

Healthy Flavours *from* Southern Belize

A combination of Local and Healthy Recipes

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Acknowledgments

We would like to thank the Minister of Health Hon. Pablo Marin, Minister of Education, Youth and Sports Hon. Patrick Faber, the Government and people of Japan, The World Bank team and all communities, community members, health care providers, educators and volunteers who assisted in the preparation of this important work.

Foreword



Dear Reader,

It gives me great pleasure to present to you “Healthy Flavours from Southern Belize” – an illustrative cooking aid, providing easy to follow instructions to prepare some of our most popular and nutritionally rich, cultural, all natural, comfort meals.

We at the Ministry of Health, continue to do our very best to develop innovative and technically sound initiatives to promote good nutrition. This cooking aid was developed locally by our team of dedicated health care providers with the financial assistance of the Japanese Social Development Fund initiative, monitored by the World Bank.

The aid is intended to be used within Belize’s primary educational system, to help provide nutritionally sound meals to our children, but we encourage all Belizeans and all those who visit our beautiful country to sample just a few of our tasty, all natural, cultural recipes.

I consider this cooking aid an important tool within our arsenal of education material to equip us all with the resources needed to make healthy lifestyle choices and ultimately, to help all of us achieve our full potential and participate to the fullest extent in the development of our beautiful Belize!

I thank everyone involved in its production and encourage its daily use, always on behalf of our country’s most precious resource, our children.

A handwritten signature in blue ink, appearing to read 'P. Marin', written over a light blue circular stamp.

Hon. Pablo Marin
Ministry of Health

Serving Size

Breast Feeding

- Your newborn should be nursing eight to 12 times per day for about the first month. If you feel like you're feeding your little one more often than someone you know whose baby is formula fed, you might be. Why? Because breast milk digests easier than formula, which means it moves through your baby's digestive system faster and, therefore, makes your baby hungry more often.
- Frequent feedings also will help stimulate your milk production during the first few weeks. By 1 to 2 months of age, a breastfed baby will probably nurse seven to nine times a day.
- Early initiation of breastfeeding (within the first hour after birth) and exclusive breastfeeding (no water, other fluids or foods) for 6 months, followed by continued breastfeeding for 2 years or beyond with the addition of timely, adequate, safe and properly fed complementary foods.

Baby

- Begin to feed at 6 months 2 to 3 times a day 2 to 3 tablespoon at each meal
- From 6- 9 months: feed 3 times a day and with 1-2 snacks, 2 to 3 tablespoon up to ½ cup at each meal
- From 9-12 months: 3 to 4 times a day and 1-2 snacks, at least ½ cup at each meal
- From 12-24 months: 3 to 4 times a day and 1 to 2 snacks, ¾ cups up to 1 full cup at each meal

Pregnant and Breastfeeding Women

- During pregnancy eat 3 meals each day plus one extra small meal or snack
- During breastfeeding eat 3 meals each day plus two extra small meals or snacks
- Adolescent mothers need more food, extra care and more rest

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Introduction:

The recipe book was developed in order to provide some helpful recipes to improve the nutrition and diet of Belizeans. This recipe book utilizes local and cultural foods to demonstrate that it is possible to eat healthy using the local foods in our environment. It is important that communities, schools engaged in school feeding programs and the population on a whole, identify and use locally grown foods as these are affordable and accessible. We encourage everyone to utilize these recipes and foods in their daily meals to ensure healthy eating, improve nutritional status and reduce levels of malnutrition.

Target Audience:

This book is designed to be used by members of rural and urban communities, parents of young children, breastfeeding mothers and school feeding programs.

Keeping food clean

- Always keep everything in your kitchen clean.
- Wash hands well with soap and safe water before cooking and touching dirty items and after using the toilet, preparing raw food or sneezing/coughing.
- Always use safe water to prepare food.
- Clean food preparation area before and after preparing food.
- Always use a cutting board and wash it in soapy water after using it. Wash board between preparing raw and ready-to-eat foods. It's better to use a separate cutting board for each.
- Cook food well until it is steaming hot to kill germs. Food can then be cooled for children by cutting into smaller pieces.
- Cover foods to keep flies and germs away.
- Save left-over food in refrigerator 1-2 hours after serving
- If you think food is spoiling, throw it away.

All children deserve a healthy start!

- All children should be fed only breast milk for the first six months of life. No other food or liquid is needed, including water.
- When children reach six months of age, they should receive enough healthy soft and solid foods, along with breastfeeding until 23 months of age.
- Food given to the child beginning at 6 months should provide the right variety of foods (meats, vegetables, fruits, dairy, grains, and oils) in the right amounts. Children become short for age (stunted) if they do not get the right foods. Stunting cannot be corrected after 2 years of age.
- Stunted children are more likely to start school later and drop out, and are less able to learn due to poor brain and mental development at a young age. Stunting also results in a weaker ability to prevent illness and higher risk of severe infectious diseases. When undernourished children become adults, they are more likely to suffer from high blood pressure, diabetes, heart disease, and obesity. These can be prevented through healthy eating!

Some uses of important nutrients

The nutrients needed by children are the same needed by adults, but the amounts differ.

Carbohydrates give energy for growing and physical activity.

Protein builds, keeps and repairs body tissue. It is very important for growth.

Fats provide energy are easily stored in the body. They help the body to properly use some of the other nutrients.

Vitamins

- Vitamin A helps with sight, bone growth, helps protect from infections; and helps with cell growth including the hair, nails, and skin.
- The family of B vitamins - B2, B3, B6, and B12 help the circulatory and nervous systems.
- Vitamin C helps to make and repair red blood cells, bones, and tissues; helps keeps gums healthy, strengthens blood vessels, assists with healing, and helps prevent infections.
- Vitamin E helps repair damaged cells
- Vitamin D helps the body use minerals like calcium and builds strong teeth and bones.

