

The Gleaner's

Easter COOKBOOK 2010

FAVOURITE HOMESTYLE RECIPES





Easter treats

Pioneer on the Jamaican and Caribbean media landscape, **The Gleaner** continues to provide a range of products and services geared at satisfying readers' tastes. The first to do so, over the years, we have produced two recipe books every year.

This year, **Lifestyle** has packaged some extra special in our Easter edition. We hope you enjoy the new features, especially the glossary of some commonly used cooking terms, recipes from friends overseas as well as our local celebrities.

Send us your feedback and start sending in those recipes for our Christmas cookbook. If selected, you could win a gift. Think about cakes,

puddings, drinks, main meat dishes and special Christmas treats. Make sure that all your recipes feature locally grown vegetables, ground provisions and fruits.

As you observe the traditions of Easter, remember the true meaning of the season. It is not just about bun and cheese or fish and bammy. It is, instead, the time of year when Christian believers pause to reflect on the sacrifice of their Saviour on the cross for their sins.

A happy, safe and holy Easter to all our print and Internet readers.

barbara.ellington@gleanerjm.com



Myths about the season

Jamaicans have a way of putting their mark on things and myths about Easter are not exempt.

Have you ever heard about breaking the egg? Well, you crack an egg in a glass or bowl on Good Friday and leave it. When you come back later that day, whatever shape/image the egg has formed is an omen of things to come in your life. For instance, if you see a ship or plane, you'll be travelling. If you see a ring, you'll get married. And if you see a coffin, well, you know.

Another popular Good Friday myth is catching the water if it rains on that day. You put a container into the middle of the yard (away from trees, branches, rooftops, etc.) so that the water falls directly from the heavens. You then take the water and store it.

Any time medical situations come up, take the 'Good Friday water' and get to work.

Here are some you might not have heard:

- Having new clothes for Easter brings good luck.
- Adults who do any form of work on Good Friday will have to do it over and over again, and any sewing done on this day will never be undone.
- Washing clothes on Good Friday will bring a curse of never being clean.
- Wishes through prayers done at the precise time of 3 p.m. (the hour it is believed Christ died) will surely be granted.

*Additional information taken from
www.associatedcontent.com*

Soups: **4, 6, 8**

Salads: **10, 12**

Main courses:

14

Celebrities' favourites: **16**

Sponsors' recipes:

17, 18, 20

Desserts:

22, 24, 26

Beverages: **27**

Glossary: **28**

Writers:

Barbara Ellington,
Nashauna Drummond,
Daviot Kelly,
Keisha Shakespeare-
Blackmore,
Latoya Grindley

Guest contributors:

Ann-Marie Vaz,
Trudane Hardware,
Elaine Maragh,
Sharon McConnell-
Feanny

Sub-editor:

Tennessee
Malcolm

Cover design:

Tennessee
Malcolm



LASCO

Beans & Pasta

Ingredients

4 tbsp	LASCO Vegetable Oil
1 med	Onion; chopped
1 lge	Sweet pepper; cubed
1/2 cup	LASCO Tomato Ketchup
2 tbsp	LASCO Gourmet Sauce
1 Can	LASCO Red Kidney Beans
2 cups	LASCO Elbow Macaroni (Cooked)
1 Can	LASCO Mixed Vegetables
2-3 tbsp	LASCO Soy Sauce
2 tbsp	LASCO Crushed Scotch Bonnet Pepper
4-6 med	Tomatoes; cubed

Serves: 4-6 persons

Preparation

1. Heat oil in skillet, add onions and sweet peppers (heat lightly).
2. Drain water from mixed vegetables into skillet; add ketchup, gourmet sauce and pasta. Stir for one minute.
3. Empty kidney beans and mixed vegetables into skillet. Add soy sauce and a few dashes of crushed scotch bonnet peppers. Heat thoroughly. Toss in cubed tomatoes then remove from flame.

www.lascojamaica.com



THIS SECTION will feature soups that are appropriate for the season when Jamaicans observe self-restraint in eating and drinking habits. Some of these soup recipes (with a little modification) are from Laurel Hepburn's **Jamaica Finest Taste for all Seasons** (first edition) cookbook. The soups either have a seafood, poultry or vegetable base and all ingredients are available in our island's markets.

Pepperpot *soup*



4 cups water
1 lb pak choi
1 lb green leafy cabbage
3 bunches callaloo
1 1/2 lb chicken meat
1/4 lb shrimp
1 onion chopped
1 lb okras
1 stalk scallion
1 lb yam and potatoes

1/2 lb flour to make dumplings (spinners)

METHOD

1. Clean, cut up and boil chicken in water.
2. Strip callaloo, cut it up with other green, leafy vegetables and add to pot with sea-

soning after chicken has been boiling for an hour.

3. Add ground provisions and cook until tender. Then add dumplings (spinners) and shrimp and simmer; add salt to taste.

Serve hot.

Okra Soup

1 doz okras
1 small bunch callaloo
salt and pepper to taste
1/2 lb smoked turkey necks
(salt beef after Easter)
4 cups water

Seasoning (tomatoes, scallion, thyme, red pepper)

METHOD

1. Wash turkey necks.
2. Cut okras and put them in

water along with turkey necks, then simmer for about an hour.

3. Chop up callaloo, add to soup, then simmer.

Add seasoning, simmer for a few more minutes, then serve hot.



