



Virgin Islands
**Holiday
Cooking**

Virgin Islands

Holiday Cooking

Cooperative Extension Service

University of the Virgin Islands

Prepared by Extension Home Economics Staff

Olivia H. Henry, Program Leader

Caryl Johnson

Clarice Clarke

Evannie Jeremiah

Blanche Mills

Sharon Williams

Edited by Carrol B. Fleming

COOPERATIVE EXTENSION SERVICE/UNIVERSITY OF THE VIRGIN ISLANDS

Dr. D.S. Padda, Director - St. Croix, U.S. Virgin Islands

From the Director

We at the Cooperative Extension Service of the University of the Virgin Islands are delighted to present “Virgin Islands Holiday Cooking.” This multi-purpose publication continues to fill a community need for nutritious recipes utilizing local foods.

By formalizing the use of traditional native foods, we are able to encourage sound nutrition using products that are readily available. This is especially important here in the Virgin Islands where we often have fewer choices and less variety than on the mainland.

These recipes meet one of the Federal Extension Initiatives, which is the improvement of nutrition, diet and health. Home Economics, in general, and human nutrition, in particular, are important parts of the Extension Service mission.

The breadth of the Extension Service covers the following programs — agriculture, pest management and natural resources, 4-H/youth development, and community rural development as well as home economics. The Cooperative Extension Service offers publications covering this broad range of subjects. We invite people to take advantage of the educational material and technical information that we have available.

Along with its practical information, this booklet also chronicles a vanishing cultural history. A native Virgin Islander generously shared memories of Christmas here in the Virgin Islands in days gone by. We hope this festive collection will add joy to your holiday season. Best wishes from myself and the entire Extension staff.

Darshan S. Padda



Table of Contents

I. Introduction	iii
II. Appetizers	
Herring Gundy	1
Saltfish Gundy	1
Lobster Gundy	2
Conch Fritters	2
Orange Glazed Chicken Wings	3
III. Beverages	
Christmas Cider	5
Hollyberry Punch	5
Ginger, Plum, Sorrel Water	5
Passion Fruit, Guava Water	6
Plum-Sorrel-Ginger Drink	6
Guava-Passion Fruit-Plum Drink	6
Guavaberry-Sorrel Drink	7
Guavaberry Liqueur	7
Sorrel Drink	8
Hibiscus Ade	8

Table of Contents Continued

IV. Breads

Holiday Fruit Loaf	9
Fruit Nut Bread	9
Sweet Bread	10
Christmas Fruit Loaf	11
Quick Prune Bread	11
Ginger Bread	12
Vegi-Bread	12

V. Desserts

Eggnog Delight	13
Plum Pudding	13
Homemade Ice Cream	14
Red Grout (Guava)	15
Spiced Prune Cake	15
Fruit Cake	16

VI. Main Dishes

Christmas Meatballs	17
Cranberry Ham Slice	17
Rice Spectacular	18
Seasoned Rice	18
Pigeon Peas and Rice	19
Stewed Pigeon Peas	19
Cruzan Souse	20

VII. Salads

Santa Cinnamon Salad	21
Conch Salad	21

VIII. Vegetables

Yam Stuffing	22
Beets 'N Pineapple	22
Sweet Potatoes Ambrosia	23
Festive Green Bean Casserole	23
Eggplant Croquettes	24



Introduction

The Cooperative Extension Service, Home Economics Program is happy to provide you with these holiday recipes that might add enjoyment to preparing holiday meals for your families or for other festive occasions.

Olivia H. Henry, Program Leader

In days gone by, money wasn't so easy — Christmas was more friendly giving and sharing. Families went out in the hills and picked out their own inkberry trees which were decorated mostly with candles and homemade decorations. There was pride in decorating your house then. Decorated trees were placed on porches or in windows where they could be seen and enjoyed by others.

On Christmas Eve, there were midnight church services and the stores stayed open until one in the morning. There were tramps and plant moving, as well as other mischief. If you had potted plants outside you had to bring them indoors on Christmas Eve or know that in the morning they'd be gone — moved upstreet or downstreet or sometimes you never would find them.

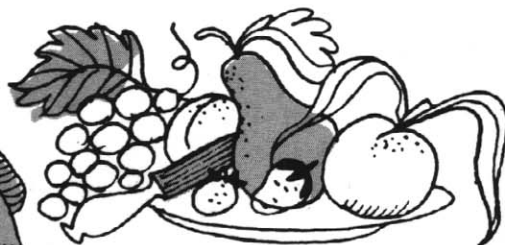
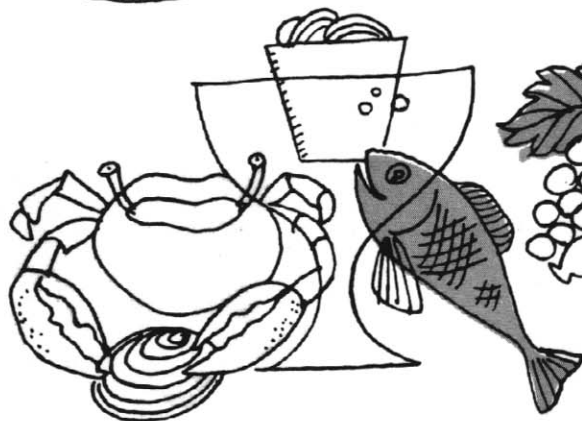
There was no carnival as we know it now. But on the day after Christmas, called Christmas Second Day, we did have "Mocko Jumbie", horse racing, and troupes dancing in the streets. Troupes began the day dancing in the countryside, and reached the towns by midday where the festivities continued until late evening.

Christmas was not Christmas without ham and sweet bread. And Miss Blyden — that's a sweet liqueur made with guavaberries or prickly pears. There were always carolers. They were always invited in for a drink and a piece of sweet bread and ham — that was one custom in those days.

