

Brought to you by



HOLIDAY CULTURE & CUISINE OF THE TROPICS



About "Holiday Culture & Cuisine of the Tropics"

Winter brings holidays that are celebrated all over the globe with lots of different names.

The most exciting part of the winter holidays comes with the cuisine that is prepared in celebration of Christmas Eve, Christmas Day, New Year's Eve and New Year's Day. In the Tropics, everything from stewed goat to hot chocolate to mashed yams is prepared for large local feasts and small family dinners.

Let's take a look at some of the culture and cuisine surrounding the equator...



Index

Christmas Eve

Philippines.....	4-5
Nigeria	6-7

Christmas Day

Indonesia	8-9
Brazil.....	10-11

New Year's Eve

Thailand.....	12-13
Mexico.....	14-15

New Year's Day

Ethiopia	16-17
Turks & Cacoas Islands	18-19



Warm, bold and welcoming, the tastes of the tropical regions of the world - whether Southeast Asia, Latin America, or Indian - has its own unique twist. TropicsGourmet was founded to take you on a trip of discovery about these cultures through their food. Whether you are looking for the right recipe, want to find out where to have an exotic dining experience, are planning your next vacation, or simply want to explore from the comfort of your home, TropicsGourmet provides both a wealth of information and a forum to share with like-minded souls.

From Mexican to Thai, Indian to Ethiopian, we hook you up with the flavors from the tropical cultures of the world, and take you through a journey of learning and exploration.

Every week we publish recipes, reviews, guides and news. Our team looks around the globe to bring you insights to become an enlightened connoisseur, proficient cook, informed traveler, and healthy eater of the foods from the tropical countries of the world. Our community allows you to participate, share, and learn from fellow adventurers.

Come visit us at: www.TropicsGourmet.com

Christmas Eve in the Philippines



In the Philippines, Christmas Eve (or in Tagalog: *Bisperas ng Pasko*) is celebrated on December 24th beginning with the Midnight Mass. Immediately after is the Christmas Eve feast known as *Noche Buena*. Family comes together around 12 midnight to open presents and dine on traditional Nochebuena fare, which most often includes: queso de bola (edam cheese), tsokolate (a hot chocolate drink), jamón (Christmas ham), lechón (a pan-roasted pork dish), roast chicken or turkey, pasta, relleno (stuffed bangus or chicken), pan de sal (salmon), and various desserts like cakes and fruit salad.



Authenticity Note: To make it the traditional way, combine about 16 ozs rice flour with 1 1/2 cups water in a bowl, cover it, and let it sit at room temperature overnight.

Prep time: 20 minutes
Cook time: 20 minutes
Total time: 40 minutes

Ingredients

- 4 cups rice flour
- 2 cups sugar
- 2 1/2 tbsp baking powder
- 2 cups coconut milk
- 2 1/2 cups water
- 1/2 cup melted butter
- 1 egg
- Solid cheese of your choice

How to Make Puto (Steamed Rice Cake)

Puto is a steamed small cake made out of rice flour (galapong). It is often eaten for breakfast, served with coffee or hot chocolate. Also, you can grate coconut over it or to eat it with dinugan pork blood stew). For this recipe, you will need a steamer and mods or small cupcake pans.

Instructions

STEP 1:

Prepare your steamer by making sure it has enough water and is set to cook. Line it with cheesecloth to protect the mold. Use more cheesecloth to cover it, or you can use the lid.

STEP 2:

Sift and then mix the dry ingredients together: rice flour, sugar, and baking powder. (Tip: Sifting first helps combine the ingredients and avoids any lumps.)

STEP 3:

Using a wooden spoon, whisk or mixer, add the butter, coconut milk, egg, and water and mix all the ingredients thoroughly.

STEP 4:

Pour the mixture in molds or small cupcake pans being sure to fill only three-quarters of the way full. (Tip: If you don't have cupcake paper, you can grease the molds with butter to prevent sticking.)

STEP 5:

Cut the cheese into little squares and place on top.

STEP 6:

Put the molds in the steamer and steam for 20 minutes. Start checking on them after 10 minutes. Once you can put in a toothpick and it comes out clean, the puto is ready.

STEP 7:

Wait 1 or 2 minutes then carefully remove the puto from the molds.

STEP 8:

Arrange on a serving platter and serve immediately.



How to Make Chiles Rellenos (Stuffed Peppers)

Chiles rellenos is very well-known traditional dish that varies not only according to regions but one's own family recipe. Made from chile peppers (usually poblano or Anaheim) that are stuffed, dipped in batter and fried, and served with one of the most beloved cheeses of the Philippines, queso, a white, creamy cheese. Also, depending on preference, the stuffing varies, and can be made with or without meat.

