

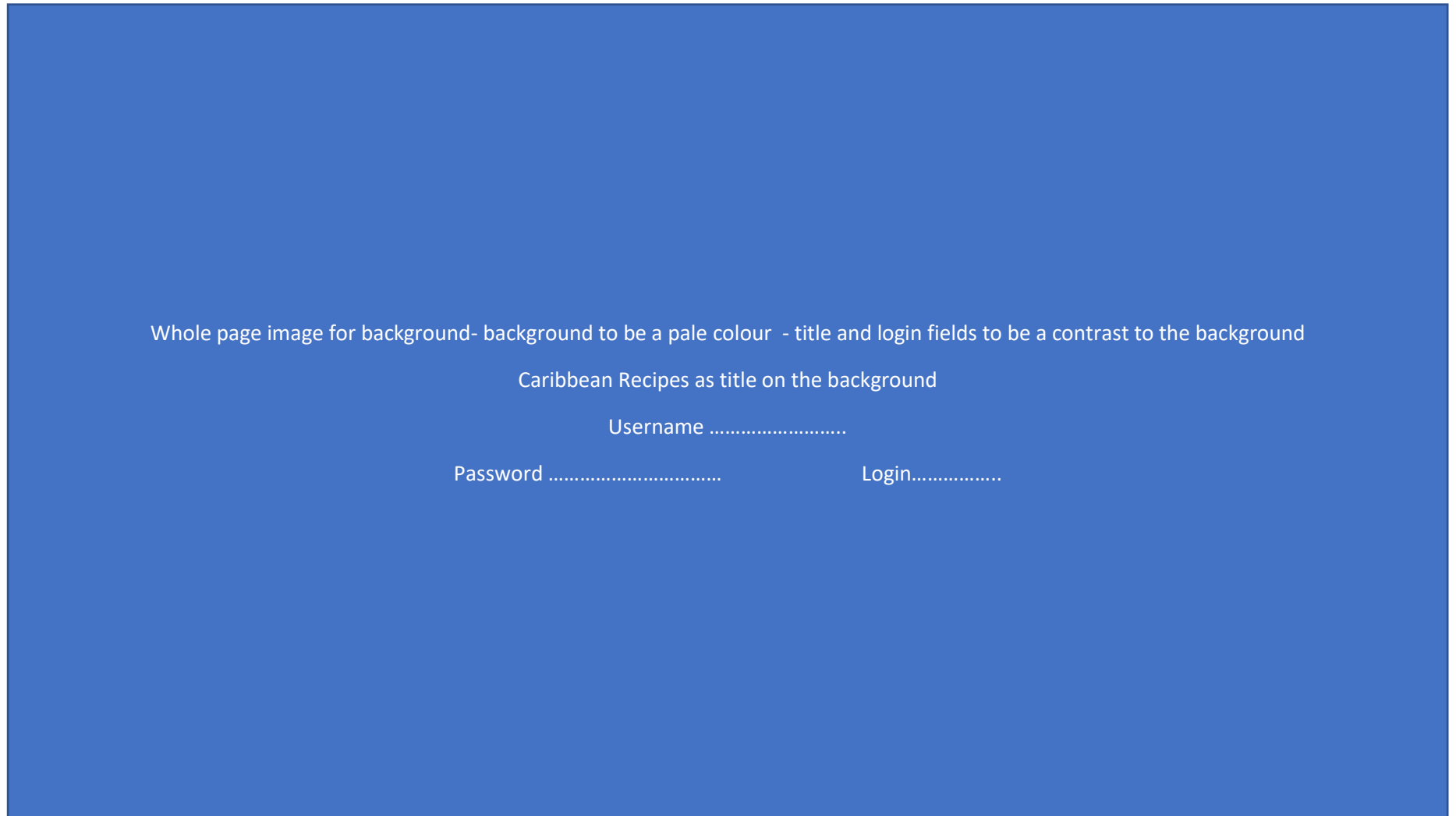
## **Caribbean recipe app wireframe and design process**

### **User stories**

1. Each user has a unique username chosen by them and can only add, and edit their own recipes.
2. A new user can register to access the recipe app.
3. User can choose a recipe from the database and see a summary view of it.
4. User can select a category of recipes to view and select a recipe to view from these.
5. Each recipe has a recipe card which shows a picture, recipe ingredients and method, number of servings, allergens, recipe author, country of origin of the recipe.
6. User can search for and get a list of each recipe include in each of breakfast, lunch, dinner and dessert recipes.
7. User can search for and get a list of recipes which do not contain a named allergen.
8. User can search for and get a list of recipes which contain meat, fish, dairy or sugar as their main ingredient.
9. User can search for and get a list of recipes which originate from a particular Caribbean island.
10. User can see information on each Caribbean island associated with each recipe and a map of the Caribbean on the recipe island page.
11. App is responsive and can be viewed on small and large screens.