Minerals

- Minerals are important for building strong bones and teeth, blood, skin, hair, muscle, nerves and for turning the food we eat into energy. This means that minerals are needed for the body to work properly and for growth and development.
- Calcium is needed to build strong bones and teeth. Vitamin D and Calcium work together.
- Iron is needed for carrying oxygen in the blood. Children, females having their menstruation, pregnant and breastfeeding women need extra iron to prevent Anemia. Vitamin and iron tablets can be taken to help meet iron needs.
- Potassium, magnesium, zinc, phosphorus, selenium, are needed for the body to work efficiently.
- Copper are some important minerals that the body needs in smaller amounts to function normally.

Basic Cooking Terms

B

Bake - To cook in an oven

Beat - To mix ingredients together using a fast, circular movement with a spoon, fork, whisk or mixer

Blend - To mix ingredients together gently with a spoon, fork, or until combined

Boil - To heat so that the liquid gets hot enough for bubbles to rise and break the surface

Broil - To cook under direct heat

Brown - To cook over medium or high heat until surface of food browns or darkens

C

Chop - To cut into small pieces

Core - To remove the tough central part and seeds from a fruit

Crumble - To break into small pieces

D

Dice - To cut into small cubes

Dilute - To make (a liquid) thinner or weaker by adding water or another liquid to it.

Drain - To remove all the liquid using a colander, strainer, or by pressing a plate against the food while tilting the container

G

Grate - To make food into small strips or shred by rubbing it against a grater

Grease - To lightly coat with oil, butter, margarine, or non-stick spray so food does not stick when cooking or baking

Gut - Take out the intestines and other internal organs of (a fish or other animal) before cooking it.

K

Knead - To press, fold and stretch dough until it is smooth and uniform, usually done by pressing with the heels of the hands

M

Mash - To squash food with a fork, spoon, or masher

Mince - To cut into very small pieces, smaller than chopped or diced pieces

Mix - To stir ingredients together with a spoon, fork, or electric mixer until well combined

P

Peel - To remove or strip off skin (eg from fruits and vegetables)

Preheat - To heat beforehand so that it is at the desired cooking temperature is achieved (this usually takes about 5 to 10 minutes)

S

Sauté - To cook quickly in a little oil, butter, or margarine

Serving Size - The recommended amount of a product eaten in one sitting

Shred - To piece cut or tear into thin narrow strips

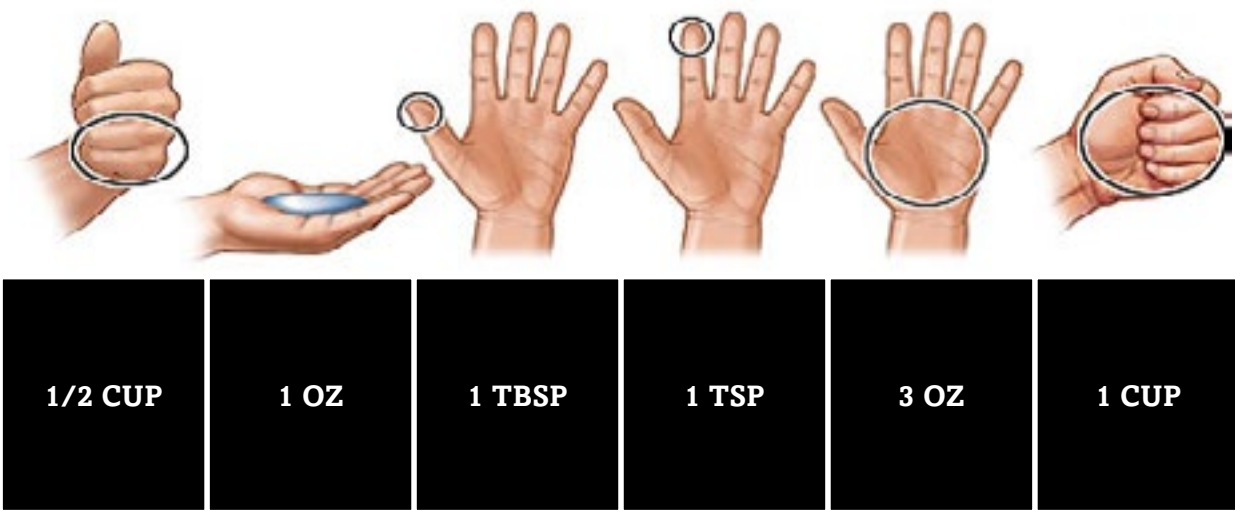
Steam - To cook food by using the invisible vapor into which water is converted when heated to the boiling point

Simmer - To cook in liquid over low heat (low boil) so that bubbles just begin to break the surface

W

Whisk - To beat or stir with a light, rapid movement

Hand Equivalent Measurement for Cooking



Basic Kitchen Measurements at a Glance

3 TEASPOONS = 1 TABLESPOON

4 TABLESPOONS = 1/4 CUP

SYMBOL KEY

teaspoon
 1/4 cup
 Tablespoon
 1 cup
 1 pint

16 TABLESPOONS EQUALS 1 CUP

LIQUID MEASUREMENTS

1/2 ounce

2 ounces

8 ounces

16 ounces

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Corn Porridge

Makes 4 Servings

Helpful Hints: Add Incaparina for added nutrition (dilute in water and add to pot with masa mixture). Milk can also be added to porridge. Additionally fruits such as banana, ripe plantain and papaya can be cut and put in porridge just before eating.

INGREDIENTS

1 cup ground masa
4 cups water
½ teaspoon salt (optional)
1 teaspoon vanilla (optional)
¼ teaspoon cinnamon (optional)
¼ teaspoon to ground nutmeg (optional)
Brown sugar or honey to taste (optional)
Milk (optional)

NUTRITIONAL INFORMATION

Corn masa is a good source of calcium protein, potassium, magnesium, phosphorus, B vitamins (B3, B5, B6), fiber

Incaparina is a high protein powder distributed by the Ministry of Health to persons who qualify under certain criteria. Incaparina can also be found in some local stores

DIRECTIONS

1. Bring water to boil.
2. In a bowl dilute masa with some water to make a smooth paste.
3. Stir masa paste in boiling water and stir until bubbling.
4. Cover and cook on low heat for 15 minutes.
5. Stir in vanilla, cinnamon, cover and simmer for 15 more minutes.
6. Sweeten with sugar/honey/rapadora or serve unsweetened.

