it requires is a little patience, and a little decorating know how. However, when decorating on a budget, it does not mean that you have to cut down on the quality of everything that you want. Not only can decorating on a budget be fun, but if creatively undertaken, it can also be done with flair and style.

It is important when doing any decorating on a budget that you have a plan. So you need to know what furniture you need (if any). What



If you want to create the perfect look for your home, and you are on a budget, then you need to get creative.

color scheme do you want for each room? What style do you want? By doing this, you will not waste time and money in purchasing things that you do not need, and also that you do not like. In fact, budget decorating is all about knowing what is a good deal and what isn't.

So why not give it a try, and as long as you make your decorating on a budget fun and enjoyable, you will find that it can be done. So that is why we still start immediately with the first chapter of this guide.

(Continued on page 32)

Go Healthy

Editor's Health Pic for the Month



Can you really afford NOT to learn the real truth about coconut oil!

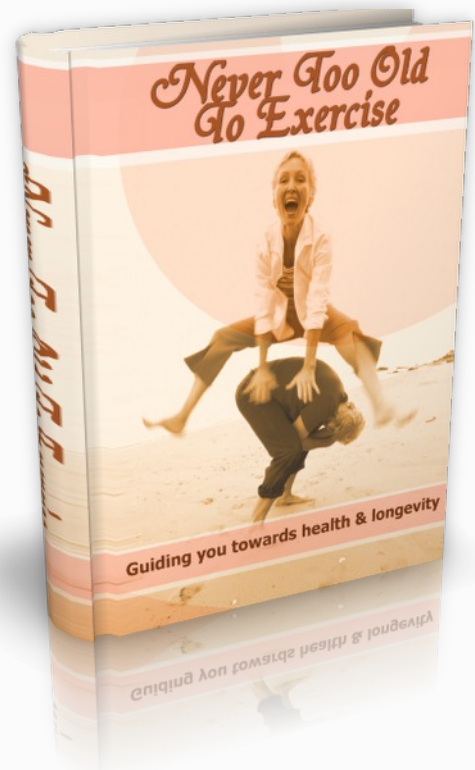
Read more, click [here](#).



Reading Room

This month's giveaway:
Never Too Old To Exercise

Aging is a natural process that every human being goes through and it starts from the very onset of birth. It should be noted though, that the aging process should not in any way hamper keeping an exercise regimen. This mini-book can help you get started and give you all the information you will need where it concerns aging and exercise.



Reading Room

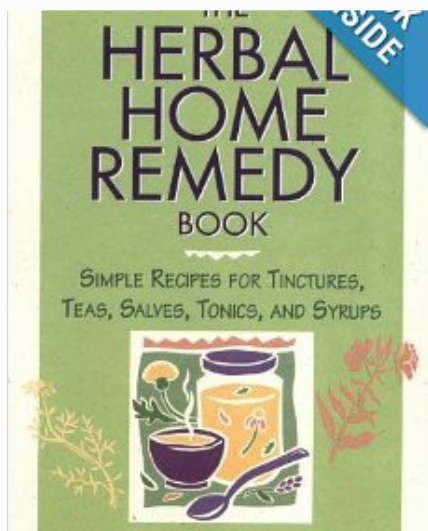
Books in Our Library

1. A Better Self From Inside Out
2. Calendar 2014
3. Fat Loss Factor: 101 tips that burn belly fat daily
4. The Skincare Manual
5. Just-in-Time for Christmas Recipes
6. My Life My diet
7. Smart Shopping
8. The Paleo Blueprint
9. Get Juiced: Juicing your way to a better health
10. Simply Trini Cooking Divali Special
11. Simply Trini Cooking Lenten Special: 40 delicious recipes for Lent
12. Simply Trini Cooking Christmas Special
13. Fat Burninng Secret: Proven fat burning tips revealed
14. A Little Book For a Little Cook
- 15.(Audio) Dr Dorsh: Your Health Your Choice

Reference Books

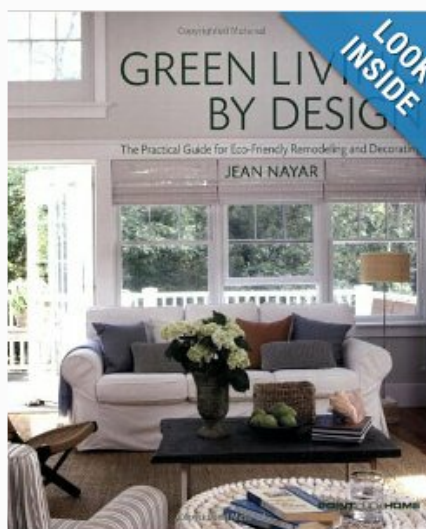
The Herbal Home Remedy

Your backyard holds the secrets of generations of healing wisdom. The Herbal Home Remedy Book is like a guided walk through the woods and fields with a master herbalist. You'll learn how to identify gather, and use 25 healing herbs remedies.