### Caribbean Recipes - Login page:

Access to app only allowed if user has login and id in register collection in mongodb. If not, user can register supplying a login and password of their own. Note that there is no forgot password option so if user forgets login and password they will need to register a new login and password to gain access to the app.



Whole page image for background- background to be a pale colour - title and login fields to be a contrast to the background

Caribbean Recipes as title on the background

Username .....

Password ..... Login.....

## Caribbean Recipes – allrecipes page

Navbar – black background – each item in white typeface – hover effect orange Whole page to have warm coloured abstract background. Cards to have white background.

Find Recipe Add Recipe All Recipes Log Out

### Caribbean Recipes

First side of recipe card to contain following information:

Recipe picture on left hand side of card in a frame then recipe name, recipe allergens and nutritional information on left hand side of card.

Flip side of recipe card to contain the following information:

Recipe ingredients, method for making recipe, recipe island and link to recipe island page where user can see information on the recipe island. RECIPE ISLANDS ARE STORED IN ISLANDS COLLECTION IN MONGODB.

Edit recipe button to be included on this side of card – links to edit recipe page where user can edit recipe.

Multiple cards to be on page - each card can be flipped by clicking on icon on top right of card. X icon to close down flip side of card.

## Caribbean recipes – Add recipe page

Navbar – black background – each item in white typeface – hover effect orange Whole page to have warm coloured abstract background. Cards to have white background.

Find Recipe Add Recipe All Recipes Log out

### Add Recipe

Form on page with abstract background

Form fields to be filled in are:

Recipe name, Recipe type (lunch, dinner or dessert), main food item in recipe, recipe author, recipe ingredients,  
Method for making recipe, recipe island, main allergen in recipe, number of servings, calories per serving, carb grammes per serve, protein grammes per  
serve, fat grammes per serve, fibre grammes per serve.

Materialize icons to be used for each field as appropriate.

Add recipe button to be clicked by user once all fields have been entered.

All recipes page to be shown once add recipe button clicked with new recipe added.

## Caribbean recipes – Edit recipe page

Navbar – black background – each item in white typeface – hover effect orange Whole page to have warm coloured abstract background. Cards to have white background.

Find Recipe Add Recipe All Recipes Log out

### Add Recipe

Form on page with abstract background

Form fields to be filled in are:

Recipe name, Recipe type (lunch, dinner or dessert), main food item in recipe, recipe author, recipe ingredients,  
Method for making recipe, recipe island, main allergen in recipe, number of servings, calories per serving, carb grammes per serve, protein grammes per  
serve, fat grames per serve, fibre grammes per serve.

Materialize icons to be used for each field as appropriate.

Edit recipe button to be clicked by user once all fields have been entered.

All recipes page to be shown with edited recipe on it.

### Caribbean recipes – Island information page

This page appears when a user clicks on the link on the bottom left of the flip side of the recipe card “Information on this island” link.

A picture of the island will appear together with information on the island location, the language spoken by the people on the island and its population.

Navbar – black background – each item in white typeface – hover effect orange Whole page to have warm coloured abstract background. Cards to have white background.

Find Recipe

Add Recipe

All Recipes

Log out

The caribbean island for this recipe is .....

Picture of recipe island

Population, language and location of recipe island

Map of the caribbean area

Caribbean recipes – Log out

Navbar – black background – each item in white typeface – hover effect orange    Whole page to have warm coloured abstract background.    Cards to have white background.

[Find Recipe](#)

Add Recipe

## All Recipes

Log out

No log out page. User just clicks on log out on navbar to log out. Log in screen is then shown.

[Caribbean Recipes – Find Recipe page](#)

Navbar – black background – each item in white typeface – hover effect orange    Whole page to have warm coloured abstract background.    Cards to have white background.

Find Recipe

Add Recipe

All Recipes

Log out

Recipe search form to be shown

Recipe Category \_\_\_\_\_ (Choose from dropdown menu for breakfast, lunch, dinner or dessert)

Caribbean island \_\_\_\_\_ (Choose from Caribbean islands on database)

Recipe suitable for \_\_\_\_\_ (Choose from meat recipe, vegetarian, fish recipe or sugar recipe)

Allergens to avoid \_\_\_\_\_ (Choose from dropdown for dairy, eggs, wheat, nuts, soya, sulphites)

User can do one of 4 searches as shown above to chose a particular type of recipe. Once search criteria is selected user clicks submit button.

Recipes which meet selected criteria are shown in the same format as the allrecipes page.



