

# Jamaican Eats

*Bringing a taste of the Caribbean to the world*

## Best National Dishes

Ackee and Saltfish  
Cou Cou and Flying  
Fish in the top 3

+ Jamaica's *yummy*  
ice cream spot

Young  
gifted  
*and* hot

More top 30  
Under 30 chefs

*Scrumptious* Reader Recipes

Ackee and Saltfish  
Jamaica's national dish

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# Bragging rights

We all know that Jamaicans are a *boasy* (show off) people. Even when times are lean and the going is rough, islanders are *stylin'*, puffing out their chests and...well...chalking up victories all over the world. (Need I say Usain Bolt, world's fastest man, and the track team? Or Patrick Lipton Robinson, the Jamaican who headed (until November 2011), the International Criminal Tribunal for the Former Yugoslavia in The Hague, Netherlands?)

So it's no wonder that we were flooded with e-mails when National Geographic's *Food Journeys of a Lifetime: 500 Extraordinary Places to Eat Around the Globe* placed ackee and saltfish second on its list of Top 10 National Dishes and then pointed to Devon House, Kingston, as the fourth best spot for ice cream.



Photo by Glace Lawrence

Armed with such delicious ammunition, we couldn't resist the temptation to brag (that would be most unJamaican, after all) about ackee. Rarely eaten by others because of its reputation for being poisonous, the misunderstood ackee fruit has been embraced by Jamaicans. Starting on page 23 we've got an ackee spread that includes information on when to pick and eat the fleshy, yellow fruit and recipes that take you beyond the national obsession of ackee and saltfish to ackee cheesecake, jerk ackee and ackee soup.

Plus, starting on page 18, we've got the scoop on the historic Devon House (built by Jamaica's first black millionaire) and its yummy offerings – from the famous I-Scream to the creative cuisine at the Grog Shoppe.

Then on page 34 we continue to show off with our series on the Top 30, Under 30 chefs. Meet a rugby-playing chef from St. Lucia and two young chefs working their way up the kitchen ladder at the Half Moon resort in Montego Bay, Jamaica.

And just in case you think the young ones have all the bragging rights, we bring you Dudley Delapenha, a 78-year-old great grandfather who found his passion for baking later in life. The former Jamaican executive who could barely fry an egg, jokes his family, before migrating to Canada, has a weekly Saturday afternoon date with his oven. Whipping up banana bread, Jamaican Easter buns, cornmeal puddings and loaves of bread for family, friends, neighbours, friends and family of neighbours and... Well, you get the picture.

Reader Andrea Mundell-Bowen of London, England, is back, this time with an intoxicating Lamb Shanks with Tia Maria Liqueur recipe on page 35. On the following pages, reader Jackie Fraser-Dunfield of Moncton, New Brunswick, Canada, tells us about her love of cooking which she inherited from her mother. Get her Jamaican-inspired recipes – Mango and Shrimp Curry Soup and Old Goat's Lamb Curry – on pages 36 and 37. Plus Marcia Mayne's piece, What my mother and grandmother taught me about baking and life, will bring a tear to your eyes.

In this edition we also feature a celebration of Jamaican food at the Taste of Jamaica which took place mid-October in Montego Bay, as well as a flavour of Jamaica at Whole Foods, Vancouver, Canada.

Plus, in Ask Jennifer, our resident expert Jennifer Mullings says yes, you can make delicious chicken stew peas. Along with Sister Catherine Williams and the Rasta community of Broughton District, Westmoreland, she guides a group of wellness seekers from Minneapolis on the pleasures and benefits of the coconut.

As usual we end on a sweet note – a cornmeal pudding that Dudley Delapenha swears will have you licking your fingers.

Enjoy!

Grace Cameron

# ON THE MENU

Winter/Spring 2012

# JamaicanEats

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Photo by Bill Moore

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## FOR STARTERS.....10

. Jamaican flavours sizzle at Whole Foods in Vancouver with jerk tofu, pepperpot soup and Bob Marley pizza bowl.  
. Taste of Jamaica. Chefs, pastry chefs and bartenders served up their best at the 4th annual Taste of Jamaica held mid-October in Montego Bay. And we've got the winning dessert and drink recipes.

## CARIBBEAN CUISINE ROCKS.....17

. Ackee and Saltfish is the number two National Dish in the world, with Barbados' Cou Cou and Flying Fish right behind, according to National Geographic. Plus, Devon House, an historical landmark in Kingston, the fourth best place anywhere to enjoy ice cream. Find out why they are on National Geographic's top 10 list, then dig into the yummy recipes — think jerk ackee and ackee cheesecake.

## LESSONS ON LIFE AND BAKING.....30

. Marcia Mayne shares the story of the differing baking styles of her mother and grandmother and the lessons she learned from both. She also gives us her recipe for Christmas cake.

## TOP 30, UNDER 30.....32

In our ongoing series featuring young chefs, meet the fierce Paulyn Eugene of the Windjammer Landing Villa Beach Resort in St. Lucia, as well as Basil Bowers and Phillip Gray who are making their presence felt in the kitchen of Montego Bay's Half Moon resort.

