

A Taste of



Trinidad & Tobago

# Trinidad & Tobago Gourmet Style

cuisine from the calypso isles



## TASTE THE WORLD... IN TRINIDAD & TOBAGO

Few places in the world offer visitors as wide and varied a gastronomic array of ethnic cuisines as does the twin-island nation of Trinidad and Tobago.

Where else in the world would you find first class restaurants offering authentic Arabic, French, Spanish, Italian, Mediterranean, African, Chinese, Polynesian, Thai, East Indian, Cajun, Mexican, South American and indigenous Amerindian culinary specialties in addition to what has come to be known as traditional West Indian fare, all in a tiny twin island nation that is just over 2,000 square miles?

Only in Trinidad and Tobago... or T&T, as we Trinbagonians popularly refer to our homeland.

And that's not surprising given our colourful history, which has left to us a legacy of people of virtually every nationality and ethnicity – the descendants of Trinidad and Tobago's original settlers who crossed the oceans from all the world's continents to make a home for themselves in our island paradise.

What makes Trinidad and Tobago's culinary offering even more distinct is that, over time... in true Trinbagonian style... we've come up with our own special ways to blend one country's fare with that of another thereby creating adventurous new culinary styles that are now unique to T&T.

The recipes included in this booklet are examples of this. Created by local chefs from nine of our country's finest dining establishments, they are just a miniscule sample of what Trinidad and Tobago has to offer to devotees of fine fare. With restaurants a-plenty offering a spectacular range of international cuisine on their menus, we can – quite literally – put the world on your plates.

The Tourism and Industrial Development Company of Trinidad and Tobago Limited (TIDCO) invites you to come and have a Taste of T&T. It's an experience in world-class dining that you won't want to miss.

**TIDCO** *Tourism and Industrial Development Company  
of Trinidad and Tobago Limited*

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# our recipes



# CHICKEN SATAY

## Soong's Great Wall Restaurant & Lounge

**Chen Jie Quan**  
Head Chef

**Johnny Chow**  
Executive Chef



Specializing in oriental cuisine, the chefs of Soong's Great Wall Restaurant – a culinary hotspot for diners in Trinidad's 'southland' – created this mouthwatering entrée of tender, succulent chunks of skewered chicken, seasoned with herbs and garlic, spiced with curry, and made all the more delectable by the addition of coconut milk. This is definitely a culinary delight that is sure to tempt your palate.



# CHICKEN SATAY



## What we use:

- 1 lb chicken cut into squares
- 1 tbsp curry powder
- 1 cup coconut milk  
(or 2 tbsp coconut milk powder)
- 2 cloves minced garlic
- 1 small onion finely chopped
- 2 tbsp butter
- 1 oz cooking wine
- 2 tbsp cooking oil
- salt and pepper to taste
- 24 6" bamboo skewers

## How we do it:

- Marinate chicken squares in salt, pepper, cooking oil for 15 minutes.
- Pierce 4 pieces of chicken squares onto one skewer.
- Heat butter in frying pan and place skewers in pan for about 3 minutes each.
- Add the rest of the ingredients and cook chicken until the flavours are absorbed – at least 4-5 minutes.
- Turn off heat and serve hot.



You can enjoy Chicken Satay at: Soongs Great Wall Restaurant and Lounge, 97 Circular Road, San Fernando. Phone: 868-652-9255





# CALLALOO & CURRIED PUMPKIN SOUP



## Battimamzelle Restaurant

**Khalid Mohammed**  
Head Chef

Battimamzelle's Chef Mohammed puts a spin on spinach by giving you the secret to making an all-time Trinbagonian favourite – Creole Callaloo. The addition of okras, West Indian seasonings, coconut milk and, of course, a hot congo pepper turn dasheen bush (spinach) into a flavourful delight. Or try his pumpkin soup with a spicy twist. Discover how a touch of East Indian curry and the richness of cream can turn ordinary pumpkin soup into a 'soup'erb delight!



