

A BAHAMIAN THANKSGIVING FEAST



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BAHAMIAN CONCH CHOWDER

Ingredients:

4 cups conch (ground)
¼ cup cooking oil
¼ lb salt pork (diced small)
1 tablespoon salt
1 med. Onion (chopped)
1 cup tomatoes (fresh or canned)
2 tablespoon tomato paste
½ teaspoon black pepper
4 qts water
2 bay leaves
2 cups carrots diced
4 cups potatoes (cubed)
1 cup celery (diced)
½ cup ham chopped fine
1 cup Worcestershire Sauce (Lea & Perrin's)
1 hot pepper

Preparation:

Tenderize conch and cut into chunks. In a large pot over med. Heat add water, bay leaves, carrot, potatoes, celery and ham. In a large frying pan over med. Heat add oil and cook salt pork until light brown sauté onions, green pepper until tender. Add tomatoes and cook until dissolved. Add tomato paste and stir while cooking for 5 minutes.

Transfer contents from frying pan to large pot; add conch and salt to taste, bring to a boil. Cook until for 30 - 40 minutes stirring occasionally. Add Worcestershire sauce.

Remove from heat. Allow 15 minutes before serving.

BAHAMIAN TURKEY & STUFFING

Even a turkey knows it's better in the Bahamas. Because of our close proximity to the United States and their influence through television. And of course we put our Bahamian Flavor to Thanksgiving and Christmas.

Ingredients:

1 Turkey
2 cloves garlic
1 Box Salt
1 tablespoon Black pepper
1 tablespoon Thyme
Cooking oil
½ lemon juice
1 tablespoon Italian Seasoning

Preparation:

In order to have a succulent turkey that is season all the way to the bone preparation must begin at least a day in advance. Once thawed place turkey in a sink or container big enough to allow it to be covered completely with water Remember to remove entrails and neck from the inside. Add 1/4 cup of salt and ½ cup lemon juice to water don't be alarmed it takes a lot to season a turkey. Cover the container and allow to sit for 4-6 hours. Dice and crush garlic add salt, Italian seasoning, thyme and black pepper into a small bowl and mix. Remove turkey from water drain and place in baking/roasting pan. Rub seasoning over turkey and inside allow to sit for 15 minutes.

Pre-heat oven at 425 degrees, bake turkey for 2 hours covered with foil wrap. Remove foil, baste with the juice from the pan and continue to bake another 30 - 45 minutes uncovered at 325 degrees. Auntie Rie would tell me to take foil and wrap the tips of the wing and the bottom of the drumstick. I pondered this for a while, and then I asked her why. She said, "Child you don't want to eat charcoal tips do you?" At this point she would add the stuffing if she decide to bake it in the turkey. Turkey is done when the thigh joint easily slips out of socket.

Serving Suggestions:

There are so many items you can add to your table to compliment this succulent bird, here are just a few: Peas 'n Rice, macaroni & cheese, coleslaw, Crawfish (Lobster) stuffing, Avocado garden salad take your pick.

Happy Holidays to you and your family!

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BAHAMIAN PEAS 'N RICE

Peas 'n rice is a staple and main stay in every Bahamian home. A delectable, mouth-watering part of almost every meal. To prepare a meal especially on Sunday or Christmas without a pot of Peas 'n Rice is like breaking one of the commandments. So please whatever you do, don't forget the peas 'n rice. Auntie Rie and mama used to take turns each Sunday making the pot of rice and I seldom could tell who had made it from one Sunday to the next.

A word of warning, over indulgence in this delicacy will result in what we call here in the islands a peas 'n rice shape (protruding buttocks). To many other cultures this figure is not very appealing but to our Bahamian men it as delightful as the dish that caused it.