Sahou

Helpful Hints: This can be served as a thick porridge to baby or if thin can be serve in a cup to baby. Sahou can be served hot or cold. Mashed ripe bananas, papaya, steamed and mashed carrots and pumpkin can be added just before eating.

INGREDIENTS

- 1 pound cassava or ¼ cup cassava starch
- 1 grated coconut
- 1 cups water
- ¼ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 1 teaspoon vanilla

NUTRITIONAL INFORMATION

Cassava is a good source of potassium, magnesium, vitamin C, vitamin K, vitamin B1, B2, B3, B6, B9 and fiber

Coconut milk is a good source of protein, calcium, iron, magnesium, phosphorus, selenium, vitamin B9, fiber

DIRECTIONS

1. Grate cassava and add about 2-3 cups of water to grated cassava and strain. Use the strained liquid to make the Sahou.
2. Grate coconut and add about 2-3 cups of water and strain
3. Add nutmeg, vanilla and cinnamon to a pot with the cassava liquid. Cook over low heat. Be sure to pay attention to the pot, stirring constantly.
4. Add coconut milk and continue to stir until it reaches your desired consistency.

Gungude

(Banana or Plantain Porridge)

Makes 3-4 Servings

Helpful Hints: Breadfruit powder can also be used instead of banana or plantain powder. Sugar, honey or rapadura can be added for sweetening.

INGREDIENTS

½ cup dried powered banana or plantain
3 cups water
Pinch of salt
½ cup coconut milk
2 teaspoon vanilla
2 teaspoon nutmeg
1 cup milk

DIRECTIONS

1. In a deep pot, bring 2 cups water to a boil.
2. In a bowl ,pour 1 cup water and stir in ground banana or plantain powder.
3. Pour mixed ground banana or plantain mixture in the pot of boiling water.
4. Stir in milk, vanilla and nutmeg.
5. The porridge can be made thick or thin depending on preference.

NUTRITIONAL INFORMATION

Banana is a very good source of protein, biotin, potassium, magnesium, manganese, vitamin B2, B6, B9 , vitamin C, dietary fiber

Coconut milk is a good source of protein, calcium, iron, magnesium, phosphorus, selenium, vitamin B9, fiber

Breadfruit is a good source of protein, magnesium, iron, calcium, vitamin B1, B3, B6, B9 and fiber



Rice Porridge

Makes 3-4 Servings

Helpful Hints: Ripe bananas, papayas, mangoes and steamed guavas can be cut into pieces and served in the porridge.

INGREDIENTS

- 1 cup rice
- ½ teaspoon vegetable oil
- ½ cup milk
- 2 tablespoons brown sugar (optional)
- 5 cups water
- ¼ teaspoon nutmeg (ground)
- ¼ teaspoon cinnamon (ground)
- 1 teaspoon vanilla
- ¼ teaspoon salt (optional)

DIRECTIONS

1. Add rice, salt, vegetable oil, and 1 cup water to a pot. Bring ingredients to boil and immediately reduce heat to medium. Cover pot and allow rice to simmer for 12 minutes. Use a fork to stir rice. The consistency of rice should be soft. Add the rest of the water to the rice, cook for another 12 minutes.
2. Add the milk. Keep stirring the pot to make sure it has no lumps. Simmer for another 5 minutes, sweeten and flavor with cinnamon, nutmeg, vanilla, and sugar.

NUTRITIONAL INFORMATION

Rice is a good source of selenium, manganese vitaminsB1, B2,

Milk a good source of protein, calcium, phosphorus, potassium, selenium, vitamin A & D, B1, B2, B6 and B12



Chicken Caldo

Makes 6-10 Servings

Helpful Hints: Serve with corn tortillas. Various vegetables can be added to improve nutritional value such as pumpkin, carrots, squash, cabbage, okras, jipijapa and tomatoes. This dish can be made without meat or other meats can be substituted.

INGREDIENTS

- 1 pound coco diced
- 1 pound yams diced
- 1 pound chocho diced
- ½ a head garlic, mashed
- 1 whole chicken about 3 ½-4lbs, cut into pieces
- 1 bunch cilantro chopped
- 4 ginger leaves chopped
- ¼ cup chopped culantro
- ¼ cup chopped fresh mint
- ¼ cup oregano leaves, chopped
- ¼ teaspoon recardo paste
- 12 cups water
- Lime or vinegar
- Salt, to taste

DIRECTIONS

1. Wash chicken with lime or vinegar and cut into pieces.
2. Put water into a large soup pot, and drop the washed chicken pieces into it. Add salt and bring to a boil.
3. Once water is boiling, add oregano, mint leaves, annato paste, and cilantro.
4. Reduce heat to a simmer and cook for 30, until the chicken is cooked.
5. Add coco, yams and chocho and other vegetables available.

NUTRITIONAL INFORMATION

Chicken is a good source of protein, B vitamins (B3, B5, B6,B12) selenium, zinc, magnesium, potassium, phosphorus

Coco and Yams are good source of complex carbohydrates, fiber, potassium, manganse, B vitamins (B1, B6, B9)

Chocho is a good source of magnesium, zinc, copper, fiber, vitamin C, B vitamins(B1, B6, B9)

Plantains are a good source of vitamin A, vitamin C, B complex vitamins(B1, B3, B5, B6, B9), potassium, magnesium, fiber

Bundiga

Makes 4-6 Servings

Helpful Hints: Foods such as coco, carrots, okras can be added to coconut milk base.