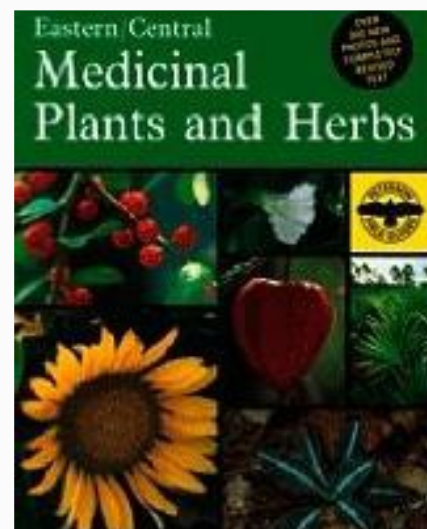
Green Living By Design

Make your home gorgeous, more energy and cost efficient and kind to the environment at the same time. Jean Nayar shows you how to remodel, renovate, or decorate your home, all without hurting the planet. The tips are easy. It includes information on insulation, carpentry, lighting, etc.



Medicinal Plants and Herbs

This book identifies more than 500 healing plants. Descriptive text includes information on where the plants are found, as well as their known medicinal uses.



Every month we feature a number of books we used as our main reference for the articles in this magazine and website. We are therefore pleased to share them with you and encourage you to learn more about living a healthy and fulfilling life. Note, click on the picture to view the links for these books.

Posted Recipe Pics

The month of May was a wonderful month indeed. We posted eight new delicious recipes on the site. We started off with some simple recipes and ended up posting a few recipes with one of our favourite ingredients, coconut. These recipes were delightful and we could not wait to share them with you.

It was difficult to determine the number one recipe for this month. The masala cherry

became our evening snack while we watched television, the coconut jelly was made twice because we could not get enough of its smooth creaminess, the coconut banana bread was a great surprise, and the orange-pineapple juice just was not enough... I could go on and on about these recipes, but we still have to choose one.

Here are the recipes posted for the month.



Masala Cherry

Preparation time: 10 minutes

Cooking time: 5 minutes

Ingredients:

5 cups sour cherries
(gooseberries), scalded
4 cloves garlic
2 tbs oil
1 tbs pepper sauce or
to taste
3 tbs sugar
1 tbs salt
3 tbs Amchar Masala
water

Direction:

Clean and wash the cherries.

Heat oil, saute garlic until golden. Add cherries, pepper and amchar masala. Then add salt and sugar. Stir.


Add 1/4 cup water. Cook for 5 minutes or until cherries are tender and forms a slurry.

Remove from heat. Leave to cool then pour into sterilized bottles and refrigerate. Absolutely delicious!


Visit www.simplytrinicooking.com for more step-by-step recipes and tips.

The carrot and cauliflower loaf is an unlikely, but surprisingly tasty loaf. It is light and creamy.





As we said before, plain rice can be boring. But if you don't want it too festive, parsley rice can be just what you want.

A large glass pitcher and a smaller glass filled with yellow juice, with two lemons in the foreground on a wooden surface.

If you are tired of all that commercial sugary fruit juices, you will love this naturally delicious pineapple-orange juice.



I absolutely enjoyed this whole steamed fish. The meat was delicate and infused with the flavour from the local seasonings and vegetables.




Slices of this coconut and banana sweetbread is perfect with almond milk. The whole family will enjoy it.



#1

This coconut jelly is like a dream dessert. Its rich coconut flavour was smooth and creamy.



I love crumb of this coconut biscuit. It was semi-sweet and really tasted great with a slice of cheese.

Father's Day Lunch Menu

For
love's
sake.

Father's Day Quote:

When a father gives to his son,
both laugh; when a son gives to
his father, both cry.—
William Shakespeare

A committed father is a role model for all children and a blessing to a family. Fathers also need our love and support. So, this month we have a wonderful menu. Celebrate Father's Day and honour your hardworking father and his contribution to fatherhood and society. Cook him a meal worth remembering.

Menu

Parsley Rice
Tomato and cucumber salad
Callaloo
Guava baked lamb

Orange-pineapple juice
Dessert: Coconut Cheesecake
Favourite Red Wine



All recipes on the menu can be accessed on the Simply Trini Cooking website.