Even though herring gundy was a must for Easter, it was done for Christmas too, but more as an appetizer then. At Easter it was served with sweet potatoes, yams or tannia. Long ago, the old folks didn't add beets to their gundy. Refrigeration was not readily available then and beets would ferment and make the gundy sour. So we used the traditional recipe here. I suppose the beets were added later to enhance its color.



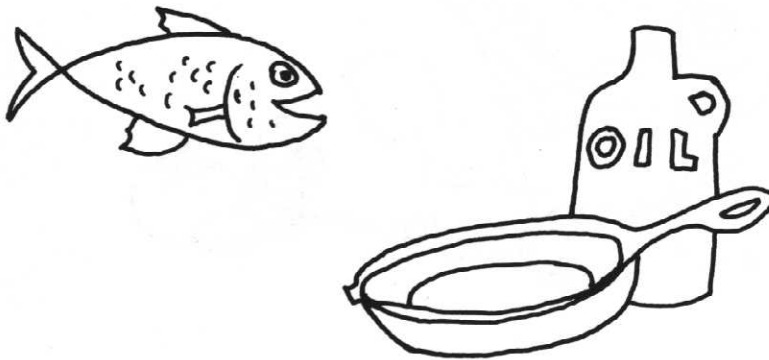
Appetizers



HERRING GUNDY

- 2 lbs. salted herring**
- ½ sweet pepper**
- 1 medium onion**
- ½ hot pepper (optional)**
- 1 cup salad oil**
- 2 tablespoons vinegar**
- Pinch of sugar**
- 2 sprigs parsley**
- Onion rings for garnish**

Soak herring overnight to remove excess salt. Next day, wash in warm water and remove skin and bones. Combine salad oil, vinegar, and pinch of sugar; set aside. Put herring, sweet pepper, onion, and parsley through meat grinder. Combine thoroughly with salad oil-vinegar mixture. Garnish with onion rings. Refrigerate overnight to blend flavors.



SALTFISH GUNDY

- 1 lb. salted codfish fillet**
- 1 teaspoon capers**
- ½ medium onion**
- ½ cup salad oil**
- 2 teaspoons vinegar**
- 2 hard-boiled eggs**

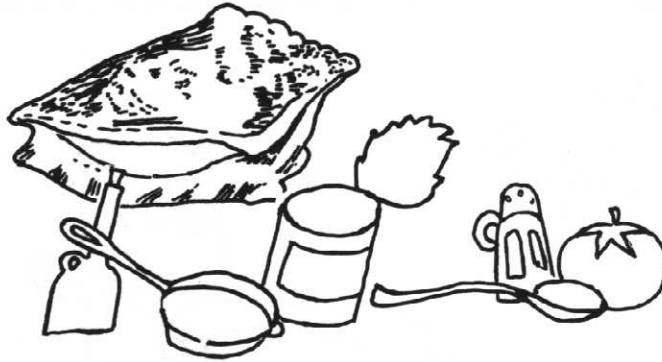
Soak saltfish long enough to remove excess salt. Wash, remove skin and bones. Mix salad oil with vinegar and set aside. Put saltfish, onion, and capers through meat grinder. Combine well with salad oil mixture. Garnish with slices of hard-boiled eggs.

NOTE: For an interesting texture, flake saltfish into very small pieces instead of grinding - then reduce salad oil to 1/4 cup.

LOBSTER GUNDY

- 3 lobster tails**
- 1 large onion**
- 2 red sweet peppers**
- ½ hot pepper (optional)**
- 1 cup salad oil**
- ¼ cup vinegar**
- Sprig of parsley**

Boil lobster tails. Allow to cool thoroughly. Remove meat from shell. Put through grinder (or blender at lowest speed). Chop or blend all vegetables. Combine oil and vinegar, add to meat along with vegetables. This gundy becomes more tasty the following day, but must be refrigerated at all times.



CONCH FRITTERS

- 5 conchs**
- 1½ cups flour**
- 1 teaspoon baking powder**
- ½ teaspoon salt**
- 1 egg, beaten**
- 1 cup milk**
- Fat for frying**

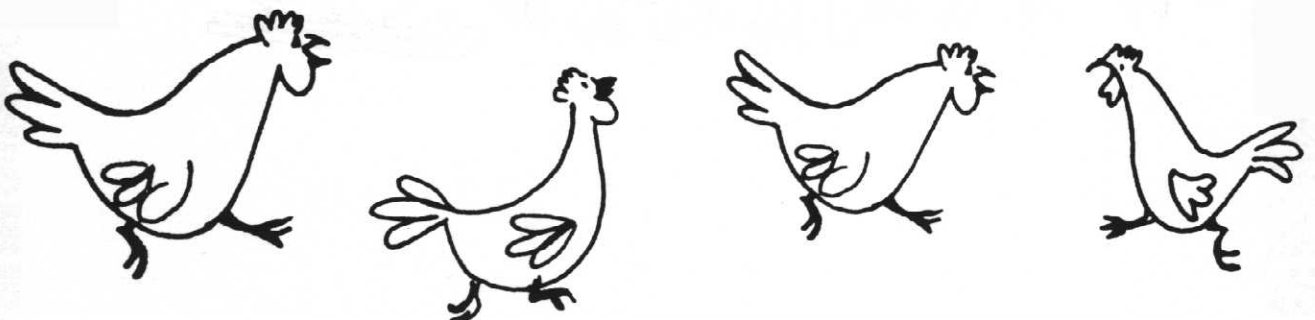
Clean and pound conchs. Slice very thin, enough to make 2 cups. In bowl, sift together flour, baking powder and salt. Make a well in the center. Combine egg with milk. Gradually add to center of flour mixture. Blend gently to make a smooth batter. Dip the sliced conch in batter. Fry in deep fat.



