



RECIPE BOOK

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Basic White Bread

Ingredients

6 cups	Easy Bake Flour
2 tsp.	Salt
2 tbsp.	Granulated sugar
1 tbsp./ 1 packet	Instant yeast
1 cup	Hot milk
1 cup	Water
2 tbsp.	Shortening

Method:

Combine flour, salt, sugar and yeast.

Combine hot milk, water and shortening; cool to lukewarm.

Add milk to flour and mix together to form a soft dough. Knead dough on a floured surface until it forms a smooth ball (about 8 minutes). Place in a greased bowl; cover with a damp cloth and allow to rise until doubled.

Punch down and shape in 2 loaves. Place in greased loaf pans. Cover and let rise until doubled (about 30 minutes or more)

Bake in preheated oven at 375°F for 30-35 minutes. Make two loaves.

Black Cake with Easy Bake Flour

Ingredients

1 lb	Easy bake all purpose flour
1 lb	Sugar
1 lb	Margarine
1.1 lb	Eggs (approximately 10)
1 tsp	Baking powder
1 tsp	Cinnamon powder
½ tsp	Ground nutmeg
2 tsp	Vanilla essence
8 tbsp	Browning

Fruits:

1 lb	Raisins
1 lb	Cherries
1 lb	Currents
½ lb	Mixed peel
2 bottles	Ruby rich wine (Black wine)
¼ bottles	Strong rum to a bottle of wine (optional)

Method:

Soak fruits in a jar, from 1 month to a year as desired. Note that the longer fruits soak, more wine will have to be added to the mixture to accommodate swelling of the fruits.

Prepare tins: Grease and line tins, double thickness for base.

Cream butter and sugar. Beat 10 eggs with essence and lime peel (optional) and add to creamed mixture. Add 8 tbsp browning. Add soaked fruits (approx. 2lbs). fold in flour mixture (flour, spices, baking powder). Pour mixture into prepared tins and bake.

Bake time: Large cake (9") 2 hrs 10 mins, until tester comes out clean. Small pans 1hr 20mins.

Calypso Rice

Ingredients

2 tbsp.	Vegetable oil
1	Clove garlic, crushed
1/2 cup	Carrot, coarsely shredded or cubed
1/2 cup	Sweet pepper, thinly sliced
2 cups	Carib Pearl Rice
4 cups	Broth (chicken)
1 tsp.	Salt or to taste
	Black or hot pepper to taste

Method:

Heat oil in heavy bottomed pot. Add garlic, brown and remove from oil. Add carrot, stirring continuously for 2-3 minutes. Add sweet pepper and then rice; toss for 1 minute.

Add broth, salt and pepper and bring to the boil. Cover and allow to simmer for about 25-30 minutes or until rice is tender and liquid is absorbed.

A little butter could be added if desired.

Carib Pearl Rice and Vegetable Casserole

Ingredients

2 cups	Carib Pearl Parboiled Rice
5 cups	Water
1/2 cup	Chopped Onions
1/2 cup	Chopped Sweet Peppers
1	Chicken Cube
1/2 tsp.	Salt
1 cup	Cooked vegetables (carrots, beans, corn, broccoli)
2 ozs	Margarine
1/4 cup	Flour
3 cups	Milk
2½ cups	Grated Cheddar Cheese (or cheese of your choice)
1 tsp.	Mustard
1/4 tsp.	White Pepper

Method:

Cook rice in boiling salted water with chicken cube, chopped onions, and sweet pepper.

Cheese Sauce:

Melt margarine, add flour and cook together without coloring for a few minutes. Gradually add milk and continue to stir until mixture thickens, and is of a smooth consistency, add mustard, white pepper and two cups of grated cheese. Heat until cheese melts.

Add cheese sauce and vegetables to the cooked rice. Mix well.

Pour into a greased dish. Sprinkle with remaining cheese. Bake for approximately 30 minutes. Garnish as desired. For variety cooked chicken, fish or ham may be added.

CariGold Herb & Garlic Bread

Ingredients

3 lbs	CariGold Herb and Garlic Flour
1 oz	Salt
4 ½ oz.	Olive Oil
1/2 oz.	Yeast
3 cups	Water

Method:

Premix all dry ingredients.

Add Olive oil and water and allow to mix for 12 mins on slow speed. Rest for approx.10 mins then roll into desired shape and place in baking pans.