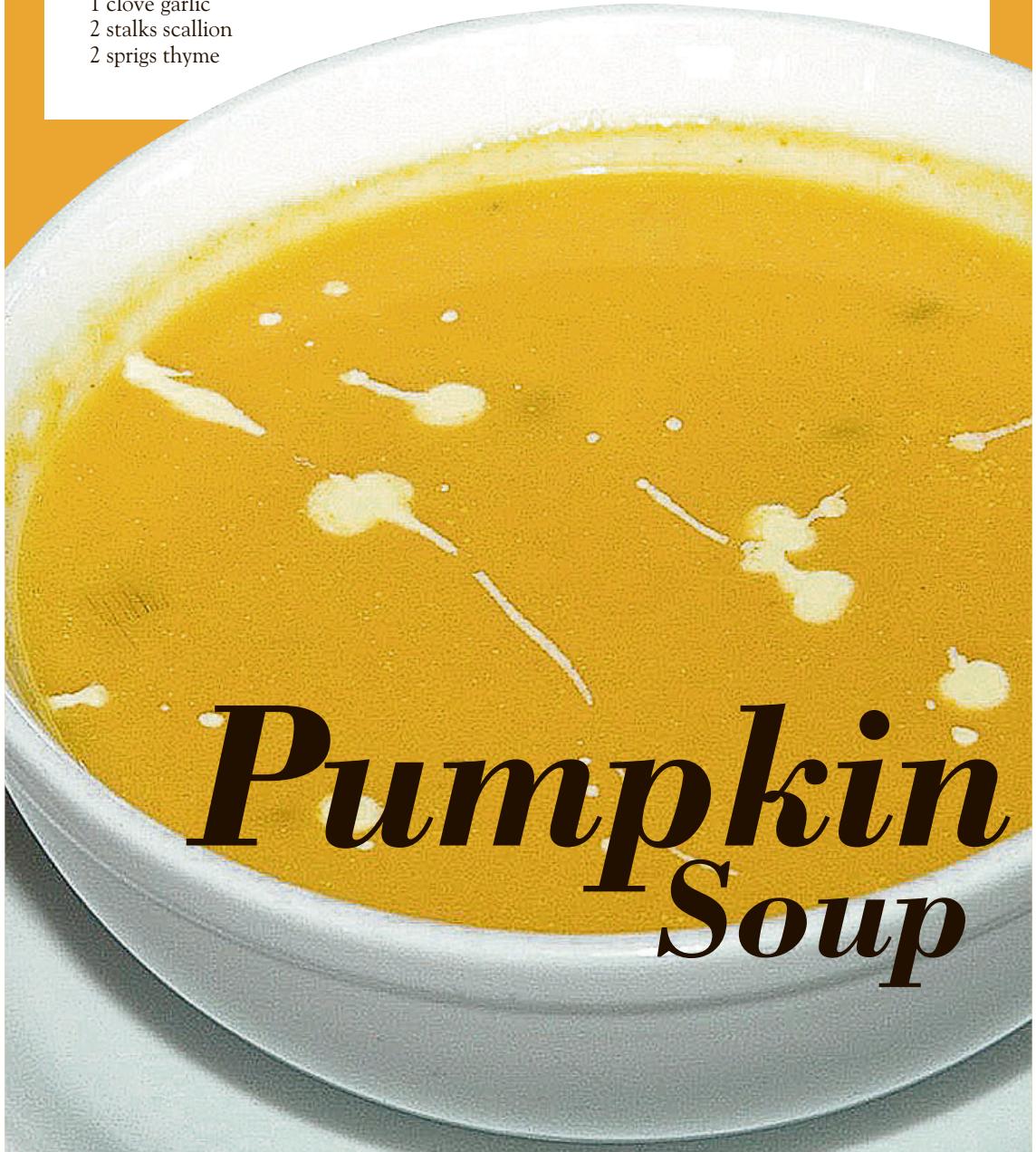
Chicken Stock

4 cups water
1/2lb chicken bones
2oz onion
salt to taste (optional)
1 clove garlic
2 stalks scallion
2 sprigs thyme

METHOD

1. Wash bones and add water to pot.
2. Bring to boil and lower heat.
3. Add other ingredients, simmer for an hour, and skim the surface.
4. Strain; cool for use as desired.

Pumpkin Soup



1 lb pumpkin
2 onions
1 quart chicken stock (substituted for meat bone)
2 sprigs thyme
1 tbs butter

1 stalk scallion

METHOD

1. Slice and lightly sauté onions in butter.

2. Add peeled and cubed pumpkin and the rest of the ingredients.

3. Cover in chicken

stock and simmer for about an hour.
Strain before serving.

Serves 4.



Earth Chef



VEGGIE MINCE BEEF BALLS IN GRACE BARBECUE SAUCE

Preparation Time: 45 minutes • Serves: 4-6 persons • Cooking Time: 30 minutes

INGREDIENTS

METRIC	IMPERIAL	DESCRIPTION
110 grams	1 pack	GRACE EARTH CHEF UNFLAVOURED VEGGIE MINCE BEEF
500 ml	2 cups	Boiling Water
7.5 ml	1 cup	GRACE VEGETABLE OIL
	6 cloves	Garlic, crushed
225 grams	8 oz	Onion, chopped
114 grams	4 ozs	Escallion, chopped
	1 whole	Scotch Bonnet Pepper, finely chopped
15 ml	1 Tbsp	Thyme leaves
225 grams	8 ozs	Breadcrumbs
225 grams	8 ozs	Whole wheat Flour

TO MAKE BARBECUE SAUCE

250 ml	1 cup	GRACE TOMATO KETCHUP
5ml	1 tsp	sugar
15 ml		1 tbsp liquidized ginger
5 ml	1 tsp	Grace Hot Pepper Sauce
15 ml	1 tbsp	Grace Fish and Meat Sauce

METHOD

- Place GRACE EARTH CHEF UNFLAVOURED VEGGIE MINCE BEEF in a large bowl; pour on 500ml (2 cups) boiling water re-hydrate for 5 minutes.
- Blend together 7 Tbps GRACE VEGETABLE OIL the crushed garlic, chopped onion, escallion, scotch bonnet pepper and thyme in a blender for 2 minutes. Add the contents of the seasoning sachet and blend for another minute.
- Pour blended marinade mixture unto the re-hydrated mince, mix well and allow to marinate for 30-40 minutes.
- Add the breadcrumbs gradually to the marinated mixture to create "workable dough".
- Spoon some of the mixture into the palm of the hand using a tablespoon. Roll the mixture into small balls, set aside. Continue until all the mixture is used. (number of balls varies depending on sizes created.)
- Heat remaining GRACE VEGETABLE OIL in a large skillet. Roll balls in whole-wheat flour, coating evenly. Fry coated balls in heated oil until golden brown.
- Remove from oil and drain on absorbent paper.

FOR THE BARBECUE SAUCE

- Combine all the ingredients in a saucepan
- Heat and serve with Veggie Balls.

TO SERVE: Serve with steamed Cous Cous and BARBECUE SAUCE

METHOD NOTE: May be served as hors d' oeuvres.



- More Protein than meat.
- 1 pack serves 4.
- Convenient Seasoning Sachets.
- 100% Meatless.
- Low fat, no cholesterol.
- Costs less than meat.
- Easy to prepare.

Taste you can believe in!

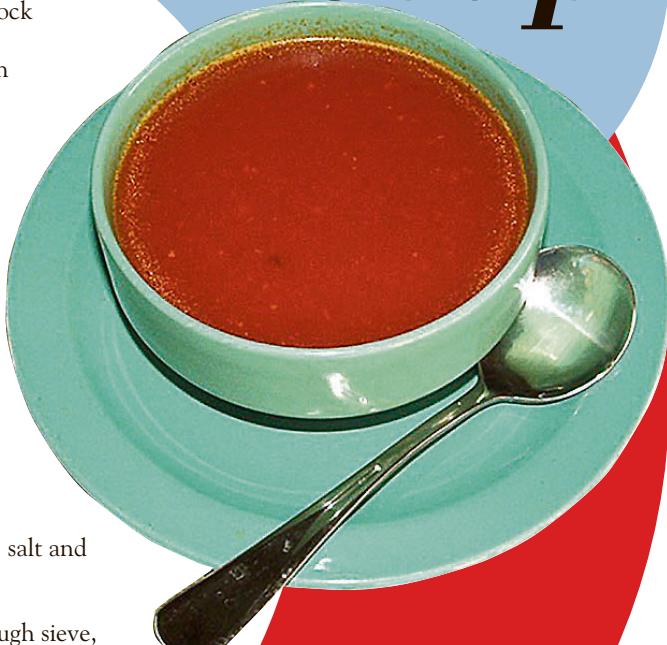


Tomato Soup

1 lb fresh tomatoes
1 quart chicken stock
1 onion
Strips of smoked chicken
(bacon rinds after Easter)
1oz brown sugar
salt and pepper to taste
Fresh herbs of choice
1oz margarine
2 tbs flour

METHOD

1. Using half the margarine, fry meat in thick pot, add sliced onions and fry slightly.
2. Chop tomatoes, add to pot and cover and cook over low heat for 10 minutes, stirring occasionally.
3. Add mixed herbs, stock, sugar, salt and pepper and simmer.
4. Remove from flame, rub through sieve, rinse the pot and add remaining margarine.
5. When butter has melted, gradually stir in flour and add the sieved purée.
6. Cook until rich and



Split-Pea Soup

2 1/4 cups split peas
(green or yellow).
1 lb smoked chicken or turkey necks
2 sliced onions
salt to taste
one fresh green hot pepper
1/2 lb pumpkin or carrot
1 bunch mixed herbs (basil, thyme, scallion, etc.)