INGREDIENTS

1-1½ pounds. fish
 1-2 plugs garlic
 1 teaspoon salt
 5-6 cups coconut milk (2 grated coconuts)
 ½ teaspoon black pepper (optional)
 1 medium onion
 2-3 basil leaves or 1/3 tsp. basil powder
 4-5 green bananas or plantains (grated)

NUTRITIONAL INFORMATION

Bananas are a good source of protein, magnesium, potassium, copper, biotin, manganese, vitamin C and vitamins B2, B6, B9

Fish is a good source of protein, potassium, selenium, iron, vitamin A and C, omega 3 & omega 6 fats(healthy fats) Vitamin B1, B2, B3, B6 and B12

Coconut milk is a good source of protein, calcium, iron, magnesium, phosphorus, selenium, vitamin B9, fiber

DIRECTIONS

1. Scale, gut and clean fish.
2. Season with salt and black pepper. (set aside)
3. Grate coconut and add warm water. (squeeze and strain to get 5-6 cups milk)
4. Peel and grate bananas/plantains. (cover and set aside/use as soon as possible to avoid discoloration)
5. Heat coconut milk to boiling point stirring constantly. Add garlic, onion, basil leaves etc. (Continue stirring)
6. Just before coconut milk reaches boiling point, add grated bananas/plantains. (1/2 pot spoon at a time)
7. Simmer for about 7 minutes. Stir to prevent sticking.
8. Add seasoned fish and continue simmering for another 5-10 minutes or until fish is fork-tender.
9. Add additional salt and black pepper to taste. Gently remove pot from the stove/ fire. Serve hot.

Hudut & Sere

Makes 4-6 Servings

Helpful Hints: Hudut can be served as a side dish or can be placed in the fish sere. Additional vegetables or ground food can be added to the soup such as cho-cho, carrots, coco or yams. The milk will curdle if not constantly stirred.

SERE INGREDIENTS

- 2 medium sized fish (3 lbs)
- 1/2 an onion diced
- 2 plugs garlic minced
- 2 tablespoon coconut oil or cooking oil
- 1 1/2 cups coconut milk
- 1 1/2 cups water
- 1 teaspoon salt
- 1/2 teaspoon black pepper (optional)
- 1 teaspoon fresh basil
- 5 okras

HUDUT INGREDIENTS

- 2 green plantains
- 2 half-ripe plantains
- 8 cups water
- 1/2 tsp Salt
- 1/4 cup Sere (optional)

NUTRITIONAL INFORMATION

Fish is a good source of protein, potassium, selenium, iron, vitamin A and C, omega 3 & omega 6 fats (healthy fats) vitamin B1, B2, B3, B6 and B12

Okra is a good source of calcium, magnesium, phosphorus, potassium, iron, protein, vitamin B1, B3, B6, B9, fiber, vitamin A and C

Coconut milk is a good source of protein, calcium, iron, magnesium, phosphorus, selenium, vitamin B9, fiber

Plantain is a good source of potassium, magnesium, copper, vitamin B2, B6, B9, vitamin A & C, fiber

SERE DIRECTIONS

1. Clean, gut, and season fish with salt and pepper and set aside.
2. Heat pot and add coconut oil, onions and garlic along with desired seasoning including salt and black pepper. Sauté for a few minutes and add the coconut milk and water.
3. Stir and add fish. At this point you will constantly need to use spoon to stir milk. Do not stir fish but keep the milk in constant movement with spoon. You can turn fish after one side is cooked. Let soup continue boiling until fish is cooked and soup is thickened.
4. Add salt and pepper to taste.
5. Add okras just before the pot is turned off.

HUDUT DIRECTIONS

1. Peel and cut plantains. Each plantain should be cut in three or four pieces.
2. Put the green plantains to boil in 8 cups water. After they are half way done, add the half ripe plantains. Let plantains boil until they are fully cooked. Remove from water.
3. Let plantains cool a little before mashing or grounding with mata. Mash/beat until preferred consistency is reached



Makes 4-6 Servings

Helpful Hints: Beans for the filling can be mashed or blended. Various vegetables such as carrots, tomatoes, green beans, okras or cabbage can be added to the beans. Tomato salsa can also be prepared as a topping for the Shud.

INGREDIENTS

- 1 pound corn masa
- ½ teaspoon salt
- 3-4 tablespoons water
- 1 pound cooked black or red beans

Beans Filling

- 1 pound cooked black or red beans
- ½ onion finely diced
- 2 plugs of garlic finely diced
- Salt to taste
- ¼ teaspoon oregano
- ¼ teaspoon basil
- ½ tablespoon coconut oil

Tomato Salsa

- 1 bunch cilantro
- 1 medium onion
- 2 medium tomatoes
- juice of 2 limes
- Salt to taste

NUTRITIONAL INFORMATION

Corn is a good source of calcium, protein, potassium, magnesium, phosphorus, B vitamins (B1 B2, B3,B5, B6, B9), fiber

Beans is a good source of protein calcium, iron, magnesium, phosphorus, potassium, B complex vitamins (B1, B2, B3, B5, B6, B9) zinc, copper, manganese, selenium, choline fiber, iron, low in fat

Tomato is a good source vitamin A, vitamin C, vitamin K, fiber, potassium, magnesium, B vitamins(B1, B6, B9)

Cilantro is a good source of vitamin K, vitamin A, potassium, folate

Onion is a good source vitamin C, vitamin B6, B9, calcium, manganese, phosphorus, fiber

Oregano is a good source of vitamin K and traces of vitamin A and vitamin B9

DIRECTIONS

Heat oil in a pot, add onions, garlic and sauté until brown. Add beans and season with salt, oregano and basil. Cook to desired consistency.

1. Mix ground masa with water and a little salt until soft and masa holds together.
2. Roll into small balls of about 2 ½ inches
3. Place balls between two pieces of plastic in the center of a tortilla press and flatten
4. Place approximately 1 teaspoon of beans in the middle and fold over to form a patty. Do not over fill.
5. Press edges to seal.
6. Heat comal and place the folded patty on the comal
7. Let the patty bake on one side for a few minutes and then turn over to bake on the other side until golden brown.
8. Wash, dice and chop vegetables
9. Season chopped vegetables with lime and salt



Shutt

Makes 25 Servings

Helpful Hints: Filling such as meat or vegetables such as cohune cabbage, chaya, pumpkin, callaloo, potatoes, carrots, green beans are good options. Other options that can be used as a wrapping are banana, plantain or chichi leaves or aluminum foil.

