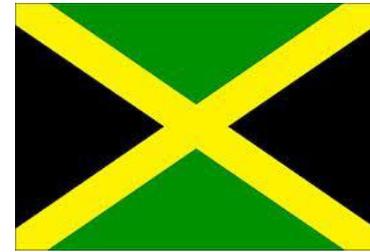


NYAMMIN'  
IN THE  
GUEST HOUSE



CSI: JAMAICA  
COOKBOOK

Featuring recipes from Pinto and the CSI Kitchen,  
as well as other Jamaican friends from St. Mary

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For more information, visit CSI Ministries on the web at

[www.csiministries.net](http://www.csiministries.net)

We look forward to dining with you again in Jamaica!

**CSI  
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## Jamaican Oatmeal

2 cups of water	1 ½ cups oats
1 cinnamon leaf*	½ cup cold water
¼ tsp salt	
½ cup sweetened condensed milk	
½ cup evaporated milk	
¼ cup brown sugar	
1 tsp vanilla	
1 tsp nutmeg, grated	

1. Boil 2 cups water, cinnamon leaf, and salt.
2. Mix oats with ½ cup cold water.
3. Pour oat mixture into boiling water.
4. Cook for 20 minutes, stirring occasionally.
5. Add condensed milk, evaporated milk, sugar, vanilla and nutmeg.
6. Stir well, can add more sweeteners if needed.
7. Serve warm.

\*1/2 tsp cinnamon can be substituted for 1 cinnamon leaf.

**This oatmeal is so sweet there is no need to add anything else to it.**

## Greencastle's Key Lime Pie

Greencastle Estate, located just down the hill from us in Robin's Bay, is a wonderful place where we take some teams for their 'Friday fun days'. Their cooks, Miss Rose and Tonya, prepare fabulous Jamaican dishes. This Key Lime Recipe is one of our favorites!

### Crust

16 graham crackers, crushed  
3 TBL sugar  
1 stick butter

1. Mix all ingredients and press into a 9" pie plate
2. Bake at 350 degrees for 10-12 minutes, remove and cool

### Pie

4 large egg yolks  
1 can sweetened condensed milk (14 oz.)  
½ cup fresh key lime juice- approximately 12 key limes  
2 tsp grated lime peel, green part only

1. Beat egg yolks until they are thick and turn light yellow.
2. Turn mixer off and add sweetened milk.
3. On low speed, mix in half of the lime juice.
4. And the rest of the juice and zest, mixing well.
5. Pour into pie shell and bake at 350 degrees for 12 mins.
6. Cool in fridge.
7. Serve with whipped cream, if desired.

## Cornmeal Porridge

3 cups water	2 cups cornmeal
1 cinnamon leaf*	1 cup cold water
Pinch of salt	
½ tsp vanilla	
½ tsp grated nutmeg	
½ cup white sugar	
½ cup evaporated milk	
½ cup sweetened condensed milk	

1. Boil 3 cups water with cinnamon leaf and salt.
2. Mix cornmeal and 1 cup cold water, stir until smooth.  
***"No lump not supposed to be in there!" – says Pinto***
3. Add cornmeal mix to boiling water, stir and cook 35 minutes.
4. May need to add more water if too thick.
5. Add vanilla, nutmeg, sugar, evaporated milk, and condensed milk.
6. Taste and add more sweeteners if needed.
7. Serve warm.

**Pinto serves this with Johnny Cakes or cinnamon toast.**

\*1/2 tsp cinnamon can be substituted for 1 cinnamon leaf.

## Pinto's Homemade Cinnamon Rolls

1 pkg dry yeast  
 ½ cup warm water  
 ½ cup lukewarm milk  
 1/3 cup shortening  
 1/3 cup sugar, white  
 1 tsp salt  
 1 egg  
 3 ½ - 4 cups all-purpose flour

cinnamon/sugar mix:  
 1 cup sugar  
 1 TBL cinnamon

1. Mix dry yeast, warm water, warm milk, shortening, sugar & salt.
2. Add egg and mix well.
3. Add flour until a nice dough forms.
4. Knead for 10 minutes, until smooth.
5. Place in bowl, and let rise in a warm spot for 1 ½ hours.
6. Remove and roll out on floured surface, creating a rectangle shape about ½ inch thick.
7. Spread butter over dough.
8. Sprinkle with cinnamon/sugar mix.
9. Roll it into a log and cut into ½ inch sections.
10. Place on greased cookie sheets, and let rise another 5 minutes in a warm location.
11. Preheat oven to 350 degrees.
12. Bake 15 – 20 minutes, until center is cooked.
13. Remove and ice while still warm.