Proof time: approx. 30 mins, in warm and humid area. Bake for 30-35 mins in a preheated oven at 400 F.

CariGold Herb & Garlic Cheesy Wreath

Ingredients

3 cups	Herb and Garlic Flour
2 tsp	Yeast
1 tsp	Salt
1 tbs	Brown Sugar
1 tbs	Margarine
2	Eggs
1 cup	Grated Cheddar Cheese
¾ cups	Water

Method:

Mix dry ingredients for 1 minute. Add margarine, 1 beaten egg, cheese and water. Mix for 5 minutes on speed 1 (slow), then 5 minutes on speed 2 or knead until dough is smooth. Cover and let rise for 45 minutes.

Punch down and rest for 5 minutes. Reserve a small piece of dough to decorate wreath using to make various shapes. Divide the remainder into two equal pieces. Make ring by rolling lengthwise, twisting together and sealing the ends. Place on a greased baking sheet.

Brush with egg wash (the other egg lightly beaten with two teaspoons of water). Decorate wreath with shaper from remainder of the dough, brush with egg wash and proof for 20 minutes. Bake for 10 minutes at 350°F, reduce temperature to 300°F for final 10 minutes to avoid scorching.

CariGold Multigrain Bread Buns

Ingredients

3lbs	CariGold Multigrain Flour
1oz.	Salt
1/2 oz.	Shortening
1oz.	Yeast
3 cups	Water

Method:

Premix all dry ingredients.

Add shortening and water and allow to mix for 8 mins on slow speed. Rest for approx. 30 mins then roll into desired shape and place in baking pans.

Proof for approx. 35 mins, in warm and humid area. Bake for 30-35 mins in a preheated oven at 400 F.

CariGold Pork Fried Rice

Ingredients

1 tbsp	Vegetable oil
1	Egg beaten
1 12oz can	CariGold Pork Luncheon Meat chopped
¼ cup	Finely chopped onion
¼ cup	Canned bean sprouts
2 cups	Cold cooked fried rice
¼ cup	Chicken broth
1 tbsp	Soy sauce
1	Green onion, sliced
¼ tsp	Sugar
Dash	Pepper

Method:

In a skillet or wok, heat oil over medium high heat, add egg. As eggs set, lift edges, letting uncooked portion flow underneath. When egg is completely cooked, remove to a plate and keep warm.

In the same pan, stir fry the pork, onion and bean sprouts for 2-3 minutes or until onion is tender. Add rice and broth, cover and simmer for 1-2 minutes or until heated through. Chop egg into small pieces; add rice mixture. Stir in the soy sauce, green onion, sugar and pepper. Yield: 2 servings.

Note: Carigold pork luncheon meat can be substituted with carigold chicken luncheon meat or carigold corn beef.

CariGold Rice and Peas (Cook Up)

Ingredients

2 lb.	Chicken seasoned and cut in pieces
1 tbsp.	Butter
1 tbsp.	Browning
1	Large Piece ginger, crushed
½ cup	Carrots diced
2 cup	Pigeon peas
1	Large Onion, chopped
1	Piece Hot Pepper
2 lb.	CariGold Rice
	Salt to taste

Method:

Cut up chicken into bite size pieces and stir fry in a little butter, with browning and ginger for 10 minutes. Put water, carrots, peas, onions and pepper in a large pot and add chicken mixture.

Cover and cook until chicken, carrots and peas are almost tender. Add hot pepper and salt to taste. Wash rice and add enough water to cook the rice, add more browning to get desired colour. Cover and cook on low heat until rice is tender and water is absorbed.

CariGold Rice Salad

Ingredients

1 cup	Carigold Parboiled Rice
4 oz.	Sliced Green Beans
4	Spring Onions
½ cup	Grated Coconut
8 oz.	Cubed Carigold Pork Luncheon Meat
½ cup	Bean Sprouts
	Pork or chicken

Dressing:

1tbsp	Chopped Chives
1	Fresh Red Chili
2 tbsp	Soy Sauce

Method:

Cook Carigold Rice, drain and set aside. Slice the green beans and spring onions. Lightly toast the shredded coconut. Place Carigold Rice, beef/chicken/pork, beans, onions, coconut and bean sprouts in a large bowl and toss to combine.