METHOD

1. Cover peas with five cups cold water and soak overnight in soup pot.
2. Add chicken or turkey necks, onion and half of seasoning.
3. Bring to boil, reduce heat and simmer for 90 minutes, stirring occasionally.
4. Add remaining seasoning and whole pepper, and cook for another 20 minutes. Add salt to taste and serve.



COCONUT MILK POWDER

*The quick and easy way
to cook!*



- No Squeezing
- No Fuss
- No Mess
- Just Add Water

Perfect for:

- rice 'n' peas
- stew peas
- desserts
- curries, cocktails and confectionery

*Superior Quality.....
Great Taste*



Pick up a pack of Caribbean Dreams Coconut Milk Powder today.



Waldorf Salad



Prep time: 10 minutes

1 orange
2 cups diced, unpeeled apple (Jamaican or American)
1 tsp finely grated orange peel
1/2 cup raisins
1/2 cup thinly sliced celery
1/2 cup chopped walnuts
1/4 cup mayonnaise
1 tbs sugar
3/4 cup whipped topping
salad greens or lettuce (sold in a bag in supermarkets)

METHOD

1. Zest orange for the 1 tsp grated orange peel; peel and section orange over a bowl to catch any juices.
2. Cut each orange section in half; reserve 1 tbs of the collected orange juice.
3. In a bowl, combine diced apple, orange peel, raisins, celery, walnuts and orange pieces.
4. In a separate bowl, blend together mayonnaise, sugar and reserved orange juice.
5. Fold in whipped topping and gently stir into apple Waldorf salad mixture.
6. Arrange salad greens on serving plates and top with Waldorf salad.

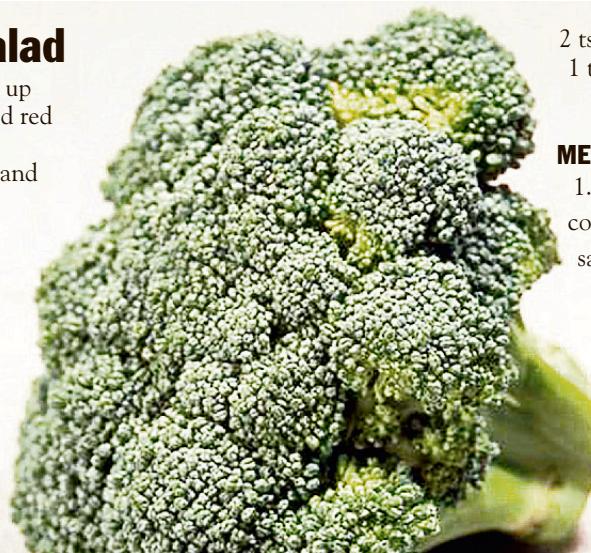
Waldorf salad serves 6.

Broccoli Salad

1 bunch broccoli, cut up
1/2 cup finely chopped red onions
1/2 lb bacon cooked, and crumbled
1 cup raisins (I didn't use quite so much)
1/2 cup diced celery
1/2 cup sunflower seeds

DRESSING

1 cup Miracle Whip salad dressing



2 tsps sugar
1 tsp vinegar

METHOD

1. In a large serving bowl, combine broccoli and other salad ingredients.
2. Mix dressing ingredients together, pour over salad ingredients and toss gently.

Source: About.com

Nestle Carnation Easter Delights

Carnation® Coconut Curried Fish

Serving 4

Time 30 mins

2 pounds Fish fillet of your choice
2 packs MAGGI® SEASON UP Fish (10g)
½ tbsp Escallion finely chopped
½ tbsp Thyme, fresh finely chopped
1 tsp Garlic, minced
1 Onion medium, sliced
2 Tomatoes, Sliced
3 tbsps Curry powder
½ cup Water
1 tbsp Vegetable oil
3 tbsps MAGGI® Coconut Milk Powder
1 cup CARNATION® Evaporated Milk (250 ml)



Method

- Season fish with Season Up, escallion, thyme, garlic, onion and tomatoes. Leave to marinate for 15 minutes in the refrigerator.
 - Mix curry powder with water to form a paste.
 - Heat oil in a medium pot, add curry paste to pot and cook for 5 minutes.
 - Dissolve coconut milk powder into the CARNATION® Evaporated Milk and stir into curry.
 - Place seasoned fish into pot and spoon sauce over fish.
 - Cover pot and reduce heat to a medium heat and leave to cook for 15 minutes. Stir occasionally.
- Serve with rice or roti.

Carnation® Easter Bun

Serving 8

Time 1.35 hours

Ingredients

1 can CARNATION® Evaporated Milk
2 cups Brown sugar
2 medium eggs
2 tbsps Margarine melted
1 tbsp Baking powder
1 lb All purpose flour
½ tsp Salt
1 tsp Mixed spice
½ tsp Nutmeg, grounded
1 tbsp Browning
½ cup Mixed fruits



Method

1. Combine milk and sugar over heat until sugar dissolves. Whisk eggs and add along with melted margarine to the heated milk.
 2. Combine all dry ingredients. Slowly pour in all liquid ingredients and mix well.
 3. Pour batter into a lined loaf tin and bake in a preheated 350°F (180°C) oven for 30 minutes.
 4. Decrease the temperature and to 325°F (163°C) and bake for a further 30 minutes or until skewer inserted comes out clean.
 5. Cool for 20 minutes before slicing.
- Serve with a glass of iced cold Nestle Milk.

 **Nestle**
Good Food, Good Life

Good to talk

Nestle Jamaica Ltd.
Tel: 968-5538 or 1-888-1-NESTLE (637853)
Email: consumerservices@cbr.nestle.com
www.nightfiveforlife.com



Three-Bean Salad

A tasty bean salad, with tangy dressing.

1 can (15-16oz) cut green beans, drained
1 can (15-16oz) cut yellow beans, drained
1 can (16oz) red kidney beans, drained
1/4 cup chopped green bell

pepper
1 cup sliced purple onion
1/2 cup cider vinegar
1/3 cup vegetable oil
1/2 cup granulated sugar
1 tsp salt
1 tsp pepper

METHOD

1. Rinse beans; drain.
Combine beans, green pepper,

and sliced onion. Whisk together remaining ingredients; pour over bean mixture.