ORANGE GLAZED CHICKEN WINGS

- 10 Chicken wings**
- 2 tablespoons butter**
- 1 teaspoon seasoned salt**
- ½ cup orange marmalade**

Rinse chicken wings and dry on paper toweling. Tuck the wing tip under the larger joint to form a triangle. Heat butter in skillet (200°F. on temperature controlled gas burner). Sprinkle wings with seasoned salt and place in heated butter. Saute on temperature controlled gas burner (325°F.) until evenly browned on both sides, about 20 minutes. Spread with orange marmalade, continuing to saute while basting frequently for another 20 minutes. Remove from skillet. Serve hot. Hold at serving temperature on automatic burner or in Keep-Warm oven set at 170°F. They will be glazed and “sticky” good. Makes 4-5 servings. (Leg pieces or whole chicken may be prepared this way and served as an entree).



Guavaberry liqueur wasn't made like it is today. In those days, the guava-berries were boiled into a sweet syrup which was mixed with rum. The longer it sat, the better it was. It was served in a little liqueur glass — like a jigger — just to sip. Sorrel and prickly pear were also made into liqueurs at Christmas time. Some people added cinnamon, a vanilla stick, or raisins. It depended upon your taste.



Beverages



CHRISTMAS CIDER

- 2 quarts apple cider**
- 1 cup brown sugar**
- 3 (3-inch) sticks cinnamon**
- 1 teaspoon whole cloves**
- 1 teaspoon salt**

Heat cider to boiling point. Add remaining ingredients and simmer about 15 minutes. Strain and serve.

HOLLYBERRY PUNCH

- 1 can (6 oz.) quick-frozen concentrated lemonade**
- 1 can (6 oz.) quick-frozen concentrated orange juice**
- 5 cups water**
- 2/3 cup grenadine syrup**
- 1 quart ginger ale**

Combine juices, water and grenadine syrup and mix well. Add ginger ale. Pour over ice in punch bowl. Float slices of lemon and orange for garnish. Yield: about 2¾ quarts.

GINGER WATER

Pour 1 cup boiling water over a medium piece of grated ginger; let sit for 1 hour. Strain.

PLUM WATER

Pierce the skins of 2 dozen very ripe plums. Place in sauce pan and bring to a boil in 3 cups of water; let cool. Remove pulp by rubbing through sieve.

SORREL WATER

Pour 3 cups boiling water over 1½ cups sorrel sepals; let sit for 1 hour. Strain.

PASSION FRUIT WATER

Pour 4 cups boiling water over 1 cup passion fruit pulp; let sit for 1 hour. Rub through sieve to remove pulp.

GUAVA WATER

Wash 1 dozen very ripe guavas. Cut off stem and blossom ends; slice or dice into several pieces. Rub through sieve, rinsing with 6 cups water to remove pulp.

PLUM-SORREL-GINGER DRINK

Combine the following fruit juices as directed. Sweeten; add more water to taste if needed.

6 cups plum water
2 cups sorrel water
1 cup ginger water
Sugar to taste

GUAVA-PASSION FRUIT-PLUM DRINK

Combine the following fruit juices as directed. Sweeten; add more water to taste if needed.

3 cups guava water
3 cups passion fruit water
3 cups plum water
Sugar to taste

GUAVABERRY-SORREL DRINK

- 1 cup guavaberries**
- 2 cups sorrel sepals**
- Small piece of ginger**
- Piece of dried orange peel**
- 6 cups water**
- 2 cups sugar**

Wash guavaberries. Clean by popping berries and seeds. Rinse seeds with 6 cups of water, and strain. Boil strained liquid, berries and sugar until berries are soft. Pour boiling liquid over sorrel, ginger and orange peel. Allow to stand overnight. Serve over ice.

GUAVABERRY LIQUEUR

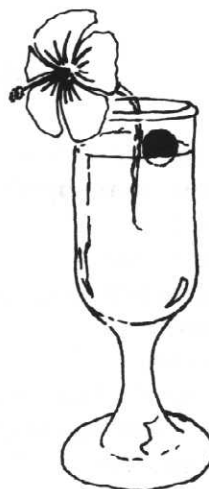
- 1 lb. red guavaberries**
- 1 lb. yellow guavaberries**
- 1 lb. sorrel**
- ½ lb. ginger root**
- 3 sticks cinnamon bark**
- 1 lb. prunes**
- 1 lb. raisins**
- 3 sticks vanilla bean (optional)**
- 1 lb. pure cane sugar (brown sugar)**
- 2 bottles of rum**
- ¼ cup water**

Rinse berries with ¼ cup water. Clean by popping berries and removing seeds. Rinse seeds, strain and save liquid. Put seedless berries in large pot. Add liquid saved from rinsing seeds, and cane sugar (withhold ½ cup red and ½ cup yellow berries to be used later). Boil mixture until berries are soft. The juice should be of a medium syrup consistency or sticky when cool. Mash or grind berries that were saved and mix with strongest old rum available. To cooked mixture add prunes, raisins, vanilla bean, ginger root, sorrel and cinnamon bark with balance of ingredients. Pour in bottles, cork and wire down securely. Store in dark place or cellar for several months. When it is fully ripened (the taste will tell) strain and rebottle for use.

SORREL DRINK

- 3 cups sorrel sepals**
- Small piece of ginger**
- Piece of dried orange peel**
- 6 cups boiling water**
- 6 cloves**
- 2 cups sugar**

Wash the sorrel and place in a jar with ginger, orange peel and cloves. Pour on boiling water and allow to stand for 24 hours. Strain, sweeten and pour into bottles. Use as needed with ice and soda water (optional).

