



All*Spice

Your Monthly Dose of Jamaica's Spice and Flavor

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October, 2008

- Inside this Issue:**
- * Feature Article:
Caribbean Cuisine
 - * Recipe Files
 - * Island Food Facts
 - * Events



Did you know...

Most of the fruits and fruit trees in the islands were brought from Spain? Spanish explorers brought over lime, tamarind, figs, coconut, date plums and more.

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Tortuga Rum Cake is the number one export of the Cayman Islands.

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-Curacao is famous for Blue Curacao, a liqueur made with bitter oranges used to make cocktails and mixed drinks.

Caribbean Cuisine

World culture has had a tremendous influence on Caribbean cuisine. Early explorers, including the Spanish, French and Dutch, left their mark not only on the language and customs, but also on the food. This is evident in the types of foods consumed as well as the way in which they are prepared.

Here's a taste of some of the islands' national dishes and their regional influence:

- Aruba: "Catch of the Day" (Dutch)**
-Fresh fish broiled, baked, fried or grilled.
- Barbados: CouCou & Flying Fish (British)**
-Cornmeal, flour and okra mixture served with flying fish.
- Bermuda: Fish Chowder (British)**
-Fresh fish, vegetables, herbs, spices and black rum slow-cooked.
- Cayman Islands: Turtle Stew (British/Spanish/Jamaican)**
-Turtle meat slow-cooked with lime, garlic, peppers and other seasonings.
- Dominica: Mountain Chicken (British)**
-Broiled, Fried or Stewed Frog Legs served with Rice or Rice & Peas.
- Grenada: Oil Down (French)**
-Breadfruit, salted meat, salted fish, and herbs simmered in coconut milk.
- Haiti: Griots w/ Rice & Beans (French/African)**
-Fried pork served with rice and pinto beans.
- Jamaica: Ackee & Salt Fish (British)**
-Ackee fruit boiled, then sautéed with salted cod, onions and peppers and served with ground provisions, dumplings, rice and/or bread,
- St. Lucia: Green Fig & Salt Fish Pie (British)**
-Fig and salt fish baked with peppers, onions, lime juice and milk and topped with cheese.
- St. Martin: Conch & Dumplings (French/Dutch)**
-Conch seasoned and stewed and served with dumplings.



Island Food Fact

Did you know...

Lunch is the main meal in Belize. So much so, that businesses close and schools let out during lunch so that families can eat together at home.

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Mountain Chicken, a large frog found only on a handful of Caribbean islands, was once the national dish of Dominica and Montserrat.

However, due to years of human consumption, the species is now endangered in Montserrat, leaving the French island to enjoy another widely popular meal:

Goat Water Stew.

Mountain Chicken is still the national dish of Dominica.

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Turks & Caicos was once the largest exporter of salt in the world.

But the industry collapsed in the 1950s. Today, tourism and seafood accounts for much of the island's revenue.

Recipe File: Savory Black Beans

Ingredients

1 Can (15.5 oz.) Black Beans	1/2 Tsp. Savory
1/2 Small Sweet Onion, Diced	1/3 Tsp. Salt
1 Tbs. Olive Oil	1/2 Cup Water

Method

Add ingredients to saucepan and bring to boil. Simmer for 10 minutes, stirring periodically.



Black Beans over Rice

Recipe File: Turkey Pasta

Ingredients

1 ¼ lb. Ground Turkey	3 Cups Penne Pasta
½ Cup Sliced Green Peppers	½ Cup Slivered Carrots
1 ½ doz. Grape Tomatoes	2 Stalks Scallion chopped
2 Tbs. Olive Oil	1 ¾ Tsp. Salt
1 Tsp. Black Pepper	½ Tsp. Allspice
¼ Stick Salted Butter	

Method

(Pasta)

Add 1 Tsp. salt to water along with butter and boil penne until cooked.

Drain water except for about a ¼ cup.

(Turkey)

Heat oil in large sauté pan and add in turkey.

Sprinkle on black pepper, allspice and remaining salt.

Once turkey is almost sautéed, stir in vegetables and pasta.

Let sauté for an additional two minutes stirring periodically.

Serve with mozzarella or parmesan cheese as desired.





Events

Spicy Jamaican Sizzler

Cooking Class

Wednesday, Oct. 29

6am-8pm

Kitchen Kapers

Moorestown, NJ

On the Menu:

-Calaloo & Codfish Roll

-Jerk Wings

-Plantain Chips

-Tropical Fruit Punch

RSRV @ (856) 778-7705

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### Annual Women's Expo

#### "Girl's Day Out"

Saturday, Nov. 15

9am-3pm

Hartford Intern. School

Mount Laurel, NJ

There will be food,  
fashion, finance, home,  
wellness and more.

Visit the Scotch Bonnets  
table for food samples,  
recipes, and cooking tips.

## Recipe File: Mini Corn Dumplings (Festivals)

### Ingredients

2 Cups Flour

1 Cup Cornmeal

1 Tbs Dark Brown Sugar

1 Tsp Salt

2 Tsp Baking Powder

1 Cup Water

3-4 Cups Corn Oil

### Method

Whisk cornmeal, sugar, salt and baking powder into flour.

Add water to flour - in parts - and knead.

Knead dough until nice and firm.

Heat oil in medium pan or deep fryer over medium heat.

(Use of deep fryer may require more oil).

Pull apart small clumps of dough and shape into long,  
pointed ovals.

Place dumplings into heated oil and fry until brownish yellow.

Cool and serve.

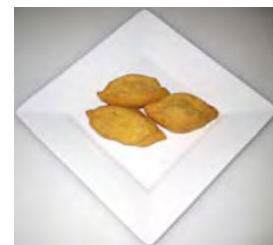
Goes great with Ackee & Salt Fish, Jerk Chicken or Jerk Pork.

**Yields: 40**

**Servings: 10**



Raw Dumplings



Miniature Festivals