



SO NICE
WE MADE
IT
TWICE

Recipes by Anne Ghent



ACTS OF MERCY

HOW TO USE THIS COOKBOOK

The Corporal Acts of Mercy state that we should feed the hungry. In this time of the Coronavirus pandemic, when families are facing hardship, do you know anyone in need? Here are a few quick and affordable recipes that we encourage you to use in your homes and communities to fill and satiate any "empty bellies" in your world.

SPECIAL THANKS TO ANNE GHENT

I was born and raised in Dominica where most of the food available for purchase was locally grown. Families tended to eat what was in season, when it is plentiful and inexpensive. Something we should be taking advantage of in these hard times.

I think Caribbean cuisine is sorely underrated. I am a self trained cook following a line of talented cooks in my family, especially my Mom who was my biggest inspiration. If I have a style at all, it is to cook locally sourced ingredients using recipes and techniques perfected by professionally trained chefs. For example many recipes call for Irish potatoes but these can easily be substituted using yams, tannia or other ground provisions.

If I can offer one piece of advice to budding chefs is to read old recipes and try to recreate them using local substitutes. I recently successfully made a scallop potato dish by substituting the potato with peewah. It was delicious.

What You Need

- 2 cups warm milk
- 4 1/2 teaspoons instant yeast
- 6 1/2 cups all purpose flour
- 2 teaspoons tumeric
- 1 teaspoon salt
- 1/2 cup vegetable oil
- 1/2 cup white sugar
- 1/4 cup vegetable oil
- 2 eggs

Soft Dinner Rolls

How To Cook

- 1 Dissolve Yeast in 2 cups of warm milk. Let stand for 10 minutes.
- 2 Add oil, eggs, sugar and salt. Then add 2 cups of flour at a time.
- 3 When the dough leaves the sides of the container, remove dough to a lightly surface and knead until smooth and elastic. Make into a ball and place into a well dried bowl. Leave to rise in a dry, draft-free place until dough rises to double its original size.
- 4 Remove dough and pinch down to divide into rolls. Place on an oiled baking sheet and allow to rise until doubled in size.
- 5 Bake until golden brown and brush tops with butter.

What You Need

- **2 cups all purpose flour**
- **2 teaspoons of baking powder**
- **1 teaspoon baking soda**
- **1 tablespoon cookeen**
- **1 tablespoon vegetable oil**
- **1 teaspoon salt**
- **3 teaspoons white sugar**
- **1 cup milk**
- **1 cup vegetable oil to fry**

Johnny Cakes

How To Cook

- 1** Mix all dry ingredients together. Pour $\frac{3}{4}$ of milk into the flour mixture and mix gently.
- 2** Form into a ball, making sure that the dough is soft (use a little more of the remaining milk if necessary)
- 3** Form dough into about 6-8 balls and cover with a cloth for about 15 minutes.
- 4** Meanwhile heat a frying pan with 1 cup of vegetable oil and keep at a moderate heat.
- 5** Pat out dough balls into circles about 1 cm thick and begin frying until both sides are golden brown (cakes cook quickly so take care).
- 6** Remove from frying pan and place on dish lined with paper towels to drain excess oil.

What You Need

- 1 Rotisserie Chicken
- 3 cups of rice
- 1/2 large cabbage
- 1/4 cup curried powder
- 2 teaspoons tumeric
- 4 cloves of crushed garlic.
- 1 large onion chopped
- 4 pimento peppers, chopped
- 1/4 cup vegetable oil
- 1 cup coconut milk
- 1/4 cup chopped chives
- Salt to taste.

Curried Rice Pilaf

How To Cook

- 1 Boil rice in 6 cups of water and set aside to cool.
- 2 Bone chicken and cut into cubes. In a large pan, add oil and heat.
- 3 Add a small amount of water and curry powder to form paste and add to the hot oil, lowering heat. Add garlic onion and cabbage and saute until cabbage begins to soften. Add coconut milk, garlic, pimentos and diced chicken. Let simmer for a few minutes.
- 4 Add rice to the mix and stir well. Add salt to taste.
- 5 Serve hot with sprinkled chives on the top.

What You Need

- 2 lbs Irish Potatoes
- 2 lbs Sweet Potatoes
- 1/2 cup of butter
- 1 1/2 cup of cream
- 1 tin cornel corn
- 1 tin cream style corm
- 1 cup shredded cheese
- 3 tins tuna chunks in oil
- 1 tin spicy tuna
- 1 large white onion
- 4 large cloves of garlic
- 1/2 shredded cabbage.
- 2 large carrots - diced
- 2 pimento peppers
- Mixed green herbs

Tuna Casserole

How To Cook

- 1 Boil potatoes, crush and add 1/2 cup of cream and butter and salt to taste. Set aside.
- 2 Drain oil from tuna and reserve oil. Put tuna in frying pan, add onions and sauté until translucent, then add garlic, cabbage and carrots. Then sauté until tender but still firm. Add cream, tuna and pimentos and adjust seasoning to taste.
- 3 Poor into overproof pan. The mixture should be think, not runny. Use cornstarch to thicken if runny.
- 4 Spoon mashed potatoes over the top and fork to make sure it is even and covered properly. Cover the top with grated cheese.
- 5 Bake at 375 degrees until the top is a golden brown.

What You Need

- **2 lbs Provisions**
(dasheen, eddoes, sweet potatoes, yam & green fig)
- **1 pack salted cod**
- **1 large, chopped onion**
- **6 cloves garlic chopped**
- **6 pimentos finely chopped**
- **1 cup chopped mixed herbs**
(chadon beni, parsley, chive)
- **Salt & Pepper to taste**
- **1 cup shredded cheese**
- **1/4 cup butter**
- **1/2 cup vegetable oil**
- **1/2 cup full cream**

Provision Pie

How To Cook

- 1** Boil provisions until tender, drain and set aside.
- 2** Pour boiling water onto salted fish, leave to cool then shred by hand and flush with cold water. Drain and set aside.
- 3** Put oil to heat and add butter. Add onion, garlic and pimentos. Saute until onions are translucent. Then add herbs.
- 4** Dice the provisions and add to the mix with cream and salted fish. Add salt and pepper to taste.
- 5** Pour into greased oven proof dish and top with shredded cheese.
- 6** Bake at 375 degrees until the top is a golden brown. Serve hot.

A person is holding a rectangular chalkboard with a light-colored wooden frame. The chalkboard has a black surface with the words "Thank you!" written in white chalk. The person's hands are visible on the left and right sides of the board, and their face is partially visible at the top of the frame, smiling. The background is a plain, light-colored wall.

Thank
you!