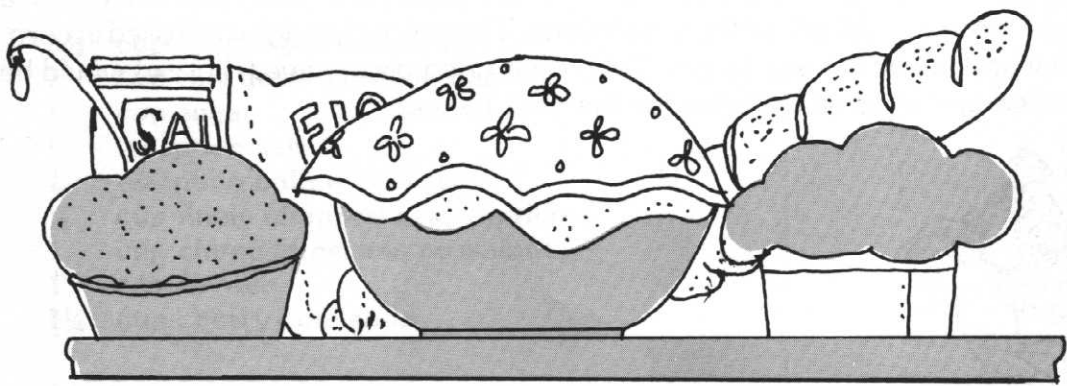


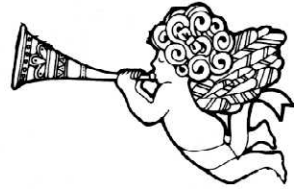
HIBISCUS ADE

- 30 single red hibiscus blooms**
- ½ ounce ginger (medium size piece)**
- 3 quarts water**
- Juice from 6 limes**
- Sugar for sweetening**

Wash hibiscus and ginger. Cut ginger in very small pieces or grate it. Boil ginger in one quart water for about 2 minutes. Add hibiscus, remove from heat and cover. When cool, strain in large pot. Add 2 quarts water and lime juice. Sweeten to taste. Chill and serve cold. If ade is too thick, add more water and sugar to taste.

Breads





In days gone by most of the baking was done in outdoor ovens. Light the wood and then spread the coal out. And the sweet bread would be baked. Guava was in season at Christmas time and was baked into a popular tart. Those who didn't have ovens would take their things to be baked in the yards of their neighbors.

The johnny cake in the Christmas song "Mama bakin johnny cake, Christmas time comin" was really a yeast bread baked in a round like a johnny cake, it was sweetened with brown sugar and had lots of shortening. Very rich and tasty — once you tried a little there was a craving for more and more.

Years ago, bakers made their own yeast cakes. From each batch of bread, a small piece was saved for the next baking. This piece of dough was rolled in cornmeal and set in the sun to dry. Then, that dried piece of yeast bread would be soaked and used as a starter for the next baking.



HOLIDAY FRUIT LOAF

- 2½ cups sifted flour**
- 4 teaspoons baking powder**
- 1 teaspoon salt**
- 1 cup chopped nuts**
- 2 cups candied fruit**
- ½ cup butter**
- ¾ cup sugar**
- 3 eggs**
- ½ cup mashed banana**
- ½ cup orange juice**

Sift flour, baking powder and salt. Stir in chopped nuts and candied fruits. Cream butter and sugar, beating until light and fluffy. Add eggs one at a time beating after each addition. Combine banana and orange juice and add to creamed mixture alternating with dry ingredients, beginning and ending with dry ingredients. Turn into wax-lined and greased loaf pan, (9x5x3). Bake at 350°F. for 1 hour. Cool 30 minutes before turning out. May be wrapped in aluminum foil and put in freezer. Slice thin when serving.

FRUIT-NUT BREAD

- 2½ cups packaged biscuit mix**
- 1 cup raw quick-cooking oats**
- ¾ cup sugar**
- ¼ teaspoon salt**
- 1 teaspoon baking powder**
- ½ cup finely chopped dried apricots**
- 1 cup chopped pecans or walnuts**
- 1 egg, beaten**
- 1¼ cup cherry cola soda**

Combine biscuit mix, oats, sugar, salt and baking powder in a large bowl. Add apricots and nuts; stir until fruit and nuts are well floured. Combine beaten egg with cherry cola soda. Add to dry mixture beating well with a spoon. Pour into well-greased and floured 9x5x3 inch loaf pan. Bake in 350°F. oven about 55 minutes or until done. Cool on cake rack 10 minutes; then, remove from pan and finish cooling on cake rack. Cool thoroughly before slicing. This bread takes well to the freezer, and is better when allowed to mellow.

SWEET BREAD

- 2 lbs. (8 cups) flour**
- 2 pkgs. (2tbsp.) yeast plus 1 tbsp. sugar**
- $\frac{3}{4}$ lb. (1 $\frac{1}{2}$ cups) brown sugar**
- $\frac{1}{2}$ lb. (1 cup) shortening**
- $\frac{1}{2}$ cup margarine**
- 1 $\frac{1}{2}$ cups milk ($\frac{3}{4}$ cup evaporated milk plus $\frac{3}{4}$ cup water)**
- 6 eggs**
- 2 teaspoons (or to taste) almond essence**
- 1 teaspoon salt**
- 2 cups fruit ($\frac{1}{4}$ cup diced citron, $\frac{1}{2}$ cup diced pitted prunes, $\frac{3}{4}$ cup mixed fruits, $\frac{1}{2}$ cup raisins)**
- 3 to 4 teaspoons grated orange peel**
- 2 teaspoons cinnamon**
- 1 teaspoon mace**
- $\frac{1}{4}$ teaspoon each ground cloves, nutmeg, and cardamon**

Dissolve yeast in $\frac{1}{2}$ cup lukewarm water with 1 tablespoon sugar. Stir in enough flour to make a stiff batter. Beat this batter for 1 minute, then cover and let rise until doubled.

Cream shortening, margarine and sugar. Add essence. Add eggs, one at a time, beating well after each addition. Stir in the yeast mixture. Add fruits.

Sift together the flour, salt and spices. Add the milk and flour alternately to the egg mixture. Beat well. Batter will be very stiff.

Pour the batter into several greased pans and let rise until double in bulk. Place a few prune slices on the top and brush with syrup made from brown sugar, water and a little cinnamon. Bake at 375°F. for 30 minutes or until done. Bread is done when a knife inserted into the center comes out clean.