Icing: 4 cups powdered sugar      Juice of 2 limes, 2 tsp  
 1 tsp almond extract              1 tsp vanilla extract  
 ½ TBL milk

1. Mix all together, adding more milk if too thick.
2. Spread over baked rolls.
3. Serve warm.

## Coconut Gizzadas

2 cups coconut, grated  
 2/3 cup brown sugar  
 ½ tsp nutmeg, grated  
 2 tsp vanilla  
 1 ½ TBL honey  
 2 TBL water  
 2 pie crusts

1. Heat all ingredients in saucepan on low heat. Melt sugar and make a syrup (cook for approximately 5 mins.)
2. Allow the filling to cool slightly.
3. Make Pie Crust (from previous page) and use a rolling pin to roll dough on a lightly-floured surface to ¼ inch thickness.
4. Using an 8-oz. drinking glass, or cookie cutter, cut dough into circles.
5. Pinch the sides of circles up to make a holder for the filling.
6. Place on a greased baking sheet and bake dough pieces at 350 degrees for 10 minutes.
7. Add the filling to the baked dough, and bake the Gizzadas for another 15 minutes.
8. Allow to cool before serving.

Pinto says, "Serve with scrambled eggs and bacon... It's lovely!"

## Pie Crust

1 cup all-purpose flour  
 ½ tsp salt  
 1/3 cup shortening  
 2-3 TBL ice water

1. Sift together the flour and salt.
2. Cut the shortening into the flour mixture with a pastry blender or 2 knives, blending until shortening is pea-size clumps.
3. Add the water gradually, mixing with a fork, and then form into a ball.
4. Roll out dough on a lightly-floured surface, forming a circle about 12" round. Carefully transfer the dough to a 9" pie pan.

To bake unfilled, preheat oven to 450 degrees. Prick the pie shell all over with a fork. And bake for 8-10 minutes, or until the pie shell is evenly browned. Cool before filling.

## Doughnuts

1. Make dough, same as Pinto's Homemade Cinnamon Rolls, found on previous page
2. Let rise for just 1 hour in warm location
3. Prepare cinnamon/sugar mix:
  - 2 cups white sugar
  - 2 TBL cinnamon
4. Remove and roll out on floured surface to ½ inch thick.
5. Using 2 ½ inch circle doughnut cutter (with hole), cut out dough.
6. Put on cookie sheets and let rise for 10 more minutes.
7. Heat 3 cups oil in medium pot (not too hot).
8. Drop dough into hot oil & cook for 3 minutes, until golden brown.
9. Remove onto paper towels to absorb grease.
10. While still hot, dip into cinnamon/sugar mix.

## Johnny Cakes

2 cups flour  
 2 TBL brown sugar  
 ¼ tsp salt  
 3 TBL baking powder  
 2 TBL margarine or butter, softened  
 ½ cup cold water or milk  
 2 cups oil

1. Mix everything together except oil (can be made the night before and refrigerated overnight).
2. Heat 2 cups oil over low heat in frying pan, not too hot.
3. Divide dough into balls and flatten to make 2" flat circles.
4. Add dough to hot oil and cook until golden brown, approximately 5 – 10 minutes, until cooked through.

Also known as fried dumplings,  
 Johnny Cakes are a simple Jamaican breakfast food.

## Granola Bars

This is not a very Jamaican desert, but we serve it here in the guest house and decided to add it to the cookbook.

¾ butter, softened	½ tsp salt
1 cup brown sugar	1 tsp baking soda
1 cup sugar	1 ½ c. whole wheat flour
2 eggs	3 cups quick oats
1 tsp vanilla	½ cup peanut butter
1 cup semi-sweet choc. chips	

1. Cream together butter and sugar.
2. Add eggs, vanilla and peanut butter; mix well.
3. Mix in soda, salt and flour.
4. Add oats, then chocolate chips.
5. Put mixture into greased 9x13 pan.
6. Bake at 350 degrees for 25 to 30 minutes.

