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| Duff | Gizzada | Run Down |
| Jerk Chicken | Goat Water | Bammy |

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Caribbean Foods

Coucou and Flying Fish

This is a popular local seafood in Barbados. The fish is steamed

Fish Tea

This is a light soup or fish broth from Jamaica. Seasoned with salt, pepper and thyme. This is a thinner soup unlike other soups which are usually much thicker

Conch Fritters

From the Bahamas, these are made from local queen conch meat, which is a type of shellfish. They are fried in a savoury batter, with many peppery seasonings.

Ackee and Saltfish

This is the national dish of Jamaica, made with an unusual fruit and any type of dried salted fish. Often cod, mahi mahi or mackerel will be used. A popular dish that can be eaten for breakfast, lunch or dinner

La Bandera

From the Dominican Republic, La Bandera is also the name of the tri colour flag. The dish is made of beans, rice and meat, usually served with salad

Sweet Potato Pudding

A favoured Jamaican dessert on a Sunday. It is made with sweet potatoes, flour, coconut milk, dried fruits, vanilla flavouring, nutmeg, salt and sugar. It can be baked in an oven, but a more traditional way is to prepare in a coal pot, placing charcoal underneath the bottom and the top of the baking pan

Duff

A dessert from Bahamas. Filled dough with fruits like guava, then boiled or steamed to be served with a sweet buttery sauce made with rum or brandy

Gizzada

A Jamaican dessert. A pastry shell is filled with a sweet and slightly spicy coconut filling. It goes by another name, pinch-me-round due to the pinched crust

Run Down

A Jamaican fish stew, cooked traditionally with coconut milk, onions and tomatoes until reaching a thick consistency. Usually made with cod or mackerel

Caribbean Foods

Jerk Chicken

One of Jamaica's most famous and loved dish. Chicken, rubbed and marinated with a hot, sweet and spicy mixture, usually served with rice and beans, but equally good with grilled pineapple or a mango salsa

Goat Water

From Monserrat, goat water is a dish of stewed goat meat, with vegetables, spices, tomatoes and onion and then served with break or rice. Some may add breadfruit or green papaya to the recipe too

Bammy

A traditional Jamaican Flatbread, often soaked in coconut milk then can either be fried, steamed or baked. Often served for breakfast or as a side dish to fish

Peppered Shrimps

This is popular in Jamaica as a street food. Shrimps cooked in a skillet with garlic, hot pepper, butter and thyme

Bulla Cake

From Jamaica, Bulla cake is made with flour, molasses and baking powder and are round and flat in shape. They often come spiced with ginger or nutmeg

Coconut Drop

These traditional Jamaican treats closely resemble toffee because of their chewy texture. Make from brown sugar, coconut chunks, vanilla and powdered ginger.

Red peas Soup

This thick Jamaican soup is more stew like, with beef or pork, starchy vegetables like yams, red peas and topped off with chewy dumplings. You will find flavours from pimento and thyme in the dish too

Tamarind Balls

These are a speciality from Jamaica, made with the sticky flesh of the Tamarind, water and brown sugar rolled into balls and coated in sugar

Cassava Pone

A gummy, sweet and moist dessert from Barbados, made from cassava root, pumpkin, sweet potatoes, coconut, sugar, nutmeg, butter and milk

Chapea

This hearty stew from the Dominion Republic is made with beans, rice and vegetable like plantain, onions, green peppers, carrots and garlic, flavoured with coriander and sour orange juice

Caribbean Foods

Coco Bread

This is a popular Jamaican bread, made with flour, sugar, salt, yeast and coconut milk. They are often used to make sandwiches, filled with a Jamaican Patty

Festival

These are Jamaican dumplings made with cornmeal. They are traditionally an oval shape and have a crispy exterior due to being fried in hot oil

Doubles

From Trinidad, doubles is a sandwich made with 2 fried flatbreads and filled with curried chickpeas. Mainly eaten as a breakfast dish or a late-night snack

Callaloo

The national dish of Dominica, made with leafy vegetables like spinach coconut milk, salted meat, yams onions, peppers, green bananas and dumplings (which consists of flour and cornmeal)

Planters Punch

This popular cocktail is made with dark Caribbean rum, grenadine, sugar, syrup, fresh juice from pineapple, lemon and oranges. They are shaken with ice when poured are topped off with angostura bitters and are garnished with a slice of pineapple and a cherry

Run Down

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