# CALLALOO & CURRIED PUMPKIN SOUP



## Callaloo

### What we use:

- 1 bunch callaloo bush, chopped (spinach)
- 8 ochroes, sliced (okra)
- 1 tomato, seeded and chopped
- 1 onion, peeled and sliced
- 2 cloves garlic, chopped
- 4 pimentos, seeded and chopped
- 1 hot pepper, whole (scotch bonnet pepper)
- 1 can coconut milk

### How we do it:

- Place all ingredients in a large pot and bring to boil. Turn down to a simmer and cook for 45 minutes. Remove hot pepper and blend.
- Season to taste with salt. If too thick, adjust consistency with water.



## Curried Pumpkin Soup

### What we use:

- 1 onion
- 2 sprigs celery
- 1 carrot
- 2 cloves garlic
- 1/4 cup butter
- 1 tbsp tumeric powder
- 1 tbsp curry powder
- 3 cups pumpkin, peeled and diced
- 1/4 cup heavy cream

### How we do it:

- Melt butter in a large pot. Add onion, celery, carrot and garlic and cook gently until vegetables are softened.
- Add curry and tumeric powder and sauté for 3 minutes.
- Add pumpkin and cover with water. Bring to boil, then turn to a simmer and cook for 30 minutes.
- Blend adding cream. Season with salt to taste.
- If too thick, adjust consistency with water.

Experience the delight of Callaloo and Curried Pumpkin Soup at: Battimamzelle Restaurant, 44 Coblentz Avenue, Cascade Phone: 868-621-0541



# CAJUN LOBSTER



## Plantation House

**Shelly Cofoni**  
Chef

Our early French settlers strongly influenced Trinidad and Tobago's cuisine and in true T&T-style, we spiced it up in a culinary style reminiscent of North American Cajun cuisine. And this highly seasoned lobster medallion specialty of the Plantation House Restaurant is no exception. Chef Cofoni's recipe includes the heated 'zing' of Tabasco, paprika and cayenne pepper along with a spirited dash of brandy for extra flavour. It's sure to spice up your menu!



# CAJUN LOBSTER



## What we use:

12 oz Lobster (cut in medallions)  
2 cloves of garlic (chopped)  
1 small onion (chopped)  
1 Bay leaf  
a pinch of Thyme  
1 tbsp paprika  
1/4 tbsp cayenne pepper  
1/2 tbsp chilli pepper  
1/2 oz Brandy  
1 tsp Tabasco sauce  
Salt to taste

## How we do it:

- Sauté onions and garlic until tender then add lobster and all seasonings except brandy and cook for about three minutes. Place lobster in a baking dish for about 10 minutes in a hot oven (375°F). Add Brandy two minutes before removing lobster from the oven. To serve return lobster to shell, garnish and serve.



Enjoy Cajun Lobster at: Plantation House Restaurant, Corner Ariapita Avenue & Corneilo Street, Port of Spain. Phone: 868-628-5551





# POT ROAST OF CORNISH HEN



## **Battimamzelle Restaurant**

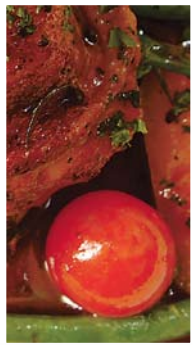
**Khalid Mohammed**  
Head Chef

*Chef Mohammed must have reflected on our British heritage when he created this poultry specialty, which calls for tender young Cornish hens delicately seasoned with thyme and garlic, to be slow roasted on the stove with a cornucopia of garden fresh vegetables simmered in white wine. A gastronomic delight if ever there was one, to be lingered over... and heartily enjoyed in true Trinbagonian style.*





# POT ROAST OF CORNISH HEN



## What we use:

8 Cornish game hens  
(back bone and body split open)

## Marinate

8 sprigs thyme  
1/2 cup olive oil  
4 limes  
4 cloves of garlic  
1/2 cup vegetable oil  
16 creamer potatoes  
(pre cooked and cut in half)  
2 cups mushrooms  
(any variety, cleaned and quartered)  
24 pearl onions  
(peeled and blanched)  
1 cup dry white wine  
2 cups chicken stock  
4 tbsp butter  
24 baby carrots (blanched)  
24 French Green beans (blanched)  
10 patty pan squash (blanched)