Coconut Cookies

$\frac{3}{4}$  cup sugar  
 1 stick butter, softened  
 1 egg beaten  
 1  $\frac{1}{2}$  cup all-purpose flour  
 1 tsp baking powder  
 1  $\frac{1}{2}$  cups grated coconut  
 1 tsp grated nutmeg, optional

1. Cream butter and sugar.
2. Mix in egg.
3. Add flour and baking powder; mix well.
4. Add coconut. Should mix to a paste-like consistency.
5. Drop, by teaspoon, onto greased cookie sheet.
6. Bake at 350 degrees for 15 minutes, until golden brown.

Banana Fritters

2 ripe bananas  $\frac{1}{2}$  cup oil  
 1 egg 2 TBL cinnamon  
 1 tsp vanilla  
 Pinch of salt  
 1  $\frac{1}{2}$  cups all-purpose flour  
 $\frac{1}{2}$  cup water

1. Mash bananas.
2. Add egg, vanilla, salt, flour and water.
3. Heat  $\frac{1}{2}$  cup oil in frying pan, not too hot.
4. Using 1 heaping tablespoon at a time, drop mix into oil.
5. Cook until golden brown, flip and cook on other side.
6. Remove and put on paper towels to absorb grease.
7. Dip into cinnamon/sugar mix:
  - 2 cups white sugar
  - 2 TBL cinnamon
8. Serve warm.

## Peanut Butter Banana Bread

¼ cup butter, softened  
 1 cup sugar  
 2 eggs  
 1 cup peanut butter  
 4 very ripe bananas, mashed  
 2 cups all-purpose flour  
 1 tsp baking soda

1. Preheat oven to 350 degrees. Grease 9x5 loaf pan.
2. Cream butter and sugar.
3. Add eggs.
4. Stir in peanut butter, bananas, flour and baking soda.
5. Pour into pan and bake for 60 minutes, or until middle is done.

## Coco Bread

Coco bread is usually eaten with “patties” here in Jamaica (the patty stuffed inside the bread). This recipe is also good as a side dish with soups.

2 packages yeast  
 1 tsp sugar  
 ¼ cup warm water  
 ¾ cup warm milk  
 1 ½ tsp salt  
 1 egg, lightly beaten  
 3 cups flour, may need more  
 ½ cup butter, melted

1. Dissolve yeast and sugar in water then stir in milk, salt and egg.
2. Add ½ of the flour and stir. Continue to add flour until dough can be turned out of the bowl. Knead the dough for 10 minutes, until smooth but firm.
3. Oil a clean bowl and turn the dough in it until coated.
4. Cover with a damp towel and let it rise for 1 hour.
5. Cut into 10 portions roll each piece into a 6-inch diameter circle. Brush with melted butter then fold in half.
6. Brush with more butter and fold in half again. (If making with patties, don't fold twice, just once).
7. Set breads on a sprayed baking sheet and let them rise until they double to size.
8. Preheat oven to 425 F. Place a pan of hot water on the lowest oven rack.
9. Bake for about 12-15 minutes or until golden brown.

## Pearline's Festival

Festival is fried, sweet cornmeal bread that is typically prepared with jerk chicken or jerk pork. Pearline makes the best we've ever tasted. It can be shaped into a thin log. 2 pieces can be twisted together, or (like Pearline's) it can be braided.

3 cups flour	2 cup fine, yellow cornmeal
½ tsp baking powder	Pinch of salt
1 tsp butter, softened	1 cup brown sugar
1 cup coconut milk	1 TBL vanilla
¼ tsp almond extract	½ tsp ground nutmeg
6 cups oil	

1. Combine flour, cornmeal, baking powder, and salt in large bowl.
2. Incorporate butter with pastry blender/fingers.
3. Dissolve sugar in coconut milk and add vanilla and nutmeg.
4. Combine the liquid to the dry ingredients in form a workable dough (may not need to use all liquid ingredients).
5. Form dough into braided or twisted shapes.
6. Preheat oil in medium sized pan.
7. Fry festival until golden brown.