2. Toss three-bean salad well and chill for at least 4 hours. Store in the refrigerator.

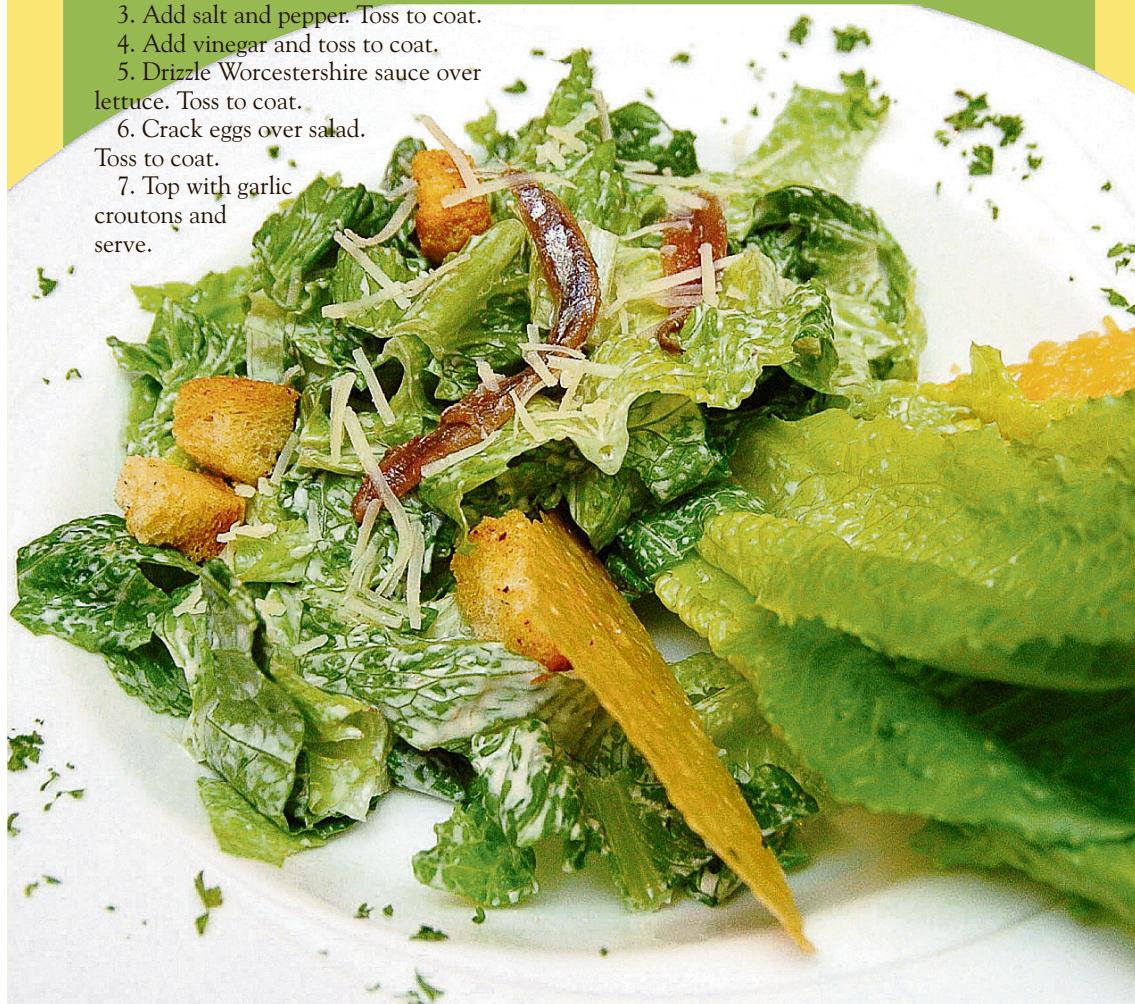
Three-bean salad serves 10-12.

1 head romaine lettuce, roughly chopped
1/4 cup extra-virgin olive oil, divided
2 soft-boiled eggs
Heavy pinch of sea salt. Don't use table salt, or else you're not making Caesar salad.
Freshly ground black pepper
Drizzle red wine vinegar
3 shots Worcestershire sauce
Garlic croutons

METHOD

1. First, strike up a conversation.
2. Drizzle lettuce with 2 tbs extra-virgin olive oil. Toss to coat.
3. Add salt and pepper. Toss to coat.
4. Add vinegar and toss to coat.
5. Drizzle Worcestershire sauce over lettuce. Toss to coat.
6. Crack eggs over salad. Toss to coat.
7. Top with garlic croutons and serve.

Caesar Salad





Shrimp Scampi

This recipe is easy to prepare and a hit with the children.

- 3 tbs olive oil
- 4 tbs butter or margarine
- 3 tbs white wine
- 1 tsp dried parsley
- 3 cloves garlic, peeled and minced
- 2 tsps fresh lemon juice
- 1 lb shrimp, de-veined

METHOD

1. Clean shrimp, then season with salt and pepper to taste.
2. Heat oil and butter in large frying pan over medium heat and sauté garlic for 1 minute.
3. Add wine, parsley and lemon juice and cook for 1-2 minutes and stir frequently.

4. Add shrimp and cook through until pink; about three minutes.

5. Do not overcook. Pour mixture over cooked linguine or pasta of your choice, toss together and serve.

Note: You may use a mixture of lobster and shrimps and any pasta of your choice.

Provided by H. Elaine Maragh

Spaghetti with Norwegian Salt Fish Sauce



- 1.6kg Norwegian salt fish
- 300g fresh peeled shrimp
- 7 tomatoes cut in cubes
- 2 grated onions
- 3 cloves of garlic
- 1 yellow sweet pepper, sliced in long, small strips
- 1 red sweet pepper, sliced in small, thin strips
- 10g green olives
- 10g black olives
- 4tbs basil leaves
- 3tbs fresh parsley, chopped
- 250g unpeeled tomatoes
- 2 tbs shallots (Welsh onion)

- 1 cup olive oil
- 4 tbs tomato extract
- 1 tsp salt
- 1kg spaghetti

METHOD

1. Cook spaghetti *al dente*.
2. Heat half of the olive oil in a deep pan. Add tomato extract, the tomatoes in cubes, the yellow and red peppers, the crushed garlic, unpeeled tomatoes, and stir.
3. Bring mixture to boil for 10 minutes.
4. Add salt and taste for flavour.

Subsequently add salt fish, basil, the parsley, the shallots and lastly, the fresh shrimp. Let it boil for 5 minutes.

5. Taste the flavour, turn off heat and add the second half of olive oil. Transfer the spaghetti to a bowl, adding the sauce on top. The sauce may be served separately

6. Serve with rice in coconut milk or white rice.

Source: Norwegian Salt fish steals the Party with the Secrets of Dada.



1 lb scallops
9 or 12oz pack of fresh angel-hair pasta
1 cup mushrooms, sliced
1/2 of an onion, chopped
1/2 a tomato, chopped
3 tbs lemon-flavoured olive oil
2 tsps butter

BLACKENING SPICES

1/4 tbs salt
1/3 tbs white pepper
1 tbs black pepper
3/4 tsp dry mustard
3/4 tsp cayenne pepper
1/2 tsp garlic powder
1/8 tsp dried thyme leaves

METHOD

1. Mix blackening spices together. Dredge (coat) scallops in blackening spices.
2. In skillet, sauté onion in butter, add mushrooms after onions are translucent, set aside.
3. Boil pasta in water, add 1 tsp of olive oil. Cook four to five minutes, or according to instructions.
4. Heat butter in skillet over high heat. Add scallops and let cook for 6-8 minutes. Cover to keep warm, set aside.
5. Place pasta in a bowl. Drizzle with lemon-flavoured olive oil. Add small mixture of butter, mushrooms, onions, tomatoes and toss.
6. Plate pasta and add scallops on top, add Parmesan cheese, if desired.

Blackened

Scallops over Angel-Hair Pasta



Bouillabaisse

Jamaicans like their fish tea. This recipe from *The New York Times Cookbook*, which my family enjoys, can be considered a different kind of fish tea. After you have cooked this a couple of times, you will find yourself adding and substituting ingredients. I like to add more leeks and wine. I sometimes substitute other kinds of fish. Choose a firm fish that will not easily fall apart.

1/4 cup olive oil
1 stalk celery, chopped
1 clove garlic, finely chopped
1 leek, diced

1/2 tsp thyme
1/2 bay leaf
2 cups crushed tomatoes
1 cup bottled clam juice
1 cup dry white wine
1/4 cup fennel, chopped or
1/2 tsp chopped fennel seeds
Pinch of saffron (optional)
Salt and pepper to taste
2 tbs chopped parsley
1 small lobster cut into pieces
12 mussels, well scrubbed and de-bearded
12 raw shrimp, shelled and de-veined
12 scallops, 1 lb red snapper or cod, cut into serving pieces.

METHOD

1. In a large pot, heat the oil, add celery, onion, garlic, leek, thyme and bay leaf and cook for 5 minutes.
2. Add the tomatoes, clam juice, wine, fennel, saffron, salt, pepper and parsley and simmer for 15 minutes.
3. Add the seafood and cook about 15 minutes longer. Do not overcook.