INGREDIENTS

- 1 pound beans, cooked (preferably black beans)
- 2 tablespoons coconut oil or cohune oil
- ½ onion diced
- 2 plugs of garlic, minced
- Salt and black pepper to taste (optional)
- 2 tablespoons vegetable shortening
- 3 pounds corn masa
- ½ cup water
- 25 Waha leaves smoked over fire, cut into 10 inch squares

NUTRITIONAL INFORMATION

Corn is a good source of calcium protein potassium, magnesium, phosphorus, B vitamins (B1 B2, B3,B5, B6, B9), fiber

Beans is a good source of protein calcium, iron, magnesium, phosphorus, potassium, B complex vitamins (B1, B2, B3, B5, B6, B9) zinc, copper, manganese, selenium, choline fiber, iron

Virgin coconut oil is a good source of vitamin E, vitamin K , selenium, iron, healthy fats such as capric and lauric fats (these fats have antifungal, antiviral and antibacterial properties)

DIRECTIONS

1. Clean both sides of waha leafs with a damp cloth and set aside.
2. Grind or blend cooked beans.
3. Heat oil in frying pan and sauté onions and garlic until tender.
4. Add beans and fry until thick. Add salt and pepper to taste.
5. Melt shortening and mix with masa and water.

How to Assemble

Place the waha leaf on a flat surface and with a pot spoon, spread a spoon-full of the mixture on the leaf.

Add some beans in the middle. Bring opposite sides of the waha leaf together and fold down tightly. Tightly fold each side over to contain filling.

Line the bottom of a large pot with waha leaves. Arrange the wrapped vegetable posh on a slant to avoid water getting into it. You may place as many as you can fit in the pot.

Add 4 inches of water and steam for 45 minutes to 1 hour.

Check periodically to make sure there is always an inch of water in the pot.



Darasa

Makes 6 Servings

Helpful Hints: Eat as a one-pot meal or with side dishes of stewed meat, sere, fried fish or vegetables.

INGREDIENTS

- 7-8 green banana grated
- 1 ½ cup coconut milk
- ½ sweet pepper (finely chopped)
- ½ onion (finely chopped)
- ¼ teaspoon basil
- ¼ teaspoon oregano
- 10 banana or plantain leaves, cut into 10 inch squares

NUTRITIONAL INFORMATION

Green banana is a good source of protein, potassium, biotin, magnesium, copper, manganese, vitamin B2, B6, B9 , vitamin C, dietary fiber

Coconut milk is a good source of protein, calcium, iron, magnesium, phosphorus, selenium, vitamin B9, fiber

DIRECTIONS

1. Clean both sides of banana leaves with a clean damp cloth and set aside.
2. Grate bananas into a pan and add coconut milk, black pepper, onion, sweet pepper, basil, and oregano. Mix together well.
3. In squares of banana or plantain leaves, spoon a pot spoon of mixture, fold sides over filling and then fold the open ends to form 5”x3” packet.
4. Use stalks of banana or plantian leaves to form a bed in the pot. Add water to a level of 2 inches above the bed. Boil.
5. Put banana packets into pot. Steam for 1 hour. Take out and cool.



Dukunu

Makes 4-6 Servings

Helpful Hints: Serve with stewed chicken or any other meat.

INGREDIENTS

- 10 to 12 green corn in husk
- ½ cup coconut milk
- 2 tablespoon butter or vegetable oil
- 2 teaspoon baking powder
- Salt and freshly ground black pepper to taste (optional)

NUTRITIONAL INFORMATION

Green corn is a good source of protein, Vitamin B1 B3, B5, B9, Fiber, Magnesium, Phosphorus

DIRECTIONS

1. Peel corn reserving clean husk.
2. Using a knife cut corn off the cob.
3. Grind corn in a corn mill or blender.
4. Pour into a large mixing bowl and mix with the remaining ingredients.
5. Place approximately ¼ to 1/3 cup of mixture into the center of each reserved husk.
6. Bring sides together, making sure to overlap. Fold pointed end upwards.
7. Secure each packet with a string, if neccessary.
8. Place 2 – 3 inches of water in a large pot. Bring to boil and arrange dukunu, folded side down, in a standing position.
9. Boil for about ½ hour to 45 minutes.
10. Cool, remove from the husk and serve.

Cohune Cabbage

Makes 6-10 Servings

Helpful Hints: Meat can be added to the cabbage or cooked separately. Serve with rice or flour tortillas.

INGREDIENTS

- 1 heart of palm (4 cups diced cohune cabbage)
- 1 head of garlic finely chopped
- 1 small onion finely chopped
- 1 teaspoon salt
- 2 tablespoons coconut oil or cohune oil
- ¼ teaspoon black pepper (optional)
- 2-3 culantro leaves finely chopped
- 3 oregano leaves (crumbled)
- 1 tablespoon yellow ginger

DIRECTIONS

1. Cut cohune heart (center piece of cohune palm) in small pieces.
2. In a pot put diced cabbage with enough water to steam. Steam until tender.
3. Remove from heat and drain.
4. In a pot heat oil over medium heat. Sauté onion, garlic under tender.
5. Add yellow ginger and other seasonings to diced cabbage.
6. Cover and simmer for about 10-15 minutes.

NUTRITIONAL INFORMATION

Cohune Cabbage contains protein, iron, vitamin C and calcium

Stewed Jipijapa

Makes 25 Servings

Helpful Hints: Serve hot with rice or corn tortillas.

