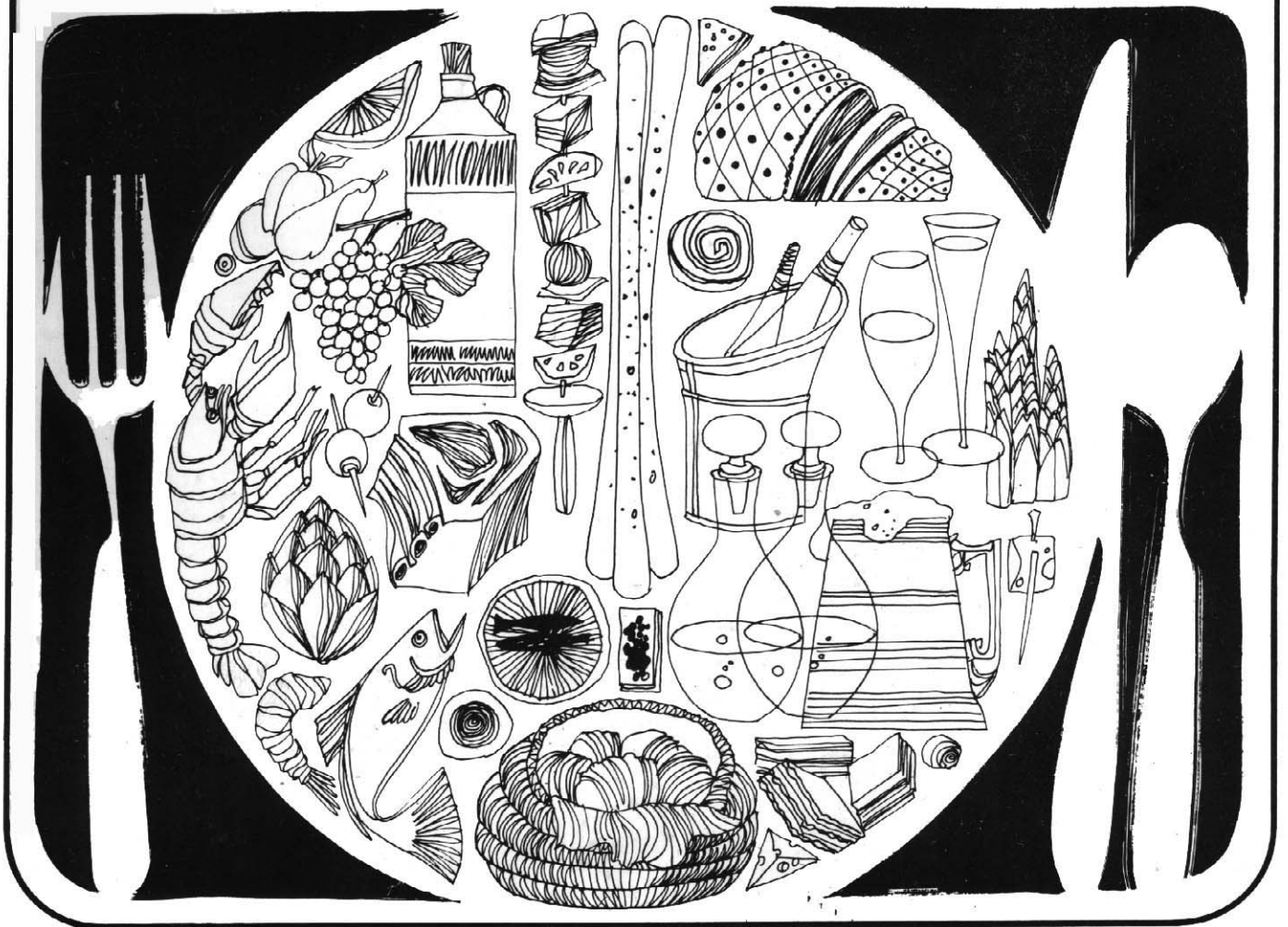




Virgin Islands
Cooperative Extension Service
Extension Bulletin No. 1
February 1978

NATIVE RECIPES



The Virgin Islands Cooperative Extension Service offers its Education Programs to all people of all ages regardless of socioeconomic levels, race, color, sex, religion, handicap, or national origin and is an equal opportunity employer.

**Virgin Islands
Cooperative Extension Service
Extension Bulletin No. 1
February 1978**

NATIVE RECIPES

**College of the Virgin Islands
Cooperative Extension Service
Darshan S. Padda, Director
St. Croix, U.S. Virgin Islands**

TABLE OF CONTENTS

I.	Forward	3
II.	Introduction	4
III.	How to Achieve Success with our Recipes	5
IV.	Cook's Vocabulary	6, 7, 8
V.	How to Measure	9, 10, 11, 12
	1. Measuring Different Foods	
	2. Oven Temperature	
	3. How to Substitute Ingredients	
	4. Salt Proportions	
	5. Equivalent Measures	
	6. Equivalent Amounts	
	7. Using Metric	
VI.	Appetizers and Dips	13
VII.	Beverages	14, 15, 16, 17
VIII.	Breads	18, 19, 20, 21
IX.	Cakes and Pies	22, 23
X.	Desserts	24, 25, 26
XI.	Fritters	27
XII.	Jams, Jellies and Preserves	28, 29, 30, 31
XIII.	Main Dishes	32, 33, 34, 35
XIV.	Pickles and Relish	36
XV.	Puddings and Candies	37, 38
XVI.	Salads	39, 40, 41
XVII.	Seafoods	42, 43, 44, 45, 46, 47
XVIII.	Soups	48
XIX.	Vegetables	49, 50, 51, 52
XX.	Something About Some Local Fruits and Vegetables . . .	53, 54

I. Forward

This booklet of native recipes is an effort by home economics components of the College of the Virgin Islands' Cooperative Extension Service to help Virgin Islanders in improving their diets through using the local products and cooking methods developed over the years as characteristic of our heritage. These recipes are popular, but not the only ways for preparing foods in the Virgin Islands.

As an off-campus educational arm of the College of the Virgin Islands — your land-grant institution, the Cooperative Extension Service disseminates technical information regarding agriculture and home economics in order to encourage the adoption of the latest approved practices in various subjects including food production, human nutrition, and quality of living. The Cooperative Extension Service established by the Smith-Lever Act of 1914, as a cooperative partner in the land-grant system, has a unique characteristic of determining the educational needs and delivery systems at the local level — keeping clientele needs in the forefront.

We consider nutrition education as an important area in our home economics program. These recipes are a part of the educational material on nutrition that the extension service presents in a manner compatible with the recipients' level of understanding, taking into account socioeconomic, educational, cultural, and environmental conditions. These recipes are recommended on the basis of relevance in terms of life style and eating habits of our people.

This book is divided into twenty sections and contains recipes on beverages, breads, cakes, and pies, desserts, dips, fritters, jams, jellies and preserves, main dishes, pickles, pudding and candies, salads, seafoods, soups and vegetables.

I look upon this extension bulletin as the beginning of a process. It is hoped that it will stimulate a series of extension publications on agriculture and home economics.

Darshan S. Padda
Extension Director

II.

Introduction

In this revised and enlarged edition of "Native Recipes", you will find all the recipes which appeared in the first edition with only minor changes to a few.

You will be pleased to find a wider selection of recipes which are popular to the islands of the Caribbean, and especially so to the Virgin Islands. Most of them are fairly easy to prepare and include ingredients which are readily available, inexpensive and will supply essential food elements for healthy bodies.

From among the pages you can build complete menus for family meals, be it breakfast, lunch, dinner, snack or brunch, from appetizers to desserts that are tasty, and at the same time nutritious.

We sincerely hope you will enjoy using this booklet as well as we have enjoyed putting it together.

Olivia H. Henry
Home Economist and Program Leader

How to Achieve Success with our Recipes

No recipe, no matter how perfectly developed can prove successful if you fail to follow it carefully. In order to get satisfactory results with the recipes, put the following pointers into practice.

1. Be sure to read every word of a recipe before you start. Never start until you have read the recipe from beginning to end, and completely understand it.
2. Do exactly what the recipe tells you.
3. Do not substitute ingredients nor alter key ingredients unless it is absolutely necessary. It is possible to vary seasonings and spices, but never alter the amounts of ingredients.
4. Always measure carefully and use standard measuring utensils when possible. Sloppy measuring insures failure.
5. Be careful when doubling a recipe, and make sure to use two times the amounts of all ingredients.

IV.

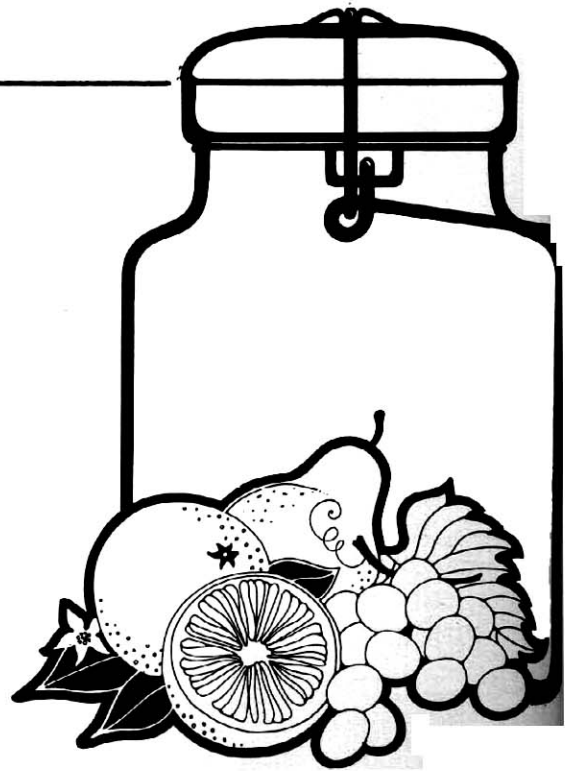
Cook's Vocabulary

- Appetizer:** Portion of food or beverage served as the first course of a meal.
- Bake:** To cook by dry heat in an oven.
- Batter:** A blended mixture of flour, liquid and other ingredients.
- Blanch:** To pour boiling water over a food, then drain and rinse with cold water. Used to stop enzyme action in fruits and vegetables when freezing and to make for easy removal of skin from tomato and nuts.
- Blend:** To mix two or more ingredients until well blended.
- Condiments:** Food seasonings such as salt, pepper, vinegar, herbs and spices. Relishes are sometimes called condiments.
- Cream:** To work shortening with the hand, a wooden spoon or other utensil until it has the consistency of whipped cream.
- Croustades:** A fried batter used as a shell for creamed foods.
- Cube:** To cut into small squares.
- Cut:** To divide food with a knife or scissors. To incorporate firm fat, butter, shortening, etc. into dry ingredients with little blending, permitting the fat to remain in small particles.
- Cutlets:** A piece of boned fish. Can also apply to small piece of meat cut from leg or rib.
- Dice:** To cut into small pieces.
- Dot:** To place small bits of butter, cheese etc. over the surface of food.
- Feg of Garlic:** Clove of garlic.
- Flake:** To break up into small pieces.
- Fold in:** To add a beaten ingredient (whipped cream or egg white) to another ingredient without loss of air, using down-up-and over motion.
- Garnish:** To decorate one food with another.
- Grate:** To reduce to small particles by rubbing on a grater.
- Grind:** To put through a food chopper.
- Knead:** To work dough with a pressing motion of the hands, stretching, then, folding over on itself.

Marinade:	An oil, an acid mixture in which food is permitted to stand to gain flavor or tenderness.
Marinate:	To soak in a dressing (marinade), vinegar, lemon or mixture of acid and oil to tenderize or add flavor to food.
Mince:	To chop very fine.
Mix:	To combine by beating or stirring.
Parboil:	To boil food until partially cooked.
Pare:	To cut off peel.
Peel:	To pull off or cut off the outer covering of any fruit or vegetable.
Puree:	To press fruit or vegetables through a sieve.
Render:	To fry out fat.
Roll:	To place on a board and roll with a rolling pin.
Saute:	To cook slightly in a small amount of fat.
Scald:	To heat liquid to a temperature just below the boiling point. To simmer food in boiling liquid for a short time.
Score:	To make light cuts on a surface usually in lines.
Sherbet:	A frozen mixture of fruit juice, sugar, egg whites and milk or water.
Shortening:	Any kind of fat suitable for baking.
Sift:	To put dry ingredients through a fine sieve or sifter.
Simmer:	To cook in liquid that is kept just below the boiling point.
Stew:	To cook gently in liquid for short time.
Stir:	To blend ingredients with a utensil using a circular motion.
Stock:	The liquid resulting from the cooking of meat, fish, or vegetables.
Until set:	Until a liquid has become firm, usually applied to a gelatin mixture.



turn page
for more . . .



- JAMS:** A candied compound made from small fruits or pieces of fruits which have been crushed and cooked to a pulp with a large amount of sugar.
- FRUIT BUTTERS:** Consist of fruit pulp cooked in a comparatively small amount of sugar until thick and like butter. They may have spice added if desired.
- MARMALADES:** Thin slices of small pieces of fruits suspended in a clear, jelly like syrup. Fruit with jelly making properties are usually used entirely or in part.
- CONSERVES:** Similar to marmalade, but often made of a combination of fruits with addition of chopped nuts and/or raisins.
- CHUTNEYS:** Highly seasoned, sweet pickles. Are of oriental origin. Usually made of a variety of vegetables, fruits or both. Chutney is served with cold meats, stews or sausages.
- JELLY:** A combination of certain fruit juices with sugar in correct proportion. Good jelly is clear, tender, and transparent. Holds its shape when cut or unmolded, yet it quivers.
- PRESERVES:** Fruits or vegetables, mostly used whole, cooked in heavy syrup until plump, clear and filled with the syrup. A good preserve, even though tender, should retain its shape. A large amount of sugar serves as a preservative.
- PICKLES:** Preserving foods by using salt and/or acid. Sugar and spices are often added for taste rather than preserving qualities.
- RELISHES:** Finely chopped pickles.
- SAUCES:** The pulp of fruits strained and cooked to a thick consistency. Sugar is usually added.

How to Measure

MEASURING DIFFERENT FOODS

Dry Ingredients - Fill measuring cup or spoon to overflowing and level off with a knife edge. For a rounded spoonful shape as much over top of spoon as there is under the spoon.

Liquid - Stand the measuring cup on a level surface and measure carefully. Never hold cup in hand.

Syrup - Syrup or molasses leaves the cup or spoon more readily if the cup or spoon is greased or wet with cold water.

Sugar - "Brown sugar" - Roll out lumps before measuring and pack firmly in cup until level at top. "White sugar" sift before measuring.

Shortening - Butter margarine, lard or a mixture of these. To measure $\frac{1}{2}$ cup of shortening fill a measuring cup $\frac{1}{2}$ full of water and put in shortening until it reaches the cup level.

To measure 1 cup, pack cup with shortening and level off top with knife or spatula.

Oil or melted fat - Dip measuring spoon in fat and be sure to lift it out quite full.

OVEN TEMPERATURES

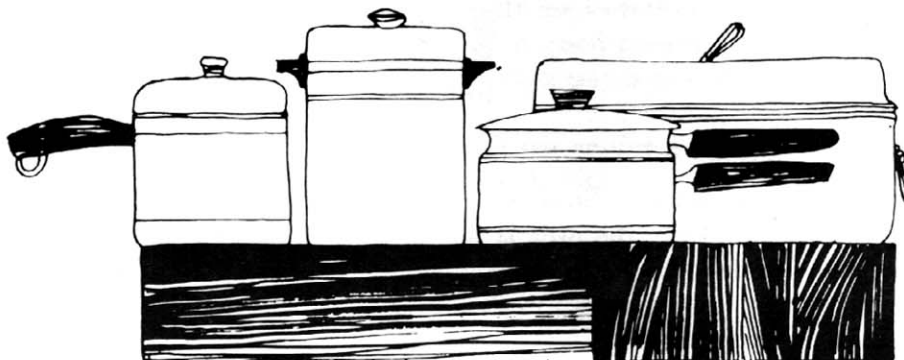
Oven settings vary according to different makes and sizes of ovens, therefore the following temperatures may not indicate exactly the conditions in individual ovens, but they will act as a basic guide.

Temp. of Oven	Oven Heat
225°-300°F	Very slow
300°-350°F	Slow
350°-400°F	Moderate or Medium
400°-450°F	Hot
450°-500°F	Very Hot

Temperature test: Sprinkle a small amount of flour in a pan and place in the heated oven for five minutes. If the flour turns a delicate brown, the oven is slow. If the flour turns a golden brown the oven is moderate. If the flour turns a deep brown the oven is hot. If the flour turns a deep dark brown, the oven is very hot. Remember that the temperature on the higher shelf is higher than that on the lower. Center shelf is best for baking.