Caribbean Recipes - Form to be used on add recipe page

Adding new recipe form

Add a new Caribbean recipe here -            note that each recipe will have a unique ID assigned by mongodb

Recipe name:			
Main food item in recipe: choose from meat, fish, dairy, sugar	Recipe ingredients:		
Recipe url	Method:		
Recipe island	Recipe author		
Main allergen	Number of servings	Calories per serving	Protein grammes per serve
Recipe type	Fat grammes per serving	Fibre grammes per serving	Carb grammes per serving

Submit recipe

### Editing a recipe form

Edit the recipe here – user can search for an existing recipe – boxes prefilled then user can change the content of the boxes and then submit edited recipe.

Recipe name:			
Main food item in recipe: choose from meat, fish, dairy, sugar	Recipe ingredients:		
Recipe url	Method:		
Recipe island	Recipe author		
Main allergen	Number of servings	Calories per serving	Protein grammes per serve
Recipe type	Fat grammes per serving	Fibre grammes per serving	Carb grammes per serving

Update recipe

### Finding a type of recipe

The find recipe page is divided up into 4 types of search. A user can search for a recipe by:

- a) Type of recipe – lunch, dinner or dessert.
- b) Main ingredient of recipe – meat, fish, vegetables or sugar.
- c) Recipe islands – recipes which come from a particular Caribbean island.
- d) Allergen free- search for a recipe which is free of a particular allergen.

<div>Find recipeAdd RecipeAll RecipesLog out</div>	
Choose to find recipe by Lunch, dinner or dessert  Dropdown box for lunch dinner or dessert  Submit button  Recipes found display on recipe cards identical to those used on the all recipeslist page.	Choose to find main ingredient of recipe.  Dropdown box for meat, fish, vegetables or sugar.  Submit button  Recipes found display on recipe cards identical to those used on the all recipeslist page.
Choose to find recipes which come from a particular recipe island.  Dropdown recipe for all islands in islands collection  Submit button  Recipes found display on recipe cards identical to those used on the all recipeslist page	Choose to find recipes which are free of specified allergens  Dropdown box for particular allergens: soy, wheat, eggs, dairy.  Submit button  Recipes found display on recipe cards identical to those used on the all recipeslist page

Web view- all pages are responsive.

Details of how each page displays on mobile phones are below.

1. Navbar is at top of page with text centred beneath it.
2. Login page displays with picture centred on mobile screen view and username and passwords fields are easily filled in by user. Login button is still in right side of the mobile view screen.
3. Register displays with picture centred on mobile screen view and username and passwords fields as well as login button easily accessible by user.
4. Allrecipeslist page - Picture of recipe displayed above card with information about the recipe. Card can still be turned over by clicking on right hand top three dots on front side of each card. This page is also used to show the results of a recipe search.
5. Add recipe page – displays as for web view add recipe page but form is condensed across screen – still plenty of space for user input.
6. Edit recipe page – displays as for web view edit recipe page but form is condensed across screen – still plenty of space for user input.
7. Island information page – displays with picture of island above information about the island, and the map of the Caribbean below the picture of the island.
8. Find recipe page – displays as for web view find recipe page but with entry form condensed for mobile phone screen – still plenty of space for user input.

### Mongo db setup

Recipe\_manager database

3 Collections are needed for the app as shown below:

Collection	What each collection holds	Link field
Recipes	Holds details of recipes on the database	Links to ratings, link field is recipe_name
Register	Holds usernames and passwords for each user	No links
Islands	Holds details of 19 caribbean islands linked to recipes	Links to recipes, link field is recipe_island

### Register collection

This collection holds username and password in json format.

Recipe collection:

To be created in mongodb

Key	Data type	Notes
Recipe Id:	Unique ID of numbers and text	Created by mlab
Recipe name:	Short text	Recipe name is similar to task name on CI video.
Recipe category:	Breakfast/lunch/dinner/lunch or dinner/dessert	Recipe type is similar to category on CI video.
Recipe ingredients:	Long text	Should include amount of each ingredient in any unit.
Method:	Long text	
Recipe picture	Link for jpg file*	Need to make file with picture url for recipe. User can also get URL from existing website.
Main allergen	Short text	Choose from milk, nuts, eggs, fish, soya, none.
Caribbean island	Long text	Need to create information on each Caribbean island and nest it in Caribbean island.
Recipe author	Short text	Name of recipe author
Recipe contains:	Short text	Vegetables/meat/fish/sugar
Number of servings	Integer	User can specify in any unit.
Calories per serving	Integer	Can go in nutritional information area – nest this in nutritional info category.
Grams of protein per serving:	Float	Can go in nutritional information area
Grams of fat per serving:	Float	Can go in nutritional information area
Grams of fibre per serving	Float	Can go in nutritional information area
Grams of carbs per serving	Float	Can go in nutritional area

