

# Traditional Caribbean Recipes Made Simple at Home

## Jamaican Patties

Delicious curry-flavored beef pastries are a favorite snack in the Caribbean islands.

*Serves 10 | Prep. time 30 minutes | Cooking time 45 minutes*

### **Ingredients**

- 2 cups all-purpose flour
- 2 teaspoons curry powder
- ½ teaspoon salt
- ½ cup butter
- ¼ cup shortening
- ½ cup water
- 2 tablespoons olive oil
- 1 pound ground beef
- 1 sweet onion, chopped
- 1 teaspoon thyme
- ½ teaspoon pepper
- ½ cup beef broth
- ½ cup breadcrumbs
- 1 egg, beaten

### **Directions**

1. Preheat the oven to 400°F (204°C).
2. In a large bowl, combine the flour, curry powder, and salt. Cut in the butter and shortening until the mixture is grainy.
3. Gradually add water until the mixture forms a dough. Shape the dough into a log and cut it into 10 equal pieces. Roll each into a 6-inch circle.
4. In a skillet over medium heat, warm the olive oil and brown the beef. Drain any excess fat.
5. Add the onion, thyme, pepper, beef broth, and breadcrumbs. Simmer until all the liquid has been absorbed or evaporated. Remove from heat.
6. Divide the filling onto the pastry circles. Fold them over and press the edges. Brush each patty with a beaten egg.
7. Bake for 30 minutes or until golden brown.

### **Nutrition (per serving)**

Calories 371, fat 25 g, carbs 24 g, sugar 7 g, Protein 12 g, sodium 477 mg

# Jerk Chicken

This recipe is incredibly flavorful due to a spicy kick and hours of marinating.

*Serves 4 | Prep. time 30 minutes*

*Marinating time 2 hours | Cooking time 30 minutes*

## **Ingredients**

### For the jerk chicken marinade

- 1 red onion, chopped
- 2 scallions, chopped
- 1 Scotch bonnet pepper, quartered
- ¼ cup fresh lime juice
- 1 tablespoon olive oil
- 1 tablespoon brown sugar
- 1 tablespoon allspice berries
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 1 teaspoon salt
- ½ teaspoon thyme, dried

### Chicken

- 2 pounds bone-in chicken, any pieces, cleaned and skins removed

## **Directions**

1. In a blender, process the jerk marinade ingredients until smooth. Arrange the chicken pieces in a baking dish with a cover.
2. Cover chicken with the jerk marinade until evenly coated. Marinate for at least 2 hours.
3. Heat an electric grill or barbecue grill to medium heat.
4. Grill for 6-10 minutes on each side or until the internal temperature of the meat has reached 165°F (74°C).
5. Allow it to rest before serving. Serve when ready.

## **Nutrition (per serving)**

Calories 350, fat 14 g, carbs 9 g, sugar 5 g, Protein 45 g, Sodium 704 mg

# Shrimp Etouffee

Rich creole shrimp of the Caribbean.

Serves 4 | Prep. time 15 minutes | Cooking time 45 minutes

## Ingredients

- 1 pound shrimp, deveined and peeled, set aside shrimp shells
- 4 tablespoons butter, divided
- 1 yellow onion, diced
- ½ cup celery, chopped
- 2 cloves garlic, chopped
- 1 cup green bell pepper, chopped
- 2 tablespoons soybean oil
- ¼ cup all-purpose flour
- 1 teaspoon thyme
- 1 bay leaf
- 1 cup tomatoes, chopped
- 1 tablespoon Creole seasoning
- 1 teaspoon paprika
- 2 cups fish broth
- 3 tablespoons parsley, chopped
- 2 green onions, chopped

## Directions

1. Make the shrimp stock. In a saucepan over medium heat, melt 2 tablespoons of butter and add the shrimp shells and the scraps and peelings from the onion, celery, and garlic. Sauté and stir for 3 to 4 minutes. Add a gallon of water to it and bring to a boil. Remove the pot from the heat and strain out the scraps and shells, reserving the stock.
2. For the etouffee, in a heavy-bottomed saucepan, melt the remaining butter and add the oil and flour. Mix until smooth.
3. Add the onion, celery, garlic, and green bell pepper and mix well. Add the shrimp, thyme, and bay leaf. Mix well.
4. Blend in the tomatoes, Creole seasoning, and paprika. Pour about 2 cups of shrimp stock and bring to a boil and simmer for 5 minutes, or until the shrimp is cooked.
5. Adjust salt and pepper, stir in the parsley and green onions. Serve when ready!

## Nutrition (per serving)

Calories 300, fat 15 g, carbs 13 g, sugar 2 g, Protein 27 g, Sodium 215 mg

# Jamaican Curry

A melt-in-your-mouth spiced pork curry bursting with full Caribbean flavor.