HOW TO SUBSTITUTE INGREDIENTS

Ingredients	Substitution
1½ tsp. or ½ Tbsp. cornstarch (for thickening), rice starch, arrow root starch	1 Tbsp. flour (approximately)
1 whole egg	2 egg yolks, plus 1 Tbsp. water (in cookies, etc.) 2 egg yolks (in custards and such mixtures)
1 cup fresh sweet milk	½ cup evaporated milk plus ½ cup water 1 cup sour milk or buttermilk plus ½ tsp. soda (decrease baking powder 2 tsp.)
1 cup sour milk or buttermilk	1 Tbsp. lemon juice or vinegar plus enough fresh, sweet milk to make 1 cup
1 square unsweetened chocolate (1 ounce)	3 Tbsp. cocoa plus ½ tsp. shortening
1 cup honey	¾ cup sugar plus ¼ cup liquid
1 cup canned tomatoes	about 1-1/3 cups cut-up fresh tomatoes, simmered 10 minutes
1 tsp. double-acting baking powder	1½ tsp. phosphate baking powder 2 tsp. tartrate baking powder ½ tsp. baking soda
Sweet milk and baking powder, for baking	Use equal amount of sour milk plus ½ tsp. baking soda per cup. (each half teaspoon of soda with 1 cup sour milk takes the place of 1 teaspoon of baking powder and 1 cup sweet milk)
1 cup cake flour for baking	7/8 cup all purpose flour plus 1 Tbsp. cornstarch



USING METRIC

TABLE OF CONVERTING TO METRIC

If you know amount of	Multiply by	To find
Volume		
Teaspoons (tsp)	5	milliliters (ml)
Tablespoons (Tbsp)	15	milliliters (ml)
Fluid ounces (Fl. oz)	30	milliliters (ml)
Cups (c)	0.24	liters (l)
Pints (pt)	0.47	liters (l)
Quarts (qt)	0.95	liters (l)
Gallons (gal.)	3.8	liters (l)
Weight		
Ounces (oz.)	28	grams (g)
Pounds (lbs.)	0.45	kilograms (kg)
Volume		
milliliters (ml)	0.03	fluid ounce (fl. oz.)
liters (l)	2.1	pints (pt)
liters (l)	1.06	quarts (qt)
liters (l)	0.26	gallons (gal)
Weight		
grams (g)	0.035	ounces (oz.)
kilograms (kg)	2.2	pounds (lbs.)
Temperature		
Fahrenheit (F)	5/9 after subtracting 32	Celsius (degree c)
Celsius Temperature	9/5 then add 32	Temperature Fahrenheit degree F Temperature

METRIC ABBREVIATIONS

Length

cm = Centimeters
m = Meters

Area

cm² = square centimeters
m² = square meters

Volume

ml = milliliters
l = liters
m³ = cubic meters

Temperature

degree c = celsius

Weight

g = grams
kg = kilograms



METRIC CONVERSION

Weight

1 pound (lb) = .454 kilograms (kg)
2 pounds (lbs) = 0.9 kilograms
3 pounds (lbs) = 1.4 kilograms
4 pounds (lbs) = 1.8 kilograms
5 pounds (lbs) = 2.3 kilograms
40 pounds (lbs) = 18 kilograms

Volume

1 teaspoon (tsp) = 5 milliliters (ml)
1 tablespoon (tbl) = 15 milliliters
1 cup (c) = .236.6 milliliters
1 gallon (gal) = 3.785 liters

PLATANUTRI

Select very green plantains. Cut them across in very thin slices as you would potato chips. Plunge in iced, salted water a short while, then dry and fry in deep fat. Serve as an accompaniment to drinks.

AVOCADO REFRESHER

Heap balled or diced avocado in sherbet glasses and chill. Season with salt lightly and cover with Thousand Island dressing or with tomato catsup seasoned with lime juice, salt and pepper.

GUACAMOLE

Make a thin paste of 1 cup mashed avocado, 1 small finely chopped onion, 1 clove garlic finely chopped, a dash of Worcestershire sauce, 1/2 teaspoon olive oil, a dash of paprika, and a little lime juice, salt and pepper to taste. Blend to a smooth consistency in electric blender and serve on crisp crackers or with potato chips, as a dip.

AVOCADO SANDWICH FILL

Mash scooped-out meat of medium-size avocado. Season with salt and lime juice. Add celery, chives, chopped green pepper, or crumbled crisp bacon if desired. Spread on bread that has been lightly buttered. Whole wheat or other dark breads are very good with this filling.

AVOCADO APPETIZER

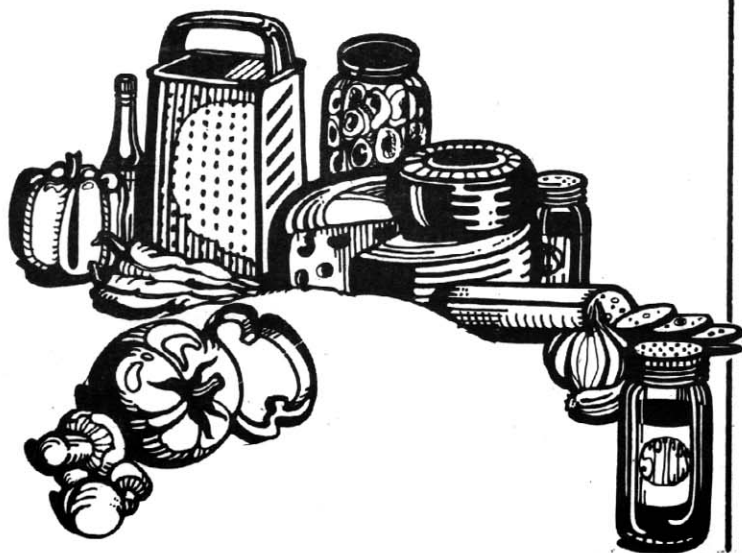
Mash avocado, add cream-thinned Philadelphia cheese, minced onion or chives. Heap into piece of celery.

DEVILED DIP

Scoop meat from 1/2 large ripe avocado, leaving shell intact. Mash avocado meat, blend in 1 family-size can deviled ham, 13 ounce cake cream cheese, minced parsley and seasoning to taste. Mix smooth and pile in reserved shell. Serve surrounded with crisp fresh vegetable pieces, potato chips, small crackers.

BARBECUE SPREAD

Delicious on hamburgers or slices of hot meat loaf. Stir in 1 cup sieved or mashed avocado, 3 tablespoons mayonnaise, 2 tablespoons tomato catsup, 1 tablespoon lime juice, and salt, tabasco sauce, chopped green chili peppers and onion to taste.



"GUAVABERRY LIQUEUR RUM"

- 1 lb. red guavaberries
- 1 lb. yellow guavaberries
- 1 lb. sorrel
- 1/2 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 rum

Rinse berries. 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 some of the 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. Add to the cooked mixture. 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.

MISS BLYDEN

- 1 tablespoon sugar
- 1 jigger rum
- Prickly pear juice (This is the red fruit from the cactus plant)

Dissolve sugar in a glass, add a jigger of best old rum; fill the glass with juice of prickly pear (cactus fruit) suitably iced.

OR

Make thick syrup of prickly pear juice. Add enough rum to suit your taste. Bottle and cork tightly. Store in dark place for a number of weeks. Chill and serve with crushed ice.

COCONUT DELIGHT

- 1 coconut
- Water from coconut
- 7 cups water
- 1/2 teaspoon almond extract
- Sugar for sweetening

Break open coconut carefully, saving water from inside the nut. Remove meat from shell. Remove brown hull from meat and cut meat into pieces. Put coconut meat and 1 cup of water plus water saved from coconut into blender and blend. Strain off milk and preserve coconut for later use in recipes calling for grated coconut, or discard the husk. Add 1½ quarts water to milk, 1/2 teaspoon almond extract, sweeten to taste. Add cracked ice and serve.

YELLOW PLUM DRINK (SPONDIAS)

Wash very ripe fruits. Cover fruits with water. Bring to boiling point and simmer for one minute. Turn off heat, let stand until cool. Strain. Add sugar to taste. Serve cold.

PAYAYA CREOLE

- 3 cups ripe papaya pulp (about 2 lbs.)
- 2 bananas, chopped
- 2 guavas — peeled, pitted, chopped
- 6 tablespoons lime juice (about 3 limes)
- 1 cup native cherry juice
- 8 cups of water
- Sugar to taste

Place all ingredients in blender with 2 cups of water, blend until smooth. Pour in large pitcher with remaining water, sweeten to taste, add ice and serve.

PAPAYA NOG

1 cup papaya
1 quart of milk
1 egg
1 teaspoon vanilla
Sugar to taste

Blend all ingredients together until smooth. Chill and serve.

SORREL (Roselle)

Sorrel is an annual plant, growing to about 6 feet high. At the time when the petals of the flower wither, the sepals grow bigger, becoming quite fleshy and bright red, enveloping the seed pod. It is the red sepals that are used as fruits. The plant sepals-development takes place during the months of November and December and is fully developed during December and January. Therefore, Sorrel drink is popular around Christmas-time.

SORREL DRINK – 1

Wash sorrel and take off the red sepals. Make a light syrup with 1/2 cup sugar and 2 cups water. Pour while boiling hot over the sorrel and leave over-night. In the morning strain and bottle. Serve with ice.

SORREL DRINK – 2

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 the ginger, orange peel and cloves. Pour on boiling water and allow to stand for 24 hours. Strain and sweeten and pour into bottles. Use as required with ice and soda water.

TAMARIND JUICE

12–14 dried tamarinds
Sugar for sweetening
Boiling water

Select and shell ripe tamarinds. Pour boiling water over tamarind and leave for about 1 hour. Put through sieve, stirring well to allow the meat to leave the seeds. Sweeten to taste, chill and serve.



TAMARINDADE

2 Dozens dried tamarinds (shelled)
7 cups boiling water
sugar for sweetening
2 tablespoons grated ginger

Pour hot water over tamarinds and ginger to stand for a few hours. Strain juice from pulp while agitating with a spoon. Sweeten to taste. Chill and serve over cracked ice.

TAMARIND SYRUP

1 cup shelled tamarinds (firmly packed)
3 cups water (hot)
3 cups sugar

Pour water over tamarinds and allow to stand for a few hours. Place over heat and allow to boil slowly for about 20 minutes. Strain through a colander or course sieve, while rubbing the tamarinds to extract as much of the pulp as possible.

Add sugar and boil slowly for about ½ hour. Pour into a clean jar or bottle and keep in refrigerator to be used for instant tamarindade.

SOURSOP TIZAN

1 large soursop (ripe)
4 cups water (hot)
2½ cups evaporated milk
1¼ cups sugar
1 teaspoon vanilla

Peel soursop and place in a large bowl. Crush with potato masher. Pour hot water over pulp. Cover and let stand for about 1/2 hour. In a colander, strain off juice, agitating the pulp with a spoon. To soursop juice, add milk, sugar, and vanilla. Stir until sugar is dissolved. Chill and serve over cracked ice. If you do indulge, a little bit of rum can be added.



HIBISCUS AID

30 single red hibiscus blooms
½ oz. ginger (medium size piece)
½ gal. plus 1 qt. 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 ½ gal. of water and lime juice. Sweeten to taste. Chill and serve cold.

If you wish add a dash of rum or your favorite liquor.

CHERRY PUNCH

1-1/8 cups cherry juice
4-½ cups water
3 tablespoons lemon juice
1-1/3 cups sugar

Prepare cherry juice as directed in the recipe for jelly. Combine all the ingredients and stir until the sugar is dissolved. Pour over cracked ice before serving.

COOKED GUAVA JUICE

1. Select thoroughly ripe, firm guavas. Wash, cut off the stem and blossom ends, and slice.
2. Place in a pot, just cover with cold water, and simmer gently for 15 to 20 minutes or until the fruit is soft. Stir occasionally to prevent burning.
3. Strain through a jelly bag or sack.
4. Place the juice back on the stove and heat to boiling. Do not let the juice continue to boil but bottle it at once.
5. Pour the boiling juice into sterilized bottle, fill to the top. It is much easier to fill the bottles if a funnel is used. Wipe the bottle mouth with a clean cloth and seal at once with a sterilized cap or cork. Set aside to cool.

Press the pulp which is left after extracting the juice through a sieve. This pulp may be used for jam or catsup.

Guava juice can be stored and used when needed as a beverage. Be sure containers are sterilized if juice is to be stored. If not, use juice immediately and store leftover in refrigerator, using as soon as possible.

FRESH GUAVA JUICE

1. Select thoroughly ripe but firm guavas.
2. Wash, cut off blossom and stem ends and slice.
3. Mash through a sieve.
4. For adults, use 1 cup to 2 cups cold water.
Sweet, sour, or strawberry guavas may be used.
If sweet guava is used, add a little citrus or fresh pineapple juice for flavor.

GUAVA SYRUP

Select partially matured guava cut the calyx portion from the fruit. Cut guava into small sections. Cover fruit with water and bring to a boil. Strain liquid off fruit. Measure liquid with even amount of sugar and stir liquid to dissolve sugar. Boil rapidly for about 20 minutes. Put into sterilized bottle and seal. Save for making Guava drinks.

MAUBI I

- 1 oz. sweet marjoram
- 1 gal. water
- 3 lbs. sugar
- Cinnamon stick (3 inches)
- Grated nutmeg 1/8 teaspoon
- 2 pinches granular yeast
- Maubi bark 4 3-inch strips
- 1 oz. rosemary
- Fresh orange peel grated,
1/8 teaspoon
- 1 oz. anise

Boil bark and herbs in one quart of water to make "bitters". Cool. Fill another container with the gallon of water and sweeten with sugar. Add the bitters, then toss mixture with a dipper. When it begins to foam add the yeast. Strain through a clean cloth and bottle.

Save some as a "starter" for the next making. Also, if pineapple is available you could add the skin of the pineapple when preparing bitters, and you will have pine Maubi.

MAUBI II

- 4-5 pieces maubi about 4"x1"
- 3 sprigs anis
- Small bunch sweet marjoram (about 4 sprigs)
- 1 medium piece ginger root crushed
- 1 qt. plus 3 qt. water
- Small bunch Rosemary (4 sprigs)

Slowly boil all ingredients in 1 quart water in enamel pot for 10 minutes. Cover and cool.

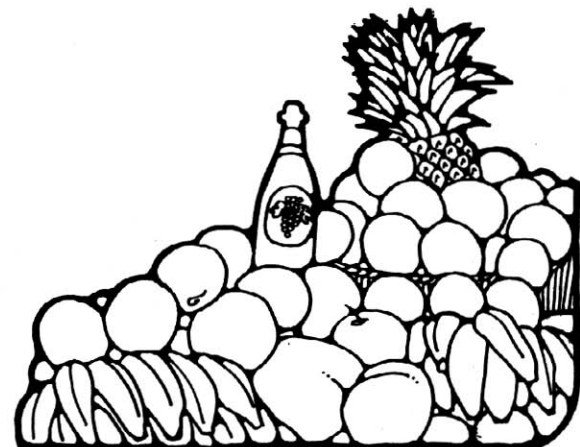
Strain. Add to brew 3 quarts water. Sugar to taste, as for a very sweet beverage. Strain for a second time through cheese cloth or gauze. Toss up mixture with ladle so that foam forms on top.

Pour maubi in bottles up to 2 inches below top of bottle. Set aside for 1-1/2 days in warm place. Left long enough maubi will ferment without adding yeast, and is clearer.

MANGO MANGOADE

- 1/3 cup water
- 3 cups water
- Grated rind 1/4 orange
- 1 1/2 cups ripe mango pulp pressed through sieve
- 1 cup orange juice

Combine sugar, water, and orange rind and bring to the boiling point. Cool. Add mango pulp and fruit juice and chill. Pour the mixture over cracked ice before serving.



BAKED JOHNNY CAKES

1½ cups sifted flour
 2 tablespoons crisco or other shortening
 1 tablespoon margarine
 ½ tablespoon salt
 2 teaspoons baking powder
 ½ cup milk or water
 2 tablespoons sugar

Sift together flour, salt, sugar, and baking powder. Add shortening and work in gently with fingertips.

Add water gradually until a soft, pliable dough that does not stick to the bowl is formed. Knead for 5 minutes. Roll into small balls, flatten and bake on a greased cookie sheet, until golden brown.

FRIED JOHNNY CAKES

2 cups sifted flour
 2 tablespoons shortening or crisco
 1 teaspoon baking powder
 ½ cup water
 *Oil for frying
 ½ teaspoon salt
 1 tablespoon sugar (optional)

Sift together flour, salt, and baking powder. Add shortening and work in gently with fingertips. Add water gradually until a soft, pliable dough is formed. Knead gently for a few minutes until dough is smooth. Shape into small balls, flatten and fry in hot cooking oil that half covers the dough. When first side is lightly browned, turn over and brown other side. Drain on paper towels.

Johnny cakes are best served hot, but can be enjoyed cold. They are usually served with fried fish.

BAKED-COCONUT JOHNNY CAKES

2½ cups sifted flour
 ½ cup shredded coconut
 2 tablespoons shortening (crisco)
 1 tablespoon margarine
 ½ teaspoon salt
 2 teaspoons baking powder
 Milk from coconut or
 ¾ cup milk
 2 tablespoons sugar

Sift together flour, salt and baking powder. Add shortening and work gently with fingertips. Add coconut. Add coconut-milk or whole milk until a soft pliable dough that does not stick to the bowl is formed. Knead gently. Roll into balls flatten on lightly floured board and bake on greased sheet.

FRIED RAISE JOHNNY CAKES

1 pkg. dry yeast
 4½ cups flour
 2 tablespoons sugar
 2 tablespoons dry milk
 2 tablespoons softened margarine or crisco
 1¼ cups warm water
 1 teaspoon salt
 Oil for frying

In large bowl, combine dry yeast, 2 cups of flour, sugar, dry milk and salt. Add softened shortening to dry mixture. Pour in warm water and beat for a few minutes. Add balance of flour to form dough which does not stick to sides of bowl. Turn on lightly floured board and knead for about 5 minutes. Grease bowl, put dough in bowl and turn to other side. Cover and let rise for about ¾ hour or until near double in bulk. Punch down. Shape Johnny cakes by forming balls and pressing down into 3" rounds. Set flattened rounds aside to rise for about 2 minutes.