## READERS' RECIPES.....35

. Andrea Mundell-Bowen's Lamb Shanks with Tia Maria Liqueur will leave you swooning.  
. Jackie Fraser-Dunfield, a frequent visitor to Jamaica, tells us about her mother's cooking and shares her Mango & Shrimp Curry Soup and Old Goats' Lamb Curry recipes.

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Dudley Delapenha discovered his joy of cooking late in life. Now the one-time spokesman for the giant beverage company D&G has a weekly baking session and generously spreads the bounty.

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Can you make stew peas with chicken? asks reader Pat Zezula. Yes, you can, answers our resident expert Jennifer Mullings.

## COCONUT ROCKS.....42

Sister Catherine Williams and the Rasta community in Broughton District, Westmoreland, gave a group of wellness seekers from Minneapolis lessons in coconut, health and life.

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You'll fall for the velvety charms of this silky cornmeal pudding.

Cover photo of ackee and saltfish by Rosemary Parkinson



July 2011

# Chef Norma lives on

As I read the article about Chef Norma Shirley (my husband is a Red Seal Chef by trade although he is not cooking in a restaurant setting now) in the latest issue, it made me feel sad.

I remember staying at the Cocolapalm Resort on Seven Mile Beach in Negril last November (2010) and deciding on November 3 to walk down to Seasplash Resort near Cocolapalm to have a lovely dinner at Norma's in Negril. I had heard so much about Norma Shirley and was excited to be dining at her restaurant.

As I was walking with my husband on the side of the road I twisted my ankle shortly before arriving at Seasplash. We continued to

walk even though it was painful for me. Unfortunately, when we arrived the attendant informed us that the restaurant was closed for that evening, but we did not know why. Little did we know until we returned home to Canada two weeks later and read of her sudden passing on November 2, 2010. What a shock!

She must have been an amazing lady and will be dearly missed by all the lives she touched. I am looking forward to her biography by Rosemary Parkinson coming out in 2012 and I definitely want to go back to her restaurant when I am in Negril again.

**-Bev. Cunningham, Kelowna, B.C.**



## The Fiery Jerk Shrimp did it

**Please keep your letters and e-mails coming**

Please e-mail us :  
info@jamaicaneats.com,  
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OR write us @  
JamaicanEats magazine,  
P.O. Box 1875, Kingston 8,  
Jamaica, W.I. OR visit us online at  
jamaicaneats.com and blog with us  
or join us on facebook or twitter.

I took my copy of the July 2011 *JamaicanEats* with me on vacation and last night my friend who I'm visiting made Chef Andre Fowles' (Round Hill Hotel and Villas) Fiery Jerk Shrimp in a Garlic & Thyme Broth with the accompanying cornbread w/cilantro and pepperjack cheese listed on page 45. It was delicious! We couldn't find any scotch bonnet pepper so we substituted with serranos. He loves the recipes so much that he's planning on making some of the others. I've been explaining to him what some foods like cho cho (christophene, chayote) are. I'm going to get him his own subscription and some back issues because he wants to keep my copy and I'm not giving it up. :)

**- Jeanette Haynes, Havelock, North Carolina**



# Macca Fat unveiled

Macca fat seems to have disappeared, leaving Jamaicans of a certain generation with dim memories. Reader Leonie Alberga found some macca fat trees in her backyard and sent this picture.



Macca fat is the fruit of a palm tree which we ate as children (some 50 years ago). I took off the skin (as seen in the photo) to show the yellow sticky fruit inside. None of the kids I asked knew what it was. I tried without luck to find someone willing to eat the fruit to show you the "coconut" inside. I hope the photo will jog the memory of some of your readers.

**-Leonie Alberga,  
Kingston, Jamaica**

Let me start by saying that *JamaicanEats* is now my favourite magazine of any genre. The quality and content are excellent. I also just viewed the digital magazine and I quite enjoyed it. I can carry the magazine with me on my cell phone or eReader.

Now to the macca fat. I haven't had macca fat in over 30 years. I left Jamaica when I was 12 years old and the last time I ate it was when I went home at about 18 years old.

I remember it being about a golf ball size and yellowish green in colour. It had a thin shell and the meat inside was slimy/sticky. It was not very sweet and there was not a lot of it but I loved it. I really can't remember the seed inside. It made your fingers nice and sticky.

When I asked my mother about it she said

it used to grow in Barbican, which is above Kings House in the Kingston area.

Another fruit I liked was stinkin' toe\*. Love that name. I did have that in Jamaica about seven years ago but it's not as common now. I remember it was dark brown and shell-shaped like a big toe, hence the name. The meat inside was kind of powdery with a musky taste.

These fruits bring back so many happy memories for me, growing up as a child in Jamaica.

Keep up the great work with this magazine. I think I have to get my Ma her own subscription for Christmas.

**- Anna Murphy, Hyattsville, Maryland**

\* See glossary on page 8

# JamaicanEats

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JamaicanEats magazine is distributed to members and subscribers in Canada, the U.S., U.K., Europe, Jamaica, the Caribbean, South America, Australia, New Zealand, Japan and some African countries.