### Recipes to add to database initially

Recipe 1	data
Recipe name:	Caribbean beef patties
Recipe intro:	These beef patties can be served with tomato or pepper sauce which can be bought from any good supermarket.
Recipe type:	Lunch
Recipe ingredients:	drizzle of oil, 1 small onion, 2 crushed garlic cloves, 250g minced beef, 1 potato cut into 1cm cubes, 2 teaspoons of turmeric, 2 tablespoons of tomato puree, 2 tablespoons hot pepper sauce, 500g block of shortcrust pastry, 1 egg beaten, 2 sprigs of thyme.
Method:	Heat the oil in a pan, add the onion and cook for 5 mins. Add the garlic and beef, turn up the heat and cook until the meat is browned. Add the potato, half the turmeric the purée and thyme, plus 200ml water. Cover and simmer for 15 mins, then remove the lid and cook for 5 mins more. Add the hot pepper sauce and leave to cool. Heat oven to 220C/200C fan/gas 7. Roll out the pastry to the thickness of a £1 coin. Cut out 6 x 15cm circles, using a small plate as a guide. Divide the mince between the circles, piling it up on one side. Mix the egg with the remaining turmeric, brush around the edge of each circle, then fold over and use a fork to seal the edges. Arrange on a baking tray lined with baking parchment, brush with a little more egg and bake for 20-25 mins. Serve with a green salad.
Recipe picture	<a href="https://www.bbcgoodfood.com/sites/default/files/styles/recipe/public/recipe_images/caribbean-beef-patties.jpg?itok=DxtJ6GH_">https://www.bbcgoodfood.com/sites/default/files/styles/recipe/public/recipe_images/caribbean-beef-patties.jpg?itok=DxtJ6GH_</a>
Allergens	eggs
Caribbean island	Jamaica
Recipe author	Good food magazine October 2014
Recipe contains:	Meateaters
Calories per serving	780 kcal
Number of servings	6
Grams of protein per serving:	48g
Grams of fat per serving:	23g
Grams of fibre per serving	4g
Grams of carbs per serving	22g

Recipe 2	data
Recipe name:	Salt cod fritters
Recipe intro:	These salt cod fritters take a little extra effort, but they're so delicious it will definitely be worth it. You can get your fishmonger to skin and bone your cod if you're not comfortable doing it yourself.
Recipe type:	Lunch
Recipe ingredients:	250g salt cod, 200g cooked and mashed potatoes, 1 tbsp vinegar, 4tbsp milk, 1 finely chopped onion, 2tbsp finely chopped parsley, 3 separated eggs, oil for frying.
Method:	Remove any skin and bone from the fish and flake it finely. Add the potato, vinegar, milk, onion, parsley and egg yolks. Season and mix well. Whisk the egg whites to soft peaks and fold into the mixture. Heat a saucepan one-third full of oil until a bit of bread sizzles and browns in a minute. Add the salt cod mixture in spoonfuls and fry until brown all over. Drain on kitchen paper.
Recipe picture	<a href="https://images.immediate.co.uk/volatile/sites/2/2014/12/1808.jpg?quality=45&amp;resize=1456,626">https://images.immediate.co.uk/volatile/sites/2/2014/12/1808.jpg?quality=45&amp;resize=1456,626</a>
Possible allergens	Milk
Caribbean island	Jamaica
Recipe author	Olive
Recipe contains:	Fish eaters
Calories per serving	129
Number of servings	12
Grams of protein per serving:	9g
Grams of fat per serving:	4g
Grams of fibre per serving:	0.4g
Grams of carbs per serving	



<b>Recipe 3</b>	<b>data</b>
Recipe name:	Banana and rum fritters
Recipe intro:	These delicious banana and rum fritters are traditional in The French Caribbean where they're served every Sunday throughout January until Ash Wednesday. We think they're delicious any time of year.
Recipe type:	dessert
Recipe ingredients:	4 ripe bananas, 60g sugar, 2 eggs, 1 tbsp dessicated coconut, 125g plain flour, 1 tsp baking powder, 1 vanilla pod, 1 lime, pinch cinnamon, 1 pinch nutmeg, 1 tbsp white rum, 1 tbsp sunflower oil, 1 tbsp icing sugar.
Steps:	Peel the bananas, put them in a bowl and mash with a fork. Whisk in the sugar and eggs, then the coconut (if using), flour and baking powder. Using a small knife, scrape the seeds from the vanilla pod and add to the mixture, then stir in the lime zest, cinnamon, nutmeg and rum. In a deep pan, heat some oil (filling a pan no more than 1/3 full) over a medium heat until it reaches 180C, or until a cube of bread browns in 30–40 seconds. Make sure the oil doesn't get too hot and start to smoke. Gently drop tbsps of the batter into the oil and cook for about 2 minutes on each side, turning occasionally, until dark golden all over.
Recipe picture	<a href="https://images.immediate.co.uk/volatile/sites/2/2015/08/12860.jpg?quality=45&amp;resize=1456,626">https://images.immediate.co.uk/volatile/sites/2/2015/08/12860.jpg?quality=45&amp;resize=1456,626</a>
Possible allergens	Eggs
Caribbean island	St Martinique
Recipe author	Olive magazine
Recipe contains:	vegetarians
Number of servings	25
Calories per serving	87
Grams of protein per serving:	4g
Grams of fat per serving:	4g
Grams of fibre per serving:	0.75g
Grams of carbs per serving	15g

