

Table of Contents

INTRODUCTION	v
HISTORICAL OVERVIEW	vii
DEDICATION	ix
APPETIZERS	1
SUGAR CANE CUBES.....	2
NYLA'S ROASTED RED PEPPERS	2
AUNT REE'S FISH BALLS	3
FISH BALL DOUGH.....	3
TRINIDAD CURRIED MEATBALLS	4
Curry Sauce.....	4
SALADS	5
MOM'S CARROT SALAD.....	6
BROOKLYN CRAB SALAD	6
MUSHROOM SALAD	7
SUNNY PINEAPPLE PECAN MOLD.....	7
MOM'S POTATO SALAD.....	8
SHRIMP SALAD	8
SPINACH SALAD	9
RICE AND BEANS	11
DAD'S LENTIL SOUP.....	12
DAD'S SPLIT PEA DINNER	12
Dumpling Mix.....	13
CUBAN BLACK BEANS AND RICE.....	13
MOM'S PIGEON PEAS AND RICE	14
AUNT KATH'S YELLOW SPLIT PEAS AND RICE	14
PUERTO RICAN FIESTA RICE.....	15
COUSIN JUNE'S TRINIDAD CHOP SUEY.....	15
VEGETABLES	17
BREADFRUIT	18
CORN FRITTERS.....	18
MOM'S PUMPKIN FRITTERS.....	19
FRIED PLANTAIN BANANAS	19
CALLALOO (Spinach and Crab).....	20
STUFFED ACORN SQUASH	20
COU-COU (Caribbean Polenta).....	21
GRANDMA'S STEWED DUMPLINGS.....	21
BLACK PUDDING.....	22
WHITE PUDDING.....	22
HOT SAUCE	23
CURRY SAUCE.....	24
GRANDMA'S GUYANA HOT SAUCE	24
BARBADOS OH HO! HOT SAUCE	25
MEAT AND POULTRY	27
BARBADOS BEEF PATTIES.....	28
PATTY PASTRY	28
MEATLOAF SUPREME.....	29
BEEF/PORK STEW.....	29
Quick cooking method for stew:	30
GUYANA OXTAIL STEW	30
SAUTEED BEEF LIVER	31
NYLA'S CURRIED LAMB	31
CUBAN ROAST PORK.....	32
ii	
MOM'S BARBECUED TURKEY WINGS.....	32
AUNT MAY'S BARBECUED PIG FEET	33
SOUSE.....	33
MOM'S SOUSE AND BATTER.....	34
Batter	34
GRANNY'S STEWED CURRIED CHICKEN	35
TRINIDAD ROTI	35
Cooking Tips:.....	36

CHICKEN/RICE PILAF	36
BROASTED CURRIED CHICKEN.....	37
APRICOT CHICKEN.....	37
HONIED CHICKEN.....	38
CLASSIC CURRIED CHICKEN.....	38
SEAFOOD 39	
MOM'S FLYING FISH.....	40
NYLA'S SHRIMPS AND RICE.....	41
FRIZZ FISH.....	41
TAKE'EM ANYWHERE FISH CAKES	42
PUERTO RICAN FISH CAKES	43
DAD'S CAPTAIN CRAB CAKES	44
BREADS 45	
TRINIDAD PAN BREAD	46
BANANA COCONUT BREAD.....	46
GARLIC BREAD	47
Bread Machine Recipe:	47
COCONUT BREAD (Sweetbread).....	48
SOURDOUGH BREAD.....	48
BREAD FRITTERS.....	49
DAD'S SOP BISCUITS.....	49
DESSERTS 51	
COCONUT FINGER COOKIES.....	52
BUTTER COOKIES	52
OATMEAL COOKIES	53
ALMOND COOKIES	53
SUGAR CAKE.....	54
APPLE COBBLER	54
CINNAMON CAKE.....	55
PINEAPPLE UPSIDE-DOWN CAKE.....	55
AUNT REE'S COCONUT PONE	56
Splitting the coconut:	56
ENGLISH HOLIDAY FRUIT CAKE.....	57
BEVERAGES 59	
MINT TEA	60
GINGER TEA.....	60
COCONUT CREAM MALTED	60
LIMEADE	61
GRANDMA'S SORREL.....	61
MOM'S PINE DRINK.....	61
GRANNY'S MAUBY.....	62
DAD'S GINGER BEER	62
HOT BUTTERED RUM.....	62
NUTRITIONAL TABLES 63	
1 - Sugar Cane Cubes.....	64
2 - Nyla's Roasted Red Peppers	64
3 - Aunt Ree's Fish Balls	64
4 - Trinidad Curried Meatballs	65
iii	
5 - Mom's Carrot Salad.....	65
6 - Brooklyn Crab Salad	66
7 - Mushroom Salad	66
8 - Pineapple Pecan Mold	67
9 - Mom's Potato Salad	67
10 - Shrimp Salad	68
11 - Spinach Salad.....	68
12 - Dad's Lentil Soup.....	69
13 - Dad's Split Pea Dinner.....	69
14 - Cuban Black Beans and Rice.....	70
15 - Mom's Pigeon Peas and Rice.....	70
16 - Aunt Kath's Yellow Split Peas and Rice	71