Serve with warm garlic bread.

Provided by H. Elaine Maragh



Hearty Spaghetti & Meatballs



1 onion, chopped
2 garlic cloves, smashed
2 tbs roughly chopped fresh parsley leaves
1 cup milk
4 thick slices of white bread, crust removed
2 lb ground beef
2 large eggs
1/2 cup grated Parmigianino cheese
salt and black pepper
2 tins Hunts spaghetti sauce
1 lb spaghetti

METHOD

1. Heat 3 tbs of oil in a skillet over medium heat. Add the onion, garlic and parsley and cook until the vegetables are soft but still translucent, about 10 minutes. Allow to cool.
2. Pour enough milk over the bread in a bowl to moisten and let it soak. Pour off excess milk and squeeze it slightly. Add eggs, cheese, salt and pepper. Combine everything well.
3. Add ground beef and stir to combine. Be careful not to overwork the meatballs – or they will be tough.
4. Divide the mixture into 10 very large meatballs.
5. Heat 3 tbs of oil in a pan and brown on all sides. Add sauce and let it simmer for 30 minutes.
6. Serve with pasta and extra cheese.

LASCO quick-and-easy spice bun

2-3 tbs LASCO browning
1 cup brown sugar
1 bottle stout
3 tbs LASCO margarine
1 egg, lightly beaten
2 tbs mixed spice
3 cups all-purpose flour
2 tbs baking powder
3/4 cup mixed fruits (raisins, mixed peel, cherries)

METHOD

1. Combine LASCO browning, sugar, stout and LASCO margarine. Heat slowly, stirring occasionally. Cool. Add beaten egg.
2. In a bowl, add mixed spice, flour and baking powder. Mix thoroughly.



3. Make a well in the centre of the dry ingredients. Gradually add liquid mixture and beat well.

4. Fold in the fruits and set aside.

5. Grease a loaf pan (27cm); dust lightly with flour.

6. Empty mixture in pan and place in a heated oven at 350°F

Bake for 50-55 minutes. Cool, glaze, then serve.

GLAZE

1 tbs LASCO margarine
2 tbs honey

Heat and combine, brush over bun surface.



Grilled Spicy Red Snapper with Jamaican Mango Salsa



Prep Time:
10 minutes

Cook Time:
10 minutes

Yield:
4 servings



JAMAICAN MANGO SALSA

- ½ cup Smucker's® Peach Preserves
- Juice of 1 lemon (½ cup)
- 1 small onion, finely chopped
- 1 teaspoon minced garlic
- 1 mango, peeled and finely chopped
- ¼ teaspoon ground allspice
- ¼ teaspoon salt
- ¼ teaspoon pepper

GRILLED SPICY RED SNAPPER



Directions:

- 1 Combine all salsa ingredients except mango in medium bowl; mix well. Fold in mango. Cover and chill.
- 2 Place fillets in shallow dish and rub with lime juice, hot pepper, herbs, salt and pepper.
- 3 Heat grill or broiler. Lightly oil fillets and place on grill or broiler pan.
- 4 Cook fish 4 to 6 minutes; turn and cook for 3 to 5 minutes, or until the fish is slightly firm to the touch. Serve fish with mango salsa and lemon wedges, if desired.



TIP: Round out this meal with rice or a colourful pasta salad.



Jamaican Easter Bun



Prep Time:
20 minutes

Cook Time:
60 minutes

Yield:
8-16 servings

Ingredients:

- 3½ cups flour
- 1½ cups sugar
- 1 lb. raisins
- ½ lb. Smucker's Mixed Fruit Jelly
- 1 bottle Guinness stout
- 1 egg
- ½ lb. butter
- 3 tbsp. Smucker's Orange Marmalade
- 3 tbsp. honey
- 2 tbsp. molasses
- 2 tsp. baking powder
- 1 tbsp. vanilla
- ½ lb. currants

Directions:

Melt butter. Whip eggs, add stout, honey, molasses and all liquids. Add all dry ingredients and fruits. Put into 2 or 3 bread pans and bake in 350°F oven for 1 hour or until done. Insert toothpick to test.



Distributed by: CHAS RAMSON LIMITED



www.chaseramson.com

©™Smucker's is a trademark of JM Smucker Company.



Hellshire-style fried fish



Fish
Black pepper and salt to taste
3 tbs vinegar
1/2 pint oil
1 medium onion
Pimento
1/4 lb carrot (julienne)
Scotch bonnet pepper

METHOD

1. Clean and gut fish. Slice fish on both sides at an angle.
2. Season well with black pepper and salt and allow to rest and dry.
3. Slice onion into rings, cut up pepper and julienne carrot.
4. Pour oil into frying pan and allow to heat well. For 5-8 minutes on medium flame.
5. Place fish into frying pan and fry until golden brown. Once fish is done, pour out excess oil, leaving behind approximately 3 tbsp to prepare dressing.
6. To this, add vinegar, onion, pepper, carrot and pimento. Simmer for 30 seconds.
- 7) Pour mixture over fish and serve.

Flavour-filled Roast Fish

Fish
2 cups shredded callaloo
1 medium onion
6 okras diced
Black pepper and salt to taste
Browning/jerk seasoning
Pimento
1/2 stick butter
1/2 lb carrot (julienne)
Scotch bonnet pepper
Foil wrap

METHOD

1. Clean and gut fish. Slice fish on both sides at an angle. Season well with black pepper and salt and allow to rest and dry.
2. Steam callaloo for 5 minutes and let cool. Okras should be added to boiling water and cooked for 5 minutes; remove from water and let cool.
3. Slice onion into rings, cut pepper and julienne carrot. Add some pimento and onion to callaloo and incorporate for your stuffing.
4. Stuff fish belly with callaloo mixture, then baste both side with butter and browning/jerk seasoning.
5. Wrap fish in foil, cushioning both sides with okra, pepper and carrot (optional).
6. Place in oven at 180°C for approximately 30 minutes.

RAINFOREST SEAFOODS

offers
a lengthy line of
delicious
**Seafood
for Lent**



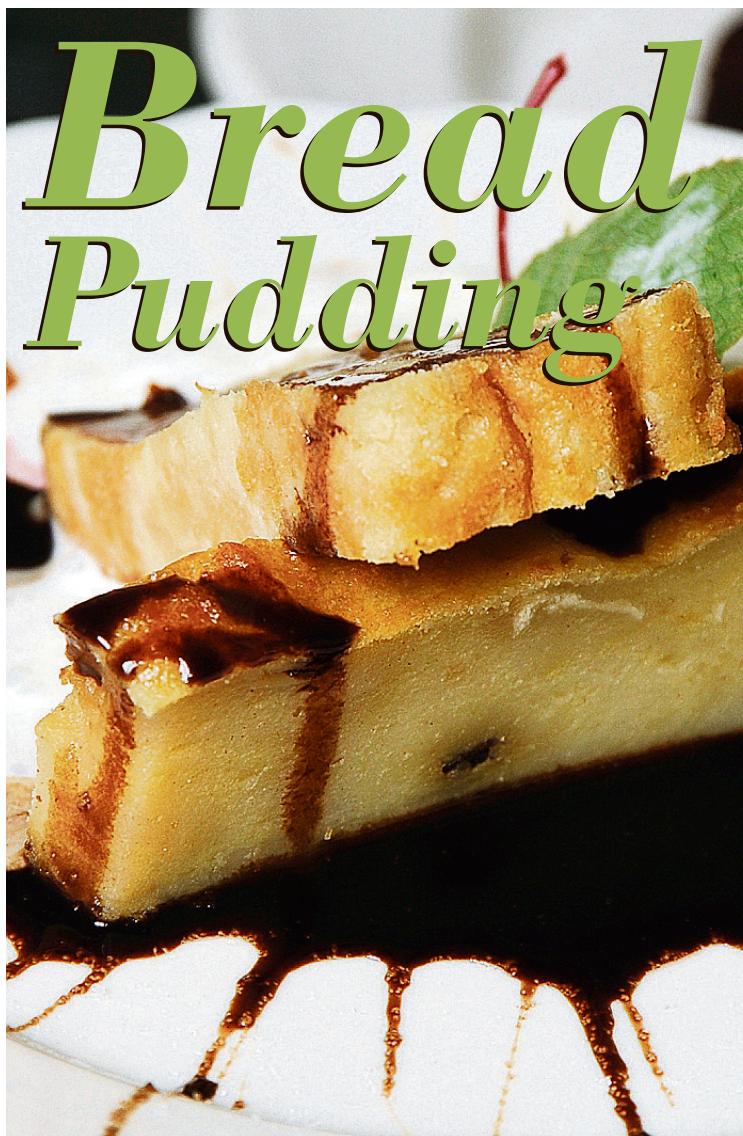
Available in supermarkets
& wholesale islandwide