CHRISTMAS FRUIT LOAF

- 4 cups sifted flour**
- 1 teaspoon baking powder**
- ½ teaspoon cloves**
- ½ teaspoon cinnamon**
- ½ teaspoon mace**
- 1 pound butter or other shortening**
- 1 pound brown sugar**
- 10 eggs, well beaten**
- ½ pound candied cherries**
- ½ pound candied pineapple**
- 1 pound dates, seeded and sliced**
- 1 pound raisins**
- 1 pound currants**
- ½ pound citron, thinly sliced**
- ½ pound candied orange and lemon peel**
- ½ pound nuts, chopped**
- 1 cup honey**
- 1 cup molasses**
- ½ cup cider**

Measure sifted flour, add baking powder and spices, sift together three times. Cream shortening. Gradually add sugar; cream together until light and fluffy. Add eggs one at a time and beat. Add fruits, peel, nuts, honey, molasses and cider. Add flour and spice mixture gradually, beating after each addition until blended. Turn into three 10x5x3 inch loaf pans which have been greased, lined with heavy paper, and greased again. Bake in a very slow oven (250°F.) for 3½ to 4 hours. Makes 10 pounds.

QUICK PRUNE BREAD

- 1/3 cup shortening**
- 1/2 cup sugar**
- 2 eggs, beaten**
- 3/4 cup milk**
- 2 cups flour**
- 1/2 teaspoon salt**
- 1 teaspoon baking powder**
- 1 cup cooked prunes, (cut-up)**
- 1/2 cup chopped pecans**

In large bowl cream shortening and sugar. Add eggs; beat well. Add half of milk into mixture. Combine flour, salt, baking powder in small bowl. Add half flour mixture to mixture in large bowl. Gradually stir in balance of flour mixture and milk. Add prunes and pecans; mix well. Pour into greased loaf pan. Bake in oven 350°F. for 40 to 50 minutes until lightly browned. Makes 1 loaf.

GINGERBREAD

- 1/2 cup shortening**
- 1/2 cup sugar**
- 1 egg (well beaten)**
- 1 1/2 cup white flour**
- 1 1/2 teaspoon cinnamon**
- 1 teaspoon ginger**
- 1/2 teaspoon cloves**
- 1/2 teaspoon salt**
- 1 cup whole wheat flour**
- 1 cup molasses**
- 1 cup hot water**
- 1 1/2 teaspoon soda**

Mix together shortening, sugar and well-beaten egg. Measure and sift together: white flour, cinnamon, ginger, cloves, salt, and whole wheat flour. Mix together molasses, hot water, and soda. Add dry ingredients to egg mixture alternately with liquid and beat after each addition. Pour into greased 8x8 baking pan. Bake at 350°F. until done. (Spongy to the touch).

VEGI-BREAD

- 3 cups all purpose flour**
- 1/2 cup whole rye flour**
- 1/4 cup chopped onion**
- 1/2 cup chopped green sweet pepper**
- 2 tablespoons chopped celery leaves**
- 1 pkg. yeast**
- 1 cup very warm water**
- 2 tablespoons sugar**
- 3 tablespoons shortening or margarine**
- 1 tablespoon shortening or margarine**
- 1 teaspoon salt**

On wax paper combine rye flour and enriched flour.

In large mixing bowl put 1 1/2 cups mixed flour, yeast, salt, sugar and 3 tablespoons shortening.

In sauce pan cook lightly until tender but not brown, onion, green pepper and celery in 1 tablespoon of shortening. Add to mixture in bowl. Add 1 cup water, beat for 1 minute. Set aside until doubled. Gradually add remaining flour. Knead on floured surface until smooth; put in bowl. Grease top; set in warm place to rise until doubled. Punch down; let rise again. Grease 8 inch round layer cake pan; shape dough to fill pan; set to rise until doubled. Bake in moderate oven 400°F. until brown and done.

Desserts



Red grout and guava and guavaberry tarts were probably the most popular Christmas desserts. Red grout is delicious served with custard sauce or hard sauce. Guava or guavaberry tarts — it is so hard to get guavaberries these days — can be made by filling your favorite pastry with stewed guavaberries, sweetened to taste.



EGGNOG DELIGHT

- 1 9-inch baked pie shell
- 1 (3-oz.) pkg. lemon-flavored gelatin
- 1 cup hot water
- 1 pint vanilla ice cream
- $\frac{1}{4}$ teaspoon nutmeg
- $\frac{1}{4}$ teaspoon rum flavoring
- 2 egg yolks, well-beaten (separate)
- 2 beaten egg whites
- 1 cup cream, whipped

Dissolve gelatin in hot water. Cut ice cream into six chunks and add to gelatin mixture, stir until melted. Chill in refrigerator until partially set. Add nutmeg and flavoring. Stir in egg yolks. Fold in egg whites. Pour into pie shell. Chill until firm. Top with whipped cream. If desired, garnish with orange sections and green maraschino cherries. Makes 8 servings.



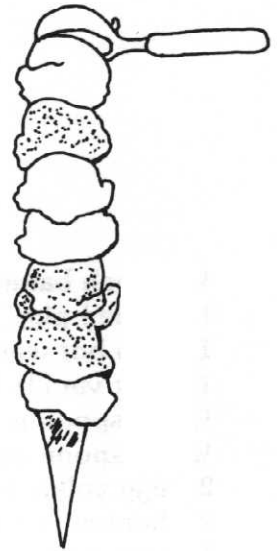
PLUM PUDDING

- 2 (1-lb.) cans of plums
- 1 cup sifted all-purpose flour
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ teaspoon salt
- $1\frac{1}{2}$ teaspoon double-acting baking powder
- $\frac{1}{2}$ cup milk
- 3 tablespoons melted shortening

Drain plums and reserve syrup. Sift flour, sugar, salt, and baking powder together in a mixing bowl. Add milk and melted shortening. Beat until well blended. Pour into a greased (8x8x2 inches) baking pan. Remove pits from plums. Place plum halves evenly over batter. Bring reserve syrup to a boil, measure out 1 cup and pour over top. Bake at 375°F. for 45 minutes. Serve warm with cream if desired. Makes 6 servings.