I had some friends over for the weekend and showed them the two magazines I had just received and they were blown over! Reluctantly, I brought out my collection but warned them I had them numbered so don't think of sneaking any from me. I copied a few recipes for them.

- *Beverley Cranston, Ellijay, Georgia*

## GLOSSARY



**STINKIN' TOE**, also called Locust or 'Tinkin' Toe.

**Peak season** is April to June.

**Found** in the Caribbean, Mexico, Central and South America.

**USES:** The sugary powder inside is eaten straight or can be made into a flavourful custard or beverage.

Also used in folk medicine to relieve headaches and rheumatism. Applied to the skin, the juice reportedly gets rid of ringworm and fungus.

**SCOTCH BONNET PEPPER** adds the zip to Jamaican cuisine. It's indigenous to Central America and the Caribbean.

**Colours** range from green to orange and purple. These peppers are scorchers so wear rubber gloves when handling and remove seeds to reduce the heat.

**Soothe burnt hands** in cold milk and mouth burns with milk, bread or beans.

Scotch bonnet pepper is named for its resemblance to the traditional Scottish tam.



**CHO CHO** is also known as chayote or christophene and takes on the flavour of whatever you give it.

**BENEFITS:** High in folate and fibre, low in calories. Also high in manganese, a mineral that helps to convert food into energy.

**FIND IT:** At Caribbean, Latin and Asian grocery

stores. Also check the ethnic aisles of major supermarket chains.

**STORE IT:** In a plastic bag in the fridge for a month.

**TIP:** Cho cho has a sticky resin under the peel. So rinse well before peeling and cutting and wash hands after to keep the skin on your hands from drying.

Photo by Rosemary Parkinson



## It's a small world after after all

I have to tell this story.

I eat lunch every day with two Jamaican-Canadian teachers at my school. Yesterday when I went down to meet them, one of them (Norma) was talking about a recipe she liked that had come from a magazine. I'd just caught the tail end of their conversation, but it prompted me to ask, "Hey, have you ladies heard of this magazine called *JamaicanEats*?" And, of course, Norma replied, "Yeah, that's the one; that's the magazine!"

I proceeded to tell them that the editor is a friend of mine — the very first friend I made in our journalism program at Ryerson. Isn't it a small world?

- Cheryl Agoston,  
Toronto, Ontario



Glenford McGibbon, Maisie McGibbon, Amor Lucas, 8 and Ari Lucas, 3.

## A taste of home for all generations

My parents who live in Jamaica were visiting us in Florida and were so intrigued by the magazine that they both read the new issue cover to cover. Now my Dad wants me to make copies of the recipes. I said, "Go get your own subscription!" LOVE IT — AS USUAL.

My children (shown here with their grandparents) have been spending every summer in Jamaica since they were born, soaking up the culture, the people, the 'real' country food, fruits off the trees and country living! Wouldn't trade for anything in the world. They love home but they love it there too. They recently gave my Mom a picture with them/her for her birthday that says - "there's no place like home, except at Grandma's house".

- Karen McGibbon, Florida

# A Wale of a Jamaican story

I've lived in Cardiff now for about 12 years since coming here for university. I'm originally from Bristol and still go back for St Paul's Carnival each year which is a big Caribbean carnival. It's not quite London's Notting Hill carnival but it is still popular, especially because you can get food like patties, dumplings, curried goat and, of course, jerk chicken and rice 'n' peas!

Although I'd always liked the music and wanted to visit the islands (that was more of a pipe dream due to finances, etc.) I only became truly interested in Caribbean food and culture after going to Jamaica for the first time in 2007 (a holiday I won in a competition) with my sister and nephew.

When I went over I made some good friends in Montego Bay and started to go about every six months to see them. They showed me around, taking me to Negril, throughout Westmoreland, Porus and Mandeville (due to my surname). On our travels they introduced me to so many different foods I'd never even heard of, let alone tried. It made a change from the traditional tourist experience as we ate where true Jamaicans ate, instead of the tourist traps.

Hopefully this year, I'll be having an open house for my friends in Cardiff who don't see their families at Christmas and I'll be cooking some of the Christmas recipes from your magazine for an alternative fare to traditional turkey, roast potatoes and vegetables.

In Cardiff there's only one Caribbean restaurant and it is fairly popular among people who know about it. We don't have as big a Caribbean population as places like Bristol but there are a few African food stores that sell some Caribbean products and even Tesco supermarket stocks some things like Walkeswood and Dunns River products. Generally though to get the best selection of products, there's a store in Bristol called Malik's that I order from as they stock everything from Irish Moss to cho cho (christophene, chayote) and they deliver to Cardiff.

I first bought your magazine when I was visiting friends in Negril and discovered that one of the bar men who we always chatted to was featured in it. (I think his name was Lyndon from Aqua resort.) He signed my copy. It brings back happy memories of the times I used to spend in Jamaica with the amazing people I knew out there.