Fry in shallow oil. Brown one side then turn and brown other side. Remove from fat and drain.

FRIED CORNMEAL JOHNNY CAKES

- 1½ cups flour
- ½ cup cornmeal
- 2 tablespoons melted shortening or margarine
- ½ teaspoon salt
- 3 teaspoons baking powder
- ½ cup water
- 2 tablespoons sugar
- Oil for frying

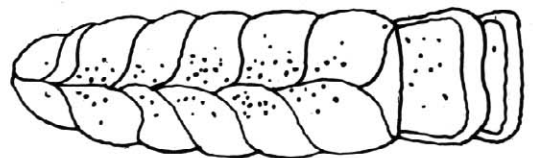
Sift together dry ingredients. Add melted shortening and blend thoroughly. Add water gradually until pliable dough is formed. If necessary add a little more water. Knead gently. Press balls flat, and fry in shallow fat until brown. Turn to second side and allow to brown. Remove from fat and drain on absorbent paper. Good hot or cold.



COCONUT BREAD I

- 4 cups flour
- 1/3 cup shortening or butter
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1 tablespoon orange or lime rind (grated)
- 1/2 cup sugar
- 1 teaspoon vanilla
- 1/2 cup raisins
- 1 package yeast or (1 tablespoon yeast)
- 1/4 cup warm water
- 1/2 medium size coconut
- 1½ cups warm milk

Grate coconut set aside. Dissolve yeast in 1/4 cup warm water. Cream sugar and butter. Add yeast. Add coconut to sifted dry ingredients. Add dry ingredients in two parts with milk. Turn dough out onto floured board or table and knead for at least 20 minutes. Cover with a clean cloth and let rise for 30 minutes. Shape dough into a loaf and place in a greased bread pan. Let it rise for 25 minutes. Bake in a moderate oven 350 degrees F. for 30 minutes or when knife test indicates bread is done. Remove from pan and place on rack to cool.



COCONUT BREAD II

- 4 cups flour
- 3 teaspoons baking powder
- 1/4 cup margarine, melted
- 3/4 cup sugar
- 1 teaspoon vanilla essence
- 6 oz. raisins
- 1 egg
- 1/2 teaspoon salt
- 3/4 cup milk
- 2 cups grated coconut

Sift dry ingredients together in bowl. Stir in grated coconut, and raisins. Beat egg lightly and add to milk, melted shortening and essence. Add milk mixture to flour mixture. Blend well. Knead gently on floured board. Shape into loaves, put in greased loaf pans, filling only 2/3 of each pan.

Bake in moderate oven 400 degrees F. or until golden brown. When near done brush with a mixture of sugar and water.

For heavier coconut bread use only 1 teaspoon baking powder and 1/2 cup milk.



SWEET BREAD

- 2 lbs. flour (8 cups)
- 2 pkg. yeast plus 1 tablespoon sugar
- 3/4 lb. (1½ cups) brown sugar
- 1/2 lb. Crisco
- 1/2 cup margarine
- 4 eggs
- 1½ cups evaporated milk (3/4 cup evaporated milk plus 3/4 cup water)
- 2 teaspoons (or to taste) almond essence
- 1 teaspoon salt
- 2 cups fruits and nuts – raisins or currants, prunes, citron, chopped almonds.
(1/4 cup diced citron, 1/2 cup raisin, 1/2 cup diced pitted prunes, 1 cup mixed fruits)
- 3 to 4 teaspoons grated orange peel
- 2 teaspoons cinnamon
- 1 teaspoon mace
- 1/4 teaspoon each ground cloves, nutmeg and cardamon

Dissolve yeast in 1/2 cup lukewarm water with 1 tablespoon sugar. Stir in enough flour to make a stiff batter. Beat this batter, to stretch the gluten. Then cover and let rise until doubled.

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

Sift together the flour, salt, and spices. Add the milk and flour alternately to the egg mixture. Beat until light.

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 and water plus a little cinnamon. Bake at 375 degrees until done. Bread is done when a knife runs down the center comes out clean.

CORNMEAL DUCKOO

- 3 cups cornmeal
- 1/4 cup flour
- 4 tablespoons margarine or minced fat pork (rendered)
- 1¾ cups grated coconut
- 1/2 cup grated pumpkin
- 1½ cups sugar
- 1/4 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 1/2 cup raisin (optional)
- Whole plantain or banana leaves
(cut in squares 8"x8")

Combine grated pumpkin and coconut with other ingredients. Mix to a thick dough. Add a little water if necessary. Place leaves in pot of water and boil for two minutes to make the leaves flexible.

Put a pot-spoonful of mixture onto each square and tie into flat parcels with twine. Cook in boiling water or place on slightly greased griddle iron, cooking each side slowly for about 20 minutes.

SWEET POTATO DUMB BREAD

- 1 cup grated sweet potato
- 1/4 teaspoon salt
- 1/2 cup milk
- 1/4 cup sugar
- 1 cup flour
- 2 teaspoons baking powder
- 3 tablespoons margarine

Sift together dry ingredients. Cut in shortening. Add grated sweet potato. Add enough milk to make a soft dough. Turn on floured board and knead gently. Shape into balls and flatten in rounds, the shape of biscuits. Place on greased sheet and bake at 425 degrees F. for about 15 to 20 minutes, or until done.

PUMPKIN BREAD

- 2 cups sugar (Brown)
- 1 cup salad oil
- 4 eggs, beaten
- 2 cups pumpkin, grated
- 2/3 cup water
- 3½ cups all purpose flour
- ½ teaspoon soda
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ½ teaspoon cloves
- 1 teaspoon nutmeg
- or
- 2½ teaspoons pumpkin pie spice

Cream sugar and oil together. Add eggs and pumpkin; mix well. Sift together dry ingredients; add dry ingredients alternately with water. Pour into two well greased and floured 9x5 inch loaf pan. Bake at 350°F., 1½ hours or until tests done. Let stand 10 minutes. Remove from pan to cool. Makes 2 loaves.

For a sweet potato bread substitute grated sweet potato.



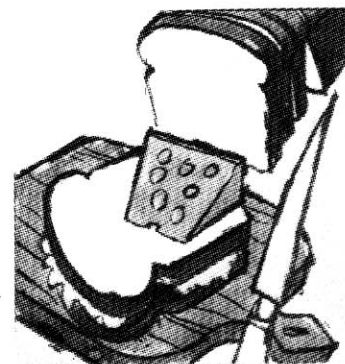
BENYE

- 1 package active dry yeast
- 1-½ cups lukewarmwater
- 4 cups all-purpose flour
- 1 tablespoon ground cinnamon
- ½ teaspoon ground cardamom
- ½ teaspoon ground nutmeg
- 1 teaspoon mace
- ½ teaspoon cloves
- ¾ cup sugar
- 1 tablespoon grated orange peel

- 4 bananas, mashed (very ripe)
- 2 tablespoons vegetable oil
- Oil for frying

Dissolve yeast in the water. Then add 1½ cups flour and beat until smooth. Cover with a towel and let rise in a warm place until double. Add the spices, sugar and orange peel to the remaining flour. Add the mashed bananas, vegetable oil and flour-spice mixture to the yeast-flour mixture.

Beat until the dough is smooth, about 3 minutes. Cover with a towel and let rise until double. Drop by spoonfuls into deep hot fat. Fry to golden brown, piercing with fork to insure thorough doneness.



CROUSTARDES

- 2-3 egg yolks
- 2 teaspoons salt
- 2 tablespoons melted shortening
- 2 cups flour
- ½ pint beer
- ½ pint brandy

Beat egg yolks slightly. Sift flour and salt. Add alternately with beer and brandy. Add melted shortening and mix well. Set aside for a few hours.

Fry in deep fat with a specially designed iron (cup shape). Heat Croustarde iron in hot fat. Dip into batter and hold in deep fat to fry until golden brown. Remove from fat. Carefully remove shell from iron.

May be filled with creamed fish, lobster, crab, chicken, vegetables etc.

MANGO UPSIDE-DOWN CAKE

2 cups sliced ripe mangoes
2 tablespoons lemon juice
1 tablespoon margarine
1/3 cup brown sugar
1/4 cup fat
1 egg
1/2 cup milk
1-1/4 cups flour
2 teaspoons baking powder
1/4 teaspoon salt

Pour lemon juice over mangoes and let stand 15 minutes. Melt margarine in 8-inch cake pan or casserole. (Do not use iron skillet as mangoes will darken). Add brown sugar and cover with mango slices.

To prepare cake batter, cream fat; add sugar and cream; add beaten egg. Sift dry ingredients and add alternately with milk. Pour over mangoes and bake 50 to 60 minutes at 375 degrees F. When cake is done, turn upside down and serve while warm.

PUMPKIN CAKE

1/2 cup margarine
1 cup sugar
1-1/2 cups cooked, mashed pumpkin
2 eggs
1-1/2 cups flour
2-1/2 teaspoons baking powder
1/4 teaspoon mace
1/2 teaspoon pumpkin pie spice
1/4 teaspoon nutmeg

Cream sugar and margarine. Add eggs and continue creaming until light. Add pumpkin and blend well. Combine dry ingredients. Add gradually to cream mixture and mix lightly until evenly blended. Pour in greased and floured loaf pan. Bake at 350 degrees F. for 45 minutes.

PAPAYA CAKE

1/2 cup shortening	1/2 teaspoon nutmeg
1-1/2 cups sugar	1 teaspoon cinnamon
2 eggs	1/4 teaspoon ginger
2 cups diced papaya (ripe)	1 teaspoon lemon juice
3 cups flour	1 cup raisins
3 tsp. baking powder	2 tablespoons water

In large bowl or electric mixer, cream shortening and sugar. Add eggs, one at a time, beating well after each addition. Add papaya and beat well.

Stir flour with soda, salt and spices. Stir into papaya mixture. Add water and lemon juice. Fold in raisins. Pour into greased floured 13x9x2-inch pan. Bake at 350 degrees F. 40-50 minutes.

SWEET POTATO CAKE

2 cups flour
2 1/4 teaspoons baking powder
1/2 teaspoon baking soda
2 teaspoons pumpkin pie-spice
4 eggs
1 1/2 cups sugar
1 cup margarine
1 cup grated, raw potato
1/3 cup milk
1/2 cup raisin (optional)

Combine dry ingredients. Add raisins if using. Cream sugar and margarine. Add eggs one at a time and beat well after each addition. Blend in sweet potatoes. Mix in dry ingredients (with raisin) alternately with milk. Beat for a few seconds. Pour into greased and floured cake pan. Bake at 300 degrees F. for about an hour or until done. Cool on wire rack 10 minutes before removing from pan.

Cake can be eaten as is or sprinkled with confectioners sugar.

PAPAYA PIE

1 qt. raw thinly sliced, matured papaya
 $\frac{3}{4}$ cup sugar
 $\frac{1}{4}$ teaspoon grated nutmeg
 $\frac{1}{8}$ teaspoon salt
 $\frac{1}{8}$ teaspoon cinnamon
2 teaspoons flour
1 tablespoon water
Butter

Pastry

$1\frac{1}{2}$ cups flour
 $\frac{1}{2}$ cup shortening
1 teaspoon lemon or lime juice added to water
 $\frac{1}{2}$ teaspoon salt
Sufficient ice water to mix (app. 5 tbsp.)

Peel and slice papaya as you would slice an apple for making apple pie. Line pie plate with pastry. Fill with sliced papaya, cover with mixture of spices, sugar, salt and flour. Add 1 tablespoon water and dot with butter. Lime or lemon juice gives a flaky tender crust.

Bake 50 minutes or until the fruit juice looks clean and thick. Start at 450 degrees F. then reduce heat to allow the fruit to cook slowly but thoroughly. This has a flavor of peach or pineapple, or both combined yet is not exactly like either. It is a delicious dessert served with ice cream.

PAPAYA COCONUT PIE

$1\frac{1}{2}$ cups sugar
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{4}$ teaspoon cloves
2 beaten eggs
1 cup rich milk
 $1\frac{1}{2}$ cups stewed papaya put through sieve
 $\frac{1}{4}$ cup coconut, grated
 $\frac{1}{2}$ cup coconut, finely grated
2 tablespoons honey
1 pastry shell

Mix first 8 ingredients in order given. Fill unbaked pastry shell and bake about 45 minutes, first with high heat and then with moderate. When nearly cooked, top with remaining coconut, drizzle on warmed honey and return to oven to brown delicately.

PAPAYA CHIFFON PIE

$1\frac{1}{4}$ cups cooked papaya put through a sieve
 $\frac{1}{2}$ cup sugar
1 cup milk
 $\frac{1}{2}$ teaspoon salt
1 baked 9-inch pie shell
 $\frac{1}{2}$ teaspoon ginger
 $\frac{1}{2}$ teaspoon nutmeg
 $\frac{1}{2}$ teaspoon cinnamon
3 eggs, separated
1 tablespoon plain gelatin

Put papaya and milk in top of double boiler. Mix sugar, salt, ginger, nutmeg and cinnamon and combine with papaya-milk mixture. Mix well and when hot add to 3 egg yolks slightly beaten. Return to double boiler, stir and cook until thick.

Measure $\frac{1}{4}$ cup cold water, add 1 tablespoon gelatin and when soft, add to hot papaya mixture. Mix thoroughly and cool. When it begins to stiffen, beat 3 egg whites until stiff, beat in $\frac{1}{4}$ cup sugar, and fold into papaya mixture. Pour into baked pie shell, chill in refrigerator. Garnish with whipped cream just before serving.

MANGO CHIFFON PIE

1 cup sweetened green mango sauce
4 eggs, separated
 $\frac{3}{4}$ cup sugar
1 tablespoon gelatin
 $\frac{1}{2}$ cup cold water
1 teaspoon lemon juice
1 baked 9-inch pie shell
 $\frac{1}{2}$ cup sweetened whipped cream
 $\frac{1}{2}$ teaspoon salt

Press the mango sauce through a sieve. Beat the egg yolks slightly, add the mango sauce and $\frac{1}{4}$ cup sugar. Cook the mixture over hot water until it thickens. Add the gelatin which has been soaked in $\frac{1}{4}$ cup cold water. Stir until the gelatin is dissolved, remove from the fire, add the lemon juice and cool. Add the salt to the egg whites, beat until they are stiff, then beat in $\frac{1}{2}$ cup sugar. When the gelatin mixture begins to thicken, fold in the egg whites, and pour into the pie shell. Place the pie in the refrigerator to chill. Before serving spread the top with sweetened whipped cream. 5 to 6 servings

MANGO ICE CREAM

Scald: 1 pint milk in double boiler
 Beat: 8 eggs in mixer
 Add: 2 cups sugar and continue beating
 Blend in: Scalded milk
 2 cans condensed milk
 pinch salt
 2 cups mango pulp to which is added
 a few drops of fresh lemon juice
 and ¼ cup sugar
 ½ pint whipping cream

Pour in 4 qt. freezer, up to fill mark. Churn with cracked ice and rock salt in mechanical freezer.

NOTE: For Mango-Pineapple Ice Cream use ½ cup mango pulp and 1 cup crushed pineapple.

SOURSOP ICE CREAM I

1 large soursop (ripe)	1 tin evaporated milk
2 cups boiling water	2 pinches salt
Sugar to taste	1 teaspoon vanilla
1 tin condensed milk	

Peel fruit. Crush in bowl with potato masher and pour boiling water over fruit in order to extract flavor and separate seeds. Allow to stand for ½ hour.

Press pulp through colander to extract juice. Add milk, salt and vanilla. Sugar to taste.

Freeze in refrigerator or mechanical Ice Cream Maker.

SOURSOP ICE CREAM II

1 soursop (very ripe)	Few grains salt
1 cup thin cream, rich milk or undiluted evaporated milk	1 teaspoon vanilla or almond essence
1 tablespoon flour	2 egg whites
6 tablespoons sugar	1 cup heavy cream

Scald milk in double boiler. Mix flour, sugar and salt. Stir in enough milk so that the mixture can be poured. Add this mixture to the contents of the double boiler; stir until thickened; cover and cook for ten minutes. Cool; add essence. Beat egg whites until stiff; whip the cream; fold the cooled mixture and the cream into the egg whites. Prepare the ripe soursop by peeling the green skin; put the pulp through a sieve and press out all the liquid. Add liquid to the ingredients prepared earlier. Stir. Put this mixture into a tray and freeze. A smoother texture is secured if the tray is removed when there are signs of freezing along the edges, and the mixture scraped from the sides of the tray and beaten vigorously, or use mechanical freezer.

PAPAYA VELVA

1 medium-sized, very ripe papaya	Dash vanilla
2 tablespoons sugar	1 scoop ice cream

Cut papaya in half. Remove seeds and scoop flesh from shell. Combine papaya flesh with sugar and vanilla. Beat the above with a rotary beater, or use a blender, for 1 minute. Put into sherbet glasses and serve cold. When served, ice cream may be put on top.

Papaya may also be served as fresh fruit with meals or as a dessert. It is especially good when the seed-cavity is filled with vanilla ice cream.