INGREDIENTS

- 6 jipijapa shoots, stripped and chopped
- 3 tablespoons coconut oil
- 1 onion, diced
- 1 large sweet pepper, chopped
- 8 plugs garlic, minced
- 1 bunch cilantro
- 10 ginger leaves, minced (optional)
- 8 okras, sliced
- 3 medium tomatoes, chopped
- Salt and black pepper to taste (optional)

NUTRITIONAL INFORMATION

Jipijapa is rich in protein, iron, vitamin C and calcium

Tomato is a good source vitamin A, vitamin C, vitamin K, fiber, potassium, magnesium, B vitamins (B1, B6, B9)

Okra is a good source of calcium, magnesium, phosphorus, potassium, iron, vitamin B1, B3, B6, B9, fiber, vitamin A and C

DIRECTIONS

1. In a large pot, add about 1-2 cups water and bring to a boil. Add jipijapa and steam until tender (about 5 minutes).
2. In a separate pot heat oil over medium heat. Add onion, garlic, sweet pepper, cilantro and ginger leaves. Cook for about 5 minutes or until tender.
3. Add jipijapa, okras, tomatoes. Add salt and pepper to taste. Cook for about 10 minutes until soft.



Fish Takari

Makes 4-6 Servings

Helpful Hints: Any vegetable can be added to the pot. Dish can be served with ground food, rice, corn or flour tortillas.

INGREDIENTS

- 1-2 lbs. fish
- 1 tablespoon cooking oil
- 1 onion diced
- 1 tablespoon lime juice
- 1 teaspoon salt
- 2 tablespoons yellow ginger
- ½ teaspoon black pepper (optional)
- ½ teaspoon cominos or cumin powder
- ½- 1 cup coconut milk
- ½ cup water

NUTRITIONAL INFORMATION

Fish is a good source of protein, potassium, selenium, iron, vitamin A and C, omega 3 & omega 6 fats (healthy fats) vitamin B1, B2, B3, B6 and B12

Coconut milk is a good source of protein, calcium, iron, magnesium, phosphorus, selenium, vitamin B9, fiber

Carrots are a good source of vitamin A, C, K, vitamin B6, fiber and potassium

Potatoes are a good source of protein, vitamin C, vitamin B1, B3, B6, B12 and fiber

DIRECTIONS

1. Scale, clean and gut fish.
2. Wash fish with lime juice.
3. Cut fish into serving pieces.
4. Use half the amount of salt and pepper to season fish.
5. Sauté onions and yellow ginger in a large frying pan or pot with vegetable oil.
6. Add fish to sautéed ingredients.
7. Add water, lime juice, cominos, remaining black pepper and coconut milk.
8. Add salt to taste.
9. Cover and cook for about 10-15 minutes. Serve hot.



Pumpkin Takari

Makes 4-6 Servings

Helpful Hints: Serve with white rice, corn or flour tortillas. Soft squashes can be used. If hard shell pumpkin is used, break up the pumpkin and boil in the shell, remove seeds and pulp from shell.

INGREDIENTS

- 1 pumpkin (4-5 pounds)
- 1 tablespoon vegetable oil or coconut oil
- 1 large onion
- 4 plugs garlic
- 2 teaspoons yellow ginger
- ¼ teaspoon black pepper (optional)
- ½ teaspoon cominos or cumin powder
- 2-3 leaves of cilantro, chopped
- 2 cups coconut milk

NUTRITIONAL INFORMATION

Pumpkin is a good source of vitamin A, vitamin C, vitamin B1 & B2 iron, and calcium, coconut milk is a good source of protein, calcium, iron, magnesium, phosphorus, selenium, vitamin B9, fiber

DIRECTIONS

1. Chip off pumpkin shell.
2. Cut in half and remove seeds.
3. Dice into small pieces and set aside.
4. Heat oil over medium fire and sauté onion and garlic until tender.
5. Add yellow ginger, black pepper, cumin and cilantro and sauté for a few minutes.
6. Add pumpkin to pot and stir.
7. Add coconut milk and leave pot to boil until pumpkin is tender. Add salt to taste.
8. Lower heat and simmer for about 5 minutes.

Pumpkin Rice

Makes 4-6 Servings

Helpful Hints: Brown rice is healthier than white rice but it takes a little longer to cook. After water has dried out and rice is not tender you may need to add a little more water so that the brown rice can reach its tenderness.

INGREDIENTS

- 3-4 cups water for cooking rice
- 1 small pumpkin (2-3 pounds)
- 1 small onion (finely chopped)
- 2 cups uncooked brown or white rice
- 1 medium sized tomato (chopped fine)
- 1 teaspoon vegetable oil or margarine
- 1 teaspoon salt
- ½ sweet pepper (chopped small)
- 6-10 green beans cut in small pieces

NUTRITIONAL INFORMATION

Pumpkin is a good source of vitamin A, vitamin C, vitamin B1 & B2 iron, and calcium,

Onion is a good source vitamin C, vitamin B6, B9, calcium, manganese, phosphorus, fiber

Tomato is a good source vitamin A, vitamin C, vitamin K, fiber, potassium, magnesium, B vitamins (B1, B6, B9)

Green beans is a good source of protein, vitamin A, C, K, vitamin B1, B2, B6, manganese, Iron, magnesium, fiber

Brown rice is a good source of vitamin B1, B2, B6, magnesium, phosphorus, selenium, copper , manganese, iron, fiber

DIRECTIONS

1. Wash and chop pumpkin. Boil in water (just sufficient to cover pumpkin) for about 15- 20 minutes. Test with fork for tenderness.
2. Remove pumpkin from water and set aside to cool.
3. Remove pulp form the shell and dice into squares of about ½” in size.
4. Use pumpkin water for cooking rice. Add salt, cooking oil and rice to water and cook for about 10-15 minutes.
5. Place vegetables to steam on top of rice.
6. Cover pot and lower heat. Cook another 10-20 minutes or until rice is tender. Stir in vegetables.



Mashed Potatoes

Helpful Hints: Potatoes can be substituted with coco, yampi, yams, dasheen, cassava, breadfruit, green plantains, bananas or sweet potatoes. Dish can be served with stewed chicken or any other meat.