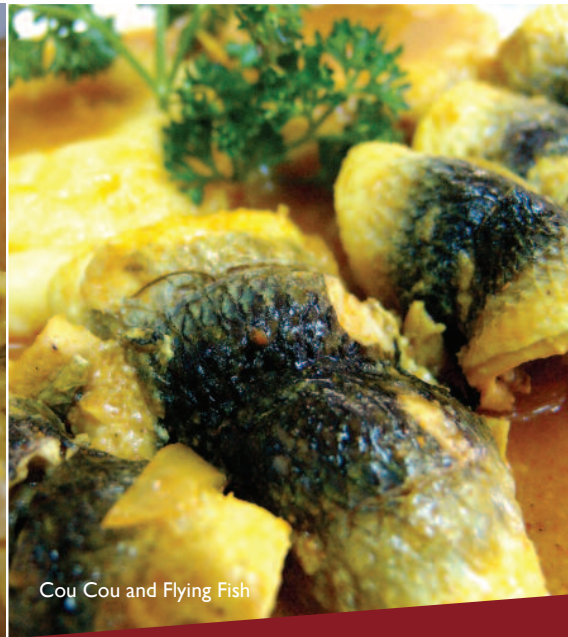
Once again, thank you, and well done on producing such a great magazine.

- Jess Mandeville, Cardiff, Wales





Ackee and saltfish with fried dumpling



Cou Cou and Flying Fish



# Caribbean

dishes among the **BEST** in the world



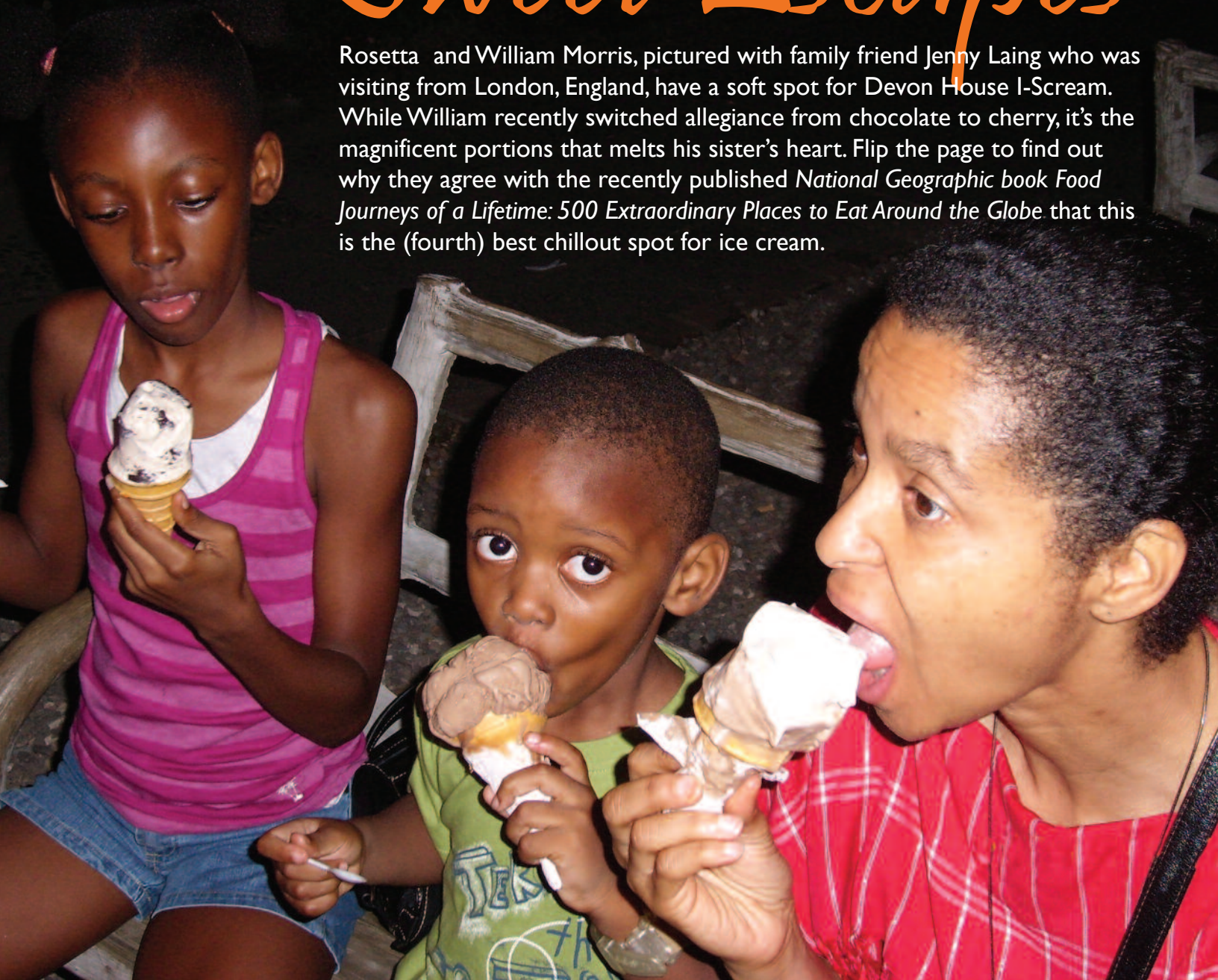
Jamaican Ackee and Saltfish and Barbados' Cou Cou and Flying Fish have rocked the palate of editors at National Geographic which placed these dishes 2nd and 3rd on its Top 10 list of National Dishes of the world. PLUS, the renowned magazine has discovered Devon House in Jamaica's capital, Kingston, naming it the 4th best place in the world to eat ice cream. Other national dishes, eat your heart out as readers dig into ackee and cou cou recipes as well as some of the good eats at historic Devon House on the following pages.