Festival ready to serve

## Pumpkin Bread

1 cup all-purpose flour  
 1 cup wheat flour  
 ½ tsp salt  
 ½ tsp baking soda  
 2 ½ tsp baking powder  
 ½ tsp allspice  
 ½ tsp nutmeg  
 ½ tsp cinnamon  
 1/3 cup vegetable oil  
 ¾ cup brown sugar  
 2 eggs  
 1/3 cup orange juice  
 1 cup pumpkin, pureed

1. Preheat oven to 350 degrees & grease 9x5 loaf pan.
2. Mix all dry ingredients.
3. In a separate bowl beat together oil and brown sugar, eggs, orange juice and pureed pumpkin.
4. Gradually stir flour mixture into liquid mixture.
5. Pour into pan and bake 50 – 60 minutes, or until middle is done

## Belva Johnson's Easter Bun & Cheese

'Bun' is most famous here in Jamaica around Easter. Everyone eats bun and cheese on Easter morning. This recipe comes from our dear friend, Belva Johnson. Many of you know her and her husband, Donald, as the 'Clonmel Potters'. Other times of the year, bun is a popular snack food. It is typically eaten with cheese, usually 'tin cheese,' but we like ours with cheddar, too.

3 cups all-purpose flour	2 cups brown sugar
2 tsp baking powder	1 cup milk
1 tsp salt	2 TBL butter, melted
1 tsp nutmeg, grated	1 egg, slightly beaten
½ tsp cinnamon	1 tsp vanilla
1 cup mixed fruits, raisins, currants, prunes	
1 tsp browning	
(such as "Kitchen Bouquet"), optional	

1. Stir together flour, baking powder, salt and spices.
2. Mix sugar, milk, melted butter, and beaten egg.
3. Warm liquid ingredients slightly and add to flour mixture.
4. Add fruits, browning and vanilla. Bake at 350 degrees in a greased bread tin for 1 hour or until bun leaves the sides of the baking tin.

Note: Belva likes to blend the fruit in a food processor or blender so the bun isn't as chunky, but others like their bun with whole fruit. This is the best homemade bun we've had!



## Roti

Once again, Pearline and Nordie have shared a classic Jamaican recipe with us. Roti is a flatbrea, brought here from India. It is usually served with curry chicken or curry goat.

4 cups all-purpose flour	½ tsp baking powder
1 tsp salt	1 TBL butter, softened
1 ½ cups water	

1. Mix dry ingredients in a large bowl, add butter, and work with hands.
2. Add water, a little at a time, until a dough is formed (more flour can be added if dough is sticky.)
3. Heat 1 TBL oil in a large skillet.
4. Take a piece of the dough, a little bigger than a golf ball, and work in your hands to flatten, adding more flour to keep from becoming sticky.
5. On floured surface, roll out into a circle, making as thin as you can get it.
6. Put roti in hot oil and cook for 30 seconds.
7. Flip and cook for another 30 seconds, flipping until lightly browned on both sides.
8. Serve warm. Can be used as a side dish or like a tortilla with curry meal rolled up inside of it.



Pearline and Nordie making Roti

## Homemade Dinner Rolls

1 cup warm water, 105-115 degrees  
 1 pkg. dry yeast, or 2 ¼ tsp  
 2 TBL white sugar  
 1 tsp salt  
 1 egg  
 2 TBL shortening  
 2 ¼ cups baking flour

1. Mix all ingredients in a large bowl, beginning with the first on the ingredient list and mixing well after each addition.
2. Let rise 15 minutes in a warm location.
3. Work dough into golf ball-size balls.
4. Put on a greased baking sheet and let rise 45 more minutes.
5. Bake 350 degrees 15-20 minutes, until golden brown.
6. Brush with butter and serve warm.

## Rock Bun

Rock Bun is a popular snack food, also eaten with cheese.

1 cup brown sugar	1 cup flour
¾ stick butter, softened	1 tsp baking powder
1 large egg, beaten	½ to 1 cup raisins
1 tsp vanilla	1 tsp nutmeg
1 tsp cinnamon	

1. Combine butter and sugar.
2. Add beaten egg and vanilla.
3. Stir in flour, baking powder, raisins, and spices.
4. Drop by large spoonfuls onto greased baking sheet.
5. Bake at 350 degrees until done, 10 – 15 minutes.

## Bulla

Bulla, like 'bun', is a popular snack food to Jamaica.

2 ¾ cups brown sugar    8 cups all purpose flour or more  
 ½ TBL salt                3 TBL baking powder  
 2 cups warm water      ½ TBL baking soda  
 2 TBL ground ginger    1 tsp nutmeg  
 1 cup melted butter     2 TBL vanilla  
 Extra flour for rolling out dough

1. Dissolve sugar and salt in water.
2. Add ginger, butter, and vanilla.
3. Sift together dry ingredients.
4. Gradually combine liquid mixture to dry mixture.
5. May need to add more flour if not firm enough.
6. Place ½ dough on floured surface and dust with more flour until it is manageable. Dough should be consistency of cookie dough.
7. Roll out to a 1" thickness and cut into 3" circles.
8. Place on greased and floured baking sheets.
9. Bake at 375 degrees for 20 – 25 minutes.