## How we do it:

- Mix marinate ingredients and pour over pre-pared hens
- Heat a large oven proof sauté pan or roasting and add vegetables and oil
- Remove hens from marinate and pat dry. Season with salt and pepper
- Add hens to the pan skin side down and sear to a golden brown, turn and add potatoes, flesh side down, mushrooms and pearl onion and place in a 375°F oven
- Roast for 15 minutes or until hen is cooked through
- Take out of oven and remove the hens to a serving dish, place the pan on the stove over high heat and add the white wine until the wine is almost all evaporated and add chicken stock and bring to a boil
- In another pan reheat blanched vegetables with 2 tbsp of butter. Season with salt to taste
- Swirl in the remaining butter to the boiling stock
- Spoon sauce over hens and arrange vegetables decoratively around the hens. Serve.

You can experience Pot Roast of Cornish Hen at: Battimanzelle Restaurant, 44 Coblentz Avenue, Cascade Phone: 868-621-0541





## GRILLED DUCK BREASTS WITH PASSIONFRUIT & PINK PEPPERCORN SAUCE



### Chaconia Inn

**Nicole Seecharan**  
Chef

Here's another poultry specialty, this time from Chaconia Inn's Chef Seecharan whose inspiration may have been the popular European sport of duck hunting. She added her own unique Trinbagonian touch by creating a sumptuous white wine sauce that blends the sweetness of passion fruit with the spice of peppercorns to be lavishly poured over tender duck breast fillets, grilled to succulent perfection. Yet another irresistible culinary creation for your enjoyment!



# GRILLED DUCK BREASTS WITH PASSIONFRUIT & PINK PEPPERCORN SAUCE



## What we use:

2 large duck breasts  
salt  
pepper

## Sauce

1 small onion, finely chopped  
1 clove garlic, finely chopped  
1 tbs finely chopped chives  
1/4 cup brandy  
1/2 cup dry white wine  
1/2 cup passion fruit pulp  
1/2 cup master sauce  
2 tbs butter

## Sweet Potato Rosti

1 large sweet potato  
1/2 tsp ginger  
1 tsp chives  
1 egg  
enough flour to bind  
salt and pepper



## How we do it:

### Master Sauce

- Put a little butter in a pan with the onion and garlic. Cook gently until transparent.
- Add the brandy and flame until the alcohol is gone.
- Add the chives, peppercorns, white wine and passion fruit and reduce to a syrup
- Add the master sauce and reduce again slightly
- Swirl in the butter

### Rosti

- Peel and cook the sweet potato half way. Grate and add to all the other ingredients. Form into cakes and cook in a frying pan until crisp and brown.

### Duck

- Dry the duck thoroughly and season with the salt and pepper.
- Put a frying pan on the highest heat and heat the dry pan thoroughly.
- Put the duck breasts into the pan (without any oil), and fry until the skin is brown and crisp.
- Turn over and sear for 1 minute. the breast is now rare. For medium put in oven at 400°F for three minutes and for well done put in the oven for 5/7 minutes.

You can enjoy Grilled Duck Breasts with Passionfruit & Pink Peppercorn Sauce at: Chaconia Inn 106 Saddle Road, Maraval. Phone: 868-628-0941





# BREAST OF CHICKEN SANTA ROSA



## Mélange

**Moses Reuben**  
Chef / Owner

Our early Amerindian and Spanish heritage seems to have inspired Chef Moses when he cooked up this delectable specialty for the Mélange Restaurant menu. This tantalizing entrée of succulent chicken breast fillets is enhanced by the pungent flavour of smoked herring and tempered with a delightfully fruity tomato sauce in which Star Fruit (carambola) is the star ingredient. Dasheen, a popular local ground provision (root vegetable), is its perfect complement!