Fish & Seafood contain high levels of Omega 3 fatty acids,
which play a crucial role in brain function as well as normal growth & development.

Taste the Ocean
www.rainforestseafoods.com



Bread Pudding



2 cups whole milk
1/4 cup butter
2/3 cup brown sugar
(light or dark, depending on taste preference)
3 eggs
2 tsps cinnamon
1/4 tsp ground nutmeg
1 tsp vanilla extract
3 cups bread, torn into small pieces (harddough bread is preferable)
1/2 cup raisins (optional)

METHOD

1. Put milk and butter into saucepan until a thin film forms over top. Cool to lukewarm.
2. Combine sugar, eggs, cinnamon, nutmeg and vanilla. Beat with an electric mixer at medium speed for 1 minute. Slowly add milk mixture and mix for another minute.
3. Place bread in a lightly greased 1 1/2-quart casserole.
4. Sprinkle with raisins, if desired. Pour batter on top of bread.
5. Bake at 350°F for 45-50 minutes or until set. Serve warm.

Sweet Potato Pudding

2 lb sweet potato
1 1/2 cups brown sugar
1 cup flour
2 cups coconut milk
1 1/2 cups raisins
2 tsp vanilla
1 1/2 tsp grated fresh nutmeg
1 tsp mixed spice
1 tsp salt
1 tsp margarine or oil
1/2 lb yellow yam
cinnamon leaf



4. Combine this mixture with the grated potatoes and mix well (using hands to knead or a wooden spoon).
5. Warm sugar and coconut milk with cinnamon leaf.
6. Remove leaf, add to flour and potato mixture and mix well.
7. Grease pan, pour in batter, bake at 350°F for 40-60 minutes or until done.

METHOD

1. Peel potatoes, wash and grate.
2. Grate yam and set aside.
3. Blend flour, mixed spice (raisins, etc.), salt and nutmeg.



Creamy, Cheesy Chicken & Noodles

Ingredients

- 1 pound boneless skinless chicken breasts, cut into 1-inch pieces
- 1 medium onion, chopped (1 med = about 1/2 cup)
- 3 cups water
- 1 can (6 oz each) Hunt's® Tomato Paste
- 3 cups dry extra-wide egg noodles, uncooked (3 cups = 4 oz)
- 1 container (10 oz each) refrigerated Alfredo sauce
- 1 pkg (6 oz each) fresh spinach leaves

Directions

Cook chicken and onions in large nonstick saucepan over medium-high heat 5 minutes, or until chicken pieces are no longer pink in centers and onions are crisp-tender.

Stir in water and tomato paste. Add noodles; stir. Bring to a boil over high heat. Reduce heat to low; simmer 10 to 12 minutes, or until noodles are tender.

Add Alfredo sauce and spinach; mix well. Cover pan with lid. Cook over medium-low heat 3 minutes, or until spinach is wilted and sauce is heated through, stirring after 1-1/2 minutes.



HUNT'S IS A REGISTERED TRADEMARK OF CONAGRA FOODS | HUNT'S IS DISTRIBUTED BY WISYNCO GROUP LIMITED



Traditional Easter Bun

Banana Bread

3 cups mashed overripe banana
1/4 cup melted butter
3/4 cup sugar
2 eggs, beaten
1 tsp vanilla
1 tsp baking soda
Pinch of salt
2 cups of all-purpose flour
1 tsp baking powder

METHOD

1. Preheat the oven to 350°F (175°C).
2. Melt butter and mix with sugar and banana.
3. Add eggs, vanilla, baking soda and salt.
4. Add flour and mix until well moistened. Pour mixture into a buttered 4x8-inch loaf pan. Bake for 1 hour.

Note: Do not overmix or bread will be rubbery.

2 cups brown sugar
4 tsps baking powder
1 tbs butter
1 tsp cinnamon
1 cup Guinness stout
1/2 cup milk
1 tsp nutmeg
1 tsp lime juice
1 egg
1/4 tsp salt
3 cups flour
1 cup raisins

METHOD

1. Preheat the oven to 350°F for about 12 minutes.
1. Beat egg and add sugar. Melt the butter, then add the milk.
2. Mix in with the stout and the dry ingredients and beat until smooth, then add the raisins.
3. Pour into a greased loaf tin and bake for 1 hour.
4. Remove and allow to cool then remove.

Cheesecake

12oz cream cheese, softened
1/2 cup sugar
1/4 cup (1/2 stick) butter or margarine, softened
2 cups frozen, non-dairy whipped topping, thawed
1 packaged Graham Cracker Crumb Crust (6oz). If you like, you can purchase ready-made crust.

METHOD

Preparation:

1. Beat cream cheese, sugar and butter in large bowl on medium speed with mixer until creamy. Break up crackers and line bottom of container. Fold in whipped topping until blended; spoon into crust.

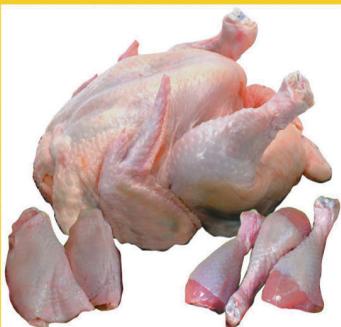
Refrigerate until firm. Garnish as desired.



LILLAN LTD

Prompt Delivery,
Friendly, Courteous
Service

Importers & Distributors of Quality:



- MEATS • FISH • POULTRY • RICE • PEAS • CORNMEAL
- SALT FISH • PICKLED MACKEREL • PIGS TAIL

Tel: (876) 960-4422 • 960-4507 • 960-8056

Fax: (876) 926-5599

21 Westminster Road, Kingston 10

Website: www.lillanltd.com • E-mail: info@lillanltd.com

OPEN: Monday - Thursday: 8:00 a.m. - 5:00 p.m. • Friday: 8:00 a.m. - 4:30 p.m.



Cornmeal Pudding

3 cups cornmeal
3/4 cup all-purpose flour
2 1/4 cups brown sugar
5 cups thick coconut milk
1/2 tsp mixed spice
1 1/2 tsp salt
1 1/2 tsp grated nutmeg
1/2 cup raisins
1/2 cup shredded coconut (if you like biting into pieces of coconut, cut up a few pieces and add in)

2 cups milk
1/4-1/2 cup sugar
1/8 tsp salt
3 egg yolks
1/2 tsp vanilla
1/8 tsp nutmeg (optional)

METHOD

1. Scald milk with sugar, salt and nutmeg. Pour over beaten yolks, add vanilla and pour custard into baking dish or individual moulds.