Aclee Cream Pie

# Sweet Escapes

Rosetta and William Morris, pictured with family friend Jenny Laing who was visiting from London, England, have a soft spot for Devon House I-Scream. While William recently switched allegiance from chocolate to cherry, it's the magnificent portions that melts his sister's heart. Flip the page to find out why they agree with the recently published *National Geographic* book *Food Journeys of a Lifetime: 500 Extraordinary Places to Eat Around the Globe* that this is the (fourth) best chillout spot for ice cream.



Contributed photo

## Rumour has it that

the governor's wife, Lady Musgrave, had the nearby Lady Musgrave Road built because she could not stand to pass by Devon House which was owned by George Steibel, a black millionaire

# Carry Mi Ackee go a

Carry mi Ackee go a Linstead Market, the first words that come to the mind of many people when they hear of the Linstead Market Jamaica brand of products.

Another food processing brand, right? Yes, most definitely... but a premium brand that is packaged to represent the authentic taste of Jamaican foods and prepared with perfection to entice the most discerning and exotic taste bud.

Linstead Market Jamaica captures the soul of Jamaican cuisine. Canco Limited, producers of the Linstead Market Jamaica brand, began exporting world class canned ackees in 1986 and it has been the company's flagship product ever since. Now one of the leading producers and exporters of ackees in the world, the Linstead Market Jamaica brand has become a household name.

Linstead Market Jamaica ackees and the brand Linstead Market Jamaica are reminiscent of bustling market days where many shop busily for the necessary Jamaican staples to prepare our scrumptious national dish, Ackee and Saltfish with roasted breadfruit, boiled yam and green bananas. No doubt about it, these are the best canned ackees in the world for many reasons. Our ackees are consistently firm, as if freshly prepared, and boast a rich, beautiful buttery colour.

Our ackees have no additives or preservatives and have a remarkable shelf life of two years. All of this is due to the detailed manufacturing process perfected over the past 25 years at the factory in Seaforth, St.



*Bring out the chef in you!*

#### INGREDIENTS:

2 cans *Linstead Market* JAMAICA Ackee  
1 ¼ cups shrimp (peeled & de-veined)  
1 large onion (chopped)  
3 cloves garlic (chopped)  
½ tsp fresh thyme  
2 tbs parsley  
1 cup red & green sweet peppers  
½ tsp scotch bonnet pepper  
1 small pack lasagne  
3 cups shredded cheddar cheese  
2 cups white sauce

#### METHOD:

Boil Lasagne for 8 minutes. Drain and cool under cold tap water, put aside. In a hot skillet, sauté, onions, garlic, peppers, thyme and parsley, fold in shrimp. Drain liquid from Ackee and add to shrimp mixture (do not overcook). Grease rectangular ovenproof dish; arrange layer of Lasagne followed by Ackee mixture and top with white sauce and cheese. Repeat layer three times. Top with layer of sauce and cheese, sprinkle with parsley and a dash of black pepper. Bake at 375°F until golden brown.

#### WHITE SAUCE INGREDIENTS:

2 cups fresh cows milk (hot)  
3ozs butter  
¼ cup all purpose flour  
1 bay leaf  
Dash of white pepper

#### METHOD:

In a small sauce pan over medium heat, melt butter, then add flour and whisk slowly. When flour is completely dissolved, add hot milk gradually - still whisking to avoid lumps- reduce heat. Add white wine or beer for flavour.

Visit our website at  
[www.linsteadmarketja.com](http://www.linsteadmarketja.com)  
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# Linstead Market

Thomas, Jamaica.

Canco has been the recipient of many awards and has received international recognition because of its impact in areas of the economy, its work in the community and in the protection of the environment. The product is processed under

strict safety standards and since the year 2000 the company has implemented a HACCP (Hazard Analysis and Critical Control Point) system.

Canco not only manufactures high quality and wholesome products, but also secures Jamaica's food so that it is avail-

able all year round, locally and to the wider diaspora. This marvelous line of products offers neatly packaged, quick and easy convenience with the taste of hours of slow simmered goodness. The Linstead Market Jamaica brand inspires average home cooks to experiment and customize

their dishes. As the tag line states, "Bring out the Chef in you".

The line of Ready to Eat products makes life so much easier when preparing your favorite Jamaican dishes. Pick up red peas and gungo peas in seasoned or unseasoned coconut milk to make the most delicious rice and peas on a Sunday.

Don't forget the Linstead Market Jamaica's Ready To Eat traditional soups on a Saturday afternoon: red peas soup, gungo peas soup, and the Taino favorite; pepper-pot soup.

Linstead Market Jamaica also offers eight delectable gourmet jams, Mango Chutney and Pepper Jelly. These include exotic flavors such as Pineapple Coconut, Banana Grapefruit, Guava Pineapple, Mango and Sorrel along with Guava Jelly and Guava Jam.