<b>Recipe 4</b>	<b>data</b>
Recipe name:	Mojito grilled chicken
Recipe intro:	We've given grilled chicken a mojito twist in this summery BBQ recipe. Rum and sugar caramelise well when cooked together in a marinade – do keep an eye on this as it cooks and adjust the grill to get a nicely browned skin without too much blackening. You can also barbecue the chicken if you like. Serve with rice and a tomato salad.
Recipe type:	Lunch
Recipe ingredients:	chicken pieces 4, drumsticks or breast on the bone mint or white rum 3 tbsp limes or basmati rice or crisp green salad sliced avocado to serve
Method:	Put the chicken pieces in a ziploc bag with the mint sprigs. mix the rum, lime zest and juice and sugar and add it to the bag along with some seasoning. Close the bag and massage in the marinade. marinate for at least 30 minutes or for up to 24 hours. Heat the grill. Lay the chicken pieces on a grill rack set over a roasting tin and grill on both sides until the pieces are cooked through – this may take up to 25 minutes for bigger pieces. if there are any marinade juices left in the bag you can use them to baste the chicken but cook it well after using them – don't finish the chicken with it. serve with lime wedges to squeeze over.
Recipe picture	<a href="https://images.immediate.co.uk/volatile/sites/2/2015/06/8820.jpg?quality=45&amp;resize=1456,626">https://images.immediate.co.uk/volatile/sites/2/2015/06/8820.jpg?quality=45&amp;resize=1456,626</a>
Possible allergens	none
Caribbean island	Grenada
Recipe author	Olive magazine
Recipe contains:	Meat eaters
Numbers of servings	4
Calories per serving	378
Grams of protein per serving:	20.4g
Grams of fat per serving:	19.4g
Grams of fibre per serving:	0.5g
Carb grammes per serving	20.6g
<b>Recipe 5</b>	<b>data</b>
Recipe name:	Jerk sweet potato and black bean curry

Recipe intro:	Serve your vegetable curry Caribbean style, flavoured with thyme, jerk seasoning and red peppers - great with rice and peas
Recipe type:	Dinner
Recipe ingredients:	2 onions, 2 tbsp sunflower oil, 50g chopped ginger, small bunch coriander, 2 tablespoon jerk seasoning, 2 sprigs thyme, 400g chopped tomatoes, 2 tbps red wine vinegar, 3 tablespoons demara sugar, 2 stock cubes, 1 kg sweet potato, 2 x 400g black beans rinsed and drained, 450g red pepper slices
Method:	Gently soften the diced onion in the sunflower oil in a big pan or casserole. Meanwhile, whizz together the roughly chopped onion, ginger, coriander stalks and jerk seasoning with a hand-held blender. Add to the softened onion and fry until fragrant. Stir in the thyme, chopped tomatoes, vinegar, sugar and stock cubes with 600ml water and bring to a simmer. Simmer for 10 mins, then drop in the sweet potatoes and simmer for 10 mins more. Stir in the beans, peppers and some seasoning, and simmer for another 5 mins until the potatoes are almost tender. Cool and chill for up to 2 days. To serve, gently heat through on the hob. Roughly chop most of the coriander leaves and stir in, then serve scattered with the remaining leaves.
Recipe picture	<a href="https://www.bbcgoodfood.com/sites/default/files/styles/recipe/public/recipe_images/recipe-image-legacy-id--1173503_12.jpg?itok=pCqQOv4R">https://www.bbcgoodfood.com/sites/default/files/styles/recipe/public/recipe_images/recipe-image-legacy-id--1173503_12.jpg?itok=pCqQOv4R</a>
Possible allergens	None
Caribbean island	Jamaica
Recipe author	BBC good food
Recipe contains:	Vegetarians
Number of servings	10
Calories per serving	209
Grams of protein per serving:	6g
Grams of fat per serving:	3g
Grams of fibre per serving	7g
Carb grams per serving	39g

<b>Recipe 6</b>	<b>data</b>
Recipe name:	Spiced glazed pineapple with cinnamon cream