2. Place moulds in pan of hot water in moderately slow oven until set. To test, insert a silver knife or spoon. If custard does not stick to it, it is ready to be removed from oven. Chill and serve.

you like biting into pieces of coconut, cut up a few pieces and add in)

3. Add to cornmeal mixture, stirring until there are no lumps.

4. Pour into a greased pan.

5. Add raisins and coconut to mixture.

6. Bake at 350°F for an hour or until a toothpick inserted comes out clean.

Egg Custard



Plantain Custard

3 overripe plantains
3/4 pint (420ml) evaporated milk
2 eggs
1oz (28g) sugar
rind of one lime
1 tsp nutmeg

METHOD

1. Peel and slice plantains lengthwise.

2. Lay plantain in a greased ovenproof (Pyrex dish).

3. Heat evaporated milk to warm.

4. Break the eggs into a bowl and whisk lightly with sugar and lime rind.

5. Add warm milk and continue whisking until the mixture is well blended but not frothy.

6. Pour over plantains and top with nutmeg.

7. Bake at 325°F for about 30 minutes until custard is firm and the plantains are cooked.

Serves 4.

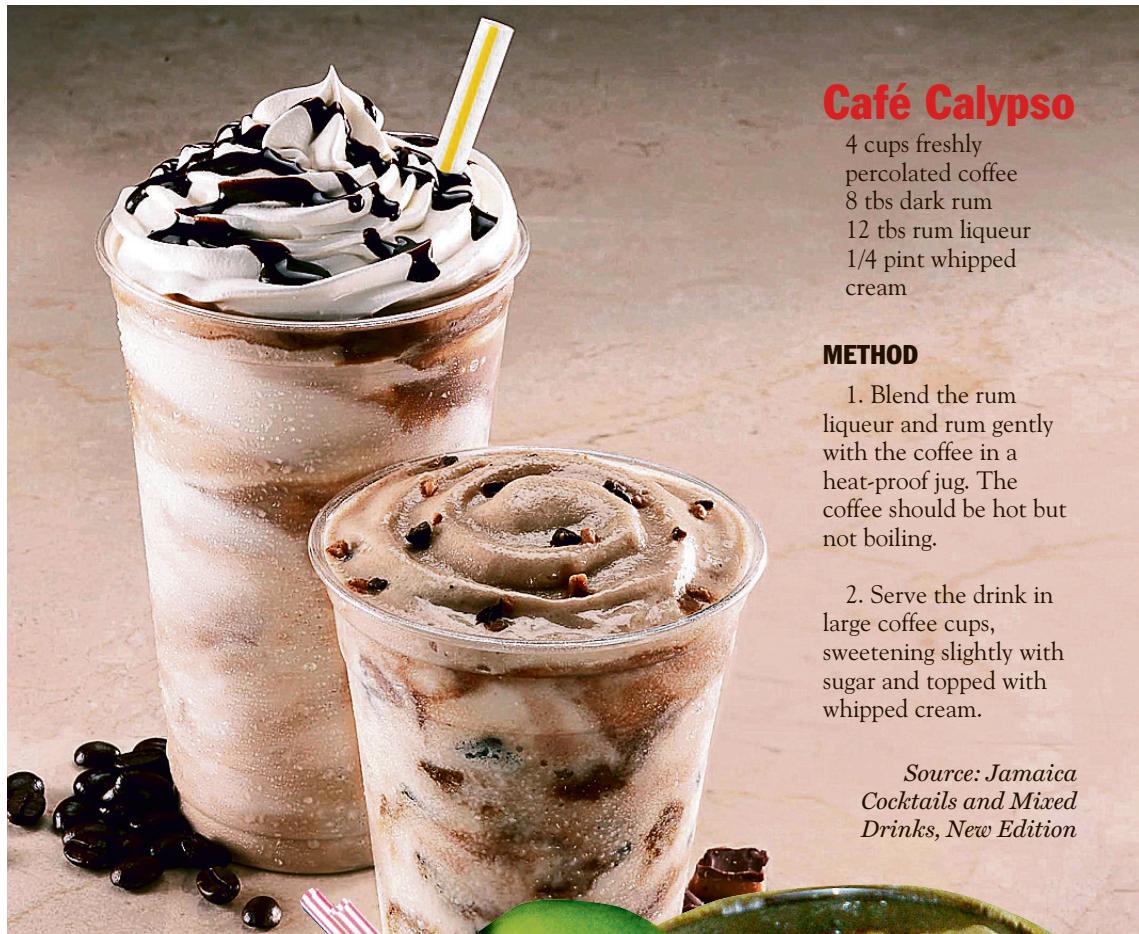
Tip: To prevent a skin forming on custard, cover the surface immediately as it is cooked with damp grease-proof paper.

Recipe from: An Adventure in Caribbean Cuisine by the Caribbean Association of Home Economists

Beverages



If you gave up alcohol for Lent, the drink recipes below should serve as creative ways to mix and reunite your taste buds with the flavour of something strong ... once your fasting is over.



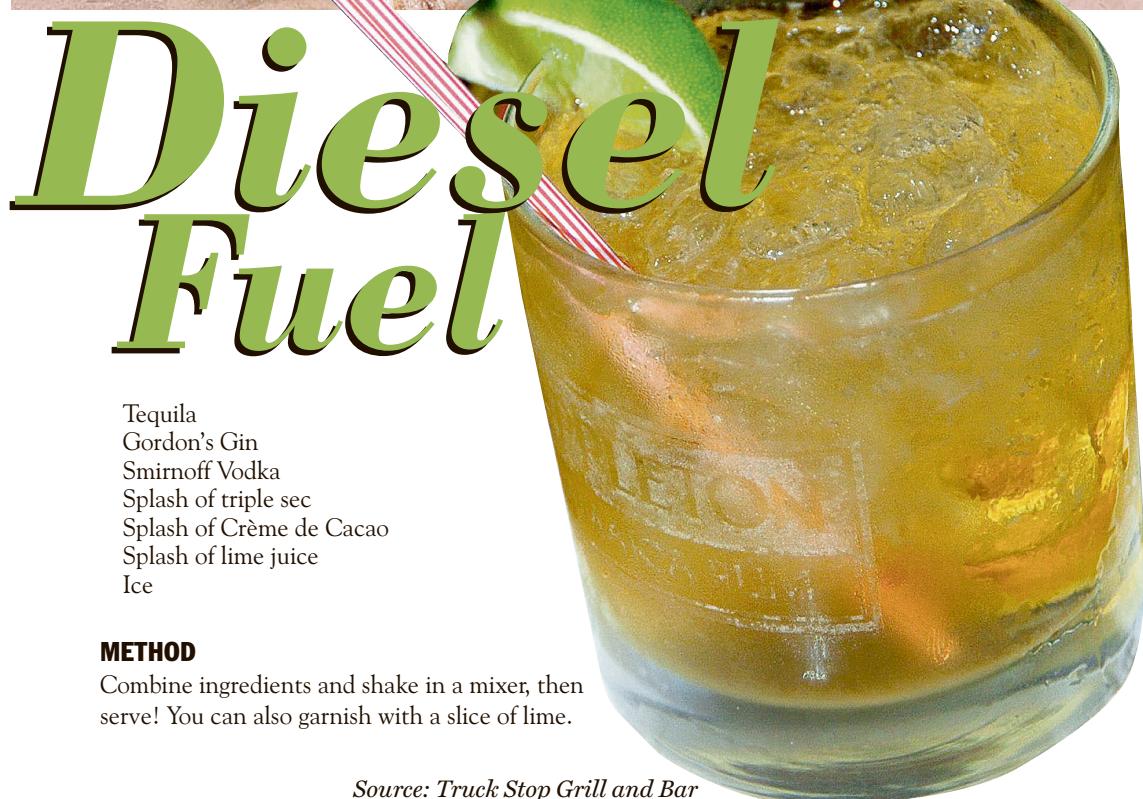
Café Calypso

4 cups freshly percolated coffee
8 tbs dark rum
12 tbs rum liqueur
1/4 pint whipped cream

METHOD

1. Blend the rum liqueur and rum gently with the coffee in a heat-proof jug. The coffee should be hot but not boiling.
2. Serve the drink in large coffee cups, sweetening slightly with sugar and topped with whipped cream.

