



# Cooking with Claire @TVInfants

## The World Tour

### Recipes from the Caribbean ...



JAMAICA TRAVEL AND CULTURE .COM





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*Caribbean Recipes, Do you know your countries?*

## Meat Patties

### Ingredients

drizzle of oil  
One small onion finely chopped  
Two garlic cloves, crushed  
250g beef mince  
potato cut into 1cm/<sup>1</sup>/<sub>2</sub> in cubes  
2 tsp turmeric  
2 tbsp tomato purée  
few thyme sprigs  
2 tbsp hot pepper sauce  
500g block short crust pastry  
1 egg



### Method:

- Heat the oil in a pan, add the onion and cook for 5 mins.
- Add the garlic and beef, turn up the heat and cook until the meat is browned.
- Add the potato, half the turmeric, the purée and thyme, plus 200ml water.
- Cover and simmer for 15 mins, then remove the lid and cook for 5 mins more.
- Add the hot pepper sauce and leave to cool.
- Heat oven to 220C/200C fan/gas 7.
- Roll out the pastry to the thickness of a £1 coin. Cut out 6 x 15cm circles, using a small plate as a guide.
- Divide the mince between the circles, piling it up on one side.
- Mix the egg with the remaining turmeric, brush around the edge of each circle, then fold over and use a fork to seal the edges.
- Arrange on a baking tray lined with baking parchment, brush with a little more egg and bake for 20-25 mins.

## Easy Peasy Spiced Coconut Soup

### Ingredients

1 tin (300g) Pinto Beans  
1 tin (300g) Black Eyed Beans  
1 tin (400g) Coconut Milk  
1 tin (400g) Chopped Tomatoes  
<sup>1</sup>/<sub>2</sub> Bunch Spring Onions – chopped  
Sprig Thyme  
1 tsp Cracked Black Pepper  
1 tsp Sea Salt  
6 tbsp Reggae Reggae Jerk/BBQ Sauce (see our recipe for Simon's Jerk Sauce below!)  
1 tbsp Natural Yoghurt

### Method:

Place all the ingredients into a saucepan and bring to the boil.

Turn down the heat and simmer for approx 15 minutes to allow all the flavours to combine.

Using a ladle fill 4 soup bowls and finish each with a spoon of yoghurt.



## Jamaican Ginger Cake

### Ingredients

250g butter  
275g dark brown  
soft sugar  
4 eggs  
4 tablespoons grated fresh root ginger  
1 teaspoon vanilla extract  
250ml milk  
320g plain flour  
4 teaspoons baking powder  
4 teaspoons ground ginger  
1 1/2 teaspoons ground cinnamon  
1/2 teaspoon salt

2 tablespoons icing sugar for dusting



### Method:

Preheat oven to 180 C / Gas 4. Grease and flour a 23cm tube cake tin.

Sift together the flour, baking powder, ground ginger, cinnamon and salt. Set aside.

In a large bowl, cream together the butter and brown sugar until light and fluffy.

Beat in the eggs one at a time, then stir in the grated root ginger and vanilla.

Beat in the flour mixture alternately with the milk, mixing just until incorporated.

Pour batter into prepared pan.

Bake in the preheated oven for 45 to 50 minutes, or until a skewer inserted into the centre of the cake comes out clean.

Let cool in tin for 10 minutes, then turn out onto a serving plate. Dust lightly with icing sugar before serving.

## Barbadian Chicken Skewers

### Ingredients

4 cloves garlic  
1 onion, cut into 6 wedges  
2 habanero or Scotch bonnet chillies, seeded  
1 bunch spring onions, chopped into 2.5cm (1 in) pieces  
1 tablespoon dried thyme  
1 1/2 teaspoons ground allspice  
3cm (1.5 in) piece fresh ginger root, peeled and minced  
salt and freshly ground black pepper to taste  
175ml (6 fl oz) rum (optional)  
5 tablespoons treacle  
4 limes, zested and juiced  
4 skinless, boneless chicken breast fillets, cut into 3cm (1.5 in) pieces



### Method:

Place garlic, onion, chillies, spring onions, thyme, allspice and ginger into the bowl of a food processor; blend until smooth.