NOTE: This recipe makes a lot of bulla cakes, so it can be cut in half.

## Rice and Peas

This dish is probably the most cooked item on the island. Rice and peas (actually beans, not peas) are eaten any time of the day with anything!

1 can kidney beans  
 3 ½ cups coconut milk  
 1 clove garlic, minced  
 2 scallions, finely chopped  
 1 sprig fresh thyme, or ½ tsp dried  
 3 cups uncooked rice  
 2 cups water  
 2 tsp salt  
 1 TBL sugar

1. Combine beans and coconut milk in medium saucepan. Cover and cook over medium heat about 30 minutes.
2. Add the remaining ingredients. Cook, covered, until the liquid is absorbed, about 15 minutes. (serves 8-12)

## Boiled Dumpling

A simple side dish with any true Jamaican meal. Boiled green bananas, boiled dumpling, and boiled yams are often the side dishes served (yes, all 3 on one plate...with rice!)

2 cups flour  
 1 ½ tsp salt  
 ¼ cup cornmeal  
 ½ cup cold water

1. Sift the flour, cornmeal, and salt together into a large mixing bowl. Add the water 3 teaspoons at a time, just enough to bring the dough together to a firm consistency.
2. On a lightly floured surface, knead the dough well, for about five min.
3. Boil water in a pot.
4. Break off pieces and form the dough into slightly flattened biscuits, about 2 inches across.
5. Place the pieces into the pot of hot water. Cook, not crowding them, approx. 5-8 minutes.
6. Serve hot as a side dish.

## -Main Dishes-

### Mission House Pumpkin Soup

This is a Mission House favorite! This recipe makes a large pot of soup, so invite many guests for dinner.

1 whole chicken, thawed  
 1 lb. pumpkin, cubed (can substitute squash)  
 1 lb yellow yam, cubed (can substitute potatoes)  
 2 15-oz cans mixed vegetables  
 1 stalk scallion (can substitute green onion)  
 1 sprig thyme  
 2 packs chicken noodle mix/chicken base  
 (We use "Cock Soup Mix" 1.7 oz packs)

1. Boil 1 gallon of water in large pot. Add chicken and boil until cooked, usually 45 minutes.
2. Remove cooked chicken from water and set aside.
3. Add pumpkin and yam to chicken stock and boil until cooked, 30 mins.
4. Add mixed vegetables, spinners\*, thyme & scallion, cook 1 ½ hours more.
5. Add packs of chicken noodle base, boil for 30 more mins.
6. De-bone chicken and add meat to the soup. Add water if too thick.

#### \*Spinners

1 cup all-purpose flour      3 TBL water      Pinch of salt

Mix together, adding more flour if needed. Spin a bit of dough in your hands to make 2 inch long x ½ inch thick "spinners".

## Curry Chicken

- 1 – 2 chickens (4 – 6 chicken breasts)  
(depending on number of people)
- 2 TBL curry powder (depending on type of curry)
- 2 TBL oil
- 1 clove of garlic, minced
- 1 onion, sliced
- 6 pimento berries (allspice)
- 1 cup water
- 1 tsp hot pepper sauce
- 1 carrot, diced
- 1 potato, diced
- 2 sprigs of thyme
- 1 scallion
- ¼ tsp pepper
- 1 tsp salt

1. Wash chicken and cut up into small pieces. In Jamaica, the chicken is chopped with the bone and all, only removing the fat. If you prefer, chicken breasts can be used instead.
2. In a large pot, heat 2 TBL oil.
3. Add curry powder, garlic and ½ sliced onion. Stir, add chicken and pimento.
4. Simmer for 20 minutes over low heat, stirring occasionally so curry doesn't burn.
5. Add carrot, potato, thyme, scallion, remaining onion, pepper, salt, hot pepper sauce, and water.
6. Bring to a boil. Simmer for 40 more minutes, add more water if needed.
7. Serve warm, over rice. Roti (see "Side Dishes" section) is often served with curry dishes as well.