INGREDIENTS

2 pound Irish potatoes
Salt to taste (optional)
¼ tablespoon butter
½ cup milk

NUTRITIONAL INFORMATION

Potatoes are good source of protein, vitamin C, vitamin B1, B3, B6, B12 and fiber

DIRECTIONS

1. Place potatoes in a pot with water covering potatoes and boil until soft.
2. Remove potatoes and remove skin, mash potatoes with a potato masher or fork.
3. Add salt to taste, butter and milk to mash potatoes and mix well.



Boil-up

Makes 7 Servings

Helpful Hints: If using yampi (purple yam) or purple cabbage, boil first before boiling other foods as they can stain the other foods. Fish can be added to boil up.

INGREDIENTS

- 4 cups cabbage, roughly chopped
- 2 cups yams, quartered
- 2 cups sweet potatoes, peeled quartered
- 2 cups Irish potatoes, peeled quartered
- 2 cups cassava, peeled and diced
- 2 cups coco scraped, quartered
- 2 cups yampi (purple yam), peeled, quartered
- 3 ripe plantain
- 7 eggs boiled and peeled

BOIL-UP SAUCE INGREDIENTS

- 4 cups ripe tomatoes, diced
- 2 cups onion, diced
- 2 cloves garlic
- Salt and cilantro, mint and thyme leaves, to taste
- 2 tablespoons coconut oil

NUTRITIONAL INFORMATION

Cabbage is a good source of vitamin C, K, B9, potassium, fiber

Yams are a good source of vitamin C, vitamin B1, B6, fiber, iron, potassium, manganese, copper

Sweet potato is a good source of protein, vitamin A, C, E, K, vitamin B1, B6, B9, fiber, iron, magnesium, phosphorus, potassium, copper, manganese

Irish potatoes is a good source of protein, vitamin C, vitamin B1, B3, B6, B12 and fiber

Cassava is a good source of potassium, magnesium, vitamin C, vitamin K, vitamin B1, B2, B3, B6, B9 and fiber

DIRECTIONS

1. Boil yams, sweet potato, potatoes, cassava, cocoa, plantain and yampi in a large pot of water until tender.
2. Remove vegetables from the water and keep warm.
3. Reserve the last water for the cabbage.

BOIL-UP SAUCE DIRECTIONS

1. Heat coconut oil in a skillet and add the tomatoes, onions, and garlic and sauté for 5 minutes
2. Puree. Season to taste.
3. Plate a variety of boiled ground food, vegetables, boiled eggs and top with tomato sauce.

Coco is a good source of vitamin A, vitamin B1, B2, B5 B6, B9, fiber, zinc, potassium, copper, calcium, manganese, iron, magnesium

Plantains are a good source of vitamin A, vitamin C, B complex vitamins (B1, B3, B5, B6, B9), potassium, magnesium, fiber

Eggs are a god source of protein, vitamin A, vitamin B2, B5, B6, B9, B12, iron, selenium, zinc, and phosphorus

Banana Pancakes

Makes 4 Servings

Helpful Hints: This recipe can also be made from ripe plantains or ripe breadfruit. Fruits such as ripe mangoes, pineapple and guava pulp can be added to the batter. Pancakes may be served with honey.

INGREDIENTS

- 2-3 medium ripe bananas
- 2 cups all purpose flour
- ¼ cup sugar (optional)
- 2 eggs
- 2 tablespoons baking powder
- 1 tsp cinnamon powder or ground spice
- 1- 1½ cups milk
- 3 tablespoons vegetable oil
- oil for greasing comal

NUTRITIONAL INFORMATION

Banana is a good source of protein, potassium, magnesium, biotin, copper, manganese, vitamin B2, B6, B9, vitamin C, dietary fiber

Pure honey is a good source of iron, manganese, zinc and potassium

DIRECTIONS

1. Mash bananas in a bowl and set aside.
2. In a separate bowl combine flour, baking powder, cinnamon. Mix well and set aside.
3. Whisk eggs until well-beaten. Whisk in milk, banana, and oil until smooth.
4. Make a well in the center of the dry ingredients, pour in egg mixture. Stir with a spoon until flour mixture is moistened to form a batter.
5. Heat comal over medium flame. Grease comal and add a pot spoonfull of the batter on comal.
6. Cook on the first side 2-3 minutes or until underside is golden brown and surface is bubbly. Turn and cook 2-3 minutes or until second side is golden brown.



Chaya/Spinach/Callaloo Scrambled Eggs

Makes 4-6 Servings

Helpful Hints: Other local greens and edible flowers such as moringa, yerba mora, pumpkin flowers, cauliflower, cabbage, okra, and/or green beans can be used. Care must be taken in handling chaya as it itches the skin.

INGREDIENTS

¼ lb. chaya, spinach or callaloo
½ onion (finely chopped)
4 eggs
1 pinch of salt
1 tablespoon coconut or cohune oil
1 medium sized tomato, diced
¼ teaspoon black pepper (optional)
2 tablespoons milk

NUTRITIONAL INFORMATION

Eggs are a good source of protein, vitamin A, vitamin B2, B5, B6, B9, B12, iron, selenium, zinc, phosphorus

Spinach is a good source of protein, vitamin A, C, K, vitamin B2, B6, B9, iron, calcium, magnesium, iron, fiber

Chaya is family to spinach, and a high source of iron, calcium, magnesium, vitamin K, A, and B vitamins (B2, B6, B9)

Calaloo is a good source of protein, vitamin A, C, potassium, magnesium, calcium, iron, Fiber

Onion is a good source vitamin C, vitamin B6, B9, calcium, manganese, phosphorus, fiber

Tomatoes are a good source vitamin A, vitamin C, vitamin K, fiber, potassium, magnesium, B vitamins (B1, B6, B9)

DIRECTIONS

1. Wash Chaya/spinach/callao leaves and tear leaves into small pieces. Cover and set aside.
2. Break eggs in a bowl, add milk salt and pepper and beat well.
3. Heat frying pan and add coconut oil.
4. Put in Chaya/spinach/callao, tomatoes and onions and sauté for 3 mins, stirring constantly.
5. Add eggs and continue cooking for another 3 minutes or until mixture is firm and fluffy.
6. Eggs can be served with corn tortillas, flour tortillas, johnny cakes or bread. Cilantro can be added to give more flavor.