Source: Jamaica Cocktails and Mixed Drinks, New Edition



Tequila
Gordon's Gin
Smirnoff Vodka
Splash of triple sec
Splash of Crème de Cacao
Splash of lime juice
Ice

METHOD

Combine ingredients and shake in a mixer, then serve! You can also garnish with a slice of lime.

Source: Truck Stop Grill and Bar



Maggi®

Helps YOU Tighten your aprons with FISH

FISH, THE HEALTHY WHITE MEAT



A must-do for the budget conscious cooks of today!

Get more value for your money and purchase whole fish instead of fish fillets since they shrink when cooking. Additionally, whole fish trimmings can be saved for another meal.



A step in a healthy direction!

Fish is a naturally good source of protein, B-Vitamins and Calcium. It is low in saturated Fat, and Cholesterol and can be an important part of a heart healthy diet.

SPICY GRILLED FISH SALAD

Preparation time: 30 mins

Serves: 4

Ingredients:

Salsa:	$\frac{2}{3}$ cup Escallion, chopped 2 cup Tomatoes, diced 2 tbsps Fresh lime juice 2 MAGGI® Garlic Onion Bouillon Cubes 1 tsp Hot pepper, finely chopped 1 tsp Garlic, minced
Fish:	1 lb Fish fillet, cut into cubes 1 pk MAGGI® Season-up! Fish 1 tsp Pepper sauce 1/2 tsp Ginger, grated
Salad:	2 cups Lettuce, shredded 1 cup Carrot, grated

Method:

- Mix all ingredients for salsa and set aside
- Season fish with MAGGI® Season-up! Fish, pepper sauce and ginger
- Grill or broil fish for 5 minutes or until opaque in colour and flaky
- Divide lettuce and carrots onto 4 serving plates
- Top each salad with grilled fish and reserved salsa
- Serve immediately



Nutrition Information

Calories	190
protein	25g
Carbohydrates	18g
Fats	2g

For more exciting recipes visit us at
www.highfiveforlife.com



Maggi®

The Secret of Great Flavour!

Good to talk: Nestlé Jamaica Ltd. (876) 968-5538 or 1-888-1NESTLÉ

Celebrities' favourites

Trudane Hardware

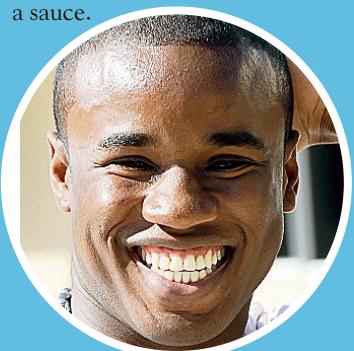
Flair Bachelor

Aphrodisiac Jerked Chicken Breast

1 chicken breast
2 strips bacon
2-3oz mozzarella cheese, grated
Jerk seasoning to taste
Salt and pepper to taste

METHOD

1. Clean chicken breast then slit the side and stuff with cheese
2. Wrap with bacon in an X shape, and then season well.



Ann-Marie Vaz

Wife of Information Minister Daryl Vaz

Poached Salmon with Linguine

1 lb salmon
1/2 lb linguine
1/2 cup chopped parsley
1/2 cup heavy whip cream
3 cloves garlic finely chopped, salt to taste
Dash of white pepper
2 tbs extra-virgin olive oil

For salmon:
1 1/2 cup milk
1 stalk celery, chopped
1 carrot, chopped
5 whole black peppercorns
2 bay leaves

3. Place in a very hot skillet or frying pan and brown on both sides for two minutes each, then place in oven until done.

4. Serve with roasted or mashed potatoes and blanched string beans.

Combine two 2 tbs of jerk seasoning and ketchup to make a sauce.



Sharon McConnell-Feanny

Shakti Mind Body Fitness

Black-eyed peas and parsley salad

Yoga expert Sharon McConnell-Feanny's favourite Easter recipe is black-eyed peas and parsley salad.

Her diet is primarily vegetarian and she loves beans. This salad is not only packed with high protein, it is low in fat and contains parsley, which is great for digestion, hormone balancing and acts as a diuretic. It is also a source of very high natural calcium.

INGREDIENTS AND METHOD

1. Soak one cup of black-eyed peas overnight.
2. Add salmon and cook until tender.
3. Remove from pan, shred them and put aside.
4. Cook linguine according to instructions on box or until al dente and drain.
5. In a saucepan, heat oil then sauté garlic.
6. Add the salmon and the cream, then the linguine.
7. Stir to mix thoroughly and add salt and pepper. Sprinkle with chopped parsley and serve.

It's even more delicious the next day!

Sponsors



Shrimp Chop Suey – Rainforest Seafoods Style

1 (14oz) package Rainforest Seafoods Cooked Shrimp (large)
1/4 cup chopped garlic
3 tps chopped ginger
1/4 cup chopped scallion
2 cups sliced string beans/snow peas
1/2 small cabbage
6 large leaves pak choi
1/2 medium carrot
1 small sweet pepper (chopped)
1/4 cup brown sugar
2 cups light soy sauce

1 cup cooking wine
2 tbs vegetable oil

METHOD

1. Combine sugar, soy sauce, fish stock and cooking wine, bring to a boil and thicken slightly with cornstarch.
2. Heat skillet and add vegetable oil and stir-fry seafood mix for three minutes.
3. Add vegetables and stir-fry an additional 2 minutes.
4. Add sauce, mix to combine, then serve.

Cocolada

Preparation time: 10 minutes

Serves: 4-6 persons

3/4 cup Betty Sweetened Condensed Milk
3 tbs Maggi Coconut Milk Powder

1 1/2 cups water
2 cups pineapple juice, sweetened (cold)
1 1/2 cups pineapple chunks
1 cup ice
1/4 cup rum (optional)

METHOD

Combine all ingredients in a blender and blend until smooth.
Serve immediately.

Yummy Fruit Smoothie

Estimated time: 5 min
Yields 4 servings

3 cups assorted fresh fruit (bananas, strawberries, mango, papaya, pineapple, or any fruit of your choice) *

1 can (12 fl oz) Nestlé Carnation evaporated milk, chilled
1/2 cup crushed ice
1 to 2 tbs sugar (optional)

METHOD

1. Place fruit, evaporated milk and ice in blender; cover. Blend until smooth. Taste; add sugar, if needed.

* 3 cups cut-up frozen, unsweetened fruit or canned fruit can be substituted for fresh fruit. If using frozen fruit, thaw slightly and cut into smaller pieces. Crushed ice may not be needed.

For canned fruit, drain and reserve juice or syrup. Substitute juice or syrup for sugar, if needed.