Ingredients:

3 cups Long grain rice
2 oz Cooking oil
1 small onion, chopped
½ teaspoon thyme leaves or two
twig of fresh thyme ½ teaspoon
black pepper & Salt to taste
1 - 1 ½ cup Pigeon Peas (also
known as gondolas)
3 cups water
1 ½ cup ripe tomatoes, canned tomatoes or 2 tablespoons tomato paste
¼ pound of salt pork (chopped small cubes), bacon dripping or ham
skin/scraps and fat chunks

Preparation:

This recipe will require a large pot (6-8 qt) with stove at medium, heat oil add ham skin/scraps or salt pork and allow to cook until ham fat or salt pork is almost crispy. Add onion, thyme leaves and black pepper cook stirring occasionally until onion are cooked. Add tomatoes (ripe, canned or paste) cook stirring for about two (2) minutes. Add peas and 3 cups of water. Bring to a boil then add rice, stir to distribute rice evenly. Add additional water until it is one inch above the rice. Add salt to taste. Allow to boil vigorously with lid off until water has disappeared from the top of rice. Stir rice rotating rice from the bottom of the pot to the top (about two (2) turns) then cover pot and reduce heat to low. Cook for 30-45 minutes or until rice is fluffy. If rice is still grainy and hard add ½ cup of seasoned water and cover pot, ensure that heat is low.

COLESLAW

This coleslaw will add a burst of colour to your plate, like the colour of our Junkanoo Festival and it will be almost as satisfying to your soul. Coleslaw is a regular side dish on many Bahamian tables. So get in the swing and make it a part of your home cooking menu.

Ingredients:

1 small	Cabbage head (shredded fine)
¼ small	Red Cabbage head (shredded fine)
1 med.	Carrot (grated)
1 small	Onion, diced fine
¼ cup	Raisins (optional)
1 tsp	Lemon juice
¼ tsp	Sugar
1/8 tsp	salt
2-3 tbsp	Mayonnaise

Preparation:

Combine cabbage, carrots, onion and raisins in a large bowl. Sprinkle sugar, salt and lemon juice into bowl. Add mayonnaise and mix until blended. Chill in refrigerator at least 10 minutes, mix before serving. To add a little more fiesta, chop an apple into fine pieces and add to mixture.

BAHAMIAN CRAWFISH (LOBSTER) STUFFING

Leave it to those Bahamians to fishy up a meal. Oh yes, we will always add our signature to an occasion. So for Thanksgiving or Christmas or wherever a feast is prepared we will “Bahamianize” it. This dish is utterly delicious!

Ingredients:

2 med.-lrg	Crawfish tails (whole crawfish is a plus)
1 med	Onion, diced
1 tsp	Thyme, diced
1 clove	Garlic, diced
1 loaf	Bread, diced medium
1 med.	Tomato, diced
½ cup	Butter
	Water
	Salt & pepper

Preparation:

If you are fortunate to have the whole crawfish - remove feelers and legs and place in a large pot along with the body of the crawfish. Add enough water to reach 1 ½ inch above the bottom of the pot. Cover crawfish with a towel, seal pot and bring to boil for 30 minutes. Remove from the heat allow to cool slightly. Split crawfish in half and remove fat from head and meat from head and tail. Cut some of meat into chunks and shred the remainder. Put aside for later.

In a large frying pan add ¼ cup butter over medium heat and toast bread until crispy brown. Remove from frying pan. Return frying pan to heat, add butter, onions, thyme, salt and pepper, sauté until onions are tender. Add tomatoes, crawfish and fat, cook until blended. Add bread and ½ cup water until blended.

Serving Suggestions:

Place in a casserole dish and bake for 15 minutes at 350°. Add to turkey 40 minutes into its baking time or use to stuff Christmas fish. Anyway you serve it – it will disappear from the table.

BAHAMIAN COCONUT/PECAN SWEET POTATOES

Sweet delight! After eating a delicious Sunday dinner all you have to do is find yourself a nice shady tree on the side of the house with your Bahamian Coconut/Pecan Sweet Potatoes, a blanket and eat to your stomach's content. When it's all done lay back and drift our into sweet slumber.

