

Jamaican Eats



*Bringing a taste
of the Caribbean
to the world*

How to get your **Curry to talk** *in patois*

Get the scoop, pg. 12

10 times
Jamaican food
stole the
spotlight

ISSUE 1,
MARCH 2016
U.S. \$12.99

Catching up with
“Jerk Royalty” Chef Nigel Spence

We have the *411* on breadfruit flour

Mix and match spices to
create a variety of curries

Grab **Chef Simone Walker-Barrett's**
recipes for curry powder and curry paste
from around the world on pg. 20



TALK CURRY TO ME *Jamaican, Trini, Indian, Thai....*

A few years ago when I lived in Vancouver I discovered that not all curry powders are created equal, **says reader Glace Lawrence.**

I wanted to make Jamaican curry chicken but couldn't get the flavour and aroma I wanted because I couldn't find curry from the island and had to settle for South Asian curries. Until then, I did not realize that there was such a noticeable difference between curries from different parts of the world.

Having never given it any thought, I just figured that curry was...well...curry. Boy, was I ever wrong.

Flip the page for more of Lawrence's discoveries about curries and get her Curry Chicken Wing recipe.

Photo by Jackie Fraser-Dunfield



Gluten-Free Chocolate Chip Cookies with Breadfruit Flour



Photo by Joy Dupuis

- 1 1/2 cups gluten-free flour (I used a sprouted combination by Living Intensions)
- 1/2 cup breadfruit flour
- 1/2 cup oat flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1/2 tsp. cinnamon
- 1 cup ghee or softened butter
- 1 egg
- 1 cup coconut sugar (or 2/3 coconut sugar and 1/3 cup monk fruit sugar if available – it is very low on the glyce-mic index)
- 1/4 cup roasted pecan butter (see recipe)
- 2/3 cups semi sweet chocolate chips
- Optional 1/4 cup chopped pecans

1. Heat oven to 350 degrees F.

2. Mix dry ingredients and set aside. In a mixer, mix the egg, sugar and butter until smooth.
3. Add the roasted pecan or peanut butter.
4. Add chocolate chips and chopped pecans. Bake at 350 degrees F for 13 minutes.
- Note:** *I usually start with less time than the recipe recommends because my oven runs over the temperature.*

Pecan Butter

1. Roast pecans at 350 degrees F for 5 minutes or until slightly brown – you can smell when they are ready.
2. Add pecans to a food processor and process until smooth. You will have to wipe down the sides once or twice.

Sweet eats that keep our planet in mind

For its corporate Christmas gift last year, Chicago-based Dupuis Group made and gave away 300 double chocolate chip cookies made with breadfruit flour.

The Dupuis, Joy and Steven, who describe themselves as foodies, received the flour from The Trees That Feed Foundation (TTFF) and began experimenting.

The cookies were created by Joy, who explains that she is “passionate about researching emerging food trends, specifically trends in natural and gluten-free foods.”

The Dupuis Goup, operated by the husband and wife duo, assists organizations, from startups

to large corporations, to solve business challenges and bring new products to market. Beyond running a business, the DuPuis say their company is “rethinking the food system so it will be more beneficial to both humans and our planet” and saw a potential in breadfruit to achieve just that.

Joy adds that she was also enthusiastic about the nutritional qualities of breadfruit flour.



Grab more recipes and stories in our breadfruit flour spread that starts on page 22.

Continued from page 27

Caramel Breadfruit Pudding

- 8 ozs. breadfruit flour
- 3-oz pk. coconut milk powder
- 4 ozs. + 2 tbsps. brown sugar
- 1/2 tsp. salt
- 1/2 tsp. cinnamon
- 1 tsp. freshly grated nutmeg
- 1 tsp. vanilla
- 1 tsp. almond essence
- 3 cups water
- 2 tbsps. white rum
- 1/4 cup raisins
- 2 ozs. butter

Batter

1. Combine all the ingredients in a 2-quart saucepan, adding an extra cup of water. Mix until combined.
2. Place over medium heat and bring to a boil, stirring constantly. Reduce heat to low and continue stirring until mixture looks like thick porridge.
3. Pour into the prepared caramel lined container. (See below)
4. Place container in a pan with water (water bath) and bake at 350 degrees F for 1 hour or until a skewer inserted in the centre comes out clean. (The pudding will be very moist.)
5. When cool, unmold and serve, the caramel syrup will run down the sides of the pudding.

Caramel Sauce

Prepare caramel by heating 1/2 cup sugar over low heat, stirring until melted and changes to a golden brown colour. Remove and pour into a 6-cup oven-proof container, coating the bottom and sides. Set aside.



Recipe and photo by Marcia Harford

Recipe Index

Beer-Braised Pork Belly.....p. 10
 Jamaican Shrimp Peri Peri.....p. 11
 Jamaican Iced Tea w. Ginger & Sorrel...p. 11

CURRY RECIPES

Jamaican Curry Chicken Wing.....p. 14
 Thai Shrimp Curry.....p. 16
 Sweet Curried Blue Crab.....p. 16
 Coconut-Crusted Chicken Breast
 with Curry Cream Sauce.....p. 17
 Curried Cabbage.....p. 17
 Curry Channa and Potato Curry.....p. 18
 Trinidadian Curry Chicken.....p. 19
 Curried Vegetables w Garbanzo Beans p. 19
Curry Powder/Paste.....p. 20
 - Jamaican Curry Powder
 - Trinidad-style Curry Paste
 - Thai Yellow Curry Paste
 - Pakistani-style Curry Powder
 - Sri Lankan-Style Curry Powder

Pumpkin Dumpling.....p. 20
 Grilled Jerk Halibut w. Pineapple.....p. 21

BREADFRUIT FLOUR RECIPES

Cookies, Cakes & Puddings:
 Coffee Cupcake.....p. 22
 Donut.....p. 25
 Jamaican Banana Bread.....p. 26
 Frians.....p. 26

Waffles.....p. 26
 Old-Fashioned Pudding.....p. 27
 Biscotti.....p. 27
 Banana Cake.....p. 28
 Coconut Lime Cake with Rum Glaze.p. 28
 Coconut & Ginger Spiced Bun.....p. 29
 Chocolate Cake.....p. 38
 Chocolate Chip Cookies.....p. 46
 Caramel Pudding.....p. 47

Biscuits, Breads and Pancakes

Cannelloni/Manicotti Crepes.....p. 32
 Breadfruit Flour & Thyme Biscuit.....p. 33
 Quick Bread.....p. 33

Black Bean Breadfruit Burger.....p. 34
 Banana Pancake.....p. 35
 Fish-Fry Batter.....p. 36

Savory Recipes

Porridge.....p. 36
 Fritters.....p. 37
 Patty.....p. 38
 St. Lucian Breadfruit Balls.....p. 39
 Stuffed Johnny Cake.....p. 39
 Oven-Baked Chicken Fingers.....p. 40
 Gnocchi.....p. 41

Newfoundland/Jamaican Fusion:
 Rengle Tenge - Cod, Beef, Vegetables..p. 43



Now you can easily Buy Breadfruit Flour

Visit www.jamaican eats.com to order your flour and get the **SPECIAL DEAL** that we have for **JamaicanEats** readers.

Look for breadfruit and other tropical foods that are called for in the recipes at **Asian grocery stores** (especially Filipino) as well as **Latin American grocery stores**.

Caribbean Food Delights

*Jamaican Style Patties
Available at Wal-Mart,
BJ's Wholesale Club,
Costco, Sam's Club and
select supermarkets.*