To make the dressing combine the chives, chili and soy sauce and toss with the rice mixture.

Serve cold.

CariGold Rye Bread

Ingredients

3 lbs	CariGold Rye Flour
1 oz.	Shortening
3 cups	Water
1/2 oz.	Yeast
1 oz.	Salt

Method:

Premix all dry ingredients.

Add shortening and water and allow to mix for 12 mins on slow speed. Rest for approx. 30 mins then punch down dough and allow resting for an additional 10 mins.

Roll into desired shape and place in baking pans. Proof for approx. 45 mins, in warm and humid area. Bake for 40 mins in a preheated oven at 400 F.

Creole Rice

Ingredients

1/4 lb.	Bacon, cut up in pieces
1/2 lb.	Lean tender beef, cubed
1/2 cup	Chopped onion
1 cup	Carigold Parboiled Rice
1	Green sweet pepper cut in strips (1/2 cup)
1	Red sweet pepper cut in strips (1/2)
1/4 cup	Tomato paste
1 tbsp.	Peanut butter
2 tsp.	Salt
2 ½ cups	Beef broth or stock, hot pepper to taste
	Parsley for garnish

Method:

Cook bacon in skillet for 5 minutes on medium heat. Add beef and onion and sauté for 3-4 minutes. Add rice and stir continuously for 1 minute. Stir in sweet pepper, tomato paste, peanut butter, salt broth and pepper.

Bring to boil, reduce heat, cover and simmer until beef is tender and rice is cooked.

(Approx. 30-35 minutes.)

Easy Bake Banana Split Bread

Ingredients

½ cup	Butter or margarine, softened
1 cup	Sugar
1	Egg
1 cup	Mashed ripe bananas (about 2 large)
3 tbsp	Milk
2 cups	Easy Bake all purpose flour
1 tsp	Baking powder
1 tsp	Baking soda
1 cup	Semisweet chocolate chips (6 ounces)
½ cup	Chopped pecans or peanuts

Method:

In a mixing bowl, cream butter and sugar, beat in egg. In a small bowl, combine bananas and milk. Combine the flour, baking powder and baking soda; add to creamed mixture alternatively with banana mixture. Fold in chocolate chips and pecans or peanuts.

Pour into a greased 9 inch x 5 inch x 3 inch loaf pan. Baked at 350° for 60-70 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire. Yield: 1 loaf.

Easy Bake Croquettes

Ingredients

1	Medium dasheen
1	Onion chopped
2	Sweet/ seasoning peppers chopped
2	Eggs
2	Garlic cloves crushed
1 cup	Bread crumbs
1/2 cup	Easy Bake Flour - All Purpose
2 tsp.	Finely chopped parsley
	Salt and black pepper to taste

Method:

Boil the dasheen and crush it while hot. Add chopped pepper, onion, garlic, parsley, salt and black pepper. Mix everything well and shape into a ball. On a floured surface, roll into 12 inch cylinder. Cut into 3 pieces. To make an egg wash, mix the eggs and milk. Beat well. Coat pieces first with Easy Bake flour, then wash and finally with bread crumbs. Fry or bake until golden brown

Note: This dish can be served as a snack. Cut into 1 inch pieces rather than 3 inch. Serve with toothpicks.

Easy Bake Ginger Bread

Ingredients

1/2 cup	Grated breadfruit
1/2 cup	Easy Bake Whole-Wheat flour
1 tbsp.	Ground ginger
1 cup	Brown sugar
2 tbsp.	Baking powder
1 tbsp.	Margarine
1/2 cup	Skimmed milk
1 tbsp.	Mixed spice
1 tbsp.	Molasses
1 tbsp.	Vanilla
1/2 tbsp.	Salt

Method:

Sift together flour and baking powder. Mix milk and 1/2 cup water. Mix grated breadfruit, sugar, ginger and other spices and flavouring. Cut margarine into flour mix dry ingredients in breadfruit mixture and blend with milk. Pour into greased 1lb loaf pan. Bake in a preheated oven 350 F. Gas mark 4 for about 40 minutes until done.

Cool in pan for 5 minutes, place on rack. Serve when cool.