PAPAYA IN CREAM

3 cups papaya (cubed)	2/3 cup coffee cream
½ teaspoon salt	1 tablespoon
2 tablespoons butter	brown sugar or honey

Put 3 cups of cubed ripe papaya into a buttered baking dish. Sprinkle with ½ teaspoon of salt and dot with 2 tablespoons butter. Cover and bake in a moderate oven. When the papaya begins to soften, cover with the 2/3 cup coffee cream and sprinkle with 1 tablespoon brown sugar or honey. Serve hot from the baking dish. This may be seasoned further with a dash of nutmeg and ginger if desired.

RED GROUT (GUAVA)

Extract juice from guavas. This may be done by

1. Peel skin from guavas and remove seeds. Shell may be used for preserves.
Cover skins and seeds with water and boil.
Drain water from fruit skin and seeds.

OR

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

Mix $\frac{1}{4}$ cup tapioca, 2- $\frac{1}{2}$ cups guava juice, dash of salt and $\frac{1}{3}$ cup sugar (or sugar to taste). Bring to a boil over medium heat, stirring constantly. Add a few drops of red coloring (food) to get desired redness. Cool. Serve with soft custard as topping.

DULCE DE AMARILLO

- 4 cups milk
- 3 cups sugar
- $\frac{1}{2}$ teaspoon lemon rind grated
- 1 yellow plantain
- 2 pieces cinnamon

Wash, peel and cut the plantain in slices $\frac{1}{2}$ inch thick. Add the milk, rind, cinnamon, and sugar to the plantain. Put to cook on a moderate flame until soft, and the milk forms grains. Serve cold as a dessert.

MANGO-PAPAYA MOUSSE

- 1 cup ripe papaya pulp
- $\frac{1}{2}$ cup half-ripe mango pulp
- $\frac{1}{2}$ cup very ripe mango pulp
- 2 tablespoons lemon juice
- $\frac{1}{2}$ cup evaporated milk
- 6 tablespoons sugar

Peel papaya and mangoes and press through sieve. Add sugar and lemon juice. Set aside until sugar is dissolved. Chill evaporated milk by surrounding with ice, or placing in freezing pan of mechanical refrigerator, until small crystals appear around the sides. Pour into a chilled bowl and whip until stiff. Fold in the mango-papaya mixture. Pour into a re-

frigerator pan and freeze 4 to 6 hours or into mold and pack in 3 parts of ice and 1 part of ice cream salt. Seal mold with a strip of cloth dipped in hot paraffin or fat.

FROZEN MANGOES

Mangoes should be frozen with sugar or sugar syrup, or the very ripe, juicy mangoes may be frozen without sugar or syrup.

Mango Slices: Wash and peel mangoes. Cut off slices. Do not slice off flesh near the seed, as this is usually fibrous. Scrape flesh from the seed and combine with small odd-shaped pieces to make puree.

For Sugar Pack: Use 1 part sugar to 8-10 parts fruits by weight. Seal in moisture-proof containers and freeze.

For Syrup Pack: Cover with cold syrup. To make syrup, boil 1- $\frac{1}{3}$ cups sugar to 2 cups water.

For Dry Pack: Pack into containers and seal. Lime juice may be added to syrup if desired.

MANGO BROWN BETTY

- 2 cups half-ripe mango slices,
firmly packed in cup
- 3 tablespoons butter
- $\frac{2}{3}$ cup bread crumbs
- Grate rind of 1 lemon
- $\frac{3}{4}$ cup brown sugar
- 1 teaspoon cinnamon
- 3 tablespoons water, unless
mangoes are very watery
- 1 tablespoon lemon juice

Melt fat, add bread crumbs. Place a thin layer of the buttered bread crumbs in an oiled baking dish and add a layer of mango. Sprinkle the fruit with sugar and cinnamon, lemon juice and rind and add another layer of crumbs, then of mangoes. Place crumbs on top. Bake in moderate oven (350 degrees F.) about 1 hour, or until mangoes are soft.

MANGO SAUCE

3 pints green mangoes, peeled and sliced
1 cup water
1-½ cups sugar, or
½ sugar and ½ corn syrup

Steam or cook green mangoes in water until tender. The green mango is very acid and gives the best product. Many varieties cook quickly to a mush. Add sweetening according to acidity and family preferences and cook five minutes longer. Serve like applesauce as a dessert, or use for mango sauce cake, in sherbet, mousse, or in ice cream.

To Can: Pack the boiling hot sauce in hot jars, seal and immediately process in water-bath ten minutes at boiling. The fruit may be canned sweetened or not, as preferred. If the mangoes are stringy, press through a sieve to remove fiber.

MANGO SHERBET

2-½ cups sugar
¾ cup water
2 cups thick, unsweetened green mango sauce
1/3 to ½ cup orange or pineapple juice
3 cups milk
1 egg white

Dissolve sugar in water by bringing to the boiling point. Add juice. Cool the syrup and add to it the fruit and milk. Add the unbeaten egg white. Pour into freezing container and freeze, using 8 parts of ice to 1 part of ice cream salt. The mixture may curdle, but this does not affect the finished product.

For freezing in a mechanical refrigerator, dissolve 2 cups sugar in water and combine with fruit and milk. Pour into freezing tray and freeze quickly. When partially frozen, beat egg white until stiff, add ½ cup sugar and beat until sugar is dissolved. Fold into mango mixture and continue stirring every half hour until frozen. Yield: 1-½ quarts.

BAKED CUSTARD WITH SLICED MANGOES

2 cups milk
¼ cup sugar
1/8 teaspoon salt
2 eggs
¼ teaspoon vanilla
1 cup sliced ripe mangoes

Heat milk to the simmering point and add sugar and salt. Beat eggs just enough to mix well and slowly add to hot milk. (To add eggs pour a little hot mixture over eggs, pour back into cooking container and stir.) Add vanilla. Place mango slices in bottom of custard cups or baking dish and pour custard over slices. Set dishes in a pan of water and bake in a slow oven (300 degrees F) about 1 hour. To test, insert a knife blade, and if it comes out clean remove the custard from oven. Cool and serve. Yield: 6 servings.

CHERRY SAUCE

1 pound or 1 pint cherries
1-¼ to 1-½ cups sugar
½ cup water

Wash cherries and remove blossom ends. Add water and simmer 20 minutes over a low heat. Remove from heat and press the cherries through a coarse sieve to remove the seeds. Add sugar to the fruit pulp and reheat to dissolve sugar. Cool. Serve with meat or fowl. This makes a thin sauce. If a sauce stiff enough to mold is desired, the mixture must be cooked a few additional minutes.

PAPAYA CUSTARD

2 cups of milk
1-½ cups of papaya
1 egg
1 teaspoon of vanilla
Sugar to taste

Place all ingredients in blender, blend until smooth, 1-2 minutes. Add more sugar if desired. Pour at once into custard cups or quarts-size mold. Chill, serve as is or with whipped cream.

FRITTERS

Fritter is a pancake-like mixture that is used as a side dish usually with fried fish dishes.

It is a splendid way to utilize overripe bananas and left-over pumpkin.

PAPAYA FRITTERS I

- | | |
|-------------------------|------------------|
| 1 cup self-rising flour | 2 papayas, cubed |
| ½ cup milk | Oil for frying |
| 1 egg, beaten | Sugar |
| 1-½ tablespoons sugar | |

Combine the flour, milk, egg, and sugar. Then stir in the papaya. Drop by spoonfuls into hot oil and brown. Then turn and brown the other side. Drain and sprinkle with sugar. Serve hot.

PAPAYA FRITTERS II

- ¾ cup grated papaya (use fruit that is just beginning to ripen. Green outside and yellow inside)
- 1 teaspoon brown sugar
 2 tablespoons granulated sugar
 ¼ cup water
 1 cup plus 1 tablespoon flour
 1 teaspoon baking powder
 ½ teaspoon salt
 2 pinches pumpkin pie spice
 Oil for frying

Add granulated sugar and brown sugar to grated papaya. Stir until sugar is dissolved. Mix dry ingredients. Add alternately with water to papaya mixture. Fry until delicately brown in shallow fat.

CASSAVA OR SWEET POTATO FRITTERS

For cassava or sweet potato fritters, use recipes for yam fritters, substituting grated sweet potato or cassava in place of yam, and adding a pinch or two of pumpkin pie spice to sweet potato fritters.

YAM FRITTERS

- 1 cup grated yam
 3 tablespoons granulated sugar
 ¼ cup water
 1 cup unsifted flour
 ½ teaspoon salt
 1 teaspoon baking powder
 Oil for frying

Mix grated yam with sugar, salt and water. Sift together dry ingredients. Gradually add dry ingredients to yam mixture, blending well to form a medium thick batter.

Drop by spoonful into skillet of shallow hot oil. Fry until bubbles break on the surface, and delicately brown. Turn and brown other side. Drain.

BANANA FRITTERS

- | | |
|--------------------------------|----------------------|
| 3 cups mashed overripe bananas | 1 teaspoon cinnamon |
| ¼ cup sugar | 1 egg |
| ½ teaspoon salt | 1 cup white flour |
| 1 teaspoon vanilla essence | ½ cup water or milk |
| | 1 tsp. baking powder |

PUMPKIN FRITTERS

Use the same ingredients as for the banana fritters, but use mashed left-over pumpkin instead of banana.

Combine ingredients in order. Beat well. Drop into deep fat by spoonfuls. Fry until golden brown.

CODFISH FRITTERS

- | | |
|---------------------------|------------------------|
| ½ pound codfish fillet | 1 teaspoon salt |
| 2 cups flour | 1 clove garlic crushed |
| 2 teaspoons baking powder | ¼ teaspoon pepper |
| 2 cups water | Fat for frying |

Soak saltfish to remove excess salt. Mix flour, pepper, baking powder and salt thoroughly. Combine codfish with flour mixture. Add garlic. Gradually add water to form batter. Drop by spoonful in hot fat and fry until brown. Drain. Serve hot.

TAMARIND JAM

1 pound dried tamarinds, shelled
4 cups sugar (2 pounds)
4 cups boiling water

Pour boiling water over the shelled tamarinds and soak for 30 minutes. Then remove any outer peel and strings from the tamarinds, and discard. Mash all the pulp from the seeds, and discard the seeds. Combine the tamarind pulp, liquid the tamarinds soaked in, and the sugar. Boil gently until the mixture thickens and passes the jam test. Pour into hot sterilized jars and seal.

YELLOW PLUM OR HOG PLUM JAM

Yellow Plum: Select very ripe yellow plums. Squeeze seeds from skin and juice. Squeeze liquid and skins through sieve; add same amount of sugar as liquid and cook until mixture starts to make a puffing sound, being careful to stir continuously. Pour into hot sterilized jars. Seal.

GUAVA CHEESE

Wash, peel, and rub ripe guavas through sieve. Add 1 cup sugar to each cup of pulp.

Boil constantly until mixture leaves side of pan. When mixture forms a firm ball in water, remove from heat.

Pour in shallow greased pan or dish and when firm cut in squares and roll in granulated sugar.

Jam Tests

Lift some of the hot jam in a large metal spoon. Cool by moving gently from side to side, then pour from the spoon, If the product flakes off in a single clean sheet, the jam is finished.

GUAVA JAM

4 cups guava pulp (thoroughly ripe guava)
3 cups sugar

1. Prepare guava pulp: Peel guavas, cover with water. Puree in blender.
2. Mix pulp and sugar together.
3. Place on stove and simmer for about 45 minutes or until mixture gives the jam test. Stir occasionally to prevent burning.
4. Pour into hot sterilized jars.
5. Cool and seal with melted paraffin.

MANGO JAM

12 cups half-ripe or ripe mango slices
4 cups water
6 cups sugar

Add water to mango slices and cook about 15 minutes or until tender. Press the mixture through sieve, add sugar, and boil until thick and of proper consistency for jam. Pour into hot sterile jars and seal with paraffin.

MANGO-PAPAYA JAM

8 cups peeled mango slices (Ripe)
4 cups water
8 cups papaya slices
8 cups sugar

Cook mango slices in 2½ cups water until tender. Press through a coarse strainer. Cook the papaya in the remaining water until soft. Combine papaya and mango add sugar, and cook slowly until of proper consistency for jam. Pack in hot sterile jars and seal with paraffin.

TEST FOR PECTIN IN FRUITS FOR MAKING JELLY

To determine if fruit contains sufficient pectin for jelly, take one tablespoonful of the cooled fruit juice, add the same quantity of grain alcohol and shake gently. The effect of the alcohol is to bring together the pectin in a jelly-like mass. If a large quantity of pectin is present it will appear in one mass or clot when poured from the glass. This indicates that equal quantities of sugar and juice should be used. If the pectin does not slip from the glass in one mass, less sugar will be required.

If the pectin collects in two or three masses, use two thirds or three fourths as much sugar as juice.

If it collects into several small particles, use one-half as much sugar as juice.

SUGAR

Use three-fourth cupful of sugar to every cupful of juice or fruit except in cases where the fruit is extremely acid. Then use one cup of sugar to one cup of fruit or juice.

A jelly that contain too little sugar will not thicken. Likewise, a jelly that contains too much sugar will become syrupy and will not thicken either.

JELLIES

To test for doneness

The biggest problem in making jelly is to know when it is done. It is particularly important to remove the mixture from the heat before it is overcooked. Although an undercooked jelly can sometimes be recooked to make a satisfactory product, there is little that can be done to improve an overcooked mixture. Signs of overcooking are a change in color of mixture and a taste or odor of caramelized sugar.

Spoon or sheet test. Dip a cool metal spoon in the boiling jelly mixture. Then raise it at least a foot above the kettle, out of the steam, and turn the spoon so the syrup runs off the side. If the syrup forms two drops that flow together and fall off the spoon as one sheet, the jelly should be done.

Refrigerator test. Pour a small amount of boiling jelly on a cold plate, and put it in the freezing compartment of a refrigerator for a few minutes. If the mixture gels, it should be done. During this test, the jelly mixture should be removed from the heat.

Some fruits that are suitable for making jelly are:

Hog plums	Gooseberry	Tamarind
Yellow plums	Red plums	Jube Jube ("JuJu")
Mammy		

SORREL JELLY

(Makes 3 to 4 quarts)

2 pounds sorrel
1 tablespoon lemon juice
1 inch piece ginger
5 cups (2½ pounds) sugar

Combine the sorrel, lemon juice, and ginger with water to cover. Simmer for 25 to 30 minutes. Strain, discard the flowers and ginger. Add the sugar to the liquid and boil until the mixture passes the jelly test. Pour into clean hot jars and seal.

CHERRY JELLY

5 pounds cherries
7½ cups water or barely enough
to cover the fruit
1 cup sugar to each cup juice

Wash the cherries and remove stems and blossom ends. Add water to the fruit, mash, and simmer for 25 minutes, or until the cherries are soft. Strain the juice through a flannel jelly bag or two thicknesses of sugar or flour sack.

Measure the juice and place it in a shallow kettle which hold a capacity of at least four times the volume of juice. Heat to the boiling point and boil 5 minutes. Add an equal quantity of sugar; remove the scum as the mixture starts to boil. Boil rapidly until the juice gives the jelly test (sheets off the spoon in large drops), or until the temperature reaches 105 degrees F, or 221 degrees F. on a clear dry day; or 106 degrees C. or 222 degrees F. on a damp, cloudy day. Pour the jelly into hot sterile glasses and seal with paraffin.

SYRUPS FOR PRESERVING FRUITS

Thin syrup: Use one part sugar and three parts water. Use for pineapple, sweet cherries.

Medium syrup: Use one part sugar and two parts juice or water. Use for plums, gooseberries, sour cherries, guavas.

Thick syrup: Use one part sugar and one part water.

SEA GRAPE JELLY

4 pounds ripe sea grapes
3 cups (1½ pounds) sugar
2 teaspoons lime juice
½ green papaya grated

Bring the grapes and papaya to a boil with water to cover. Set aside for 2 hours. Strain out the juice and add lime juice, combine the juice and sugar. To every cup of juice allow 1 cup of sugar. Boil until the mixture passes the jelly test. Pour into hot sterilized jars.

CHERRY PRESERVE

2 cups water 3-¾ cups cherries
3-¾ cups sugar

Wash cherries and remove stems and blossom ends. Combine the sugar and water and bring to a boiling point. Add cherries. Cook slowly for 20 to 25 minutes or until the juice thickens slightly, but not until it gives the jelly test (sheets off the spoon in large drops). Pour into hot sterile jars and seal with paraffin.

RIPE PAPAYA PRESERVE

Use freshly picked sound, firm, ripe fruit. Peel and cut in sizeable, uniform pieces. Remove seed or not, as preferred. Weigh and for every pound of papaya add 1 pound of sugar. Sprinkle over fruit and allow to stand a few hours or until

sugar is dissolved. If enough liquid is not drawn from the fruit to cover well, add sufficient water to cover.

Place over heat, bring to a boil and boil 15 minutes or until fruit is clear and transparent. Cover tightly and let stand overnight. Bring again to boil and boil until syrup is thick. **IT IS IMPORTANT THAT THE FRUIT BE KEPT WELL COVERED WITH SYRUP AT ALL TIMES.**

Pack in hot, sterile jars and cover with hot syrup and seal at once.