Linstead Market Jamaica will continue to excite the taste buds of its local and international consumers for years to come.

We invite you to try these delicious recipes and "Bring out the Chef in You".

## *Ackee & Salfish* Authentic Jamaican Cuisine in minutes!



*Bring out the chef in you!*

### INGREDIENTS:

1 can *Linstead Market* JAMAICA Ackee  
1 lb saltfish (codfish)  
1 large onion, chopped  
1 stalk escallion, chopped  
3 slices scotch bonnet pepper  
3 tomatoes, diced  
1 tablespoon oil  
Salt and black pepper to taste

### SERVINGS: 4

### METHOD:

Soak codfish overnight to minimize salt content, then rinse and flake the fish with a fork. Preboiling the fish is not necessary. Open the can of Ackees and drain liquid. Sauté thinly chopped onions, pepper, escallion and tomatoes in oil in a large saucepan on medium heat. Remove half of the sautéed onions and peppers. Add flaked saltfish and Ackees to pan. Turn stove to med. heat. Allow to sauté for a few minutes in order for flavours to blend. Add black pepper. Serve hot with food of choice.



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Visit our website at  
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for more delicious gourmet recipes.

check us out on facebook





**PHILLIP GRAY**  
- Range cook Half Moon

# I am constantly developing my flavour palate

I surprised my girlfriend with a romantic dinner for our anniversary. We had a delicious white chocolate with mascarpone and strawberry mousse for dessert which she and I loved. I was very happy and proud of the results.

**Phillip Gray lists putting a smile on the face** of those around him as one of his interests. Gray, whose ambition is to become a great Executive Pastry Chef, has found a way to do that with his sweet and savory dishes.

A graduate of Oberlin High School in rural St. Andrew, Jamaica, Gray has been honing his craft with courses at the HEART Hotel and Training Institute in Runaway Bay, St. Ann.

**My first food memory is of a...**red velvet cake, which also ignited my love for pastry.

**My to-die-for dish is...**port wine and star anise poached pear with strawberry balsamic vinegar ice cream.

**My food philosophy...**If it's food, everything is possible.

**The first thing you remember making is...**a traditional Jamaican dessert - pineapple upside down cake.

**If I had a date with the electric chair, my last**

**supper would be...**I would hate to call it a date, but in that worst case scenario it would be a traditional New England dish - sweet potato and corn chowder. I love it!

**The best meal I ever had...**The constant development of my flavour palate is one of the things that make me love my profession. One of the latest flavour combinations that really blew me away was a lollypop of Caramelized Bacon, 70 per cent pure chocolate and smoked sea salt, created by my chef Wouter Tjeertes at Half Moon.

**Regarding the future of Caribbean cuisine...**The Caribbean is a melting pot of flavours from all around the world which, in the last decade, has been developing constantly. The talented upcoming young chefs of Jamaica who participate in international competitions will make our island even more interesting to visit and will add to the overall experience of tourism.

## Caramelized bacon and smoked sea salt lollypops

- 7 ounces sliced bacon
- 7 ounces icing sugar
- 2 teaspoons smoked sea salt
- 14 ounces 70% pure chocolate of good quality, chopped

### Lollypop Sticks

1. Preheat oven to 350 degrees F (180 degrees C).
2. Place the sliced bacon single layered on grease paper-lined baking tray.
3. Sift icing sugar over the bacon until

it stops dissolving on the bacon. (Saturate the bacon evenly with icing sugar)

4. Caramelize the bacon in the oven until crisp.

5. Cool down the bacon and chop finely.

6. Melt 2/3 of the chocolate up to 105 degrees F (40 degrees C).

7. Add the left over 1/3 parts to the melted chocolate and stir through until dissolved.

8. Mix the chocolate, chopped bacon

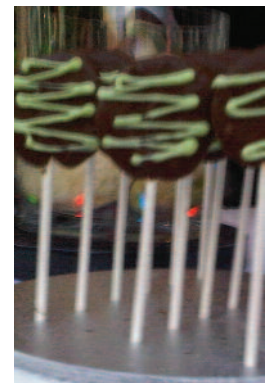
and smoked sea salt.

9. Place the lollypop sticks on a greaseproof paper with some space in between.

10. Use a piping bag to pipe lollypop shapes on the end part of the sticks.

11. Let the lollypops set in the fridge for about 5 minutes.

**Note :** Melting chocolate is a delicate matter: Use a low fire au Bain Marie technique or a microwave at low speed while stirring with regular intervals.



**The dish I am most proud of is...**a sous vide seafood sausage with pepper jelly and star anise foam and crispy capers. It has a fantastic combination of flavors with modern preparation techniques. I actually ended up with a picture in the newspaper because of this dish we did.

**The best meal I ever had...**liquid green peas ravioli served with

smoked salmon powder and pickled cucumber. It has salt, sweet and sour all in one bite.

This is a dish made by my Executive Sous Chef Hans Heusinkveld. All of our guests for that night truly enjoyed it as it was something new and exciting that was never done before in Jamaica.