## Callaloo

Callaloo is a leafy green vegetable, similar to spinach. For this recipe, you can substitute chopped spinach for the callaloo. Here in Jamaica it is usually served for breakfast, and is especially good in an omelet or in a quiche. We like to serve it as a side dish with jerk chicken, too.

- 1 clove garlic, minced
- 1 onion, sliced
- 1 TBL butter
- 1 TBL water
- 1 bag chopped callaloo, or spinach
- 1 sprig fresh thyme, or dash of dried
- 1 scallion, chopped
- 1 small tomato, chopped
- 1 cup cooked, diced chicken
- Pinch salt/pepper
- 2 tsp all-purpose seasoning (Island Spice)

1. Heat oil in medium sized pot.
2. Add garlic and ½ onion, sauté till onion is tender.
3. Add water and callaloo. Cover and cook down (10 mins) over low heat.
4. Add rest of the onion, thyme, scallion, tomato, chicken, salt/pepper, and all-purpose seasoning.
5. Gently stir, adding a little water if too dry.
6. Cook 30 more minutes over low heat, stirring occasionally

## Boiled Green Bananas

This is another simple recipe, but very popular here in Jamaica. The bananas take on a totally different texture and flavor when boiled. They are usually served on the side of Ackee and Saltfish, Jamaica's National Dish, but are good with Bully Beef or Fried Chicken as well.

1. Boil 1 gallon of water.
2. Add peeled green bananas and pinch of salt to taste.
3. Cook for 30 minutes.
4. Remove from water and serve warm.



Pinto showing off her fruit gathering skills

## Pinto's Fried Chicken and Red Gravy

Most people who are fortunate enough to eat Pinto's fried chicken here at the guest house go away saying, "That was the best fried chicken I've ever had!" She's even had a few proposals after some eligible bachelors tasted it!



### Part 1: Marinate chicken

- 2 thawed chickens, cut into pieces
- 3 TBL all-purpose seasoning,  
~"Island Spice" is Pinto's favorite
- 1½ large onions, grated or chopped
- 2 cloves garlic, minced

1. Stir all together in a large bowl making sure chickens are covered well.
2. Stick chicken pieces with a knife to let marinade penetrate into them.
3. Cover with plastic wrap and refrigerate overnight, or at least a few hours.

### Part 2: Frying chickens

1. Heat vegetable oil (4 cups, depends on the size of your pan) in large skillet over medium heat, until oil is HOT.
2. Mix together in small bowl:
  - 1 ½ cups flour
  - 3 TBL all-purpose seasoning  
~ again, Pinto likes "Island Spice"
  - 1 TBL brown sugar
3. Dip chicken into flour mixture.
4. Dust off, place in HOT oil and cook about 45 minutes, checking with a knife to make sure chicken is no longer pink in the middle.

See RED GRAVY recipe on next page.....

## Red Gravy

This might be the most requested recipe we get!!

1. Using the same frying pan, drain off grease and sauté:
  - 1 chopped onion
  - 2 cloves of minced garlic.
2. Add:
  - 1/2 sweet pepper, cut into thin slices
  - 2 cups ketchup (We use hot ketchup for a little added “kick”; you can use in a dash of hot sauce.)
  - 3 tsp honey
  - 2½ tsp all-purpose seasoning
  - 1 tsp brown sugar
  - 1 TBL soy sauce
  - dash of salt & pepper
3. Bring to a boil, stirring, until it thickens. Add water if gravy becomes too thick

Cabbage is a popular vegetable here in Jamaica. Served cold, warm, dry or with various dressings as a slaw, even with cheese on top. Here are a two ways we serve it in the guest house.

## Cooked Cabbage

- |   |                        |
|---|------------------------|
| 1 head cabbage, shredded  | 2 carrots, shredded    |
| 1 clove garlic, minced  | 1 sm onion, sliced     |
| 1 sm tomato, sliced   | ½ sweet pepper, sliced |
| 1 TBL butter  |                        |
| 1 TBL all-purpose seasoning - (Pinto uses 1 pkg ‘Maggie’ all-purpose seasoning with this recipe.) |                        |
1. Simmer all ingredients in a large pot for 10 minutes.
  2. Serve warm.