Lime juice, calamodin or other citrus juices may be added if desired, but many prefer only the mild, distinctive flavor of the papaya. The syrup left from the preserves is golden in color and most delicious in flavor. When heavy and rich it makes a fine accompaniment for ice-cream and pudding or a delightful spread for hot cakes and waffles.

GREEN PAPAYA PRESERVE

1 medium sized green papaya Sugar Water

Peel and remove seeds and pulp of papaya. Cut into thin slices. Cover with water and boil for 10 minutes. Drain. For every cup of papaya add same amount of sugar and water. Boil until fruit is transparent. A small piece of cinnamon stick may be added, if desired. Pack in steril jars and cover fruit with hot syrup. Seal at once.

RIPE PAPAYA JAM

6 cups ripe papaya pulp
5 cups sugar
½ cup lemon, lime or calamondin juice
or orange juice

Press ripe papaya through a coarse sieve, then measure. Boil briskly in a smooth, heavy aluminum saucepan or pressure boiler until thick enough for jam. Add lemon juice and sugar and continue boiling until thick and clear. Stir frequently in order to prevent scorching. When the desired consistency is obtained pour into hot, clean jars and seal immediately. Store in cool, dark place.

YELLOW PLUMS OR HOG PLUMS PRESERVE

Select partially mature plums. Pierce plums with a sharp tool starting at the stem end and continue through other end. Soak for a couple of hours in water. Remove from water. Cook in small amount of water to soften plums; add sugar and continue to cook until plums are soft and liquid resembles a jam. Pour into sterilized jars and seal.

GUAVA BUTTER

Peel thoroughly ripe guavas, remove seeds. Cook in water a little below top of guavas. Puree in electric blender. For each cup of puree add $\frac{3}{4}$ cup sugar and cook until consistency of butter or thick catsup. Pour into hot sterile jars, seal.

MANGO BUTTER

6 cups half-ripe or ripe mango
2 tablespoons lime juice, if desired
 $2\frac{1}{2}$ cups sugar
2 cups water

Cook mango slices with water until tender. Put through sieve or fruit press if mangoes are stringy. Add sugar and cook until consistency of a butter. Pour into hot, sterile jars, seal and process at boiling point for ten minutes. If you like, you may add spices with the sugar, $\frac{1}{2}$ teaspoon each ground cinnamon and nutmeg.

MAMMEY BUTTER

1 cup water
1 cup sugar
4 mammeys, sliced
1 stick cinnamon
 $\frac{1}{2}$ lime, sliced

Combine the water and sugar and boil for 15 minutes. Add the remaining ingredients and boil for 20 minutes. Put the mammeys through a sieve and return the pulp to the pot. Boil until the mixture resembles thick catsup. Remove the cinnamon stick and lime. Pour the butter into hot sterilized jars and seal.

MARMALADE

Tamarind Marmalade

Put tamarinds over a slow fire with enough water to barely cover. Mash the pulp from the seeds through a colander; add sugar pound for pound, or in equal proportion, sugar to pulp. Cook until mixture forms a ball when put through the jelly test. Place into mold, cool.

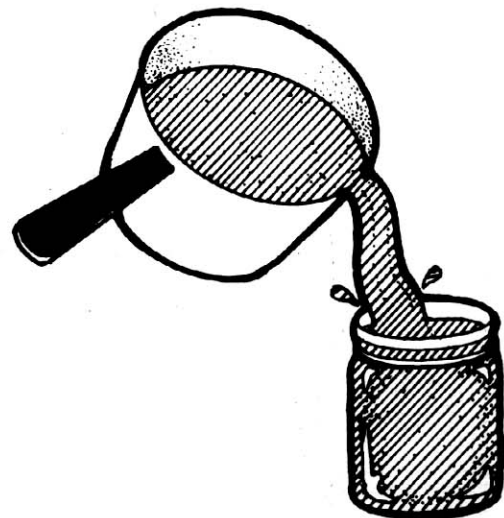
CHERRY MARMALADE

Heat cherries slightly. Pass through sieve to get pulp. 3 cups pulp to 1 cup sugar. Heat 15–20 minutes. Bottle.

SEA GRAPE MARMALADE

4 pounds very ripe sea grapes
3 cups ($1\frac{1}{2}$ pounds) sugar

Press the grapes through a colander to remove the seeds, and skin. Then combine the pulp with the sugar, and bring to a rolling boil, stirring constantly. Cook over medium heat until mixture forms a ball when tested. Remove from flame. Pour into hot sterilized jars and seal.



THE MAIN COURSE

The main course is that part of a meal around which everything is planned. It is usually the protein dish and should be the first thing to consider when planning. In order to have a meal that is pleasing to look at, tasty, and deserving of praise, any other food served with the main course must complement it in color, temperature, texture and flavor.

PLANTAIN PIE I

3 plantains (hard-ripe)
 ½ cup tomato sauce
 1/3 cup butter
 ¼ cup green pepper minced
 2 eggs hard-boiled (chopped)
 Pepper to taste
 1-½ teaspoons salt
 ½ lb. meat (chopped beef)
 ¼ cup minced onion
 2 tablespoons raisins
 12 olives

Boil and mash the plantains. Fry the chopped meat lightly. Add the onion, pepper, sliced hard-boiled eggs, olives, raisins, and tomato sauce. Cook five minutes more. Grease a glass baking dish, put in half the mashed plantains; then put in the meat mixture and cover with the other half of the plantain; brown in oven for twenty minutes. A good luncheon dish.

PIOUS NUNS

3 ripe plantains	1 tablespoon capers
½ cup minced meat	6 olives
¼ cup minced onions	2 tablespoons shortening
¼ cup minced tomatoes	1 teaspoon salt
1 egg	1 cup bread crumbs

Wash the plantains, cut each in three long slices, fry in shortening until brown. Form a circle with each slice, holding in place with a wooden toothpick. Cook the meat in shortening five minutes.

Add the other ingredients, let cook together five minutes. Fill the plantain circles with the meat mixture. Cover with the bread crumbs, beaten egg and again with crumbs, or else with the following paste: Let sit for 15 minutes.

¾ cup flour
 ¼ teaspoon salt
 1/3 cup milk
 1 teaspoon baking powder
 1 egg

Then fry in a pan until brown. Serve hot as a luncheon dish.

PLANTAIN PIE II

5-6 ripe plantains
 1 pound ground beef
 3 tablespoons chopped onion
 1 tablespoon chopped parsley
 1 tablespoon chopped celery
 3 tablespoons chopped sweet pepper
 ½ cup tomato sauce
 ¼ cup water
 1 tablespoon flour
 1 tablespoon salt
 2 cloves, garlic, crushed
 2 tablespoons margarine

Paste

1 egg beaten
 2 tablespoons flour
 ½ cup milk
 Dash of salt
 1/8 teaspoon baking powder

Slice each plantain in 4 long strips. Fry slices until cooked, but not brown. Set aside.

Saute onion, sweet pepper, parsley, celery and garlic in 2 tablespoons margarine. Add ground beef. Cook slowly for about 5 minutes, stirring occasionally. Add tomato sauce and salt to taste. Continue cooking for about 10 minutes longer.

Mix 1 tablespoon flour in $\frac{1}{4}$ cup water and pour into meat mixture. Cook for one minute longer. Remove from heat.

Grease an 8-inch square glass baking dish. Line bottom and sides of dish with part of fried plantain. Save enough plantain to cover top of pie. Make a paste using 1 egg, 1 tablespoon flour, $\frac{3}{4}$ cup milk, baking powder, and dash of salt. Pour about $\frac{1}{3}$ of this paste over plantain in bottom of baking dish. Spread meat mixture over this, keeping plantain up against side of dish. Cover top with remaining fried plantain slices. Pour balance of paste over top, helping to work some evenly down the sides by carefully sliding the blade of a spatula between plantain and dish, and working it around sides.

Bake in moderate oven until plantain is delicately brown. Watch closely and regulate heat if necessary since it tends to burn easily.

Serve with a vegetable salad and french bread.

MEAT PATE TURNOVERS

Pastry

4 cups flour
4 level Tbsp. unsalted vegetable shortening
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon baking powder
1 cup water

Place dry ingredients in large bowl. Cut in shortening with two knives or pastry blender. Add water gradually to form a soft dough. Knead gently on a floured board for a few minutes. Cover and let rest for about 10 minutes. Shape in small balls, roll out and cut into size circles desired for turnovers.

Filling I

$\frac{1}{2}$ lb. ground pork
 $\frac{1}{2}$ lb. ground beef
1 large sweet pepper
1 tablespoon minced celery
1 tablespoon minced parsley
2 tablespoons margarine
1 clove garlic crushed
 $\frac{1}{4}$ teaspoon garlic powder

Hot pepper to taste (optional)
 $\frac{1}{4}$ cup tomato paste
 $\frac{1}{4}$ teaspoon Oregano
1 tablespoon fine bread crumbs

Saute pork in margarine until brown, (about 10 minutes) add beef and continue cooking another 5 minutes. Add onion, sweet pepper, celery, parsley, and balance of ingredients. Cook a few minutes longer. If filling seems too dry add a little water.

(Some people add raisins and capers to their filling).

Place filling on each circle of dough, moisten edge with water, turn over and seal by pressing edge together with fork. Fry in deep fat.

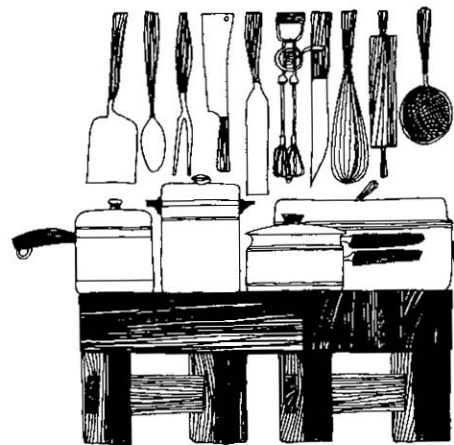
Filling II

This is a simple filling, but very tasty.

$\frac{1}{2}$ lb. ground pork
 $\frac{1}{2}$ lb. ground beef
1 large onion, ground
1 cup grated cabbage
2 tablespoons soy sauce
 $\frac{1}{4}$ teaspoon garlic powder
Salt and pepper to taste or native seasoning
1 tablespoon cooking oil

Cook pork in oil for about 10 minutes. Add beef and continue to cook. Add onion, cabbage, soy sauce and garlic powder. Season to taste and cook slowly for another 10 minutes.

Fill pates as directed in Filling I.



CRUZAN SOUSE

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

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 and cook until tender. Set aside to cool.

Prepare a large bowl of faucet cold, salted water.

Remove meat from bones 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.

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

Refrigerate all left-over, and keep refrigerated until ready to use.

STUFFED EGGPLANT

2 cups shredded fish (cooked)
2 medium eggplants
1 medium sweet pepper diced
1 medium onion diced
1 clove garlic diced
¼ cup milk
1 tablespoon tomato paste
2 cups soaked bread
1 egg
2 tablespoons butter

Dash of curry, thyme, parsley and pepper to taste

Slice eggplants in halves and boil until tender in salted water. Remove from water and let cool. When cooled, scoop out the meat portion. Set aside.

Saute onions and pepper in butter until half tender—add tomato paste and cook until it has a bright orange color. Add curry, thyme, and parsley and garlic. Squeeze water from bread and add to mixture. Stir frequently until well mixed. Remove from fire. Add shredded fish-meat portion—egg and milk. Mix well. Fill in eggplant shells with mixture and bake at 350 degrees for thirty minutes.

This dish can be served with yellow or brown rice with broccoli for vegetable.



EGGPLANT WITH RICE FILLING

1 large eggplant
½ cup cooked rice
1 chopped tomato
¾ cup cooked, chopped meat
2 tablespoons chopped onion
2 tablespoons chopped parsley
2 tablespoons margarine
Dash of Soy Sauce
Salt and pepper
Bread crumbs

Parboil eggplant in salted water. Cut in half and scrape out the pulp and put in bowl. Saute onions, parsley and tomato in 2 tablespoons margarine. Add meat, rice, eggplant and continue to saute for a short time. Add soy sauce, salt and pepper to taste. Fill eggplant shells. Sprinkle with bread crumbs and brown in oven for 45 minutes at 400 degrees F.

KALLALOO

1-½ lbs. salt meat, hambone, pig's tails, fat pork
1-½ lbs. fresh fish, cleaned
3 lbs. spinach or mixed greens
2 crabs or 1 corned conch
(Backs removed and cleaned)
12 okras
1 large onion
1 sprig thyme, parsley, celery, piece of hot pepper
2 tablespoons vinegar

Soak meat overnight in cold water. Boil meat until tender in three quarts of water. Add cleaned fish and cook for a few minutes. Lift out fish with slotted spoon. Remove bones and flake. Return fish to meat mixture, add crabs and continue to cook.

Wash greens and put through grinder with okras, onions, and garlic. Add to cooking mixture and boil rapidly for about 30 minutes. The addition of vinegar prevents the appearance of slime, but this is optional.

Do not skim while boiling. Serve with fungi.

CRUZAN KALALOO

2 qts. water
1 pound pig's tail, salted
1 pound salt beef
1 pound cooking ham
1 pound fish, cooked and picked
3 conchs cleaned and pounded
Crabs (optional)
*Papalolo (approx. ½ to 2/3 cups)
Tannia leaves (approx. ½-2/3 cups)
*Whitie Mary (approx. ½ to 2/3 cups)
*Pusley (approx. ½ to 2/3 cups)
*Bata-Bata (approx. ½ to 2/3 cups)
Okra (about 12)
1 eggplant
Hot pepper (optional)

Soak meats overnight in cold water. Cook meats and conchs in 2 quarts water until soft. Scald tannia leaves; pour off water, and chop or grind as finely as possible. When meat is half cooked, add

fish and crab and continue cooking until meat is tender.

Peel eggplant. Add to pot with meat mixture. When soft, remove and chop fine. Return to pot.

Wash greens, and chop fine or put through grinder. Cut up okras.

Add greens and okras to meats and eggplant mixture. Cook until greens become a dark green color. Continue to cook about 5 minutes longer. Taste, add a little salt if needed. A bit of hot pepper may also be added. Serve with fungi.

*Papalolo, Whitie Mary, Pusley and Bata Bata leaves are from wild plants that grow locally in open fields.

FUNGI

2-½ cups boiling water
1-½ cups cornmeal
1 teaspoon salt
1 tablespoon shortening

To rapidly boiling water add salt and sprinkle cornmeal in slowly. Allow water to boil over meal a few minutes. Stir briskly to prevent lumping. When well combined add shortening. Cover, steam about 5 minutes stirring occasionally. Serve hot.

Young okras may be added. Cut into small pieces and allow to boil for a few minutes before adding meal.

Hint: It is very difficult to cook a fungi that is free of lumps. To prevent lumps and get a smooth fungi mix ¼ cup of cornmeal with ¾ cup water. Add to boiling water, stirring constantly while adding. Let this cook to consistency of a thick cereal; add remaining cornmeal and stir with "turn stick" mashing lumps as you stir. Use a sauce pan with a long handle for cooking to provide a good grip while stirring.

MANGO CHUTNEY

- 10 large firm ripe mangoes
- 1/2 pint raisins, seeded
- 1/2 pint vinegar
- 1/2 pint lime juice
- 1 1/2 cups brown sugar
- 1 chili pepper (or 1/2 teaspoon dried pepper)
- 2 garlic buttons, grated
- 1 onion, chopped fine
- 1 tablespoon mustard seeds
- 1 tablespoon celery seeds
- 1 1/2 tablespoons salt

Pare and cut the mangoes in small pieces. Put all ingredients together in a crock or bowl, cover and let stand over-night. Cook next morning for three hours. Seal in sterilized jars. Fresh ginger root, chopped fine, is better than the ground ginger. Yield: 4 pints.

TAMARIND CHUTNEY

- | | |
|-----------------------------|----------------------|
| 1 lb. green mangoes | 1/4 lb. sliced fresh |
| 1 pound raisins | ginger root |
| 1/2 lb. tamarinds (shelled) | 1/4 lb. brown sugar |
| 1 large onion | 2 tablespoons salt |
| 1 green pepper | 1 cup cider vinegar |

Peel and slice mangoes, and chop with 1 pound raisins and 1/2 pound tamarinds. Grind together onions, green peppers and green ginger root. Add brown sugar, salt and cider vinegar. Mix all together, bring to boiling point. Lower heat, simmer until thick. Pour into hot sterilized jars and seal.

SPICED MANGO PICKLE

- 1 1/2 cups white vinegar
- 1 1/2 cups water
- 3 cups sugar
- 5 sticks cinnamon,
or 1/2 teaspoon ground cinnamon
- 1 tablespoon whole cloves
- 1/4 teaspoon salt
- 1 teaspoon chopped fresh ginger root

- 1/4 teaspoon nutmeg
- 3 lbs. peeled, sliced green mangoes (2 large slices from each of 17 mangoes)

Combine all ingredients except mangoes, and boil syrup for 5 minutes. Add mangoes sliced and cook until tender and clear, 30 to 45 minutes. Pack mangoes into hot sterilized jars. Add syrup and seal. If mangoes are sour add 1/4 to 1/2 cup more sugar to syrup. Yield: 3 pints.