Easy Bake Sweet Bread

Ingredients

1 ¼ lb	Brown sugar
1 lb	Margarine
1 ½	Grated coconut
3 ½ cups	Water
2 oz	Vanilla essence
1 oz	Nutmeg
1 oz	Cinnamon or ground spice
½	Cherries and ½ raisins chopped (this is optional)
2 oz	Baking Powder
5 lbs	Easy Bake Flour

Method:

Cream fat and sugar for (1min) add water and all other ingredients except flour and baking powder. Mix flour and powder together and add to remainder on liquid ingredients.

Pan the dough, (sprinkle sugar on top optional) and bake at 350 degrees for 35 minutes or until dough is fully cooked.

Easy Bake Tropical Pancakes

Ingredients

1 cup	Easy bake all purpose flour or easy bake whole wheat fould
½ tsp	Baking soda
1	Egg lightly beaten
½ tsp	Salt
1 ¼ cups	Natural Yogurt
½ cup	Milk

Sauce:

1 tbsp	Finely grated orange rind
2 tbsp	Caster sugar
1 tsp	Corn flour dissolved in 2 tbsp water
½ cup	Orange juice
5 tbsp	Red rum (optional)

Method:

Sift together easy bake all purpose flour, salt and baking soda. Make a well in the center of the mixture. Combine egg, milk and yogurt and mix into flour until smooth. Spoon mixture onto lightly greased heavy frying pan and cook until bubbles form on the surface. Flip them and cook on other side until golden.

To make sauce: place orange rind, juice and sugar in sauce pan and cook over a medium heat, stirring constantly to dissolve sugar. Add corn flour mixture and cook for another 2 minutes or until it thickens. Remove from heat and immediately stir in red rum.

Server with sauce only or add a scoop of creamy coconut ice cream for a special treat.

Egg less Chocolate Cake

Ingredients

1½ cups	Flour
1/4 cup	Coca powder
1 cup	Brown sugar
1/2 tsp.	Salt
1 tsp.	Baking soda
1/2 tsp.	Baking powder
1 tsp.	Ground cinnamon
1 cup	Water
6 tbsp.	Salad oil
1 tsp.	Vinegar
1 tsp.	Vanilla

Method:

Sift flour and cocoa powder. Add sugar, salt, baking soda, baking powder and ground cinnamon. Make a well in the centre of the dry ingredients and add water, oil, vinegar and vanilla. Stir until mixture is smooth.

Pour into a greased, floured 8" square tin. Bake in a preheated oven at 350°F for 30-35 minutes or until tester comes out clean.

French Bread

Ingredients

4 ½ -5 cups	Easy Bake flour
1 packet/1 tbsp.	Dry yeast /Instant yeast
4 tsp.	Sugar
2 tsp.	Salt
1 tbsp.	Shortening
1 ¾ cups	Boiling water

Method:

Combine 4 cups flour, yeast, sugar and salt in a large bowl. Add shortening to hot water until it melts and liquid is lukewarm. Stir liquid into flour and beat vigorously by hand or electronic beater. Gradually beat in remaining flour with a spoon.

Turn dough on a floured surface and knead for 8 minutes. Place in a greased bowl, turn to grease top; cover and let rise until doubled.

Punch and shape into 3 long loaves about 12". Place on a greased baking sheet or moulds; slash diagonally. Cover with greased wax paper and let rise until doubled.

Bake in a preheated oven at 400°F for approximately 25 minutes.

Fried Rice

Ingredients

1½ tbsp.	Vegetable oil
1 cup	Diced fully cooked chicken or shrimp
1/2 cup	Thinly sliced chive
1/2 cup	Shredded carrots
1/2 cup	Diced String Beans
3 cups	Cooked Three Jewels Rice (cooled)

Method:

In large skillet or wok, heat oil over medium heat. Stir fry chicken/shrimp, carrots, beans and chive in oil for three minutes or until carrots and beans are tender. Stir in cooked rice, sprinkle with soy sauce. Toss lightly; heat thoroughly.

Makes 4 servings.

Marble Cake

Ingredients

1 cup or 8 oz.	Butter or margarine
1½ cups	Granulated sugar
3 cups	Easy Bake flour
3 tsp.	Baking powder
¼ tsp.	Salt
4	Eggs
1 cup	Milk
½ cup	Sugar
¼ cup	Coca
2 tsp.	Water
1 tsp.	Rum
	A few drops of food coloring

Method:

Grease and flour one 10" cake tin.

