

# ☐☐ Guyanese Recipes ☐☐

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## Chapter 1. Introduction

Book based of my family recipes.

## Preface

Why did you write this book?

### Family

I decided to write this book to share my recipes with my kids.

### Who this book is for?

My children and immediate family or anyone who wants to try Guyanese cuisine.

### What you need for this book?

This book comes in 3 format, html website, a PDF document and an ePub format. You will need a browser or an ebook reader like Apple Books.

### Reader feedback

I always welcome feedback from our readers. Let us know what you thought about this book — what you liked or disliked. Reader feedback helps us change up the dishes in interesting and fun ways.

## Chapter 2. Chapter 1

### 2.1. Breads

#### 2.1.1. Plait Bread

# Plait Bread ↗

## Ingredients

### Yeast Prep

- ↗ 1/4 cup warm water about 100 °F.
- ↗ 1 tsp sugar
- ↗ In a bowl place water and sugar and yeast together. Stir and let it sit for 10 minutes.

### Ingredients

- ↗ 3 1/4 cups flour
- ↗ 1/2 tsp salt
- ↗ 1/3 cup sugar
- ↗ 1/4 melted butter
- ↗ 3/4 cup warm milk
- ↗ 1/4 cup powdered

## Instructions

- ↗ In a stand mixer add flour, sugar and salt.
- ↗ Start the mixer on low, slowly add the butter, milk and yeast.
- ↗ Let the mixer go for about 8 minutes.
- ↗ Turn off mixer, cover dough with damp cloth for an hour.
- ↗ After an Hour punch air out from dough and let rise for another hour
- ↗ Hand Knead dough for a minute
- ↗ Cut into 3 equal parts and roll them to about 9 inches long
- ↗ Plait the 3 parts together and let sit to rise for 30 minutes
- ↗ Preheat oven for 30 minutes at 350°F
- ↗ Bake bread in the oven for about 25-30 minutes
- ↗ Remove bread if brown enough and let cool for 10 minutes, enjoy!

Figure 1. plait bread

## Chapter 3. Thanksgiving

### 3.1. Sausage Stuffing

# Sausage Stuffing ↵

## Ingredients

### Ingredients

- ↵ 2 packs ground maple sausage
- ↵ 1/2 teaspoon oil
- ↵ 1/4 cup pine nuts, or any nut you like
- ↵ 1 stick butter
- ↵ 1 package stuffing mix
- ↵ 1 cup chicken stock
- ↵ 1 white onion white onion diced

## Instructions

- ↵ On stove top heat large skillet pan. Place oil in the pan.
- ↵ Add sausage to the pan let it start to brown
- ↵ Add diced onion to the sausage mix, let it soften
- ↵ Add the nuts to the pan and stir
- ↵ Add the stuffing mix, butter and chicken stock to the pan and mix vigorously
- ↵ Cook for another 4-5 minutes and turn off the stove.
- ↵ Place the stuffing in a serving dish and cover to retain heat.

Figure 2. sausage stuffing

### 3.2. Stuffing

# Stuffing ↵

## Ingredients

### Ingredients

- ↵ 1/4 cup pine nuts, or any nut you like
- ↵ 1 stick butter
- ↵ 1 package stuffing mix
- ↵ 1 cup chicken stock or amount recommended for stuffing mix

↵ HOW MANY CHARS needed before we need a new line? Is it 47 is it 90 what really is the I would think it's somewhere close to 80 but who know? let's try this

## Instructions

- ↵ On stove top add chicken stock to the pot.
- ↵ Once stock is hot, add the stuffing mix, butter and mix vigorously.
- ↵ Cook for another 1-2 minutes and turn off the stove.
- ↵ Place the stuffing in a serving dish and cover to retain heat.

*Figure 3. stuffing*

## Chapter 4. Guyanese-Chinese Food

### 4.1. Beef Chow Mein

# Beef Chow Mein

## Ingredients

### Ingredients

- ↪ 1 packs chowmein, I use Champion brand
- ↪ 1/2 lb beef
- ↪ 1/2 onion chopped
- ↪ 4 garlic cloves
- ↪ piece of ginger
- ↪ hoisin sauce
- ↪ 1 tablespoon oil
- ↪ fresh chili peppers
- ↪ some scallions
- ↪ 1 tbsp soy sauce

### Prep Beef

- ↪ Cut beef into small pieces, wash with lemon/lime juice or vinegar, season beef with salt black pepper
- ↪ Place wok or pan on stove medium heat, add oil, when oil is hot add the beef, when water completely dried, add about an inch of water into pan to cook the beef until tender. until water is completely evaporated.

## Instructions

- ↪ In a pot boil some water, when boiling add chow mein, cook for about 8 minutes.
- ↪ Strain noodles when cooked
- ↪ Cut up onion, finely chop ginger
- ↪ Add the onion, garlic, ginger and chillis to the beef and stir. Reduce the stove to low heat.
- ↪ Add the chow mein noodles to the pan.
- ↪ Add soy sauce, hoisin sauce and salt for taste, cook for another 2 minutes.
- ↪ Turn off the stove and let it cook in the heat.
- ↪ Garnish with chopped scallions

Figure 4. beef chow mein



## Chapter 5. Curries

### 5.1. Mango Curry

#### 5.1.1. Curry Paste