# BREAST OF CHICKEN SANTA ROSA



## What we use:

- 1 large chicken breast (boneless)
- 1 plantain –ripe (boiled)
- 2 ozs smoked herring
- 1 small dasheen
- 1 small red onion
- celery leaves
- 1 tbsp thyme
- 2 cloves garlic
- 1 tbsp cilantro
- 2 pimentos
- 1 tbsp cinnamon
- 1 tbsp white sugar
- 1 egg
- 1/2 shredded coconut

## How we do it:

- Tenderize the chicken breast by pounding flat with a mallet. Sprinkle finely chopped thyme, cilantro and pimentos on chicken breast.
- Place a layer of celery on seasoned chicken breast. Grind boiled dasheen and smoked herring mixture on the chicken breast. Place a layer of sliced red onions and boiled ripe plantain on dasheen layer.

- Roll and secure chicken breast with toothpicks. Coat with beaten egg and roll in shredded coconut.
- Fry until golden brown. Place in oven for more or less ten minutes. Remove toothpicks slice when cool. Serve with tomato-starfruit sauce.

## Tomato Starfruit sauce

### What we use:

- 1 medium tomato
- 1 medium starfruit
- 1 clove garlic
- 1 sprig chive blade
- 1 tbsp chopped onion
- 1 pimento
- 2 ozs old oak rum
- 2 dashes angostura bitters
- 1 tbsp vegetable oil

### How we do it:

- Sauté ingredients in vegetable oil for more or less five minutes. Add rum and Angostura bitters. Reduce. Serve with Breast of Chicken Santa Rosa.

You can experience Breast of Chicken Santa Rosa at: Mélange Restaurant, 40 Ariapita Avenue, Woodbrook. Phone: 868-628-8687





# SHRIMP IN CURRIED WHITE WINE

WITH PINEAPPLE  
CHUNKS



**MeShells**

**Cliff Ross**  
Chef

What could possibly top a meal of succulent, ocean fresh shrimp? A delicate white wine sauce... with a touch of East Indian curry for zesty flavour ... crushed tomatoes for a flavourful twist...and chunks of pineapple so typical of Polynesian cuisine to sweeten this culinary surprise. This blend of traditional ethnic cuisines, so typical of not only of our national fare but also of life in Trinidad and Tobago, is what makes recipes like this one so deliciously enticing.

# SHRIMP IN CURRIED WHITE WINE

## WITH PINEAPPLE CHUNKS



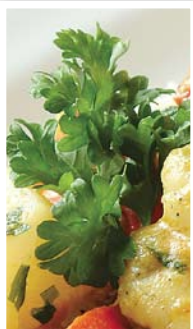
### What we use:

- 24 large shrimp
- 2 large tomatoes crushed
- 1 celery stalk finely chopped
- 2 tablespoons of butter
- 1 tablespoon curry powder
- 1/2 chunky pineapple
- 1 1/2 cup Basmati rice



### White wine sauce

- 3 tbsp butter
- 3 tbsp flour
- 2 cups milk
- 1 small onion
- 1 whole clove
- 1 bay leaf
- pinch of salt
- pinch of nutmeg
- pinch of white pepper
- 1/2 cup white wine



### How we do it:

- In sauce pan, heat butter over low heat, add flour and make a white roux, add milk while whisking, add white wine, bring to a boil, whisking constantly. Reduce heat to a simmer, stick bayleaf to the onion with the clove, and add to the sauce. Season with salty, nutmeg and white pepper.
- Sauté shrimp in butter and garlic, add curry powder (cook for 2 minutes on either side), add white wine sauce (béchamel) add chopped tomatoes, pineapple chunks, and celery (turn off heat) top on basmati rice.