Cream butter and sugar. Sift flour, add baking powder and salt; set aside.

Add eggs, one at a time, to creamed mixture, beating well after each addition. Add dry ingredients alternately with milk.

Divide mixture in three portions.

Blend cocoa, water and rum and add to one portion. Put a few drops of food coloring to another portion (pink or green).

Alternate layers or spoonfuls of plain chocolate and colored portions in cake pan. Repeat another layering. Using a knife swirl cake to give marbled effect.

Bake in a preheated oven at 350°F for 45 minutes or more until tester comes out clean.

Natural diamond Brown Rice & Peas Pie

Ingredients

1 cup	Natural Diamond brown rice
1 ½ tbsp	Salt
¼ tsp	Black pepper
2	Sprigs celery chopped
1	Egg beaten
½ cup	Cheddar cheese grated
4 ½	Carib Pearl water
1 cup	Carib Pearl lentil peas
2	Cloves garlic crushed
1	Medium onion chopped
1 cup	Milk

Method:

Bring 2 ½ cups Carib Pearl water to boil, add Carib Pearl brown rice gradually and stir. Reduce heat cover and simmer for 45-50 minutes or until rice is tender and liquid absorbed. Add washed peas to 2 cups Carib Pearl water. Cook until tender, season with salt, black pepper and garlic.

Simmer until and liquid evaporates, grease baking dish. Place half rice in dish, top with half onion, celery and egg. Add peas, cover with remaining rice, and tip with seasoning and egg. Pour on milk, top with grated cheese and bake in moderate oven.

Ochro Rice

Ingredients

1/2 lb.	Saltfish or pig tail, cut in bite-size
24	Ochroes, sliced (1/2 ")
2	Cloves garlic, minced
1/2 cup	Onion, sliced
2 tbsp.	Oil
2 cups	Carigold Parboiled Rice
4 cups	Broth or waste
1/2 tsp.	Hot pepper or to taste

Method:

Soak salt fish in hot water for 1/2 hour, drain, remove skin and bones and flake fish.

Fry ochroes, garlic and onion in hot oil for 3-4 minutes stirring a few minutes. Add saltfish or pigtail or both and cook for 2 minutes. Add rice, broth and pepper and allow to come to the boil.

Cover, lower heat and simmer for about 25-30 minutes or until rice is tender and liquid is absorbed. Adjust salt and pepper.

N.B. Use coconut milk in place of water.

Oxtail and Easy Bake Spinners

Ingredients

2 lbs	Oxtail
¼	Oil
5 cups	Water
2	Tomatoes, chopped
2	Onions, chopped
2	Pieces of fresh chopped garlic
1	Sprig of fresh thyme
1	Small scotch bonnet pepper
1/2 lb	Pre cooked butter/lima beans
	Salt to your taste

Spinners

1 cup	Easy Bake flour
1/2 tsp.	Salt
	Enough water to bind

Method:

Oxtail:

Brown oxtail in oil. Add 6 cups of water and boil until tender. Add tomatoes, onions, garlic, thyme, hot pepper and salt let simmer until oxtail is tender. Add additional water if necessary. Add butter/lima beans. Lower heat, cover and simmer again for 10 minutes.

Spinners:

Place Easy Bake flour and salt in a medium bowl. Work mixture with hands while adding enough water to bind, making a stiff dough. Roll into 1 inch long pieces, drop into boiling stew peas or soup. Boil until they float or add them during the last 20 minutes of the cooking process. Enjoy!

Note: The cooking time for these Jamaican oxtails should take about an hour and a half using a pressure cooker. That's a lot less than the usual 4 to 5 hours it takes to cook oxtails using a regular saucepan or pot.

Pelau

Ingredients

3lbs.	Chicken, pieces, skinned
1tsp.	Salt
1/2 tsp.	Black pepper
2 tbsp.	Mixed green seasonings
3 tsp.	Mixed garlic
1 tsp.	Worcestershire sauce
1 tsp.	Soy sauce
1 tbsp.	Ketchup
2 tbsp.	Vegetable oil
2-3 tbsp.	Brown sugar
2 cups	Carigold Parboiled Rice
1/2 cups	Chopped onion
1/2 cup	Chopped sweet or pimento peppers
1½ cups	Cooked Carib Pearl Pigeon Peas
1 tbsp.	Salt
1	Whole hot pepper with the stem
2 cups	Coconut milk
2 cups	Chicken broth or water

Method:

Season chicken with salt, pepper, green seasoning, minced garlic, Worcestershire sauce, soy sauce and ketchup.