Photo by Andrea Mundell-Bowen

# Lamb Shanks with Tia Maria Liqueur



Reader Andrea Mundell-Bowen likes to add the spirit of Jamaica to her cooking — to take the chill out of the air in London, England, where she lives.

Mundell-Bowen, who has also been using Jamaican coffee in her recipes, sends us this delicious lamb shanks with Tia Maria recipe that is sure to mellow your mood — no matter where you are.

“This is a very tasty dish with sweet and savoury tastes, it can be served with creamed potatoes or vegetables or rice, The Tia Maria is a sweet coffee liqueur and when added with the orange juice and honey it's just so delicious to taste.”

- Lamb shanks (one or more, depending on the number of people)
- 1/2 cup Tia Maria Jamaican Liqueur
- 1/4 teaspoon chopped scotch bonnet pepper or other hot pepper
- 1/4 teaspoon thyme leaves
- 1/4 cup honey
- 1/4 cup orange juice
- Pinch salt to taste
- Pinch black pepper
- 6 cherry tomatoes
- 4 cloves garlic
- 1 onion chopped into quarters
- 4 medium carrot chopped in quarters

1. Wash the lamb shanks in lime or lemon juice.
2. Season with salt, black pepper, garlic, thyme, onion, scotch bonnet pepper and leave to marinate in the Tia Maria and orange juice for at least an hour.
3. Heat oven at 350 degrees F.
4. Place the lamb shanks in an oven proof dish and bake for one hour before adding the seasoning with onions, tomatoes and carrots.
5. Bake for another 20 minutes at a lower temperature. Serve with creamed potatoes and vegetables.

## Mango & Shrimp Curry Soup



This soup bursts with the flavours of curry, allspice, coconut, succulent sweet peppers and mango plus the wonderful texture of fresh water shrimps. Serve it as an appetizer or a main entree.



My husband and I planned our first trip to Jamaica in 1995 and have returned every year since - sometimes twice a year.

# My wooden spoons

I got my love for cooking from my mother. I used to hang in the kitchen sometimes and watch her work her magic, says **Jackie Fraser-Dunfield** of Moncton, New Brunswick, Canada. She shares two Jamaican-inspired recipes and photos from her **food blog**. Check out her blog @ [jsprat.wordpress.com](http://jsprat.wordpress.com)

Cooking has always been a passion for me and when my kids were young, I enjoyed spending Sundays going through my cookbooks and planning out a delicious Sunday meal.

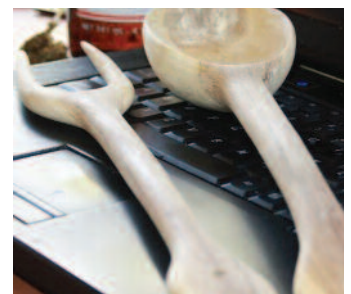
My mother was never without the *Joy of Cooking*, which she used with any new meal. Always clad in one of her colourful aprons and a

wooden spoon in hand, she would cook up wonderful meals....never to disappoint.

Coming to Canada from Scotland, she never strayed far from the traditional Scottish foods in the beginning... ..memorable dishes I love to this day!

The *Joy of Cooking* was one of the first gifts my mother gave to me as I ventured out on my own

as a young woman. Ahhhhh, memories of our mothers in the kitchen, hope I never forget them.



*My mother always had a wooden spoon in hand.*



This curry lamb dish exudes the sweet flavour of coconut and the subtle taste of Jamaican curry with a hint of lime, ginger and fresh herbs.



## Old Goats' Lamb Curry

### Mango and Shrimp Curry Soup

- 1 large mango, sliced and chopped
- 15 medium shrimps, tails off
- 1 tablespoon extra-virgin olive oil
- 1 large red onion, chopped
- 2 stalks celery, sliced
- 1 carrot, chopped
- 3 small sweet peppers, red, orange or yellow
- 1 yam or sweet potato, chopped small
- 3 cloves garlic, chopped
- 1 1/2 tablespoon Jamaican curry powder
- 1/2 teaspoon allspice
- 1 teaspoon dried thyme
- 1 teaspoon parsley
- 1/2 teaspoon fish sauce
- 2 cups seafood broth or chicken broth (2 bouillon cubes)
- 4 cups water
- 1 8-ounce can coconut milk
- Pinch salt
- Pinch black pepper
- 1 tablespoon curry mango dipping sauce (optional)

1. Heat oil in a large soup pot add the garlic, onion, carrot and celery. Saute over medium heat, stirring occasionally, until beginning to brown, 3 to 5 minutes.
2. Add water, broth, fish sauce and coconut milk and chopped sweet potato.
3. Bring to a simmer over medium-high heat. Reduce heat to maintain a simmer and cook, stirring occasionally, for 15 minutes until sweet potato is soft.
4. Add the rest of the herbs, spices and mango and cook on a medium heat for another 10 minutes. When mango is softened, use a potato masher to mash and thicken the veggies in the soup slightly. (I prefer this to a blender thickened soup.)
5. Add the shrimps and cook until pink and firm, about 3 -5 minutes.