HOMEMADE ICE CREAM

- 10** eggs
- 6** cans evaporated milk (undiluted)
- 2** cups powdered milk
- 3½** cups sugar
- ¼** teaspoon salt
- 2** tablespoons cornstarch
- 2** quarts fresh homogenized milk
- 4** tablespoons vanilla



In top of large double boiler or large container that can be set in water for cooking, mix powdered milk, sugar, salt, and cornstarch. Combine well. Add evaporated milk and blend. Cook over boiling water stirring constantly until it begins to boil and thicken. Beat eggs and pour a little of the cooked mixture into beaten eggs. Stir. Add egg mixture to cream and continue cooking until it boils up. Remove from heat. Add fresh milk and vanilla. Let cool and place in refrigerator to chill for churning the following day.

Churning

Pour into mechanical ice cream maker up to “fill line” in can. Stir well. Place dasher in can and cover. Set crank in place. Freeze by using alternating layers of ice and rock salt. When tub is full and covered with ice, churn your ice cream, filling with ice as needed until ice cream begins to feel stiff. Ice cream will not be very hard. Remove the dasher from tub. Replace cover and cork hole. Pack freezer with ice to cover top. Pack newspaper firmly around sides and top of can, and let set for ice cream to get hard. Or - if there is a freezer large enough - remove pan with ice cream from tub and set in freezer to get hard for serving.

Fruit Ice Cream

Use basic vanilla ice cream and add desired fruit - pineapple, mangoes, soursop, guavas, bananas, gooseberries, or any fruits desired. Approximately $\frac{3}{4}$ cup of fruit for each quart of ice cream.



RED GROUT (GUAVA)

Extract juice from guavas. This may be done by:

1. Peeling skin from guavas and removing seeds. Use shells for preserves. Cover skins and seeds with water and boil. Drain liquid from cooked skin and seeds.

OR

2. Dice guavas. Cover with water and boil. Drain.

Mix 1/4 cup tapioca, 2½ cups guava juice, dash of salt and 1/3 cup sugar (or sugar to taste). Bring to a boil over medium heat, stirring constantly until tapioca looks clear. Add a few drops of red food coloring to desired redness. Pour into serving dishes. Cool. Serve with topping of soft custard or ice cream.

SPICED PRUNE CAKE

- ½ cup margarine**
- 1 cup sugar**
- 2 eggs, well beaten**
- 1¼ cups finely chopped cooked prunes**
- 2 cups sifted flour**
- 1½ teaspoon soda**
- 1 teaspoon cinnamon**
- ¾ teaspoon cloves**
- ¾ teaspoon salt**
- ½ cup sour milk**

Cream margarine and add sugar. Cream until fluffy.

Add eggs and beat well. Blend in prunes.

Sift together flour, soda, spices, and salt. Add to creamed mixture in three portions alternately with the sour milk.

Turn into a greased shallow pan about 12 by 8 inches.

Bake in preheated oven at 350°F. (moderate oven) for 35-40 minutes.

Adapted from Consumer and Marketing Service leaflet and USDA Home and Garden Bulletin No. 1 by Virgin Islands Extension Service.

FRUIT CAKE

- 1 lb. candied cherries
- 1 lb. figs
- 1 lb. dates
- 1 lb. prunes
- 1 lb. currants
- 1 lb. raisins
- 1 lb. candied orange peel
- ¼ lb. citron
- 1 lb. nuts
- 2 cups brandy
- 2 cups guavaberry rum
- 1 lb. butter
- 1 lb. brown sugar
- 1 dozen eggs
- 1 lb. flour
- 1 tablespoon baking powder
- 1 tablespoon allspice
- 1 tablespoon cinnamon
- 1 cup milk
- 1 cup molasses

Soak fruits and nuts in brandy and guavaberry rum for one week before cake is made. Cream butter and sugar. Add eggs, beating constantly. Sift flour, baking powder and spices. Add alternately with molasses and milk to cake mixture. Add soaked fruits and nuts; stir gently.

Pour into greased pans lined with greased brown paper. Bake in slow oven (300°F.) until done - test with toothpick for doneness.

Brush top with brandy after cake is cool. Wrap in waxed paper and store in tightly closed container.



Main Dishes



None of us were as wealthy then but even the real poor families had ham at Christmas time. In those days, the grocers would give out ham to their customers in appreciation for their patronage during the year. Those who bought a lot often got a whole ham, for others, the grocer would cut off a piece, but everyone had ham.





CHRISTMAS MEATBALLS

- 1 medium onion**
- 2 stalks celery**
- 2 lbs. ground beef**
- 2 eggs, slightly beaten**
- 1 can beef bouillon, undiluted**
- 1 teaspoon poultry seasoning**
- 1 teaspoon salt**
- 1 cup dry bread crumbs**
- ¼ cup butter or margarine**
- 1 can cream of mushroom soup, undiluted**
- ½ teaspoon dill seed**

Put onion and celery through meat grinder, or place in blender until finely ground. Combine with ground beef, eggs, and one half can of beef bouillon, poultry seasoning, salt, and bread crumbs. Shape into balls one inch in size. Brown on all sides in butter on automatic burner set at medium flame or 300°F. Blend other half can of beef bouillon, cream of mushroom soup and dill seed. Pour over browned meatballs and simmer 15 minutes at 212°F. on automatic burner.

CRANBERRY HAM SLICE

- 1 cup firmly packed brown sugar**
- 2½ tablespoons cornstarch**
- ½ teaspoon cloves**
- 1 pint cranberry juice cocktail**
- 2 tablespoons lemon juice**
- ¼ cup seedless raisins**
- 2 ham slices, 1 inch thick**

Set dial of temperature controlled burner at 225°F. Combine brown sugar, cornstarch and cloves in a saucepan; gradually add the next three ingredients and stir. Cook until sauce thickens and boils. Place one slice of ham in greased baking dish. Pour one half of the sauce over the ham slice. Top with second slice. Add remaining sauce. Bake covered in 350°F. oven for 45 minutes. Makes 6 servings.