Enjoy Shrimp in Curried White Wine at: Me Shells, Corner Shirvan & Old Buccoo Roads, Tobago. Phone: 868-631-0353





# STUFFED MELOGENE FRITTERS IN BATTER

WITH PINEAPPLE &  
RAISIN SALSA

**Veni Mangé**

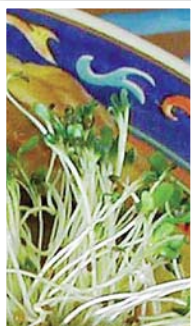
**Rosemary Hezekiah  
Allyson Hennessy**  
Owners



*Veni Mangé – this local French patois expression means, “Come and eat!” And you’re sure to enjoy this French Creole inspired dish. With lightly battered, golden fried mélongene (or eggplant) as its main ingredient, the surprise of this recipe is a sumptuous stuffing of crunchy peanuts, succulent shrimp, pungent garlic, herbs and breadcrumbs.*

# STUFFED MELOGENE FRITTERS IN BATTER

## WITH PINEAPPLE & RAISIN SALSA



### What we use:

- 16 Slices of Melongene (Eggplant) - 1 inch thick
- 2 oz butter
- 1 cloves garlic
- 1 tbspc chopped onion
- 1 tbspc chopped green peppers
- 1 tsp basil
- 1 tbspc chopped peanuts
- 1 cup breadcrumbs
- 1/2 cup chopped shrimp

### How we do it:

- Make a horizontal slit in each slice of eggplant to create a pocket.
- Melt the butter over a low fire then add the garlic, onions, shrimp, sweet peppers, basil and peanuts until soft.
- Add the breadcrumbs and set aside

### BATTER

- To 1 cup of flour, add water and whisk to a thin batter. Season with salt and pepper to taste.
- Place stuffing into the pocket and dip into batter. Deep fry in hot olive oil until golden brown.

### Serve with salsa

### Pineapple and Raisin Salsa

- 1 Cup Chopped Pineapple
- 2 Tbsp Raisins
- 1 Tsp Ground Ginger
- Pinch Curry Powder
- 1/2 Tsp crushed Shadon Bene (Cilantro)
- Pinch Salt

### How we do it:

- Mix all ingredients together and chill.

Enjoy Stuffed Melogene Fritters In Batter at: Veni Mangé Restaurant, 67A Ariapita Avenue, Woodbrook. Phone: 868-624-4597



# West Indian Style Three Pepper Shrimp

## Seahorse Inn Restaurant & Bar

**Nicholas Hardwicke**  
Chef



When it comes to seafood, Tobago is a culinary hotspot. And Chef Hardwicke of the Seahorse Inn certainly turned up the heat on this super-spicy shrimp dish, which blends the sweetness of bell peppers, the zest of flavour peppers (pimentos), and the zing of Scotch Bonnet peppers in a pungent tomato-based sauce that will tantalize your taste buds. A generous dash of rum just adds to the excitement of this flavoursome entrée.



# West Indian Style Three Pepper Shrimp



## What we use:

10 -12 large fresh shrimp, shelled, de-veined, and butter fried  
 1 scotch bonnet pepper, finely minced (for fire!)  
 4 flavor peppers, 2 red & 2 green, finely sliced (for flavor)  
 1 bell pepper, medium diced (for more flavor and body)  
 1 finger of stem celery, finely minced  
 1 leaf of flat leaf thyme, finely minced  
 1 clove of garlic, minced  
 juice of half a lime  
 a medium onion (red onion if available), medium diced  
 juice of one orange  
 2 tablespoons of oyster sauce  
 2 tablespoons of red rum (do not use spiced rum)  
 1 tablespoon of ketchup  
 1 teaspoon honey  
 1 tablespoon olive oil  
 chopped chives (for garnishing)



## How we do it:

- Just before cooking, set the shrimp in a bowl and season with the minced celery, thyme, garlic and limejuice. At the same time heat the olive oil in a frying pan (do not let the oil smoke). To the pan add the diced bell pepper and onion and sauté until the onion is translucent. Add the shrimp and sauté for a further minute before adding the minced scotch bonnet and sliced flavor peppers. Now add the rum. The idea is to flame the shrimp in the rum so as to burn off the alcohol, which otherwise would be bitter to the taste, whilst leaving the flavor, so agitate the pan or flip (if you feel brave) the ingredients in it to encourage the flaming process. As soon as the flames die down add the oyster sauce, ketchup, and honey. Stir in the added ingredients and allow to cook for a minute longer.
- The shrimp will by now be almost done, and a thick sauce will have developed. Finally, add the orange juice and stir the dish a couple of times to incorporate the juice into the sauce. The orange juice adds a freshness and fruitiness to the dish and helps to bind the rest of the flavors together. Serve immediately.
- Once the initial preparation is done, slicing, dicing, cleaning the shrimp etc., this is a very quick dish to prepare. In the restaurant we serve the shrimp piled on top of boiled basmati rice, garnished with chopped chives and served with blanched, pearly (cut with a small sized melon baller) vegetables such as carrot, christophene, and pumpkin.
- Spicy and rich in flavor with a slight sweet and sour note, Three Pepper Shrimp is a favorite at the Seahorse Inn.