Ingredients:

2 lbs Sweet Potatoes peeled and shredded
1/3 cup Brown sugar
1/4-cup Butter (melted)
1/4 cup Broken/toasted pecans
1/4 tsp Cinnamon
1/4 tsp Coconut Extract or Flavoring
1/4 tsp Vanilla Extract

Preparation:

Combine all but the coconut and vanilla and in a large pot and simmer on low for 3-4 hours. Check for doneness by consistency. Once finished simmering add coconut and vanilla prior to serving and mix thoroughly.

AUNTIE RIE MACARONI AND CHEESE

One piece is never enough. And even during lunch break at school, Auntie Rie's macaroni and cheese made a young girl sell her prized marbles. Yes I played marbles and was quite good. A side dish to a Bahamian meal macaroni and cheese is also a regular accompaniment on the plate Sunday's and Christmas.

Ingredients:

1 8 ounce package elbow macaroni
1 med. Onion chopped small
½ green pepper, chopped small
2 ½ cups sharp cheddar cheese, grated
1 can evaporated milk
2 eggs
salt and hot pepper
dash paprika

Boil macaroni in salted water until very tender or slightly over cooked. Drain water; while hot add onions, green pepper, hot pepper, 1 ½ cup cheese, paprika, eggs and milk. Mix until blended. Pour into well greased casserole dish or baking pan. Sprinkle remaining cheese on top and a dash of paprika. Bake in the oven at 300 degrees for 30 minutes or until firm. Remove and let stand for 15 minutes. Cut in squares and serve. Store in refrigerator.

May be served with chicken, steak, fish or eaten by itself.

BAHAMIAN POTATO BREAD

“Potato Bread” as we call it in the islands is a delight to the palette. The root used to make this delightful bread is not the orange coloured yam commonly used for candied yams at a Thanksgiving meal. It is a red skinned tuber with whitish/grey flesh inside.

Ingredients:

4 ½ cups	Sweet potatoes, raw (peeled and grated)
½ lb	Crisco (fat)
1 ½ cup	Flour
½ cup	Sugar
½ tsp	Baking powder
½ cup	Coconut (finely grated)
½ tsp	Salt
½ cup	Water
¼ tsp	Black pepper

Preparation:

Rub Crisco and flour together until grainy. Add all other ingredients excluding water. Using fingers mix ingredients slowly adding water moisten mixture. Pour into a well greased loaf pan, packing in securely. Bake at 350° for 40 minutes or until it starts to brown. Reduce heat to 250° and bake for 20 minutes or until golden brown. Remove from oven and allow to cool.

Serving Suggestion:

Bahamian Potato bread may be eaten alone or as an accompaniment to Boil Fish, Stew Fish, Stew Conch, Chicken Soupe and Soup.

PLANTAIN

This is a quick and easy appetizer that everyone will love.

Ingredients:

2 Ripe Plantain
½ cooking oil

Preparation 1:

Peel plantain and slice diagonally ¼" inch thick. Heat oil in a frying pan at medium heat. Carefully place plantains into the pan cook until golden brown. Turn and allow other side to fry. Remove from heat and drain on a paper towel. Place on a platter with a doyle and watch them disappear.

If you happen to only find green plantains, do not panic we have a recipe for them.

Ingredients:

2 Green Plantain
½ cup cooking oil
salt
1 cup ketchup
1 small clove garlic
1 tablespoon mayonnaise
1 teaspoon hot sauce

Preparation 2:

Peel plantain and slice into ½" pieces. Heat oil in frying pan at medium heat. Carefully place plantain into frying pan and fry on both sides to a light brown. Remove from oil using two strong flat object place fried plantain between them and mash plantain flat. Place back into frying pan and fry until golden brown. Once all plantain are done sprinkle with salt. Crush garlic, blend with ketchup, mayonnaise and hot sauce. Place in a bowl and serve along side plantain.