Heat oil in large heavy iron pot or skillet. Add sugar and allow to burn until brown.

Add seasoned chicken and stir until pieces are well coated with burnt sugar; brown for 5 minutes. Add rice and turn often until well mixed. Cook for 3 minutes more.

Add onion, sweet peppers and peas and cook for a few minutes, stirring a few times. Add salt, hot pepper, coconut milk and broth. Bring to a boil, lower heat, cover and simmer until rice is cooked and all liquid is evaporated (about 25-30 minutes)

Add more liquid if rice is still hard and continue to cook for a few more minutes.

N.B. Pelau could also be baked in an oven. Cover pot with tin foil and bake at 350°F for 30-35 minutes.

Chopped carrots could also be added to pelau.

Pigeon Peas Rice

Ingredients

1/2 lb.	Salted pork cut in large cubes (optional)
1/2 cups	Carib Pearl Pigeon Peas
6 cups	Water
1 tbsp.	Vegetable oil
1 tbsp.	Minced garlic
1/2 cup	Chopped onion
3/4 cup	Finely chopped sweet peppers
1/2 cup	Finely chopped tomato
1tsp.	Chopped parsley
2 cups	Spring thyme, chopped
2 cups	Carigold Parboiled rice
1 tsp.	Salt
	Chopped hot pepper to taste

Method:

Soak salted pork overnight.

Cook pork with pigeon peas in 2 cups water until peas are almost soft; drain.

Heat oil and add garlic, onion, sweet pepper, tomato, parsley, thyme, rice and pepper; sauté for 3-4 minutes. Add peas, salted pork and remaining 4 cups water.

Bring mixture to the boil, lower heat, cover and simmer until liquid is absorbed and rice is tender (approx. 30 minutes). Adjust salt.

N.B. Use stock or broth instead of water for cooking rice if preferred.

Pineapple Upside Down Cake

Ingredients

3/4 cup or 6 oz.	Margarine
1 cup	Granulated sugar
3	Eggs
2 cups	Easy Bake Flour
1/8 tsp.	Salt
2 tsp.	Baking powder
1/2 cup	Pineapple juice
1 tsp.	Vanilla
2 tsp.	Melted butter
1/2 cup	Brown sugar
1 cup	Crushed pineapple or pineapple rings
6-8	Cherries

Method:

Cream butter and sugar until light. Add eggs one at a time, beating in well. Fold in sifted flour, salt and baking powder.

Spread melted butter in 12" x 8 "x 1½ "pan and sprinkle with brown sugar. Arrange crushed or sliced pineapple and decorate with cherries.

Pour cake batter over and bake in preheated oven at 325°F for 40-45 minutes or until cake springs back when lightly touched.

Turn out on a plate or prepared cake rack. Serve warm or cool.

Purity Beef Patties

Ingredients

1 lb	Purity All Purpose Flour
8 ozs	Shortening
1 tsp	Salt
	Iced water
1 lb	Minced Beef
	Seasoning to taste

Method

Sift the flour and salt together. Cut the shortening into the flour until it looks like fine bread crumbs. Moisten with enough iced water to make a soft, but not sticky dough. Roll over and cut into 3 inch diameter circles.

Minced meat should be well seasoned and moist. Place a tablespoon of mince in the centre of one circle. Damp the edge of a second circle and cover the meat pressing edges firmly together. Finish the edges neatly. Prick the top. Place on a grease baking sheet. Baste with beaten egg. Bake in hot oven 15 -20 minutes. Yields a dozen patties.

Purity Doucouna

Ingredients

2 cups	Grated sweet potato
2 cups	Grated coconut
2 cups	Grated Pumpkin (optional)
1 ½ cups	Purity Flour
	Brown sugar to taste
1 tsp	Cinnamon
1	Dash of salt
	Milk or water to mix
	Sterilized banana leaves and strips of banana stem
½ tsp.	Grated Nutmeg

Method:

Sift flour, salt and spices in a bowl. Add potato, coconut and pumpkin.