Serves 6 | Prep. time 20 minutes | Cooking time 3½ hours

## Ingredients

- Canola oil for frying
- 2 pounds pork shoulder, cut into 1-inch pieces
- 2 yellow onions, chopped finely
- 2 teaspoons allspice
- 3 tablespoons curry powder
- 1 tablespoon paprika
- 1 tablespoon ground coriander ground
- 1 tablespoon celery salt
- 1 tablespoon garlic powder
- 1 tablespoon thyme leaves
- ½ cup pumpkin, sliced
- ¼ teaspoon black pepper
- 6 cloves garlic, thinly sliced
- 1 Scotch bonnet chili, minced
- 4 tomatoes, chopped
- 4 pieces spring onions, chopped

## For the rice and beans

- ¼ cup butter
- 2 cups long-grain rice
- 2 tablespoons thyme
- 1 can kidney beans, drained and rinsed
- 1½ cups coconut milk
- 2 cups cold water

## Directions

1. In a large pan, Dutch oven, or Jesta pot, heat oil enough to cover the bottom over medium heat. Cook onions until translucent.
2. Add the pork and all the spices. Stir everything together to coat the meat evenly. Mix in garlic, chili, pumpkin, tomatoes, and spring onions. Stir again.
3. Pour in a gallon of cold water and cover the pan. Allow the mixture to boil and then reduce the heat to low to simmer. Cook for 3 hours but stir frequently.
4. While the meat is cooking, prepare the rice and beans. In a pan with a cover, heat the butter over medium heat and add the rice, thyme, and beans. Mix everything together and ensure that the rice is evenly coated.
5. Add the coconut milk and cold water. Stir and cover. Adjust the heat to low and allow to cook for 20 minutes.
6. Using a wooden spoon, fluff the rice. Serve both together!

## Nutrition (per serving)

Calories 677, fat 28 g, carbs 59 g, sugar 7 g, Protein 42 g, sodium 586 mg

# Fish Escabeche

Spicy, tarty, and slightly sweet sauce poured over a red snapper fish.

*Serves 4 | Prep. time 15 minutes | Cooking time 30 minutes*

## **Ingredients**

- ¼ cup canola oil
- 2 pounds red snapper, cleaned and descaled
- 1 bay leaf
- 2 cloves garlic, chopped
- 1 teaspoon fresh ginger, grated
- 1 yellow onion, sliced
- 1 carrot, julienned
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 Scotch bonnet pepper, minced
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 tablespoon thyme
- ½ teaspoon allspice
- 1 lime, juiced
- 1 tablespoon brown sugar
- 1 cup red wine vinegar
- Thyme sprigs for garnish

## **Directions**

1. In a large frying pan over medium heat, warm the oil and cook fish, skin side down. Cook for about 7 minutes on each side or until crispy on both sides. Transfer to a plate with a paper towel to remove excess oil.
2. To the same frying pan, add the bay leaf, garlic, ginger, onion, carrot, bell peppers, and Scotch bonnet pepper.
3. Season with salt, pepper, thyme, allspice, lime juice, and brown sugar. Bring it to a simmer and cook for about 3 minutes. Stir in the vinegar
4. Serve fish on a plate with sauce and garnish with thyme sprigs.

## **Nutrition (per serving)**

Calories 317, fat 18 g, carbs 11 g, sugar 6 g, Protein 24 g, sodium 101 mg

# Hummingbird Cake

The hummingbird cake originated from Jamaica where it was named the doctor bird cake, a hummingbird native from Jamaica. The cake has been popular ever since, especially in the Southern States of America. It boasts tropical flavors of pineapple, bananas, pecans, cinnamon, and nutmeg.

*Serves 16 | Prep. time 35 minutes | Cooking time 40 minutes*

## **Ingredients**

### Dry ingredients

- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ½ teaspoon salt
- ¾ cup granulated sugar
- ¾ cup packed light-brown sugar
- 1 cup pecans, chopped

### Wet ingredients

- 3 large eggs
- 1 cup vegetable oil or canola oil
- 1 teaspoon vanilla extract
- 1 ½ cups mashed overripe bananas
- 1 cup fresh pineapple thinly diced or drained canned pineapple tidbits

### Frosting

- 12 ounces cream cheese, nearly at room temperature
- ¾ cup unsalted butter, nearly at room temperature
- 4 cups powdered sugar, divided
- 1 ½ teaspoons pure vanilla extract
- Pecans for decoration (optional)

## **Directions**

1. Preheat oven to 350°F (177°C).
2. Lightly grease the bottom of 2 (9-inch) cake pans and line the bottom with parchment paper. Grease the sides and bottoms with butter or cooking spray and sprinkle with flour, taking time to turn the pans over, and remove excess flour.
3. In a large bowl, add all the dry ingredients and stir to combine well. Set aside.
4. In the bowl of the electric mixer, beat the wet ingredients EXCEPT the eggs.
5. In 3 batches, add the flour mixture, beat on slow speed until well incorporated. Add 1 egg and beat until well incorporated. Continue with the same process until all the eggs are used. Continue beating for 1 minute on medium speed until the cake batter is smooth.
6. Pour the batter evenly between the 2 cake pans.
7. Bake for 35-40 minutes or until a toothpick inserted in the center comes out clean.
8. Let the cake pan rest on a wire rack to cool. After 15 minutes, loosen the sides of the cakes with a knife and unmold them onto the wire rack. Let cool completely before frosting.
9. While the cakes are baking, make the frosting. Beat the cream cheese and butter until creamy on medium speed. Working in batches, add 1 cup of the powdered sugar and beat until well incorporated. Add the vanilla and beat until well incorporated and the frosting is fluffy.
10. Once the cake has cooled completely, frost the bottom cake, place the second cake on top, and finish frosting the cake.
11. Decorate with pecans if desired.

## **Nutrition (per serving)**

Calories 641, fat 37 g, carbs 75 g, sugar 53 g, Protein 6 g, sodium 176 mg

\*\*\*These recipes and more are found in Sarah Spencer's *A Taste of Caribbean: Traditional Caribbean Cooking Made Easy with Authentic Caribbean Recipes*. To get your copy, click on the cover below or click [here](#).