BAHAMIAN JOHNNY CAKE (BREAD)

On many of the islands of the Bahamas - also known to the inhabitants of the Capital New Providence as the 'Family Islands' farming and fishing was the way of life. In many cases the farms were sometimes a days journey away and fishermen were gone for weeks. So this bread-cake was prepared for sustenance along the journey. It is believed that over the years its name evolved to what we now call 'Johnny Cake' or 'Johnny Bread'. But its use and enjoyment remain the same.

Ingredients:

3 cups Flour
1 tablespoon baking powder
1 ½ teaspoon salt
2 tablespoons sugar
½ cup shortening
2/3 cup water or milk

Preparation:

Combine dry ingredients then cut in shortening until mixture is sandy - using fingertips. Add water or milk gradually, just enough to make a soft dough. Knead dough until smooth. Let dough rest for about 10 minutes.

Cooking Option #1 Meanwhile heat oven to 350 degrees and grease baking pan. Place dough in baking pan spreading it to fit tight to the sides. Pierce top of dough with a fork in several locations. Bake for 25 minutes or until brown. Remove from oven and sprinkle top bread with water. Return to oven and allow to bake for 5 more minutes. Remove from oven and allow to cool a few minutes.

Cooking Option #2 Shape dough into a pan sized circle and place into a greased hot frying pan. Flatten to fit pan. Fry at medium-high heat over stove, turning several times, until golden brown and crusty on both sides. Lower heat and continue cooking covered for 15 to 20 minutes.

Serving Suggestions:

The best way to eat Johnny cake is while it's still warm - cut into 3-4" squares, slice and coat with some butter and eat just so or dunk in your stew, souse or boil. Oh what great pleasure!

BAHAMIAN GUAVE DUFF

Guava duff is a signature dessert of the Bahama Islands. I have seen food fights breakout at the mention of the word. And I don't mean throwing of food, I talking about the war to acquire just a small piece of this delectable dessert.

Ingredients:

15	Guavas	½ cup	Sugar
3 cups	Flour	¼ cup	Butter
4 tsp	Baking Powder	¼ cup	Crisco
½ tsp	Salt	2 tsp	Vanilla
2	Eggs		

Preparation:

Peel guavas, being careful not to remove too much of the meat with the skin. Cut guavas in half and scoop pulp and seeds out with a spoon. Place seed and pulp in a blender or food processor to separate. Sieve mixture to separate seeds from pulp and set aside for sauce. Slice guava into thin strips and place in a sauce pan with ¼ cup of water and ¼ cup of sugar. Boil for 10 minutes, remove from heat allow to cool.

Cream Crisco, butter and sugar then add eggs and vanilla. Fold in sieved flour, baking powder and salt. Lightly knead dough until firm. Divide dough into 3 balls let dough sit for 15 minutes in refrigerator. Roll dough to about ¼ " thick in an oblong shape. Spread guava over dough leaving a 1" border . Roll dough allowing the guava to layer . Once you reach the end of the dough pinch the opens to seal in the guavas. Using a long sheets of foil, wrap dough roll loosely (giving room for expansion), but seal well. Depending on the shape of the dough place in a pan/pot of boiling water ensure completely covered. Boil for 1 ½ hours or until dough is firm. Remove from heat and allow to cool for 15 minutes. Remove from foil, slice and serve with sauce.

Sauce

Ingredients:

1 cup	Sugar	1 tbsp	Rum
1 cup	Butter	½ cup	Guava pulp
2	eggs	2 tsp	vanilla

Preparation:

Cream butter and sugar until blended and fluffy. Whip eggs and vanilla in separate bowl. Gently add eggs to butter mixture until smooth. Last add rum and guava pulp. Serve over warm duff. ENJOY!!!

BAHAMAS SUNSET PUNCH

Like the sky at a summer sunset that soothes the soul as it goes down, so this drink soothes the thirst as it goes down.

Ingredients:

1 lrg can	Pineapple juice
1 lrg can	Orange juice
2 cups	Grenadine
1 lrg can	Cranberry juice
2 cups	Pink grapefruit juice

Preparation:

Combine ingredients and adjust to taste. Serve over ice.