17 - Puerto Rican Fiesta Rice.....	71
18 - Cousin June's Trinidad Chop Suey	72
19 - Breadfruit	72
20 - Corn Fritters.....	72
21 - Mom's Pumpkin Fritters	73
22 - Fried Plantain Bananas	73
23 - Callaloo	74
24 - Stuffed Acorn Squash.....	74
25 - Cou-Cou	75
26 - Grandma's Stewed Dumplings	75
27 - Black Pudding.....	76
28 - White Pudding	76
29 - Curry Sauce.....	77
30 - Grandma's Guyana Hot Sauce.....	77
31 - Barbados Oh Ho! Hot Sauce	78
32 - Barbados Beef Patties	79
33 - Meatloaf Supreme	79
34 - Pepper Pot Stew	80
35 - Guyana Oxtail Stew	80
36 - Sauteed Beef Liver	81
37 - Nyla's Curried Lamb	81
38 - Cuban Roast Pork	82
39 - Mom's Barbequed Turkey Wings.....	
82	
40 - Aunt May's Barbequed Pig Feet	83
41 - Souse.....	83
42 - Mom's Souse and Batter	84
43 - Granny's Stewed Curry Chicken	84
44 - Trinidad Roti	85
45 - Chicken/Rice Pilaf	85
46 - Roasted Curry Chicken	
86	
47 - Apricot Chicken	86
48 - Honied Chicken	87
49 - Classic Curried Chicken	87
50 - Barbados Sea Eggs	88
51 - Mom's Flying Fish Fillets	88
52 - Nyla's Shrimps and Rice	89
53 - Frizz Fish	89
54 - Take'm Anywhere Fish Cakes	90
55 - Puerto Rican Fish Cakes	90
56 - Dad's Captain Crab Cakes	91
57 - Trinidad Pan Bread	92
58 - Banana Coconut Bread	92
59 - Garlic Bread	93
60 - Coconut Bread	93
61 - Sourdough Bread.....	94
62 - Bread Fritters	94
63 - Dad's Sop Biscuits.....	95
iv	
64 - Coconut Finger Cookies	96
65 - Any Occasion Butter Cookies.....	96
66 - Oatmeal Cookies	97
67 - Almond Cookies.....	97
68 - Granny's Sugar Cake	98
69 - Apple Cobbler	98
70 - Cinnamon Cake.....	99
71 - Mom's Pineapple Upside-down Cake.....	99
72 - Aunt Ree's Coconut Pone	100
73 - English Holiday Fruit Cake	101
74 - Mint Tea.....	102
75 - Ginger Tea.....	102

76 - Coconut Cream Malted.....	103
77 - Limeade	103
78 - Grandma's Sorrel.....	104
79 - Pine Drink	104
80 - Granny's Mauby.....	105
81 - Dad's Ginger Beer	105
82 - Hot Buttered Rum.....	106