SWEET MANGO RELISH

- | | |
|---------------------------|---------------------------|
| 1 qt. mangoes chopped | 1 tablespoon celery seed |
| 1 large onion | 3 to 4 cups sugar |
| 2 large sweet red peppers | 1 cup vinegar |
| 1 tablespoon salt | 2 cups raisins (optional) |
| 1 tablespoon mustard-seed | |

Peel green mangoes, cut from seed, chop or put through coarse blade of food chopper enough to make one quart. Chop or grind onions, and sweet red peppers. Add 1 tablespoon of salt, 1 tablespoon each white mustard seed and celery seed, 4 cups sugar and 1 cup vinegar. Two cups raisins may be added if desired.

Combine all ingredients. Bring to boil for 10 minutes. Let stand overnight. Next morning cook until slightly thickened. Pack boiling hot into sterilized jar.

SWEET SPICED PAPAYA PICKLE

Prepare the fruit and cook as for preserves. When fruit is clear and syrup thick and heavy remove fruit and add 1/2 to 3/4 cup of best vinegar for each pint of syrup, and whole spices as follows: 1 tablespoon whole cinnamon, 1 teaspoon each: cloves and allspice tied loosely in a cheesecloth bag and pound lightly. Boil 10 minutes, then add papaya and cook another 10 minutes. Let stand over night. Bring to a boil, transfer fruit to hot, sterile jars, add hot syrup and seal at once. A beautiful fruit pickle with flavor and color, which intrigue to no end.

SWEET POTATO PUDDING I

4 cups grated, sweet potatoes
 1 cup grated, peeled pumpkin
 2 cups grated yam (white) or tannia
 3 cups brown sugar
 2 tablespoons cinnamon
 2 teaspoons salt
 2 teaspoons black pepper (ground)
 2 cups milk
 1 cup margarine, melted
 6 eggs
 1¾ cups flour

Place all ingredients in bowl except butter. Add eggs one at a time. Stir well. Add melted butter, stir again. Pour into well greased baking dish. Bake at 350 degrees F. for 1½ hours or until when toothpick is inserted, it comes out clean.

Cool before cutting. Cut into squares. Best when served cold.

SWEET POTATO PUDDING II

4 cups grated sweet potatoes
 1 cup grated pumpkin
 1¼ cups brown or white sugar
 1 cup milk plus 2 tablespoons water
 1 teaspoon black pepper (ground)
 1/8 teaspoon nutmeg
 1 cup flour
 1/4 cup butter, melted
 1/8 teaspoon cinnamon
 1 tablespoon melted shortening
 2 teaspoons vanilla
 1 teaspoon salt
 2 eggs beaten

Mix the potatoes, pumpkin, flour, sugar and milk in a large mixing bowl. Add two tablespoons of water. Gradually stir in remaining ingredients and mix well. Pour into a well greased baking dish and back for 350 degrees F. for 1 hour and 45 minutes.

Cool thoroughly before cutting (Approximately 45 minutes) Serves 8 to 10.

PUMPKIN PUDDING

2 cups grated pumpkin
 1/2 cup margarine
 2/3 cup sugar
 1 cup flour
 1½ teaspoons baking powder
 1/2 teaspoon salt
 1 teaspoon cinnamon
 1/2 teaspoon nutmeg
 1/2 teaspoon ginger
 1/4 teaspoon powdered clove
 1 cup raisins
 1 egg, slightly beaten
 1/4 cup milk

Cream margarine and sugar. Add egg and beat well. Add peeled and grated pumpkin to first mixture. Sift together flour, spices, baking powder and salt. Add dry ingredients with raisins, and milk to pumpkin mixture and mix well. Pour into well greased and floured pudding pan. Bake at 350 degrees F. for about 45 minutes or until toothpick comes out clean when inserted. Cool, and serve with your favorite wine sauce.

*Grated carrots can be used in place of pumpkin.

PAPAYA PASTE CANDY

Peel and remove seed from a fully ripe, fine flavored papaya. Press pulp through a rather fine sieve. Measure and for each pint of pulp set aside 1-1/3 cups of sugar. Cook pulp in smooth heavy aluminum saucepan (or pressure boiler) until somewhat thick. Then add sugar and cook until clear and very thick, stirring carefully and taking care not to allow it to burn.

The paste will require constant attention as it nears the finishing point. A wooden paddle with a square edge is decidedly better than a spoon for stirring. The faster the papaya is cooked the brighter and lighter in color it will be.

(this recipe is continued on next page)

The paste should be cooked until it is so stiff that it will not flow together again when the paddle is drawn through the mass. Turn out on a platter or pan that has been brushed with an unsalted fat. Let stand until stiff. Cut in cubes, strips, or fancy shapes and roll in sugar. The paste also may be molded in small wooden or tin boxes lined with carefully fitted oiled paper. When molded, cut in squares, place on cardboard that has been covered with wax paper or cellophane and wrap over all firmly and neatly with cellophane. Paste should be dried as rapidly as possible.

PAPAYA CANDY

- 2 papayas, grated
- 2 cups sugar
- 1 tablespoon lime juice
- 1 teaspoon grated orange peel

Combine the papaya with enough water to cover. Boil for 2 minutes. Strain and repeat the procedure two more times. Then drain well. Combine the sugar and 1/2 cup water, and boil until the syrup forms a thread in a glass of cold water. Add the papaya and simmer until the mixture leaves the side of the pan. Stir in the lime juice and orange peel. Pour the mixture onto a buttered platter. Cool and shape into balls. Then roll the balls in sugar.

COCONUT CANDY

- 2 cups granulated sugar
- 1/2 cup milk
- 3/4 cup grated coconut

Mix ingredients together. Boil for five minutes or until mixture forms a ball when dropped in water.

Quickly drop by spoonful onto greased sheet or on waxed paper.

COCONUT SUGAR CAKE

- 2 cups sugar
- 1/2 cup water
- 1 1/4 cups coconut

Mix together all the ingredients in a heavy aluminum sauce pan or pot. Cook slowly, stirring only occasionally to avoid sticking, until mixture forms a soft ball when dropped in water that is room temperature. Remove from heat and beat a while. Drop by spoonful on cookie sheet that has been lined with waxed paper. Let cool to form sugar cakes.

1/2 teaspoon of vanilla essence may be added and a drop or two of food coloring to vary color of candy.

MAMEY PUDDING

Slice the fruit, put in a baking dish with alternate layers of brown sugar, bread-crumbs (or grapenuts) until dish is full. Dot with butter and bake in a moderate oven until done. Serve warm with a lemon sauce.



SALAD

A good salad should provide, among other things, a crisp texture, pleasant flavor and attractive color.

Salads help to make meals easier, and can serve to add color to any meal. Raw foods, simple foods and left-over foods can be used to make beautiful, delicious salads.

The following are points to keep in mind when preparing salads.

1. Keep it simple .
2. Use attractive color combinations.
3. Avoid over-mixing (toss lightly).
4. Keep salad greens fresh and crisp.
5. Avoid using any food that is already a part of the meal.
6. Break or cut foods large enough to identify the pieces.
7. Let your serving dish enhance your salad.
8. Use appropriate kind, as well as the right amount of dressing.
9. Use garnishes that can be eaten.
10. Avoid over-crowding salad plates.
11. Add salad dressing just before serving.



SEAFOOD AVOCADO SALAD

(Serves 6)

½ cup cooked lobster meat
2 cups cooked crabmeat
2 cups cooked shrimps
(or your own favorite seafood combination)

3 avocados
½ cup mayonnaise
½ cup sour cream
1 tablespoon cut chives
French Dressing

Remove any bits of shell from lobster and crabmeat. Break into bite-size pieces. Remove a few chunks of lobster and a few whole shrimps for garnish. Cut remaining shrimps into pieces. Combine lobster, crabmeat and shrimps. Add just enough French dressing to coat generously. Chill. Just before serving cut avocados in halves, remove pit and fill with seafood mixture. Combine mayonnaise, sour cream and chives for dressing. Top each avocado with a generous spoonful. Garnish with whole shrimp and lobster chunks.

AVOCADO FRUIT SALAD

(Serves 6)

French Dressing
1 avocado
½ cup halved, seeded grapes
2 cups grapefruit sections
Mint leaves
½ cup toasted, shredded coconut
Red or green cherries

Cut avocado in half but do not peel. Scoop out halves with French ball cutter or teaspoon. Combine with grapes and grapefruit. Marinate in French dressing which has been seasoned with chopped mint leaves. Pile into scooped out shells. Arrange on lettuce. Serve from shells. Arrange fruits on bed of lettuce in individual servings. Sprinkle with toasted coconut. Garnish with cherries.



LOBSTER SALAD

- 1 lobster
- 1 onion
- ½ cup salad dressing
- 1 sprig celery
- 1 sweet pepper (preferably red)
- 1 hot pepper (optional)

Boil lobster, cool thoroughly. Break lobster shell and remove meat from shell. Cut meat into cubes.

Chop vegetables and combine with lobster and salad dressing. Put into container and chill, being careful to always chill when not using.

PINEAPPLE MAYONNAISE

- 1½ teaspoons gelatin
- ¼ cup pineapple juice or syrup from canned pineapple
- 1 tablespoon lemon or lime juice
- 1 tablespoon sugar (if desired)
- Few grains of salt
- ¼ teaspoon paprika (if desired)
- ½ cup mayonnaise
- ¼ cup heavy cream

Soak gelatin in cold pineapple juice or syrup about 5 minutes. Dissolve over boiling water. Add lemon juice, sugar, salt and paprika. Cool until slightly thickened, beat into mayonnaise and fold in heavy cream. Chill in a shallow pan, cut in cubes and serve with mixed fruit salads or with molded fruit salads. Yield: 1 cup

AVOCADO MEDLEY SALAD (Serves 6)

- 2 medium avocados diced
- 2 medium tomatoes diced
- 1 tablespoon minced onion
- 2 tablespoons diced celery
- ¼ cup diced cucumber
- 1 tablespoon diced green pepper
- ¼ cup mayonnaise
- Lettuce

Peel and dice all vegetables. Dice avocado last and toss all together lightly. Add mayonnaise and toss to coat. Pile in lettuce cups and chill until serving time.



OTHER SALAD SUGGESTIONS

Alternate slices of avocado with orange and/or grapefruit sections. Pass a French dressing into which you have blended a little honey.

Cut avocado in two by slicing around the center. Then slice off into circles. Remove peel. Pile frozen, fresh or canned pineapple or mango into center. Serve with mayonnaise and sour cream.

Slices of avocado on lettuce garnished with diced beets and onion rings makes a colorful mealtime addition. Pass your favorite dressing.

Papaya Cole Slaw: Use firm half-ripe papaya.

MANGO COTTAGE CHEESE

Sliced ripe mangoes
Cottage cheese
Lettuce leaves

Heap scoop of cottage cheese on lettuce leaf, surround with slices of ripe mango. Serve with mango sauce.



PAPAYA PINEAPPLE SALAD

2½ cups diced green papaya
1½ cups diced pineapple
1 cup crushed celery
1 tablespoon chopped onion
¾ cup mayonnaise
Lettuce leaves

Peel papaya and cut in small cubes. Cook slightly for about 3 minutes. Drain. Marinate overnight in French dressing. Drain.

Combine with other ingredients. Serve on crisp lettuce leaves.

AVOCADO CODFISH SALAD

½ lb. codfish fillet
1 large avocado
2 tomatoes
¼ cup salad oil
1 tablespoon vinegar

Soak codfish overnight to remove excess salt. Cook and flake codfish. Cut avocado and tomatoes into small sizes. Put codfish, avocado, tomato in bowl. Pour salad oil and vinegar over mixture. Toss gently.

AVOCADO FILLED WITH SALTFISH GUNDY

Avocado
Saltsfish Gundy – seafood section
Lettuce leaves

Prepare saltsfish gundy. Cut avocado in two. Remove seed and shell. Place avocado half on lettuce leaf. Fill with saltsfish gundy. Serve with toast and sliced tomatoes.

INTERESTING SALAD VARIATIONS

1. Add 1 cup cubed yam to avocado codfish salad.
2. Add cubes of matured green mangoes to your tossed salads.
3. Mango, Banana, Pineapple
4. Mango, Papaya, Bananas

Salad garnishes:

papaya balls
mango wedges
avocado balls

HOT OR COLD PAPAYA SALAD

1 medium green, full papaya
1 medium sweet pepper
1 stalk celery
1 medium onion
¼ teaspoon black pepper or white pepper
2 cloves of garlic, crushed
¼ teaspoon seasoning (salad)
¼ cup cooking oil
¼ teaspoon salt
1½ cups water

Wash and peel papaya, boil in 1½ cups of water, with salt for 15 to 20 minutes. Drain and mash with fork, and put in large bowl with the other ingredients and blend together.

Put mixture into a sauce pan, and saute or cook slightly in ¼ cup oil until tender, about 5 to 10 minutes.

Can be served hot or cold.

SALTFISH CAKES

(Codfish)

3/4 lb. saltfish (codfish fillet)
 1 tablespoon cooking oil
 2 tablespoons chopped onion
 1/4 teaspoon garlic powder
 1 tablespoon minced parsley
 3 medium canned tomatoes chopped fine
 1½ tablespoons flour
 2 eggs
 1/2 teaspoon baking powder
 Fat for frying

Soak fish over night to remove excess salt. Remove from water and squeeze dry. Pass fish through meat grinder. Saute onion and garlic in oil until tender but not brown. Add chopped tomatoes, parsley, dash of pepper and cook for a few minutes longer. Add to fish with, egg, baking powder and flour. Drop by spoonful into boiling fat. Fry to golden brown.

PAN-FRIED FISH

All species of fish are delicious when pan-fried.

Unless the fish are very small, it is best to fillet them for frying. Wash and dry them, and season well with salt and pepper. They may be fried plain or rolled in cornmeal, flour, or bread crumbs. Heat 1 to 2 tablespoons of fat in a heavy skillet. Using low heat, brown the fish on one side; turn and brown on the other. If the flesh is thick, cover the pan a few minutes after the fish is turned so that the fish may cook in its own steam; then cook on both sides again to make crisp.

VARIATIONS:

1. Other suggestions for crumbing include the use of cracker crumbs or crushed flakes.
2. Soak milk-flavored fish in lemon juice for 10 to 15 minutes before frying.

CREOLE FISH

4 lbs. blue fish or yellow tails
 1/2 cup chopped tomatoes
 1/2 cup chopped green pepper
 1/3 cup lemon juice
 1 tablespoon salad oil
 2 teaspoons salt
 1 teaspoon minced onion
 1 teaspoon basil leaves
 Dash of black pepper
 Few drops pepper sauce

Clean fish and make fillets by removing sides from bones. Heat oven to 500 degrees F. Place fish fillet in single layer in baking dish. Stir together remaining ingredients and spoon over fillet.

Bake for about 5 to 8 minutes or until fish is tender (flakes easily with fork). Remove fillets to warm platter. Garnish with pepper.

FISH SOUFFLE

This recipe may be used with all species of fish and is an excellent way to use left-over cooked fish.

3 tablespoons flour
 3 tablespoons fat
 1 teaspoon salt
 1 cup milk
 1 tablespoon chopped parsley
 1 cup cooked flaked fish
 3 eggs, separated
 1 teaspoon lemon juice
 3 tablespoons finely grated raw carrots

Melt the fat in a double-boiler and add the flour and salt gradually. Stir in the milk slowly, and cook until mixture thickens. Remove from heat, and stir in the fish. Beat the egg yolks, add the lemon juice, and stir this into the fish mixture with the carrots and parsley. Beat the egg whites stiff and fold into the fish mixture. Put mixture into a greased baking dish and set dish into a pan of water. Bake at 350°F. for 50 to 60 minutes — or until the mixture will not stick to a knife thrust into it. Serve at once. Serve 3 to 4.

FISH PUDDING I

3 lbs. fish (Blue fish preferred)
1 medium onion
1 sweet pepper
1 stalk celery
¼ lb. butter
1 tablespoon shortening
1 small can tomato sauce
4 eggs
1 cup milk
Saltines (about 12) or saltcrackers
Seasoning: garlic, mace, salt and pepper

Bone and grind or chop the fish. Season with salt, pepper, garlic and mace. Chop onion, sweet pepper and celery saute in a pan with butter, shortening and tomato sauce. Remove from stove and add fish, crushed saltines or crackers, milk and beaten eggs. (The beauty of the pudding is in the stirring; it should be as light as possible). The pudding can be either baked or boiled.

To Bake: Pour pudding into a greased casserole dish. Sprinkle the top with cracker crumbs. Bake in oven 350°F. until the top is brown. It should be the consistency of a custard.

To Boil: Pour pudding into a greased casserole dish, pudding or cake pan. Sprinkle the top with cracker crumbs. Set in a pan of water and cook over a low flame for about 1 hour or until firm.

FISH PUDDING II

(Blue fish makes a very delicate pudding, a goat fish added gives it an excellent taste)

2 lbs. fish (raw and boned)
½ teaspoon ground cardamon
¼ teaspoon ground mace
Salt and pepper to taste
5 eggs
¾ cup milk
½ cup soda cracker crumbs
¼ lb. melted butter
1 tablespoon red sweet pepper
(finely chopped)
Juice of one medium onion

Grind fish in food chopper using fine blade, or use blender. Saute pepper in melted butter. Add fish to mixture. Beat eggs until light and fluffy. Add to fish mixture beating vigorously. Add cracker crumbs and onion juice, beat again. Add milk, beat. Add cardamon, mace and salt and pepper to taste.

The beating after each addition makes a very tender fish pudding.