Enjoy West Indian Style Three Pepper Shrimp at: Seahorse Inn Restaurant and Bar, Old Grafton Beach Road, Black Rock, Tobago. Phone: 868- 639-0686



# CURRY CRAB & DUMPLINGS



## Ms. Alma's Local Dishes

**Ms. Alma**  
Chef

No visit to Tobago is complete without a generous helping of Curried Crab and Dumplings – almost certainly, our sister isle's most popular culinary offering. And Ms. Alma reveals her secret in this recipe in which the sweet flavour of crab is made even tastier when prepared in a zesty curried sauce and a hearty helping of dumplings made Tobago-style. Put away your knives and forks. Your fingers are the only cutlery you'll need to enjoy this finger-licking good dish.







# CURRY CRAB & DUMPLINGS



## What we use:

4 small crabs  
garlic  
onions  
black pepper  
chopped thyme  
curry powder  
cooking oil  
coconut powder



## Curry Sauce

1 chopped garlic  
2 chopped onions  
black pepper to taste,  
handful of thyme chopped  
1/2 cup curry  
1/4 cup oil  
1 pk coconut powder



## How we do it:

- Mix all chopped seasonings in the oil and add the curry powder.
- Let fry until cooked. Add water and the coconut powder. Allow to cook down.
- Add the crab and cook together for 30 minutes. Stir often, and let stand.

## Dumplings

2 small onions chopped  
1 clove garlic  
black pepper to taste  
a pinch of salt  
8 oz. flour  
2 oz. corn starch  
1 tsp thyme

## How we do it:

- Mix everything together, kneading into small flat shapes, boil in water until cooked. Place on plate, (with provisions optional). Add curried crab and dress with curry sauce.



*When in Tobago experience Curry Crab and Dumplings at: Ms. Alma's Local Dishes, Store Bay, Tobago.*





### THE TRINIDAD HOTELS RESTAURANTS AND TOURISM ASSOCIATION

**has been involved in holding culinary competitions with the following objectives in mind:**

- To raise performance standards and professionalism both in terms of production and service.
- To provide a forum for food and beverage professionals to obtain recognition.
- To serve as a platform for culinary research and development.
- To encourage participants to develop their professional skills.
- To stimulate and promote the incorporation of local or specific ingredients to the culinary product.
- To select a team of outstanding professionals to represent their country.

#### **Categories of competition:**

- Chef
- Bartender
- Waiter
- Pastry Chef
- Ice Carver

#### **Criteria include:**

- Sanitation
- Menu composition
- Use of Caribbean Ingredients
- Taste and Texture
- Workflow
- Personal Appearance (waiter)
- Portion sizes



**L-R: Bernard Long,  
Raymond Joseph,  
Tricia Corbin.  
Howard Chin Lee  
(Minister of Tourism),  
Debra Sardinha-Metivier,  
Raakesh Madoo,  
Anup Chaubal.**



## TRINIDAD AND TOBAGO CULINARY TEAM

- Raakesh Madoo – Bartender, CrewsInn Hotel and Yachting Centre
- Anup Chaubal – Pastry Chef, Hilton Trinidad and Conference Centre.
- Tricia Corbin – Chef, Solimar International Fine Food.
- Raymond Joseph – Chef, the Cascadia Hotel and Conference Centre.
- Bernard Long – Chef, Bernard's Gourmet Services Limited
- Debra Sardinha-Metivier – Team Captain.

The Team will take part in the **2004 Taste of the Caribbean** culinary competition in Puerto Rico.







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