Season to taste with salt and pepper. Transfer mixture to a large, non metallic bowl, and stir in rum (optional), treacle, and lime zest and juice.

Place chicken in bowl, and turn to coat. Cover, and marinate for 24 hours or for as long as possible.

Preheat barbecue/grill for high heat.

Remove meat from marinade, and thread onto skewers. Boil marinade in a small saucepan for at least 3 minutes.

Brush cooking grate with oil, and arrange skewers on hot grate. Slowly cook the chicken until slightly charred and cooked through, brushing with the marinade every time you turn the meat.

## Curry Goat/Lamb

### Ingredients:

1 kg goat meat without bones (or meat that you want to put in).  
juice of 1 lime  
1 tablespoon salt  
1 teaspoon freshly ground black pepper  
1 Scotch bonnet (any colour seeded and minced)  
1/2 teaspoon dried thyme  
1/2 teaspoon Allspice  
3 tablespoon curry powder  
2 whole spring onions, sliced  
1 onion, sliced  
3 cloves of garlic, minced  
4 tablespoons vegetable oil  
3 tomatoes  
1 tin of coconut milk (optional)

### Method:

Rinse goat meat and coat in the juice of half a lime. Put the meat in a large bowl and add the salt, pepper, Scotch bonnet, thyme, all spice, curry powder, spring onion, onion and garlic. Leave for at least 2 hours to marinate in fridge (or for as long as you can).



Heat oil in a frying pan over medium-high heat until very hot; add the meat to the pan reserving the seasoning mixture. cook until brown about 6 minutes, add seasoning mix and cook for a further 2 minutes, add the tomatoes and cook until everything is combined about 3 more minutes. Add the coconut milk and about 2 more tins of water.

Bring to the boil, reduce the heat to low, cover and cook until meat is tender (a good couple of hours). Stir in the remaining lime juice. Serve with rice and plantain.

## Rice and Peas

### Ingredients

3 cups of rice  
1 can of tinned or 1 cup of fresh red peas (either kidney beans or pigeon peas)  
5 cloves of garlic (finely chopped)  
1 uncut scotch bonnet pepper (1 jalapeno pepper may be used as a substitute)  
3 spring onions  
1 tin (or one cup) of coconut milk  
1 teaspoon of salt  
1 teaspoon of black pepper  
2 sprigs of fresh thyme (2 teaspoons of dried thyme may be used as a substitute)

### Method

- If you are using fresh peas then wash these.
- Pour on three cups of water and leave to soak overnight (nb - there is no need to do this if you are using tinned peas)
- Crush the garlic and add to seven cups of boiling water
- If you are using fresh peas add them now and boil for 45 minutes.
- You can test to see if the peas are cooked by crushing them against the lid of the pot. (If they crush easily, you are ready to move on to the next step) NB - If you are using tinned peas just add them to the pot and move straight on to the next step.
- Add your coconut milk, rice, salt, black pepper and thyme to the mix.
- Crush the scallion (do not chop) and add this.
- Also add the uncut scotch bonnet pepper, NB: the pepper remains uncut so as to not make the rice spicy, just give it a subtle peppery flavour
- The Rice and Peas should be ready after about 40 minutes (exact cooking time will depend on the brand of rice used).
- The Rice and Peas is now ready to serve!



## Callalo rice

### Ingredients:

6 stalks callaloo, easily found in tins in Sams 99p shop in Barking and most high street supermarkets (world food isle). Alternatively, use spinach  
4 cups coconut milk  
3 cloves garlic, finely chopped  
3 sprigs thyme  
1 whole green scotch bonnet  
2 spring onions, finely chopped  
3 tbsp butter  
1lb basmati rice  
Salt and pepper to taste



### Method

Heat up the coconut milk for the callaloo rice in a medium saucepan. When the coconut milk comes up to the simmer add the callaloo and bring to a boil.