Mix well. Add sugar. Mix to a very thick batter with milk or water. Drop batter into squares of banana leaves.

Fold securely. Tie with strips of banana stem. Cook in rapidly boiling water until firm. Serve with salt fish, antrobers (eggplant) topped with tomato sauce and raw vegetable salad or as a desert with syrup.

Purity Goat Water

Ingredients

10 lbs	Goat meat (mutton)
2 lb (1kg)	Green pawpaw (diced)
2 lb (1kg)	Breadfruit
1 lb (500g)	CariGold - All Purpose
1 lb (500g)	Onions
1/1 pt. (125 ml)	Cooking tomatoes
6 tbsp (30ml)	Tomato ketchup
2 oz (50g)	Margarine
	Salt & black pepper to taste
3	Maggie cubes

Method:

Wash meat, cut into serving pieces and season with salt and pepper. Set aside for ½ hour.

Lightly brown in cooking oil. Put into large pot and simmer for 2 hours. Remove from fire. Dice pawpaw, breadfruit and onions and sauté in margarine. Add to meat and return to fire. Simmer gently and add bouquet garni and whole peppers. Mix 3 tbsp (45ml) Easy Bake flour to a smooth paste with water, add 2 tbsp (30ml) gravy browning. Add to stew and continue simmering.

With the remaining Easy Bake flour, make tiny dumpling (droppers) and add to the stew. Add cubes and continue simmering until meat is very soft, and the stew brown in color. Remove bouquet garni and hot peppers.

Serve hot with bread rolls.

Rum Raisin Cake

Ingredients

2 tbsp.	Margarine
1/2 cup	Brown sugar
3 tbs.	Easy Bake Flour
1 cup	Raisins
1½ cups	Easy Bake Flour
2 tsp.	Baking powder
1/2 cup or 4 oz.	Margarine
1/2 cup	Granulated sugar
2 large or 3 small	Eggs
1/4 cup	Rum
1 tbsp.	Milk
1/4 cup	Icing sugar
1 tbsp.	Water

Method:

Melt 2 tablespoon margarine and remove from heat.

Add brown sugar, 3 tablespoons flour and raisins; stir well and set aside.

Combine 1 ½ cups flour and baking powder, cream margarine with sugar until fluffy. Beat in eggs one at a time.

Fold flour alternately with rum and milk into creamed mixture. Pour ½ batter into a greased wax-lined 7" or 8" round pan. Sprinkle raisin filling reserving 3 tablespoons for top of cake.

Pour remaining batter and sprinkle remaining raisin mixture. Bake at 350°F for 40-45 minutes or until cake springs back when touched.

Cool in pan for 10 minutes; invert and remove paper. Blend icing sugar and water and drizzle over cake.

Saffron Chicken with Carib Pearl Rice

Ingredients

1 ¼ cups	Carib Pearl Rice
2 or 3 lb	Chicken cut in 8 pieces
2	Teaspoons paprika
8	Peeled, chopped tomatoes
½ tsp	Saffron
2	Tablespoons oil
1	Small finely chopped onion
1	Crushed clove or garlic
3 cups	Boiling water
¾ cup	Carib Pearl Green Split Peas

Method

Heat the oil in a large pot, place seasoned chicken in first allowing to brown lightly. Add onions and let soften, add paprika and cook for approximately 2 minutes stirring until it loses some color.

Add garlic and tomatoes, cook for another 5 minutes to reduce liquid, add the Three Jewels Rice, water and saffron and stir together. Boil over a high heat, simmer and cook for approximately 20 minutes. Add peas and parsley and cook for a further five minutes.

Serve with a fresh green salad

Sponge Cake

Ingredients

1 cup	Easy Bake flour
1/4 tsp.	Salt
4 large	Egg yolks
1 cup	Granulated sugar
1 tbsp.	Lemon juice
1 tsp.	Cold water
4 large	Egg whites (large)

Method:

Sift flour and add salt. Beat egg yolks until thick and pale in color. Gradually beat in sugar. Add lemon juice, peel and water.

Fold dry ingredients into egg yolk mixture. Beat egg whites until stiff; fold into batter.

Pour batter in an ungreased 9" tube pan; cut with a knife to remove air bubbles. Bake in a preheated oven at 325°F until top springs back when touched.