Cartoon and Game Corner

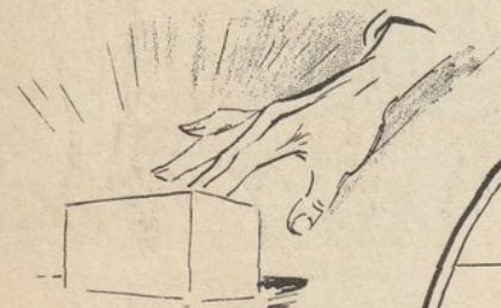
WHAT IS OUR SIGNATURE TRINI TASTE?

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YOU WOULDN'T BELIEVE IT

By John Hix



HUMAN TOUCH
CANNOT
DISTINGUISH
FROZEN MERCURY
FROM
RED HOT IRON
...



THE
SILVER ISLE -
\$3,500,000 WORTH OF
SILVER WAS EXTRACTED FROM
A TINY ISLAND 80 FEET
ACROSS . . .

Lake SUPERIOR

John Hix



MRS.
BETSY ANNA TALKS
CARRIED A
400-POUND BARREL
OF SUGAR
WHEN SHE WAS
70
YEARS OLD

-1910-



THE
LOST BATTALION
WAS SAVED
BY A BIRD . . .

© McClure Newspaper Syndicate

It was Cher Ami, famous homing pigeon of the World war, that saved the Lost Battalion by carrying a message through enemy lines when all other lines of communication were hopelessly broken. Runners sent out by the Americans were shot down, telephone lines had been cut, and the only hope of getting a message through was by pigeon. Cher Ami carried the word through, and though one leg was shot away, the hero bird reached headquarters with the message that resulted in the rescue of the Lost Battalion.

—Although it is easy to tell the difference by touch between coolness and warmth, extreme heat and cold produce similar sensations on the skin. The touch of solidified mercury (-40°C) cannot be distinguished from that of an extremely hot iron.

—Mrs. Betsy Anna Talks, famous Massachusetts strong woman, could carry a 400-pound barrel of sugar with ease when she was 70 years old. She lived to be 92 years old.

—For further proof address the author, inclosing a stamped envelope for reply.

JOHN HIX

Source: Source: <http://www.digitalcomicmuseum.com>



Mango Kiwi Sorbet

Exclusive Recipe

Mango Kiwi Sorbet

It was tangy and deliciously sweet. The marrying of two unlikely fruits, winter and tropics, can wake up the taste buds. This recipe is definitely one try on a boring day. It could have you talking. However, if you wish to try this recipe, make sure the kiwi is very ripe. If you love kiwi and mango, this recipe is one for you to try. So, go ahead refrigerate and enjoy!



Compère
Magazine

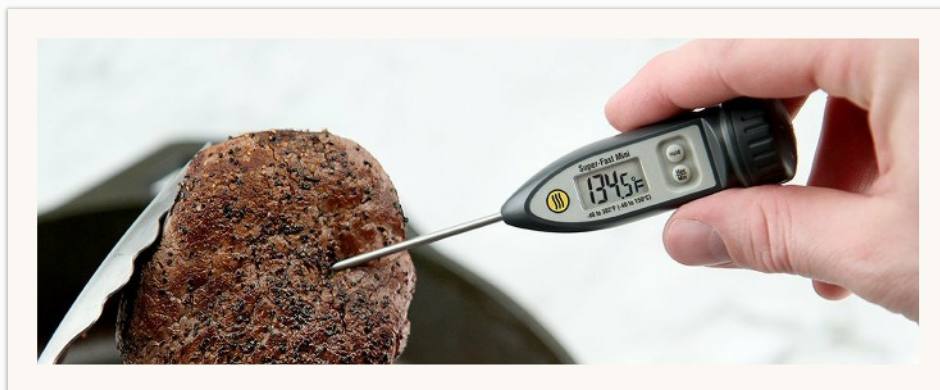
One Year Anniversary

Thank you for your support
and encouragement.



Cooking Tip

The Meat Thermometer



The meat you eat could be harbouring potentially harmful bacteria. If not cooked properly tainted meat could cause stomach flu, diarrhea, vomiting and even death. It is important that you expect uncooked meat to contain any potentially harmful bacteria, and so you would do well to cook your meat to at least 165 degrees F. For this reason, many cooks believe a meat thermometer is essential.

Proper cooking is essential to prevent many foodborne illnesses.. A good digital thermometer can be useful in the kitchen, especially for cooks who want their food just right (tender, juicy and flavorful) and don't want to leave doneness to guesswork. Thermometers also ensure that your oven work properly.