RICE SPECTACULAR

- 3/4 stick margarine**
- 1 (4 oz.) can mushrooms, drained**
- 1 cup chopped onion**
- 1 can beef bouillon**
- 1 can water**
- 2 tablespoons soy sauce**
- 1 cup long grain white rice**

Melt margarine and saute mushrooms and onion together on automatic burner set at medium flame or 300°F. Add bouillon, water, soy sauce and rice. Pour into casserole (1½-qt.) and bake at 350°F. for 1 hour or until soft. Makes 6 servings.

SEASONED RICE

- 1/2 lb. salted beef or pork**
- 1/2 lb. codfish**
- 6 "Puerto Rican" sweet peppers, chopped**
- 1 medium onion, minced**
- 2 sprigs of parsley, minced**
- 1 clove garlic, crushed**
- 3 tablespoons cooking oil**
- 1/2 cup canned tomatoes**
- Sprig of fresh thyme**
- 3½ cups boiling water**
- 1¾ cups rice**

Cut meat into small pieces and soak with codfish overnight to remove excess salt. Remove bones from codfish and flake. Cook meat until tender. In heavy aluminum pot, saute sweet pepper, onion, parsley and garlic in oil until tender. Add tomatoes, codfish and cooked beef or pork. Cook 5 minutes. Add boiling water and thyme. Wash rice. Add rice and cook uncovered for about 5 minutes. Cover tightly, lower flame and allow to cook very slowly until rice is tender and grainy. Turn rice over with a fork.

STEWED PIGEON PEAS

- 2 cups shelled pigeon peas**
- 3 slices bacon cut in small pieces**
- 1 onion, chopped**
- 1 sweet pepper, chopped**
- 1 clove garlic**
- ¼ pound cooked ham (cubed)**
- 2 tablespoons cooking oil**
- 1 quart water**
- 2 tablespoons tomato sauce**
- 1 tablespoon butter**

Fry bacon slightly. Saute chopped vegetables in bacon drippings or oil until tender. Set aside. Put peas to boil until almost tender; or use canned precooked peas. (Take into consideration that the canned peas are already cooked).

Add cooked ham and vegetable mixture and continue cooking. When peas are soft, add tomato sauce and butter. Cook for a few minutes longer. Serve.



PIGEON PEAS AND RICE

- 2 cups rice**
- 1 quart water**
- 1 onion**
- 1 sprig celery**
- 1 sprig thyme**
- 1 clove garlic**
- 2 cups shelled pigeon peas**
- ¼ pound cooking ham (cubed)**
- 2 tablespoons tomato sauce**
- 2 tablespoons butter**

Proceed as for stewed pigeon peas. After combining all ingredients for stewed peas, add rice. Bring to boil, turn flame low, cover and cook slowly until rice is tender. Add butter. Serve.

CRUZAN SOUSE

- 1 pig's head
- 1 pig's tail
- 2 stalks celery
- 2 sprigs parsley
- 4 pig's feet
- 1 medium onion
- 2-3 limes
- 1 hot pepper, sliced
- Salt

Ask butcher to chop head into 4 pieces and remove eyes. Wash and clean head, feet and tail. Cover meat with salted water. Add onions and celery; cook until tender. Set aside to cool.

Prepare a large bowl of cold, salted water.

Remove meat from bones of pig's head and discard excess fat. Skin tongue and slice. Cut meat into serving pieces and place in bowl of salted water to cover meat. Let stand for one hour.

Prepare a sauce by boiling enough water to easily cover meat. To this, add salt to taste, and sliced hot pepper. Simmer for a few minutes. Remove from heat and add juice of 2 limes. (More to taste if necessary).

Remove meat from salted, cold water and place in large bowl or casserole dish, draining well. Pour prepared sauce over meat. Let cool. Garnish with sprigs of parsley.

Souse is best served at room temperature, but can be enjoyed warm or cold.

Refrigerate all leftovers, and keep refrigerated until ready to use.



Salads



SANTA CINNAMON SALAD

- 1 cup red cinnamon candy*
- 4 cups water
- Liquid from Mandarin oranges plus water to make 1 cup
- 3 (3 oz.) pkg. cherry-flavored gelatin
- 1 cup chopped celery
- 1 cup chopped apples
- 1 cup pecans or walnuts, chopped
- 1 cup Mandarin oranges, drained

Place cinnamon candy and water in saucepan on temperature controlled gas burner set at 225°F. and bring to a boil. Remove from heat. Stir until candies melt. Pour over gelatin and stir until gelatin is dissolved. Add orange juice-water mixture. Chill mixture until partially set. Fold in remaining ingredients. Turn into large (3 qt.) mold and chill until firm. Makes 12-16 servings.

*Amount of cinnamon candy may be adjusted to individual tastes

CONCH SALAD

- 5 lbs. fresh conch
- 2 tablespoons parsley, chopped
- ¼ cup green pepper, chopped
- 2-4 cloves garlic, crushed
- 1 small onion, finely chopped
- ¼ cup salad oil
- OR
- ½ cup mayonnaise + 1 tablespoon French dressing
- Salt to taste
- Dash of tabasco (optional)

Clean and skin conch. Pound and boil until tender. (Use pressure cooker to decrease cooking time). Grind coarsely or cut into small cubes. Mix with chopped vegetables, crushed garlic, tabasco, and salt to taste. Add salad oil or mayonnaise and French dressing. Serve on bed of lettuce.