## Tropical Coleslaw

- |                            |                       |
|----------------------------|-----------------------|
| 3-4 cups cabbage, shredded | <u>Dressing</u>       |
| 2 cups carrots, grated     | 2 TBL brown sugar     |
| 1 cup coconut, grated      | 1 TBL white vinegar   |
| 1 small onion, grated      | 1 cup mayonnaise      |
| ½ cup chopped pineapple    | 1 tsp pineapple juice |
| 2 TBL golden raisins       |                       |

1. Dressing: Mix the sugar and vinegar, add mayonnaise and pineapple juice and mix well.
2. Toss all ingredients together.
3. Chill and serve cold.

## -Side Dishes-

### Cucumbers

This is a simple recipe, but so good. We usually serve it when we are having Mission House Pumpkin Soup.

2 cucumbers  
 ¼ cup white vinegar  
 4 cups water  
 1/3 cup sugar  
 Dash of black pepper

1. Slice cucumbers.
2. Mix all other ingredients in large bowl.
3. Add cucumbers.
4. Store in refrigerator for at least 1 hour.
5. Serve cold.

## Brown Stew Chicken

4 chicken breasts	Oil for frying
1 onion	1 tsp salt
3 scallion stalks (green onion)	1 tsp pepper
1 hot pepper, optional	1 ½ tsp dried thyme (or 3 sprigs fresh)
1 green pepper	½ tsp ground ginger
3 cloves garlic, minced	1 TBL butter
3 tomatoes	2 cups water
1 TBL soy sauce	1 TBL browning (such as “Kitchen Bouquet”)
1 TBL browning (such as “Kitchen Bouquet”)	3 tablespoons of flour, stirred into ¼ cup of water

1. Chop the chicken into small pieces.
2. Chop the onion, scallion, hot pepper, sweet pepper, garlic and tomatoes into small pieces. Put all chopped vegetables in large pan.
3. Season the chicken by rubbing with salt, pepper, thyme, ginger. Then, rub each chicken piece in vegetable mixture until well-coated (almost all of the mixture should be used up when done).
4. Place chicken pieces aside to marinate for 1 hour.
5. Scrape the seasoning off the chicken. Put scraped-off seasoning back into large pan and set aside. Fry chicken in oil until cooked, about 5 min.
6. Remove the chicken and drain off the oil from the saucepan.
7. Melt the butter in the saucepan. Add the vegetable/seasonings marinade that was removed from chicken to the saucepan and cook for 3 minutes.
8. Add the water, soy sauce and browning and simmer for 5 minutes.
9. Stir the flour/water mixture into the stew, then add the chicken.
10. Simmer for 5 minutes, occasionally stirring gently.
11. Serve with rice and peas.

## Nordie's Jerk Chicken

Nordie and Pearline are 2 dear friends and part of our staff here at CSI Jamaica. They “jerk” chicken every Friday and Saturday night at Highgate. It is without a doubt the BEST Jerk on the island! (And they gave us the secret recipe!!!)

4 lb. chicken	2 TBL brown sugar
½ lb onion	¼ lb jerk seasoning
1 clove garlic	1 TBL chopped thyme
1 green scotch bonnet	pepper, optional
1 TBL scallion	1 tsp pimento berry (allspice)
1 TBL lime juice	½ tsp salt

1. Peel and chop onion, garlic and pepper – place in blender and process until smooth.
2. Crush pimento into a powder.
3. Add pimento, scallion, thyme, salt, sugar, and jerk seasoning to onion mixture.
4. Halve chicken, clean and core it (wash chicken in lime juice)
5. Put chicken and marinate mixture in a bowl, and refrigerate at least ½ hr; overnight is best.
6. Jerk (or grill) for 15 minutes on both sides, until brown and cooked through

## Pinto's Pepper Steak Chicken

The night before: Debone 3 chickens and cut into large pieces. (Note: We've tried boneless, skinless chicken breasts and it's not the same. Buy mixed parts and avoid cut up the whole chicken – which isn't easy! Deboning chicken after cooking is much easier.)

Mix together: 1 peg garlic – cut up small  
1 onion, sliced thinly  
2 ½ TBL all-purpose seasoning  
(Pinto uses “Island Spice”)

In a bowl, combine onion/garlic mixture with cut-up chicken, cover with plastic wrap and marinate in refrigerator overnight.