Buying a Meat Thermometer

When you are buying a meat thermometer you can either buy a regular meat thermometer or an instant-read thermometer (not oven-safe). Which ever you choose you should look for one that has a thin probe

which allow you to insert into the thickest part of the meat.

Using a Meat Thermometer

Insert the probe into the thickest part of the meat, near the center, without touching the bone or gristle. For a regular thermometer, insert about half of the probe into the meat. You can leave the regular thermometer in during cooking. You should also take the reading in several spots of the meat and also rotate the food if it is not cooking evenly.

Testing the accuracy of the Meat Thermometer

First insert the probe in boiling water. For an instant-read thermometer insert for 20 seconds and for a regular thermometer insert for 3 minutes. The thermometer should read 212 degrees F.

If the reading is off. You will have to adjust or calculate

the difference and adjust the recipes accordingly.

Minimum Internal Cooking Temperatures

Fresh ground beef, veal, lamb, pork 160 degrees F

Beef, veal, lamb-roasts, steaks, chops

Medium rare 145° F

Medium 160° F

Well done 170° F

Fresh pork-roasts, steaks, chops

Medium 160° F

Well done 170° F

Ham

Cook before eating 160° F

Fully cooked, to reheat 140° F

Poultry

Ground Chicken, Turkey 165° F

Whole Chicken, Turkey 165° F

Breasts, roasts 165° F

Thighs and wings Cook until juices run clear.

Stuffing (cooked alone or in bird) 165° F

Egg dishes, casseroles 160° F

Leftovers 165° F

Information courtesy the U. S Department of Agriculture Food Safety and Inspection Service

Gadget Corner

Cooking Thermometer

One of the best instant-read digital thermometers in the market that has been used in commercial kitchens, labs and manufacturing plants is the Super-Fast Thermapen. This professional tool is also the top consumer cooking thermometer for home use. It is popular among celebrity chefs, cooking magazines, top foodies, bloggers and competition BBQ teams.

A Thermapen can be used for virtually anything that needs to be cooked or chilled. Use it on meats, fish, casseroles, re-heated foods,

bread, cakes, deep frying and candy. It is a great kitchen tool, and you can use it to make you a better cook.

It is fast and accurate. The clever fold-away probe and the simple pocket design replace more costly and bulky handheld thermometers while using the same professional thermocouple technology. This new generation Thermapen introduces a robust, splash-proof design with molded-in seals to protect the thermometer from wet hands and kitchen splashes. It also easy to handle. There is no frayed cables, snags, and germ traps.



This Super-Fast Thermapen is a high quality product at a reasonable price. Compare to the closest commercial thermometer, competition sell for \$200 to \$250. They are known for their speed and accuracy.

The Importance of Physical Fitness

Continued from page 16.

Health experts also contend that patients with sever peripheral neuropathy or PN should avoid foot-intensive weight-bearing exercises such as long-distance walking, jogging, or step aerobics and opt instead for low-impact activities like swimming, biking, and rowing.

If you have conditions that make exercise and physical fitness a challenge, your provider may refer you to an exercise physiologist who can design a fitness program for your specific needs.

If you are already active in sports or work out regularly, it will still benefit you to discuss your regular routine with your doctor.

The bottom line is that physical fitness and exercise should not have to be a rigid activity and should not come off strong. Your exercise routine can be as simple as a brisk nightly neighborhood walk, walking the dog, or simply taking the stairs instead of the elevator. The important thing is that you keep on moving. Every little bit really helps a lot.

In the end, you will realize that the many things that good food can bring you are equally the same as what physical fitness can do for you.

Budgeting Tips

The first thing you should remember when decorating is that there are no rules except those that you set for yourself. However, having a plan is always a good idea and will help you to keep on budget.

Below are a number of tips that will help you get started.

1. Trust yourself

Remember, you will know more about what looks good for your home than you think.

2. Focal Points

Select the most important element in a room, say a fireplace, and make this the

focal point. Then place furnishings and objects around it to draw a person's eye towards it. You could, if you want, direct the person's eye towards, say, a window, which then directs them to look outside into the garden.

3. Themes

Provide each room with a theme. You may just decide on a color, or it may be a particular style, say French Country or Italian Tuscany, for say the kitchen. Doing this will give you a starting point, and will help to guide you through the decorating stages.

4. Planning

When planning your design, work from the largest area of the room to the smallest. For instance, start with walls, windows, floors, furnishings and then finish with accessories. It is important to remember the larger the decorating surface, the more impact it will have on the finished design.

But the most important thing of all when decorating on a budget is to have fun!

(Next: How to decorate a living room on a budget.)



Simply Trini Cooking

Visit our site compere.org
to view all our exclusive
recipes and giveaways that
are featured in this maga-
zine.

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