Grease aluminum or tin mold, dust with cracker crumbs pour mixture in, cover and steam for two hours. Steam by placing mold in larger pan half filled with water. Replace water as it evaporates.

Decorate with parsley sprigs. Serve with lemon butter.



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. Add to meat along with salad oil. This gundy becomes more tasty the following day, but must be refrigerated at all times.

FISH LOAF I

2½ cups fried and finely flaked blue fish
½ cup dried bread crumbs
¼ teaspoon chopped garlic
Pinch of thyme (fresh thyme is best)
¼ cup finely chopped parsley
¼ cup chopped celery (locally grown celery is best)
(If locally grown celery is not available. increase
parsley to ½ cup)
¼ cup chopped onion
3-4 canned tomatoes chopped
3 tablespoons chopped chibble or green onion
2 eggs, beaten
½ cup milk*
¼ teaspoon baking powder*
2 tablespoons flour* *(Combined into a paste)
Dash of hot sauce

Saute lightly, onion, garlic, celery, parsley, chibble, and tomato until just tender. In same pot add flaked fish, bread crumbs, hot sauce and thyme. Add flour paste. Fold in beaten eggs carefully to hold in air. (This gives a light loaf). Pour in greased loaf pan. Set in larger container of water and bake at 400°F. until when fork, inserted into loaf, comes out clean. After about ½ hour notice loaf. If top is delicately brown, cover with foil and continue cooking. If at this time, top is not brown, cook a little longer until top becomes brown. Covering with foil gives a light moist loaf. (Left over fried fish can be used in this recipe).

FISH LOAF II

2 cups steamed flaked fish ½ cup tomato soup
½ cup cracker crumbs ½ cup water
1 cup milk Salt and pepper
2 eggs

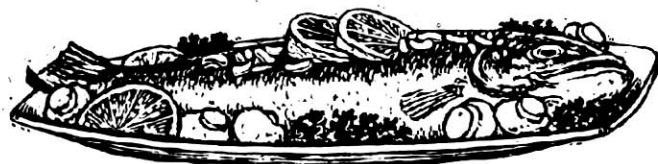
Blend the fish, crumbs, milk and eggs, and season to taste with salt and pepper. Form into a loaf and place in a greased loaf pan. Bake in a moderate oven (350°F) for 10 minutes. Pour the soup, dilute with the water over the loaf, and continue baking for 20 minutes. Serves 6.

BLUE-FISH CUTLETS

5 blue fish
2 eggs
Soda cracker crumbs
Salt, Pepper, Ground Clove for seasoning

Make fillet of blue fish by cleaning well and cutting away both sides of fish from bones. Season with salt, pepper and a pinch of ground clove. Let stand for a few minutes. Beat eggs. Dip fish in crumb then egg and again in crumb. Lay on waxed paper and refrigerate for at least 2 hours before frying. Fry in shallow fat, on one side then the other.

Hint: Breaded foods have a tendency to lose their coating when fried in shallow fat. The best way to prevent this is to bread the food ahead of time, lay them on waxed paper and chill before frying.



COWITCH FISH

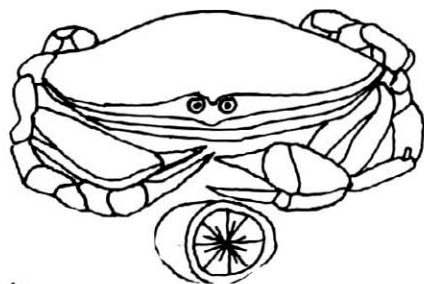
2 lbs. Jack fish or ½ cup olive oil
king fish slices (6 slices) ½ cup corn oil
Oil for frying Few whole clove
Salt and pepper for seasoning 1 bay leaf
2 cloves crushed garlic Few pieces mace
1 cup vinegar 1 small onion, rings

Season fish with salt and pepper and crushed garlic. Let set for at least ½ hour before frying. Pan fry fish in hot oil until lightly brown – drain. Combine all the other ingredients and simmer gently for a few minutes. Lay cooked fish in large china or glass container, so that there be no more than 2 layers of fish. Pour boiled mixture over fish. Refrigerate until the next day. Turn fish on other side, if sauce does not cover the layers.

Fish can be served at this point or allowed to stand. Cowitch can last for quite some time. The longer it stands the better it becomes, and is at its best at room temperature.

CRAB-IN-THE BACK (land crab)

- 6 land crabs
- 1 clove garlic
- Small piece hot pepper
(optional)
- 1 onion
- 1 stick butter
- 2 stalks celery
- 2 teaspoons salt
- 3 tablespoons tomato paste
- cracker meal



Select 6 large land crabs. Wash thoroughly, using a brush to clean them. Put them on to boil for 54 minutes, when cool, crack shells and pick meat from shells. Chop all other ingredients finely. Add to crab meat. Clean and butter back shells of crabs. Fill the shells with mixture. Sprinkle cracker meal on top, dot with butter. Bake for 20 minutes at 350°F.

CRAB AND RICE (land crab)

- | | |
|---------------------------|--------------------|
| 3 land crabs | ¼ lb. celery |
| 1 lb. cooking ham, soaked | 3 sprigs thyme |
| 1 lb. salted beef, soaked | ¼ lb. butter |
| 1 lb. rice | 1 can tomato paste |
| 1 large onion, chopped | 1 tablespoon salt |
| 2 sweet peppers chopped | |

Scrub crabs thoroughly with a brush. Remove the backs, break off claws. The fat from the backs may be saved and added to the ingredients if so desired. Boil ham and beef until tender. Put crabs in to boil for half an hour. Add all other ingredients, except the rice and butter. Allow to cook for 25 minutes. Add rice and butter. Continue to cook until rice is soft and dry.

WILKS

Scrub wilks' shells with stiff brush. Boil in salted water for about 1 hour. Remove wilks from shell. May be eaten plain or with a sauce made of drawn butter and lemon juice.

WILKS AND RICE

- 2 doz. wilks
- ½ lb. rice
- 2 cups water
- 2 tablespoons butter
- 3 strips bacon
- 1 medium-sized sweet pepper
- 1 medium-sized onion
- 1 clove garlic
- 1 small tin tomato sauce
- sprig thyme

Boil wilks slightly, Remove from shell. Cut into small pieces. Saute bacon, onion, sweet pepper, garlic and thyme. Add tomato sauce and water. Add wilks. Cook for 10 minutes. Add rice and continue to cook on medium heat for 15 to 20 minutes or until rice is cooked.

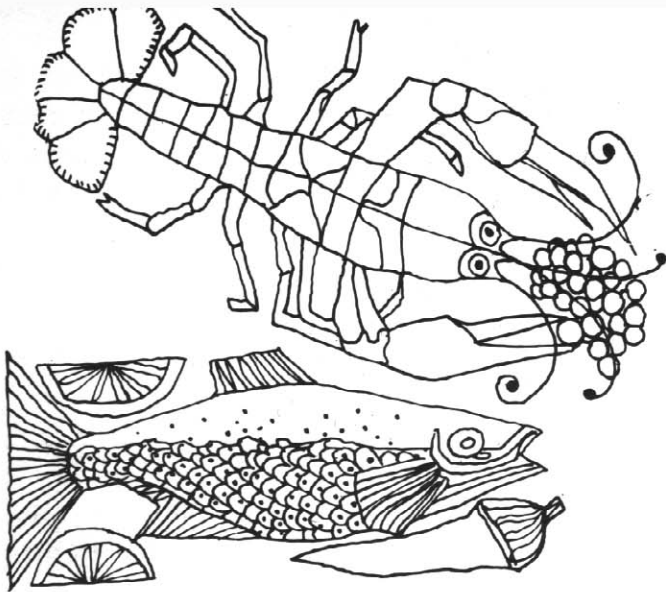
STEWED CONCHS

- 4-5 pounds conchs cleaned
- 1 med. onion
- 1 stick celery
- 1 large green pepper
- 2 tbsp. margarine
- 2-3 tbsp vegetable oil
- 1 hot pepper (optional)
- 2 tbsp. flour
- crole season or salt and pepper;
- a dash of each.
- paprika and mace
- 1½ cups boiling water

Pound conchs which have been cleaned. Cover with water, bring to rapid boil, reduce heat and simmer until tender. Drain and cut into small pieces.

Saute onion, sweet pepper and celery in oil and margarine until tender, Pour in 1½ cups boiling water. Cook for about 2 minutes. Add conchs, seasoning or salt, and pepper to taste, hot pepper (if using), a dash of paprika and mace. Cook for 5 to 10 minutes. Thicken with flour which has been made into a paste using water. Cook a few minutes longer. Serve.

BOILED CONCHS IN BUTTER SAUCE



STEWED FISH

1 to 2 large heads of grouper or red snapper fish
native seasoning
2 tbsp vegetable oil
2 tbsp. margarine
2 tbsp. flour
1 stick celery
1 large green pepper
1 large onion
oil for frying
1 clove garlic crushed, or
½ tsp. garlic powder
a dash each, black pepper,
mace, paprika
2 cups hot water
½ cup tomato sauce
3-4 whole cloves
2 cups boiling water

Clean fish and rub with native seasoning. Set aside a few minutes to allow seasoning to penetrate.

Brown fish in oil on both sides in heavy aluminum or iron pot. Throw out fat in which fish was fried. In same pot melt margarine and add 2 tbsp. cooking oil. Brown flour in this fat until a dark color, stirring constantly. Add onion, celery, green pepper and tomato sauce. Continue to cook while stirring. Add boiling water and cook slowly for about 15 minutes. Add paprika, mace, garlic, seasoning or salt to taste, and whole clove. Set fish in sauce, cover and simmer for another 10 to 15 minutes.

4-5 lbs. conchs – cleaned
1 med. onion sliced
2-3 tbsp. margarine
Juice of 1 whole lime
2-3 tbsp. cooking oil
Hot pepper (optional)
½ cup water
Salt to taste

Boil conchs until tender. Drain and cut into small pieces. Cook sliced onion in ½ cup water until tender. Add margarine, cooking oil, hot pepper to taste, and boil slowly for about 5 minutes. Add conchs to sauce. Season to taste with salt and cook a few minutes longer. Serve

TURTLE STEW

2 lb. turtle meat for stewing
1 large onion, chopped
5 Puerto Rican sweet peppers, chopped
1 tablespoon chopped pimentos
2 cloves garlic, crushed
2 ripe tomatoes, chopped (canned tomatoes maybe used)
2 tablespoons margarine
1 tablespoon cooking oil
¼ cup Sherry, rum, or brandy
Flour for thickening
Vinegar
Native seasoning. Dash of Mace

Soak turtle meat in vinegar for an hour or longer if possible. Wash with plenty of lime. Rinse well.

Season with creole seasoning and let stand for at least one hour.

Cover meat with water and simmer until near tender. Saute chopped vegetables lightly, and add to meat with butter and cooking oil. Continue cooking until meat is tender. Add salt to taste. Thicken with paste of flour and water. Add Sherry or brandy and cook a minute longer. Serve hot with rice.

HERRING GUNDY

2 lbs. salted herring
½ sweet pepper
1 medium onion
½ hot pepper (optional)
1 cup salad oil
2 Tbsp. vinegar
Pinch of sugar
2 sprigs parsley
Onion rings for garnishing
Few slices of beets for garnishing

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

SALT FISH GUNDY I

1 lb. salted cod fish fillet	½ cup salad oil
1 tsp. capers	2 tsp. vinegar
½ medium onion	2 hard boiled eggs

Soak salted fish long enough to remove excess salt. 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 ¼ cup.

SALT FISH GUNDY II

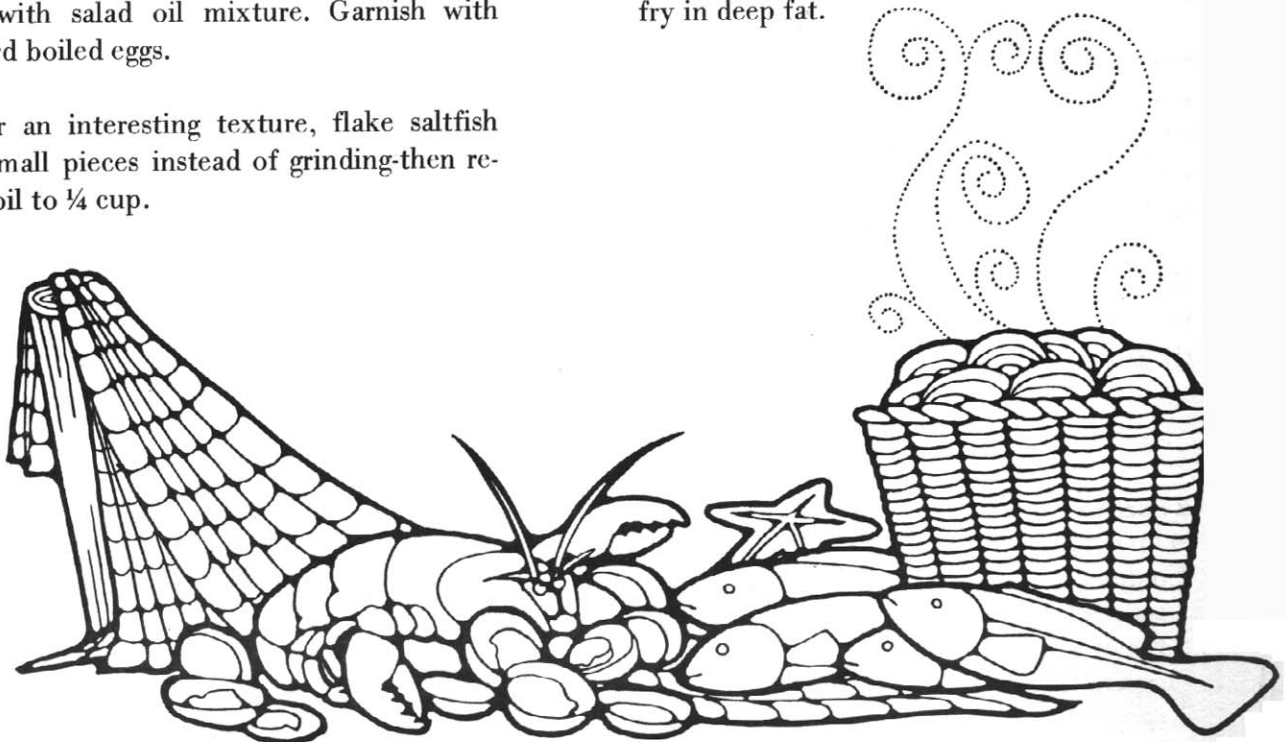
2 lbs. salt fish (usually cod fish)
1 large sweet pepper
½ piece of hot pepper (optional)
1 medium onion
3 sprigs fresh parsley
2 Tbsp. prepared mustard
½ cup stuffed olives
1 cup salad oil

Soak saltfish overnight. Remove fish and wash in fresh water removing bones and skin. Break into small pieces. Put fish, pepper, onion, parsley and olives through grinder. Whip mustard into salad oil. Mix thoroughly with saltfish mixture. Garnish with onion rings and wedges of hard boiled eggs.

CONCH FRITTERS

5 conchs	1 egg, beaten
1½ cups flour	1 cup milk
1 tsp. baking powder	Fat for frying
½ tsp. salt	

Clean and pound conchs. Slice very thin, enough to make 2 cups. Sift flour, baking powder and salt. Make a well in the center and pour the egg into it. Gradually add the flour and milk to make a smooth batter. Dip the sliced conch in batter and fry in deep fat.



CREAM OF AVOCADO SOUP

(Serves 6)

3 avocados (or 2½ cups frozen puree)	Salt
2 cups chicken broth	Whipped cream
1 cup heavy cream	White pepper

Mash two avocados with silver fork and press through a fine sieve or puree in a blender. Place in top of a double boiler. Add chicken broth which has been lightly seasoned. Heat, stirring occasionally, until soup comes to a boil. Stir in heavy cream. Cover, keep hot over boiling water. When ready to serve stir in the remaining avocado cut in ½-inch cubes. Season to taste with salt and white pepper. Serve with a tablespoon of lightly salted whipped cream on each serving.

PIGEON PEA SOUP

1 lb. peas	½ lb. pig feet
2 quarts water	1 onion (chopped)
½ lb. pig tail	dash Black pepper
1 lb. sweet potatoes, yam or tannier (peeled, cubed)	2 sprigs thyme
½ lb. cooking ham	2 sprigs celery (chopped)
½ lb. pumpkin (peeled and cubed)	1 clove garlic (crushed)
	Whole tomatoes or tomato paste
	2 tablespoons butter

Soak meat to remove excess salt. Wash peas. Cook with meat and pumpkin in 2 quarts of water until soft. When peas are soft, add all other ingredients, and let cook until seasonings are soft. If not salt enough, season to taste.

To this soup, darling dumplings or clumpy may be added when potatoes and seasoning are added. (If dried peas are used, soak peas over-night).

TANNIA SOUP

2 quarts water	1 sprig thyme
½ lb. salted beef	6 black peppers
1 onion (chopped)	2 tablespoons margarine or table butter
1 sprig celery	½ lb. cooking ham or bacon
2 tomatoes or canned tomatoes	6 large tannias
1 sprig celery	

Soak beef and ham to remove excess salt. Boil meats until soft. Peel tannias and cut into cubes. Add to meats and cook until soft. Add all other ingredient and cook for 15 to 20 minutes. Add butter. Serve.