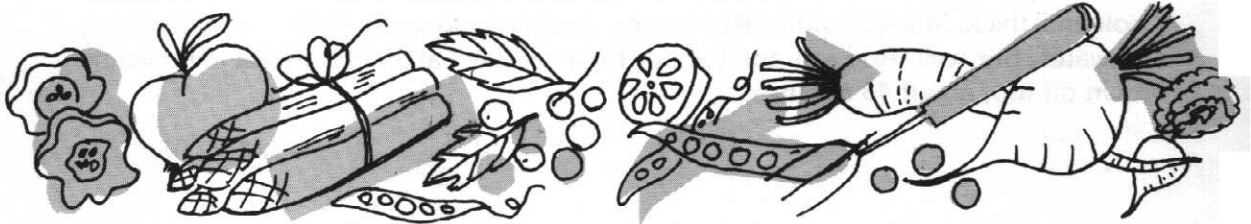


Sweet potato stuffing was actually cooked inside your chicken or pig or duck or even a small kid. There wasn't so much turkey in those days. Now we just bake the stuffing in the oven. But then it was a true stuffing and it picked up all the nice flavors of the meat as it cooked.





Vegetables



YAM STUFFING

- 4 cups hot mashed yams**
- 1 cup hot mashed potatoes**
- ½ cup corn oil**
- 1 large stalk celery, chopped**
- 6 tablespoons chopped green pepper**
- ½ onion, chopped**
- 4 tablespoons tomato paste**
- 2 tablespoons butter**
- ½ cup raisins**
- ½ cup water**
- 5 tablespoons sugar**
- ¼ cup evaporated milk plus**
- ¼ cup water**
- Salt and pepper to taste**

Saute chopped vegetables in oil. Add tomato paste, raisins, butter and ½ cup water. Cook until thick. Mix well with mashed yams, potatoes and sugar. Add ¼ cup milk and ¼ cup water. Stir well. Add salt and pepper to taste. Bake at 350°F. until set and lightly brown on top, about 45 minutes.

BEETS N' PINEAPPLE

- 1 can (16 oz.) pineapple chunks**
- 2 tablespoons cornstarch**
- 2 (1-lb.) cans small whole beets**
- 1 tablespoon vinegar**
- ¾ teaspoon salt**

Drain pineapple; reserve juice. Blend 2 tablespoons pineapple juice with 2 tablespoons cornstarch to make ¼ cup when combined. Drain beets, reserve juice. Add beet juice (2/3 cup) to pineapple juice-cornstarch mixture. Heat on temperature controlled burner at 212°F. stirring constantly until thickened. Add vinegar and salt. Combine pineapple chunks, whole beets and sauce in a ½ quart casserole. Bake covered in preheated 350°F. oven for one hour. Yield: 6 to 8 servings.

SWEET POTATOES AMBROSIA

- 4 cups cooked or canned sweet potatoes cut in chunks**
- ½ lemon, sliced thin**
- ½ orange, sliced thin**
- 1 (9 oz.) can crushed pineapple, undrained**
- ½ cup brown sugar**
- ¼ cup butter**
- ½ teaspoon salt**
- ½ cup shredded coconut**

Place half the potatoes in buttered 2-qt. casserole, add lemon and orange slices and cover with remaining potatoes. Combine pineapple, brown sugar, butter and salt and heat over low flame or temperature controlled burner at 210°F., stirring constantly, until mixture boils for 1 minute. Pour over potatoes and sprinkle with coconut. Cover and bake in 350°F. oven for 45 minutes. Makes 6 servings.

FESTIVE GREEN BEAN CASSEROLE

- 2 (15½ oz.) cans French-style green beans**
- 1 (1-lb.) can bean sprouts**
- 1 (5-oz.) can water chestnuts, sliced**
- 1 (8-oz.) can mushroom pieces and stems**
- 1 can cream of mushroom soup, undiluted**
- 2 tablespoons cooking Sherry (optional)**
- 1 tablespoon Worcestershire sauce**
- 1 teaspoon salt**
- ¼ teaspoon pepper**
- 2 (5-oz.) packages frozen onion rings (cut into smaller pieces)**
- 1 cup grated Cheddar cheese**

Drain vegetables. Combine vegetables with soup, seasonings and one package of onion rings which have been cut into smaller pieces. Turn into (1½-qt.) casserole. Top with onion rings from remaining package and Cheddar cheese. Bake at 350°F. for 30 minutes. Makes 8-10 servings.

EGGPLANT CROQUETTES

- 3 medium eggplants (approx. 2 cups cooked)**
- 1/3 cup minced Cheddar cheese (packed)**
- 1/8 teaspoon black pepper**
- 1 beef or chicken bouillon cube OR**
- 1 teaspoon soy sauce**
- 2 tablespoons flour**
- 1/4 teaspoon salt**
- 3 tablespoons water**
- 2 eggs, beaten**
- Fine bread or cracker crumbs**

Wash and peel eggplants, cut into 1-inch pieces. Cook in 2 cups of water until tender. Drain and press to remove excess liquid. Reserve 1/4 cup liquid for use later. Place eggplant into a bowl and mash. Add cheese and pepper and set aside. In saucepan, mix salt, water and flour into a paste. Add the 1/4 cup of reserved liquid from eggplant, bouillon cube or soy sauce. Cook over low flame, stirring constantly until thickened. Add eggplant mixture, stirring constantly to prevent sticking. Remove from heat and pour into pie plate or flat dinner plate. Chill for at least 1 hour. Drop by spoonful into beaten eggs; roll in bread crumbs. Fry in an inch of hot fat until golden brown, turning once or twice. Serve hot.





**Cooperative Extension Service
University of the Virgin Islands
Kingshill, St. Croix**

Issued in furtherance of Cooperative Extension Works, Acts of Congress of May 8 and June 30, 1914 (as amended), in cooperation with U.S. Department of Agriculture. The University of the Virgin Islands Cooperative Extension Service is an Equal Opportunity Affirmative Action Organization, providing educational services in the fields of agriculture, home economics, rural development, 4-H youth development and related subjects to all persons regardless of color, national origin, or sex. Dr. D.S. Padda, Director