Serve hot with a fresh baguette or hardough bread and top with a couple of shrimps (tails on).  
Serves 4-6

### Old Goats' Lamb Curry

- 2 pounds of lamb cut into 1-inch cubes
- 1 large onion, chopped
- 2 stalks green onions
- 1 sweet potato (yam)
- 8 small red potatoes
- 2 large carrots, chopped
- 1 scotch bonnet pepper (or hot pepper)
- 1 1/2 teaspoons ground pimento (allspice)
- 1 teaspoon cumin powder
- 1 teaspoon thyme
- 1/2 teaspoon rosemary
- 1 teaspoon dry mustard powder or seeds
- 1 teaspoon fresh chopped ginger, or powder
- 1/2 tablespoon salt (or to taste)
- 1 tablespoons freshly ground black pepper
- 2-3 tablespoon curry powder
- 2 tablespoon fresh chopped parsley, or dried
- 1/4 cup virgin olive oil
- 2 cloves garlic, chopped
- 6 cups water
- 1 bouillon chicken stock
- 1/2 cup coconut milk (or 2 tablespoons coconut powder with water)

- Juice of 1 lime

*If time permits, rub the lamb meat with herbs and spices, and as they say on the island, "You mus' put i down overnight" — which means let the meat marinate overnight in the refrigerator.*

1. In a large cooking pot, brown the seasoned lamb in virgin olive oil. (if not marinated, add part of the spices while browning). Chop all the vegetables and set aside.
2. When the lamb is browned thoroughly, add the vegetables to the lamb pot along with the herbs and spices.
3. Add the water, coconut powder, chicken bouillon and bring to a medium boil, stirring regularly.
4. Drop the temperature to a simmering heat, and cover the pot. Simmer for 1 – 2 hours, stir occasionally until the lamb is tender and the vegetables are cooked. Add a little more water if necessary. When the stew has thickened serve with rice and peas or french fries and fresh vegetables.  
Serves 4 – 6

## Our New Favourite

We promise you'll fall for this velvety smooth, comforting old time sweetie

# Cornmeal pudding



Photos by Grace Cameron

**Dudley Delapenha**, once a top executive at Desnoes and Geddes in Kingston, Jamaica, swears by this recipe. One friend, he says, was so smitten that he got the recipe and made a pudding every day for months. Still, this pudding is but one of Delapenha's sweet offerings. Get the scoop on him on page 38



- 2 cups coconut milk
- 4 cups water
- ½ cup butter
- ½ cup raisins
- 2 cups brown sugar
- 3 cups cornmeal
- ½ cup flour
- 1 tablespoon cinnamon
- 1 teaspoon nutmeg
- 5 ml pepper sauce
- 1 ½ teaspoons salt
- 2 teaspoons vanilla

- 2 ½ cups milk

### For the soft top

- 1 cup coconut milk
- ½ cup brown sugar
- ½ teaspoon cinnamon

- 1:** Put coconut milk, water, butter, raisins and sugar to boil.
- 2:** Combine the next 7 ingredients and add milk to soften.
- 3:** Add the combined ingredients to

the boiling mixture and stir briskly.

**4:** Lower the flame and continue stirring for 10 minutes.

**5:** Pour into a greased baking pan.

**6:** Mix together the ingredients for the soft top and pour it on top of the mixture in the tin.

**7:** Bake at 350 degrees F for 55 to 60 minutes.

**8:** Remove from oven, let cool and serve.

Authentic  
Jamaican  
Cuisine



Bring out the chef in you!



Don't Miss

# Nyam Jamaica

Take a little Jamaican Folk Song blend in Reggae & Dancehall, jerk it well with the ethnic influences that Jamaica has, dash in a pinch of 'irie talk' and mek me tell you, you have Jah Ja cuisine. I mean listen to this - it's like music to the ears to any Jamaican worth his weight in salt - Breakfast of Ackee & Saltfish, Mackerel Run-down wid Green Banana, Callaloo, Dumpling and Johnny Cake. Roast Breadfruit. A box-lunch of Tripe and Beans, Cow Head, Brown Stew Fish or Curry Goat. Escoveitch & Bammy. Jerk Chicken or Pork. Talk about Conch Soup, Cow Foot, 'Hoxtail' wid Rice & Peas. Goongoo Peas and Red Peas Soup, Pepperpot with Spinners. Turned Corn Meal. Yam Pie and Coco Fritters. Gizzarda, Sweet Potato Pudding and Cassava Pone. Otaheite, Star or Rose Apple, Naseberry. Ugli and Ortanique. Matrimony. Hard Dough Bread. Friday night pot tun dong an' is Jerk or Pan-chicken. Street food - the food of the people.

Nyam Jamaica takes up the slack from the highly acclaimed Culnaria: The Caribbean, beginning the first in a series of culinary reality travel books up the hills and down the dales of several Caribbean islands. This is a documentation, a photographic wondrous experience of the many people author Rosemary Parkinson meets, has interaction with, or merely gets to know about; the many places visited, parish to parish, during her years on the island of Jamaica. 'Cotching' a ride on her bumpy but delicious culinary travel, on occasion, are Jamaican friends, Chef Norma Shirley and international photographer Cookie Kinkead.



This is a must read for lovers of Jamaica.

Visit [www.rosemaryparkinson.com](http://www.rosemaryparkinson.com) for details