Fever Grass and Lime Leaf Tea

Helpful Hints: The tea can be served hot or cold.

INGREDIENTS

12 blades of fever grass (lemon grass)
5-10 lime leaves
1 quart safe water
Sugar and milk to taste

NUTRITIONAL INFORMATION

Fever grass contains fiber, potassium and vitamin A and B vitamins(B1, B2) It has anti- inflammatory properties and protect the kidneys

DIRECTIONS

1. Wash fever grass and lime leaves in safe water.
2. Boil water until steam is coming out. Add fever grass and lime leaves.
3. Cover pot and remove from heat. Let it sit for about 10-15 minutes.
4. Strain liquid. Add sugar and milk to the tea.

Cornsham Drink (Penol)

INGREDIENTS

½ pound powder cornsham (roasted and ground corn)
Brown sugar (optional)
6 cups Water

NUTRITIONAL INFORMATION

Corn is a good source of calcium, protein , fiber, potassium, magnesium, phosphorus, B vitamins (B1 B2, B3,B5, B6, B9)

DIRECTIONS

1. In a mug combine cornsham powder, water and add sugar to taste.
2. Serve warm or with ice.



Cacao Drink

Helpful Hints: Cacao can be served hot or cold.

INGREDIENTS

- ½ pound ground cacao beans
- 2 teaspoons ground black pepper
- 2-4 cinnamon sticks (optional)
- 1 teaspoon cloves (optional)
- 4 cups water
- Brown sugar to taste (optional)

NUTRITIONAL INFORMATION

Cacao beans is a good source of protein, vitamin B2, iron, fiber, magnesium, phosphorus, calcium, magnesium, potassium, selenium, copper, zinc, manganese

DIRECTIONS

1. Boil water in a pot.
2. Add ground cacao, black pepper, cinnamon sticks and cloves.
3. Stir until all the white cream floats to the top of the pot.
4. Store mixture in a clean container with a lid.
5. Make a hot cup of cacao drink by spooning one teaspoon of the mixture into a cup of hot water and stir.

Soursop Juice

INGREDIENTS

- 1 soursop (2lbs)
- ½ teaspoon nutmeg
- Milk (optional)
- Brown sugar (optional)

NUTRITIONAL INFORMATION

Soursop is a good source of vitamin C, vitamin B1, B2, B3, calcium, phosphorus, potassium, iron fiber

DIRECTIONS

1. Squeeze sour sap and strain the liquid.
2. Add water depending on preference of the consistency.
3. Add nutmeg and milk to taste and stir. Add ice.



Green Golden Plum Juice

INGREDIENTS

10-15 green golden plums
Brown sugar (optional)
1 quart safe water

DIRECTIONS

1. Wash plums and remove seeds.
2. Grate or blend flesh.
3. Sift with strainer and add water to desired consistency of juice.
4. Add sugar to taste.

NUTRITIONAL INFORMATION

Golden plums is a good source of vitamin C, K, traces of B vitamins(B2 B3, B6) potassium, and fiber

Papaya Juice

INGREDIENTS

1 ripe medium papaya (2 lbs)
Water
2 cups orange juice
¼ - ½ cup lime juice to taste
Milk to taste (optional)
Brown sugar (optional)

DIRECTIONS

1. Wash papaya, peel and remove seeds.
2. Grate, mash or blend papaya. Strain.
3. Add 2 cups orange juice and lime juice
4. Sweeten to taste, chill and serve.
5. Add water to desired consistency

NUTRITIONAL INFORMATION

Papaya is a good source of vitamin A & C, vitamin B9, potassium, fiber



Green Mango Juice

INGREDIENTS

2- 3 large green mangoes grated
1 piece ginger grated ½ inch (optional)
Brown sugar (optional)

DIRECTIONS

- 1. Add water to grated mangoes and ginger and strain.
- 2. Add sugar to taste and serve cold with ice cubes.

NUTRITIONAL INFORMATION

Mango is a good source of vitamin A, C, E, K, vitamin B6, potassium, and fiber

Ripe Mango Juice

INGREDIENTS

3-4 large ripe mangoes
Water
Brown sugar (optional)

DIRECTIONS

- 1. Peel mangoes
- 2. Grate mangoes or remove seed from flesh and blend
- 2. Strain the pulp.
- 3. Add water for consistency of juice.
- 4. Mangoes are very sweet so no sugar may be needed.

NUTRITIONAL INFORMATION

Mango is a good source of vitamin A, C, E, K, vitamin B6, potassium, and fiber



Guava Juice

INGREDIENTS

5-6 medium ripe guavas
¼ - ½ cup brown sugar
1 cup water
½ inch ginger root (optional)

NUTRITIONAL INFORMATION

Guava is a good source of protein, vitamin A & C, E, vitamin B1, B3, B6, B9, potassium, manganese, copper, fiber

DIRECTIONS

- 1. Wash guavas and boil in a pot.
- 2. Strain liquid with a strainer. Add more water depending on preference for consistency. Grate ginger root and add to liquid.
- 3. Add brown sugar to taste.

Orange/Ginger Drink

INGREDIENTS

10-12 oranges
2-4 ozs root ginger
8-10 cups water
Brown sugar to taste

NUTRITIONAL INFORMATION

Orange is a good source of vitamin C, fiber, vitamin B1, B9
Ginger has traces of magnesium, iron, B vitamins (B2, B3, B6)

DIRECTIONS

- 1. Wash oranges.
- 2. Scrape ginger to remove the skin. Pound ginger.
- 3. Put ginger to boil in water (cool) and strain.
- 4. Squeeze oranges to remove the juice and add juice to ginger water.
- 5. Sweeten to taste. Serve cold.





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