DUMPLINGS USED IN SOUPS AND STEWS

1 cup white flour	1 teaspoon salt
¼ cup cornmeal	Dash black pepper
1 teaspoon sugar	Water or milk
1 tablespoon shortening (margarine)	

Combine all ingredients into a stiff dough. Knead slightly. Roll out into a thin sheet and cut into small squares. This same recipe is made into a soft dough and spoon dropped into soup or stews. This type is then called clumpy.

Sometimes cornmeal is omitted and dumplings are made only with white flour.

CREAM OF PUMPKIN SOUP

1 lb. pumpkin	¾ cup cooked ham (cubed)
1 fresh tomato (chopped)	½ bay leaf
3 cups chicken or pumpkin stock	1 tablespoon flour
2 tablespoons onion, chopped	2 teaspoons cornstarch
1 tablespoon butter	Salt and pepper to taste
1 small carrot diced	1 sprig fresh thyme
	1 cup milk or cream (thin)

Cook and mash pumpkin. (save stock). Saute onion, tomato, ham and carrot in butter for a few minutes. Add flour and mix. Add chicken and/or pumpkin stock gradually with bay leaf, thyme. Cover and cook slowly for about 45 minutes. Remove bay leaf, and thyme sprig with slotted spoon.

Add pumpkin and salt and pepper to taste. Simmer for 15 minutes. Mix cornstarch with a little milk or cream, add to soup with balance of cream or milk. Cook only one minute. Serve.

FRENCH FRIED YAM

Peel yam, cut into thin, narrow strips or french style. Soak in salted, cold water for about 5 minutes. Remove and pat dry. Fry in deep fat until gold brown and crisp.

Left-over boiled yams can be fried in same manner. Omit soaking in salted, cold water.

POTATO STUFFING

3 lbs. potatoes
 6 tablespoons olive oil
 3 tablespoons butter
 2 medium sized onions, minced
 ½ stalk celery, minced
 ¼ med. sized sweet pepper, minced
 ¼ teaspoon thyme
 ½ cup tomato sauce
 2 heaping teaspoons parsley
 Dash black pepper
 3-4 tablespoons brown sugar
 ¼ to 1 cup milk
 ¼ cup raisins
 2 eggs

Peel potatoes, boil in salted water, drain and mash. While potatoes are boiling, warm frying pan and add oil and butter. (Pan should not be too hot or butter will scorch). When oil is heated add minced onion, celery and sweet pepper. Cook over low flame until tender. Add thyme, tomato sauce, parsley, black pepper and sugar. Cook about five minutes.

Add this mixture to mashed potatoes and mix thoroughly. Add milk, raisins and eggs. The mixture should be a little more moist than mashed potatoes. If not sufficiently moist, add a little more milk and butter. Pour in a greased flat baking pan of the type used for puddings, and bake at 325 degrees F. for about 45 minutes to 1 hour. Top should be golden brown when done.

(Can be used also for stuffing chicken).

BAKED YAM

½ cup cream or evaporated milk	1 tablespoon butter
1 large yam	2 egg whites
	Salt and pepper

Select a large smooth yam, scrub it with a brush, and place in a dripping pan. Bake in a hot oven until soft (or it may be boiled instead), then make an incision. Remove the yam pulp, leaving the skin. Mash the pulp, add cream (or evaporated milk), butter, ½ teaspoon pepper, a teaspoon of salt, and whites of two eggs beaten. Mix well and return to the shell, dot with butter, return to a hot oven to brown slightly. Yield: 4 servings.

YAM HOLLANDAISE

3 cups diced yams Fresh or canned chicken soup	1 tablespoon lime juice Salt and pepper to taste Parsley
1/3 cup butter	

Wash, pare, soak yams and dice in ½-inch pieces. Cook diced yams in chicken soup stock until soft. (Canned chicken soup strained, may be used). Then drain. Cream together butter, lime juice, ½ teaspoon salt, and ¼ teaspoon pepper. Add the yam. Cook three minutes, cover with minced parsley or garnish with parsley leaves.

YAM CROQUETTES

2 cups hot, riced yam
 2 tablespoons butter
 ½ teaspoon salt
 ¼ teaspoon pepper
 ½ teaspoon celery seed or
 onion powder
 1 "culantro" leave crushed (optional)
 1 clove garlic, crushed
 1 teaspoon minced parsley
 Yolk of one egg

Mix in order given, beating well. Shape, roll in cornmeal, egg and meal again, fry one minute in deep hot fat, drain on paper.

SEASONED RICE

- ½ lb. salted beef or pork
- ½ lb. cod fish
- 6 "Puerto Rican" sweet peppers chopped
- 1 medium onion minced
- 2 sprigs of parsley minced
- Sprigs of fresh thyme
- 1 clove garlic, crushed
- ½ cup canned tomatoes
- 3 Tbsp. cooking oil
- 3-½ cups boiling water
- 1-¾ cups rice

Cut meat into small pieces and soak with codfish overnight to remove excess salt. Remove bones and flake codfish. Cook meat until tender. In heavy aluminum pot, saute onion, garlic, parsley and sweet pepper in oil until tender. Add tomatoes and codfish and cook for 5 minutes. Add boiling water. Add thyme.

Wash rice. Add rice and cook uncovered for about 10 minutes. Cover tightly, lower flame and allow to cook very slowly until rice is tender and grainy. Turn rice over once with a fork.

MEDLEY OF VEGETABLES

- ½ cup diced green papaya
- 1 eggplant unpeeled, cubed
- 1 medium cucumber unpeeled, sliced
- 1 large tomato unpeeled
- 1 large carrot sliced
- 2 tablespoons margarine
- Romano Cheese or Parmesan Cheese
- Salt and pepper to taste

Blanch papaya slightly. Remove from water. Combine with other vegetables.

Melt margarine in medium skillet, add vegetables and saute until tender, but not soggy. Vegetables should be crisp for serving. If necessary add a tablespoon of water to vegetables, cover and cook over low flame for about 5-7 minutes longer.

Before serving toss vegetable with a dash of soy sauce and 1 tablespoon parmesan cheese.

STUFFED EGGPLANT WITH DRESSING

- 1 large eggplant
- 1 cup chopped, cooked chicken, pork or ham
- 1 tablespoon butter
- 1 small onion, chopped
- 2 tablespoons bread crumbs
- Salt and pepper

Cut eggplant in two. Take out all the inside and cook in 1 cup of water until tender. Drain and chop. Combine with chopped meat. Saute onion in butter. Add to eggplant mixture, add bread crumbs and mix well. Fill each half of shell. Put a little butter on each, sprinkle with bread crumbs and parmesan cheese. Bake in moderate oven for about twenty minutes.

FRIED EGGPLANT

- 1 medium eggplant
- Flour, seasoned with salt and pepper
- 1 egg
- 2 tablespoons margarine, cooking oil

Peel and slice eggplant. Soak in salted water for an hour. Rinse and pat dry. Beat egg slightly. Dip eggplant slices in egg and coat with flour. Put about two tablespoons margarine in fry pan. Add enough oil to easily cover bottom of pan, about ¼ of an inch. Fry eggplant on both sides until brown. Serve hot.

BAKED STUFFED AVOCADO (Serves 6)

- | | |
|-----------------------|-------------------------|
| 3 avocados | Dash of salt, pepper |
| ¼ cup lime juice | Dash of cayenne |
| 1 cup flaked crabmeat | 1 teaspoon minced onion |
| 1 cup cream sauce | 1 cup grated cheese |

Cut avocados in halves lengthwise. Remove pits. Sprinkle avocado with lime juice and salt. Combine crabmeat and cream sauce. Season to taste with salt, pepper, a pinch of cayenne and onion. Fill avocados with mixture. Sprinkle with grated cheese. Arrange avocados in baking pan with half an inch of water. Bake in a moderate (350 degree F.) oven 15 minutes or until cheese melts and avocado is heated through.

PIGEON PEAS AND RICE

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

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

STEWED PIGEON PEAS

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

Fry bacon slightly. Saute chopped vegetables in bacon dripping until tender. Set aside. Put peas to boil until almost tender. Add cooked ham and vegetable mixture and continue to cook. When peas are soft, add tomato sauce and butter. Cook for a few minutes longer. Serve.

Canned pigeon peas are now available, and can be substituted. Take into consideration that the canned peas are already cooked.

RAISIN RICE

4½ cups water
2 cups rice
½ cup raisins
2 tablespoons margarine
4 tablespoons tomato paste
½ sweet pepper diced
1 small onion diced
1 teaspoon celery diced
1 tablespoon salt

Saute onion, pepper, tomato paste, celery and raisins in margarine. Add water and salt, bring to boil. Add rice, boil until cooked. 12 servings.

BANANA AND SWEET POTATO CASSEROLE

4 sweet potatoes	4 bananas
2 teaspoons salt	6 oz. sugar
4 oz. butter	Juice of 2 oranges

Cook potatoes in boiling water until just tender. Drain and allow to cool. Peel and cut into ¼-inch thick slices. Butter a deep casserole dish and line with potatoes. Sprinkle with salt, dot with butter and cover with a layer of sliced bananas. Sprinkle with sugar and continue adding layers of potato and banana, finishing with banana. Sprinkle with sugar, dot with butter, pour over the orange juice. Bake in a moderate oven (350 degrees F. - Gas Mark) for about 30 minutes. Serve very hot with roast meat, or poultry. 6-8 servings.

GLAZED PAPAYA SLICES

Peel and seed ripe papaya. Cut in wide slices and lay evenly in a flat baking casserole. Baste with honey and butter warmed together, sprinkle very lightly with brown sugar. Put in a medium to hot oven until thoroughly cooked and nicely browned.

Serve from the casserole in which baked.

Brown sugar, butter and water, as used for glazing carrots and sweet potatoes may be used in place of the honey mixture.

Likewise, ½ cup jelly (guava, kumquat or strawberry,) 4 tablespoons butter and 3 tablespoons lime juice may be blended together and used for basting the papaya slices until soft and glazed.

FRIED PAPAYAS

5 half ripe papayas, sliced in ½ inch slices
1 cup bread crumbs
2 eggs, beaten
Oil for frying

Dip the papaya slices in the bread crumbs, then in the egg, and again in the bread crumbs. Brown in oil on both sides until tender and golden brown. Drain and serve.

BAKED PAPAYA I

1 medium-sized field-mature papaya
(with only a touch of gold color)
¼ cup grated cheese
¼ cup melted butter
½ cup cracker meal
1 teaspoon salt
½ teaspoon black pepper
2 eggs

Peel and remove seeds of papaya. Cut into small pieces. Steam with very little water. Mash steamed papaya; add salt, pepper and butter. Beat eggs and add to papaya mixture. Grease baking dish with butter. Combine cheese and beaten eggs with papaya and other ingredients. Put into dish, top with cracker meal, and dot with butter. Bake 15-20 minutes at 325 degrees F.

This may be served as a side dish with meat or fish.

BAKED PAPAYA II

Papayas	Margarine
Nutmeg	Salt
Cinnamon	

Select papaya with just a touch of yellow. Cut in half, remove seeds. Place 1 teaspoon margarine in each half. Sprinkle with nutmeg, cinnamon and salt. Bake in 350 degree oven 1 hour or until fork tender, basting occasionally.

PLANTAIN

Plantains are these varieties of banana that cannot be eaten raw, but require cooking and are used as a vegetable.

TOSTONES

Peel green plantains, cut them diagonally in 1-inch slices. Lay in salt water five minutes. Put on to fry; when soft remove to a piece of brown paper, put another piece of brown paper over and with a blow of the fist squash the slices flat. Return to the pan to resume frying until golden brown in color. Serve hot as a vegetable.

FRIED GREEN PLANTAIN

Cut plantains diagonally in 1-inch slices. Put in salted water for 5 minutes, pat dry. Fry in a little butter until brown and sprinkle with sugar, a little cinnamon and nutmeg.

FRIED YELLOW PLANTAIN

Ripe plantains are baked in the oven and served whole with meat. They may also be sliced thin and wrapped around small pieces of beef fillet, then baked. Plantains are also fried and served.

BOILED PLANTAIN

3 plantains, peeled	1/3 cup butter
2 teaspoons salt	4 tablespoons olive oil

Wash and cook in a steamer. Serve hot with butter or oil, salt and pepper.

MASHED PLANTAIN

3 plantains	¼ cup butter
2 teaspoons salt	¼ cup milk
Pepper	

Cook and mash the plantains adding the butter, milk and salt and pepper. Mash them well and serve hot. This may also be put through a vegetable ricer.

FROZEN AVOCADO PUREE

4 ripe avocados of medium size
½ cup lime juice

Halve avocados, remove peel or with a spoon scoop pulp from shell into a bowl. Sprinkle with the lime juice. Mash or blend smooth. Pack into glass jars leaving 1 inch headspace. Seal airtight and freeze at 0 degrees F.

TO USE - Remove from freezer and allow to thaw in refrigerator in container. Will take about 24 hours. Keep tightly covered until used.

Something about some Local

YAM, "Name"

The yam, or name, belongs to a distinct botanical family. It is related to the lily, but not to the sweet potato, as might be expected. There are many varieties of the yam—white, yellow and red, some of better qualities than others. It grows to a large size, bearing as much as twenty pounds to a plant, and of course it is valuable as a cheap and nourishing food. Any recipe calling for potato may be used in preparing yams.

YUCA-CASSAVA

The cultivation of yuca dates far back. It forms a great bulk of the food of tropical countries. The tubers or roots are washed and peeled before grating. The juice is pressed out of the grated yuca and the meal is dried for making bread or using as a cereal. Cassava bread is popular, and is simply the fresh meal or the dried meal soaked and formed into thin cakes and baked on hot plates or pieces of tin or iron held over a fire. The cassava is indigenous to these islands, and is used as a starchy vegetable in ways similar to the white potato.

The products from cassavas are flour, starch, tapioca, glucose, alcohol, fertilizer and paper pulp.

GUAVAS

Guavas are especially valuable for their high vitamin C content which:

- Promotes growth
- Increases resistance to disease
- Helps the development of the teeth and bones
- Prevents scurvy

One large ripe guava will more than supply the daily Vitamin C requirement of an adult. Guava juice is an excellent substitute for orange juice in the diet of children and adults. Bottle guava juice or pulp contains more Vitamin C than guava jelly, jam, or butter.

TAMARINDS

This small fruit has lots of food value in it, especially iron, calcium and thiamine. Iron is needed all through your body but mostly to build good red blood. It also combines with protein to make hemoglobin, the red substance in the blood that carries oxygen to the cells. Calcium is needed for strong bones and teeth and for helping to keep the heart and nervous system in good condition. Thiamine, one of the B vitamins, stimulates the appetite and helps to keep the whole digestive tract in good working condition. It also helps to keep the nervous system in good control.

SORREL (Roselle)

Sorrel is an annual plant, growing to about 6-feet high. At the time when the petals of the flower wither, the sepals grow bigger, becoming quite fleshy and bright red, enveloping the seed pod. It is the red sepals that are used as fruits.

SEA GRAPE OR SHORE GRAPE (Coccoloba Uvifera)

The sea grape or shore grape, so common in the West Indies; the broad leaved plant growing all along our beaches, has bunches of grapes like fruits, purple red when ripe. They make good jelly or marmalade.

THE MAMEY OR MAMMAEE APPLE (Mammea Americana)

The mamey plant is a handsome tree with large glossy leaves. The fruit grows to the size of a grapefruit, rich in color with a strong fruity smell. It has a brown thick skin and orange pulp. In some areas the seed is ground with cacao in making chocolate. The pulp is juicy and firm with a flavor similar to quince or peach. The fragrant white flowers can be distilled to yield an essential oil used in liqueurs under the name of "Eau de Creole".

The ripe fruit may be eaten raw, but it is claimed not to use milk at the same time. This is believed to cause severe stomach cramps.

The fruit can also be used for making jam, jelly, preserve, fruit butter, and a mammy drink.

PAPAYA

This fruit has the shape of a melon. It has a hollow center with black seeds encased. The quality, size and shape of the fruit vary. The unripe fruit is green in color, ripens to a bright yellow, and is eaten the same as a melon. The fruit has high digestive properties due to the enzyme papain, and is used as a tenderizer for meats. The fully grown green fruit also has a high pectin content, and can be used with fruits that are low in pectin when making jellies.



The Home Economics section of the Extension Service has available a wide selection of written materials on foods, nutrition and numerous other topics of interest pertaining to Home Economics.

We encourage you to come in and use our facilities.

Information and free literature are available by calling 778-0246.

Olivia H. Henry
Home Economist and Program Leader

This publication is available free of charge by writing to the V.I. Cooperative Extension Service,
P.O. Box L, Kingshill, St. Croix, U.S. Virgin Islands 00850



Issued in furtherance of Cooperative Extension Service work, Acts of Congress May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture and Cooperative Extension Service College of the Virgin Islands, Dr. Darshan S. Padda, Director.

February 1978

COOPERATIVE EXTENSION SERVICE

U.S. DEPARTMENT OF AGRICULTURE
COLLEGE OF THE VIRGIN ISLANDS
P.O. BOX L, KINGSHILL
ST. CROIX, VIRGIN ISLANDS 00850

OFFICIAL BUSINESS
PENALTY FOR PRIVATE USE \$300

POSTAGE AND FEES PAID
U.S. DEPARTMENT OF AGRICULTURE
AGR 101