The following day:

1. Heat ¼ to ½ inch of oil in large skillet.
2. Pan fry chicken for just 5 minutes on each side, long enough to brown it.
3. Cut into strips and place in large Dutch oven or pot.
4. Remove oil from skillet and (with just a touch remaining) fry onions and garlic from marinade.
5. Add to skillet:
 

2 ½ cups water	1 ½ cups ketchup
¼ cup hot ketchup (or 1¾ c. ketchup with a little hot sauce)	
2 TBL soy sauce	1 TBL honey
2 tsp all-purpose seasoning	1 sprig fresh thyme
6. Stir, bring to boil, reduce heat and simmer 15 – 20 minutes. Mixture should thicken a bit.
7. Pour over chicken, add salt and pepper.
8. Cut up into thin strips:
 

5 carrots
½ green and ½ red pepper
½ onion – thinly sliced
9. Add these to chicken mixture in Dutch oven. Stir well. Cover and cook in oven on low heat, “till cooked” (3 hours or so) until meat and veggies are tender.
10. Serve over mashed potatoes.

## Corned Beef and Cabbage

2 heads of cabbage, shredded  
 1 large onion, sliced  
 ½ sweet pepper, sliced  
 1 clove garlic, minced  
 2 TBL oil  
 1 tin corned beef (12 oz.)  
 ½ cup ketchup, optional  
 1 tsp hot sauce, optional

1. Heat oil in a heavy-bottomed frying pan (skillet) over moderate heat.
2. Add onions and garlic to frying pan. Sauté for approx. 1-2 minutes.
3. Add cabbage and sweet pepper. Turn down heat to medium-low and stir until cooked down, approx. 3 – 5 minutes.
4. Add corned beef (ketchup and hot sauce, optional). Stir well and cook for another 3 minutes.
5. Serve warm over white rice.

## Jerk Pork Version

Note: All measurements will be the same as the Nordie's Jerk Chicken recipe on previous page.

1. Wash 2 lbs pork.
2. Mix together jerk seasoning, onion, garlic, pepper, pimento berry, scallion, thyme, salt & pepper.
3. Marinate for at least an hour.
4. Boil pork in 1 qt. water, 1 TBL browning, and crushed pimento leaves for at least ½ hour, or until tender.
5. Jerk pork (grill it) until tender and brown on both sides



## Jamaican Style Meatloaf

½ cup bread crumbs	2 lbs ground beef
1 small onion, chopped	1 clove garlic, minced
Pinch of salt	1 cup ketchup
Pinch of pepper	2 TBL brown sugar
1 egg	1 TBL soy sauce
3 TBL honey	

1. Preheat oven to 350 degrees.
2. Mix all ingredients (except honey) and shape into a loaf form. Place in a 9x13 pan.
3. Cover with foil, cook 1 hour.
4. Remove and drizzle 3 TBL honey over meat. Re-cover loaf and put back in oven for 15 more minutes.
5. Remove and add gravy (recipe follows):
  - A. In a large skillet heat 1 TBL vegetable oil.
  - B. Sauté:
    - 1 large onion, chopped
    - 1 peg garlic, minced.
  - C. Add: juice from meatloaf pan
    - 1 TBL brown sugar
    - dash pepper
    - 1 TBL all-purpose seasoning
    - 2 carrots, sliced
    - 1 small sweet pepper, sliced
    - 1 small onion
    - 2 cups ketchup
    - 1 sprig thyme
  - D. Combine all ingredients and cook until just heated through.
  - E. Pour gravy over meatloaf. Re-cover loaf with foil and cook for another ½ hour, check to be sure meat is no longer pink.

## Stewed Peas

1 ½ pound stew beef, cut into small pieces	
1 can of red kidney beans, drained	
½ can of red kidney beans, drained	
½ TBL salt	½ tsp pepper
3 cups of water	1 can coconut milk
1 onion	1 tsp dried thyme
2 scallions	5 pimento seeds
3 cloves of garlic	Olive oil for sautéing

1. Boil beans, beef, and salt in a pot with 3 cups of water.
2. Reduce heat, cover. and simmer for 1 hour.
3. Chop the onion, scallion and garlic; sauté in olive oil.
4. Add onion mixture to beef pot.
5. Add pepper, coconut milk, thyme and pimento.
6. Make “spinners”.
7. Add the spinners during the last 20 minutes of the cooking process.
8. Simmer until ready to serve.
9. Serve warm with rice.

Spinners – 1 cup flour  
 3 TBL water  
 ½ tsp salt

1. Mix together, adding more flour if needed.
2. Spin a bit of dough in your hands to make 2” long X ½” thick “spinners”.