Invert and cool completely. Loosen cake with a spatula and shake from pan. Serve plain or frosted.

Stuffed Cornish Hens with Three Jewels Rice

Ingredients

5 ½ cups	Water, divided
2 tsp	Chicken bouillon granules
1 ½ tsp	Salt
¾ cup	Jewel Brown Rice
1 ½ cups	Three Jewels parboiled rice
1 12 oz can	CariGold pork luncheon Meat
1 ½ cups	Chopped celery
¾ cup	Chopped onion
6 or 4	Cornish hens (20 ounces each)
1 jar	(12 ounces) Apricot preserves or other fruits

Method:

In a large saucepan, bring 5 cups water, bouillon and salt to a boil. Add brown rice. Reduce heat; cover and simmer for 20 minutes. Add parboiled rice, cover and simmer 25-30 minutes longer or until rice is tender and water is absorbed.

Meanwhile, in a large skillet, cook the sausage, celery and onion over medium heat until meat is no longer pink and vegetables are tender; drain. Stir in rice mixture, spoon about ¾ cup stuffing in a greased 2 qt. baking dish; cover and set aside. Place hens breast side up on a rack in a shallow baking pan; tie drumsticks together. Bake uncovered, at 350° for 45 minutes.

In a small saucepan, bring preserves and remaining water to a boil. Pour over hens, bake 35-40 minutes longer, basting occasionally, until a meat thermometer reads 180° for hens and 160° for stuffing. Place baking dish of stuffing in the oven for the last 35-40 minutes of hens baking time.

Yield: 6 Servings.

Three Jewels Mango Fried Rice

Ingredients

1	Large mango (full but green)
2 tbsp.	Vegetable oil
2	Cloves garlic minced
1 tbsp	Curry
1 tsp	Ground Gera (optional)
1	Medium onion chopped
2	Sweet peppers chopped
2 tbsp	Soy sauce
3 cups	Cooked Three Jewels Rice
	Salt and pepper to taste

Method:

Wash mango and cut into strips. Heat oil and sauté garlic and curry. Add mango and toss lightly for 2 minutes. Stir in other ingredients and cook for 1 minute more.

Add cooked rice and mix thoroughly.

Serve hot

Vincy Fry Bakes

Ingredients

4 cups	Easy Baked All Purpose Flour
2 tbsp	Sugar
2 tsp	Salt
½ tbsp	Yeast or 3 tsp baking powder
1 tbsp	Shortening
1 tbsp	Butter
1 1/3	Cups water

Method

Mix dry ingredients, shortening & butter into flour.

Add water and knead to develop soft dough. Divide dough into balls of desired size, and then flatten with fingers.

Fry until golden brown.

Vincy Home Made Bread

Ingredients

2 lbs	CariGold All Purpose Flour
1 ½ tsp	Yeast
2 tbsp	Sugar
2 tbsp	Salt
2 tbsp	Shortening
2 tbsp	Margarine
1 ½ cups	Water

Method:

Mix dry ingredients, shortening and margarine into flour. Add water and knead into smooth, soft dough.

Place dough in a greased bowl and leave to ferment/rest for approx. 30 mins. Punch down dough then roll leaves and place onto greased baking sheets.

Leave to proof for 10-15 mins then bake at 350°F for 20 mins

Whole Wheat Bread

Ingredients

4 cups	Easy Bake Flour (white)
2 cups	Easy Bake Whole Wheat Flour
2 tsp.	Salt
2 tbsp.	Brown sugar
1 tsp.	Instant yeast
1 cup	Hot milk
3 tbsp.	Margarine
1 cup	Warm water

Method:

Combine 3 cups Easy Bake White Flour, Easy Bake Whole Wheat Flour, salt, sugar and yeast in a large bowl.

Combine hot milk, margarine and water; cool until lukewarm. Add milk to flour mixture; mix together to form a soft dough adding remaining 1 cup flour.

Turn out on to a lightly floured surface and knead until smooth and satiny (8-10 minutes)

Place dough in a lightly greased bowl turning once to grease the surface of the dough. Cover and let rise to double size.

Punch down and let rest for 10 minutes. Cut dough in 2 pieces. Shape into loaves and place in greased loaf pans and allow to rise until doubled.

Bake in a preheated oven at 375°F for 30-45 minutes. If loaves are browning too fast, cover tops with foil.