Add thyme, whole scotch bonnet pepper, crushed garlic, spring onions and stir well; allow to simmer for 10 minutes. Add butter, and rice, stir well.

Place a lid on the pan and cook over a low flame until all the liquid has been absorbed and the rice grains are cooked.

Spoon the rice onto the plate and top with the jerk chicken or other meat and vegetables.

## Our very own Simon's Jerk Chicken

### Ingredients:

#### Jerk Sauce:

4 Spring Onions  
4-6 Cloves of Garlic  
1 ½ Scotch Bonnets (remove stalk, white bit and seeds)  
Thyme  
Couple Bay Leaves (not stems)  
Flat teaspoon All Spice  
Level teaspoon Nutmeg  
Level teaspoon Cloves  
6 table spoons rum (1/2 wine glass) (optional)  
White Wine Vinegar (same as above)  
Tablespoon of honey  
Pinch Salt & Pepper  
3-4 Tablespoons Olive Oil

#### Meat/Fish:

Either a whole chicken cut into portions or cubes of chicken breast, or wings, thighs or drumsticks or leg portions, or fish, or meat like ribs you name it you can jerk it!

### Method:

Place all the ingredients for the Jerk Sauce on the left into a blender and blend until smooth (ish)



Cover your chosen meat and if possible leave to marinate. If you can't wait or don't want to or forgot and only have 20 mins before people want to eat, just cover the meat with 2/3rds of the mixture and cook on a grill or BBQ.

As you go, baste the meat with a little sauce so it doesn't go all dry but builds up a nice "caramalised" coating.

Once the meat is cooked then enjoy with rice and peas or whatever else you fancy.

You can make the jerk sauce or search a recipe for jerk seasoning, which can be put in a jar and kept to use whenever you like.

### For the plantain fritters

75g/3oz self-raising flour  
1 free-range egg  
75ml/3fl oz lager/sparkling water  
salt and freshly ground black pepper  
1 tbsp fresh coriander, roughly chopped  
vegetable oil, for deep frying  
2 plantains, peeled, grated



### Method:

Place the flour and egg into a bowl and whisk in enough lager/sparkling water to form a batter the consistency of double cream.

Season with salt and freshly ground black pepper and stir in the coriander. Place the grated plantain into a bowl. Add enough batter until the plantain is lightly coated and mix well.

Two-thirds fill a large, heavy-based saucepan with vegetable oil. Heat until a breadcrumb sizzles and turns golden-brown.

Alternatively you can shallow fry these too.

Carefully drop spoonfuls of the batter into the hot oil and fry until golden-brown. Remove with a slotted spoon and drain onto kitchen paper. Repeat until all the plantain mixture is used up.

### For the fried plantain

30g/1½oz butter  
1-2 tbsp vegetable oil  
1 large ripe plantain, skin removed, cut on the diagonal into slices 2cm/¾in thick



### Method:

For the plantain, heat the butter and oil in a pan over a medium heat, add the plantain and cook for 4-5 minutes on each side until golden-brown. Remove from the pan and drain on kitchen paper.

### For the salsa

½ small red onion, peeled and finely chopped  
½-1 red chilli, finely chopped  
½ small ripe pineapple, peeled and finely chopped  
½ lime, juice only  
½-1 tbsp sugar  
2.5cm/1in piece fresh ginger, grated (optional)  
1 tbsp chopped fresh coriander  
1 tbsp chopped fresh mint

### Method:

For the salsa, place the onion, chilli, pineapple, lime juice, sugar and ginger, if using, into a pan and heat gently for 2-3 minutes. Remove from the heat, cool, then stir in the coriander and mint.