Recipe intro:	Try this tropical sweet treat when you want to end a meal with a sweet but healthy dessert
Recipe type:	dessert
Recipe ingredients:	Zest and juice of 1 lime, 2 tbsp clear honey, 2 pinches cinnamon, nutmeg grated, 2tsp icing sugar, 200g fromage frais, 2 tsp butter, 1 fresh pineapple cut into 8 long wedges with skin and core removed.
Method:	<p>Mix the lime juice and half the lime zest with 1 tbsp honey, a pinch of cinnamon and nutmeg. Set this sauce aside. Stir the icing sugar and a pinch of cinnamon into the fromage frais.</p> <p>Heat the butter and remaining honey in a non-stick frying pan until melted. Add the pineapple and cook over a high heat for 8 mins, turning regularly until caramelised. Pour in the spiced lime sauce and bubble for a few secs, tossing the pineapple to glaze in the sauce.</p> <p>Serve immediately, sprinkled with the remaining lime zest and accompanied by a dollop of the cinnamon cream.</p>
Recipe picture	<a href="https://www.bbcgoodfood.com/sites/default/files/styles/recipe/public/recipe_images/recipe-image-legacy-id--229598_12.jpg?itok=q2R-Bzfs">https://www.bbcgoodfood.com/sites/default/files/styles/recipe/public/recipe_images/recipe-image-legacy-id--229598_12.jpg?itok=q2R-Bzfs</a>
Possible allergens	Milk
Caribbean island	Barbados
Recipe author	BBC good food
Recipe contains:	All
Number of servings	4
Calories per serving	159
Grams of protein per serving:	5g
Grams of fat per serving:	3g
Grams of fibre per serving	2g
Carb grams per serving	31g

<b>Recipe 7</b>	<b>data</b>
Recipe name:	Trinidadian fish stew
Recipe intro:	This dish of Caribbean sunshine is perfect for sharing with friend - make sure you marinate the fish in lemon and lime to get a really zingy taste
Recipe type:	Dinner
Recipe ingredients:	Juice of 2 limes and grated zest of 1 of the limes, 1 skinned white fish fillet, juice of 2 lemons, 2 x 15g dried thyme, ¼ tsp black pepper, 1 tbsp dark rum, 3 tbsp vegetable oil, 1 onion cut into thin rings, 1 handful of fresh chopped coriander, 2 chopped garlic cloves, 3 large beef tomatoes, 2 tsp dark muscovado sugar, shake of Angostoru bitters, cooked rice to serve.
Method:	<p>Pour the juice and scatter the zest of the first lime into a shallow dish big enough to fit the fish in one layer. Swirl the juice around so it covers the entire surface of the dish. Lay the fish on top and pour over the lemon juice.</p> <p>Strip the thyme leaves off the stalks and crush them with a pinch of salt and the white pepper using a pestle and mortar to make a rough paste. Tip the thyme paste over the fish and gently massage it in, taking care not to break up the flesh at all. Pour the rum over and give it one last rub. Cover and leave to marinate out of the fridge for about 1 hour.</p> <p>Heat the oil in a wide shallow pan with a lid. Throw in the onion rings and cook for 4-5 minutes until they begin to soften. Tip the coriander, garlic, tomato slices and sugar in with the onions, stir and cook for about 3-4 minutes until the tomatoes begin to release their juices and everything smells sweet.</p> <p>Lift the fish from its marinade and nestle it in the pan among the onions and tomatoes. Pour over the marinade, 3 tbsp of water and the Angostura bitters.</p> <p>Cover the pan and gently cook for 6-8 minutes until the fish flakes easily and the onions are softened but still have some bite to them. Season with salt and pepper. The authentic Trinidadian dish is tangy-sweet with lots of thyme flavour and very limey, so taste the sauce and if you want more tang, squeeze over the remaining lime. Serve with basmati rice or boiled potatoes and steamed vegetables.</p>
Recipe picture	<a href="https://www.bbcgoodfood.com/sites/default/files/styles/recipe/public/recipe_images/recipe-image-legacy-id--1992_11.jpg?itok=Yim05qi0">https://www.bbcgoodfood.com/sites/default/files/styles/recipe/public/recipe_images/recipe-image-legacy-id--1992_11.jpg?itok=Yim05qi0</a>
Possible allergens	None
Caribbean island	Trinidad
Recipe author	BBC good food
Recipe contains:	pescatarians

Number of servings	2
Calories per serving	388g
Grams of protein per serving:	35g
Grams of fat per serving:	19g
Grams of fibre per serving	2g
Carb grams per serving	17g

<b>Recipe 7</b>	<b>data</b>
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Recipe intro:	This dish of Caribbean sunshine is perfect for sharing with friend - make sure you marinate the fish in lemon and lime to get a really zingy taste
Recipe type:	Dinner
Recipe ingredients:	Juice of 2 limes and grated zest of 1 of the limes, 1 skinned white fish fillet, juice of 2 lemons, 2 x 15g dried thyme, ¼ tsp black pepper, 1 tbsp dark rum, 3 tbsp vegetable oil, 1 onion cut into thin rings, 1 handful of fresh chopped coriander, 2 chopped garlic cloves, 3 large beef tomatoes, 2 tsp dark muscovado sugar, shake of Angostoru bitters, cooked rice to serve.
Method:	<p>Pour the juice and scatter the zest of the first lime into a shallow dish big enough to fit the fish in one layer. Swirl the juice around so it covers the entire surface of the dish. Lay the fish on top and pour over the lemon juice.</p> <p>Strip the thyme leaves off the stalks and crush them with a pinch of salt and the white pepper using a pestle and mortar to make a rough paste. Tip the thyme paste over the fish and gently massage it in, taking care not to break up the flesh at all. Pour the rum over and give it one last rub. Cover and leave to marinate out of the fridge for about 1 hour.</p> <p>Heat the oil in a wide shallow pan with a lid. Throw in the onion rings and cook for 4-5 minutes until they begin to soften. Tip the coriander, garlic, tomato slices and sugar in with the onions, stir and cook for about 3-4 minutes until the tomatoes begin to release their juices and everything smells sweet.</p> <p>Lift the fish from its marinade and nestle it in the pan among the onions and tomatoes. Pour over the marinade, 3 tbsp of water and the Angostura bitters.</p> <p>Cover the pan and gently cook for 6-8 minutes until the fish flakes easily and the onions are softened but still have some bite to them. Season with salt and pepper. The authentic Trinidadian dish is tangy-sweet with lots of thyme flavour and</p>

	very limey, so taste the sauce and if you want more tang, squeeze over the remaining lime. Serve with basmati rice or boiled potatoes and steamed vegetables.
Recipe picture	<a href="https://www.bbcgoodfood.com/sites/default/files/styles/recipe/public/recipe_images/recipe-image-legacy-id--1992_11.jpg?itok=Yim05qi0">https://www.bbcgoodfood.com/sites/default/files/styles/recipe/public/recipe_images/recipe-image-legacy-id--1992_11.jpg?itok=Yim05qi0</a>
Possible allergens	None
Caribbean island	Trinidad
Recipe author	BBC good food
Recipe contains:	fish
Number of servings	2
Calories per serving	388g
Grams of protein per serving:	35g
Grams of fat per serving:	19g
Grams of fibre per serving	2g
Carb grams per serving	17g

<b>Recipe 8</b>	<b>data</b>
Recipe name:	Sweet potato pudding
Recipe intro:	
Recipe type:	dessert
Recipe ingredients:	5 pound(s) sweet Potato, 3 cup(s) dark Sugar, 1 cup(s) flour, 1 teaspoon(s) cinnamon powder, 1 packet(s) Coconut Milk Powder, 5 cup(s) water, 1/4 cup(s) Grace Margarine melted, 1 whole nutmeg, grated, 1 teaspoon(s) salt, 1 teaspoon(s) cinnamon powder, 1 teaspoon(s) vanilla essence, 1 tablespoon(s) white rum, 1 tablespoon(s) lime juice, 1 teaspoon(s) Browning optional,
Method:	Peel cut and grate sweet potatoes and place in a large mixing bowl. Add dark sugar, flour and raisins. Combine Coconut Milk Powder with water, mix well and add to the sweet potato mixture. Add melted margarine, nutmeg, salt, cinnamon powder, vanilla, rum, lime juice and browning and mix well. Scrape mixture into a greased 10inch baking tin. Bake in a pre-heated oven 350 F or 180 degrees C for 1 1/2 - 1 3/4 hours.

Recipe picture	<a href="https://gracefoods.com/images/Recipes2017/cropped-Potato-Pudding.jpg">https://gracefoods.com/images/Recipes2017/cropped-Potato-Pudding.jpg</a>
Possible allergens	Milk
Caribbean island	Grenada
Recipe author	<a href="https://gracefoods.com/recipe-a-z/recipe/4750-sweet-potato-pudding">https://gracefoods.com/recipe-a-z/recipe/4750-sweet-potato-pudding</a>
Recipe contains:	vegetarians
Number of servings	8
Calories per serving	198
Grams of protein per serving:	4.6g
Grams of fat per serving:	3.8g
Grams of fibre per serving	1.1g
Carb grams per serving	38.7g

<b>Recipe 9</b>	<b>data</b>
Recipe name:	Oil down
Recipe intro:	Grenada's national dish is called " <b>Oil down</b> ". It is a simple, delicious and robust dish, which is very popular in local restaurants. It's a hearty one pot meal of salted meat, chicken, dumplings, breadfruit, callaloo - made from young dasheen leaves and other vegetables. The whole thing is stewed in coconut milk, herbs and spices to add even more flavour.
Recipe type:	dinner
Recipe ingredients:	8-10 young dasheen, sprig celery, chive and thyme, 2 medium carrots chopped, 2 green peppers chopped, 1 lb dumplings, 2 tps tumeric (saffron), 1/2 lb Salt meat (pre-soaked overnight), 1 large Breadfruit peeled, 2 cups coconut milk, 1 medium onion chopped
Method:	Wash and peel breadfruit. Cut into 8 sections. Remove centre lengthways of each section and cut into half crosswise. Wash and scrape meat, cut into pieces and rinse in lime juice and water. Remove skins of onions, rinse and cut into small pieces. Remove seeds of chilli peppers and cut into wedges. Chop chives into small pieces. Put salted meat into cold water, bring to the boil and drain. Repeat 3 times to remove preserving salt. Put to cook until just tender and drain. Saute onions and garlic in hot oil until onions are pale yellow. Add chive, thyme, flavouring pepper, salted meat and salt to taste. Pour over 2 cups of coconut milk. Add wedges of breadfruit, sugar, green hot pepper and cook until breadfruit absorbs liquid. Add remaining coconut milk. Remove hot pepper. Stir to blend well and cook at a reduced heat. There should be no remaining liquid. Serve hot.
Recipe picture	<a href="https://www.gov.gd/img/oil_down.jpg">https://www.gov.gd/img/oil_down.jpg</a>
Possible allergens	Milk, gluten
Caribbean island	Grenada
Recipe author	<a href="https://www.gov.gd/articles/grenada_oil_down.html">https://www.gov.gd/articles/grenada_oil_down.html</a>
Recipe contains:	Meat eaters



Number of servings	4
Calories per serving	471
Grams of protein per serving:	4.2g
Grams of fat per serving:	22.6g
Grams of fibre per serving	7.6g
Carb grams per serving	67.6g

Recipes from <https://www.bbcgoodfood.com/recipes/collection/caribbean>

Caribbean island table – islands collection

NAME	LOCATION	SIZE	POPULATION	LANGUAGE
Anguilla	Eastern Caribbean	40 Sq. Miles	10,300	English
Antigua/Barbuda	Eastern Caribbean	108 Sq. Miles	66,500	English
Aruba	S. Caribbean	77 Sq. Miles	81,507	Dutch, English, Spanish, Papiamentu
The Bahamas	50 miles S. of Florida	700 Islands 29 Inhabited	273,000	English
Barbados	Windwards	166 Sq. Miles	264,000	English
Belize	Central America	8,867 Sq. Miles	214,000	English, Spanish, Creole
BR Virgin Islands	E. of Puerto Rico	36 Islands – 59 Sq Miles	17,896	English
Cayman Islands	NW of Jamaica	3 Islands – 100 Sq Miles	31,930	English

NAME	LOCATION	SIZE	POPULATION	LANGUAGE
Curacao	S. Caribbean	444 Sq. Miles	146,828	Dutch, English, Spanish, Papiamento
Dominica	Eastern Caribbean	290 Sq. Miles	73,500	English, French Creole
Dominican Republic	E. 1/3 of Hispaniola	18,700 Sq Miles	7.7 million	Spanish
French Guiana	South American Coast	33,135 Sq. Miles	130,000	French
Grenada	E. Caribbean	133 Sq. Miles	95,500	English
Guadeloupe	E. Caribbean	687 Sq. Miles	410,000	French, Creole
Guyana	South America	83,000 Sq. Miles 5% Inhabited	730,000	English
Haiti	W 1/3 of Hispaniola	10,700 Sq. Miles	7 Million	French, Creole
Jamaica	South of Cuba	4,111 Sq. Miles	2.5 million	English

NAME	LOCATION	SIZE	POPULATION	LANGUAGE
Martinique	E. Caribbean	840 Sq. Miles	360,000	French, Creole
Montserrat	Leeward Islands	39.5 Sq. Miles	10,581	English
St. Kitts/Nevis	Leeward Islands	133 Sq. Miles	42,000	English
St. Lucia	E. Caribbean	238 Sq. Miles	142,689	English & French Patois
St. Martin/St. Maarten	150 miles SE of Puerto Rico	37 sq. miles	32,000 (St Martin) & 38,876 (St. Maarten )	French, Dutch, English
St. Vincent & the Grenadines	E. Caribbean	150 Sq. Miles	118,000	English
Suriname	S. America, north of Brazil	63,251 Sq. Miles	455,000	Dutch, Surinamese, Hindi, Chinese and Javanese
Trinidad & Tobago	7 miles west of Venezuela	1,980 Sq. Miles	1.2 Million	English
Turks & Caicos	SE end of the Bahamas	192 Sq. Miles	13,800	English

NAME	LOCATION	SIZE	POPULATION	LANGUAGE
US Virgin Islands	SE of Puerto Rico	135 sq miles	119,827	English

Source: [https://jamaicans.com/carib\\_overview/](https://jamaicans.com/carib_overview/) accessed 9/3/19

Source for Caribbean recipes:

<https://www.olivemagazine.com/guides/best-ever/best-ever-caribbean-recipes/#r3z-addoor>

Images for app:

1. Map of the Caribbean islands.
2. Images for recipes
3. Images for each island.