Directions

STEP 1:

Place the chiles directly on the burner of a gas stove or on a hot grill until mostly blackened, turning to blacken all sides.

STEP 2:

Place the chiles in a plastic zipper bag for 30 minutes to soften the skin. Toss them around a bit so that the bag doesn't get a hole in it from the heat.

STEP 3:

Using your fingers, carefully peel the blackened skin from the chiles making sure to get every bit of skin off.

STEP 4:

Slice each chili on one side from stem to bottom. Remove most of the seeds and membranes. (*Tip: If you like them really hot, don't remove all of the seeds.*)

STEP 5:

Cut the cheese into 1/2 inch wide slices almost as long as the chiles. Place the cheese inside each chili.

STEP 6:

Take the stuffed chiles and roll in flour.

STEP 7:

Beat the egg whites until stiff and gently fold in the yolks. Drop chiles into egg batter and fluff it around them.

STEP 8:

Slide them into 1 1/2 inch deep hot oil, one or two at a time until golden brown and turn to brown the other side.

STEP 9:

Drain on paper towels and serve immediately

Authenticity Note: To make it truly authentic, serve with a homemade sauce. While chiles are cooking, combine 1 (1oz) can of diced tomatoes, a large white onion and 1 cup chicken broth, and let simmer until ready to use.

Prep time: 15 mins
Cook time: 30 mins
Total time: 45 mins

Ingredients

- 6 fresh poblano chiles
- 3/4 lb queso blanco
- 3 tablespoons flour
- 3 eggs, separated
- 2 cups frying oil

How To Make Tsokolate (Filipino Hot Chocolate)

The only way to truly make a traditional cup of Tsokolate is through quality ingredients and good old-fashioned hard work! For best results, you must use tablea cacao (chocolate). If you can't find it, Mexican chocolate disks will work and can be found in your local Mexican market. Also, to blend the ingredients you could use a simple whisk, but to put as much authenticity into each cup, use a traditional Mexican kitchen tool called a *Molinillo* to make it truly frothy!

Instructions

STEP 1:

Place a pan over medium heat, heat the milk just until bubbles begin to form around the edge and steam begins to rise. (*Tip: stir regularly to prevent film layer from forming.*)

STEP 2:

Add the tablea cacao and continue to cook, stirring regularly, until completely dissolved.

STEP 3:

Add peanut butter and stir until completely dissolved. If using sugar, add at this point. (*Tip: if using traditional tablea it is unsweetened*)

STEP 4:

Transfer into a serving pot or a pitcher with high sides. Twirl the molinillo or whisk in chocolate mixture for about 2 to 3 minute or until frothy. Serve immediately.



Authenticity Note: To make it truly authentic, serve with queso de bola or edam cheese.

Prep time: 5 mins
Cook time: 10 mins
Total time: 15 mins

Ingredients

- 4 cups milk (2% or evaporated or cream)
- 1 (7 ounces) roll tablea cacao
- 2 tablespoons organic peanut butter
- Sugar (to taste)

Christmas Eve in Nigeria



The Christmas holidays in Nigeria are all about giving to the less fortunate. More successful people (even people from overseas) will return to their ancestral towns to be with family and to bless those in need. On Christmas Eve, the west African markets fill up with people who are there to both buy and transport livestock to make the traditional holiday meals. Not really big on sweets, Nigerians usually celebrate with meats and rice. In the southern regions, a dish called *Jollof Rice* is served with stews of various meats along with boiled beans and fried plantains. In the northern regions, *Tuwon Shinkafa*, a rice pudding, is served along with various meat stews. Both regions (but more favored in the south) prepare a pepper soup with fish, goat, or beef which is often served with *Fufu* (pounded yam). To complement the holiday meals, a fermented drink called *Palm Wine* is served to the men of the villages.



Authenticity Note: To make it even more traditional, serve it with stewed chicken.

Ingredients

- 2 cups parboiled long grain rice
- 5 tablespoons tomato paste
- 4 whole tomatoes (diced)
- 1 red bell pepper (diced)
- 2 scotch bonnets peppers
- 3 ozs vegetable oil
- 2 1/2 cups of chicken stock
- 1 small onion (thinly sliced)
- 1 tablespoonful ground crayfish (opt.)
- 1/2 teaspoon each of thyme & curry
- 2 small Bay leaves (opt.)
- 1 teaspoon salt to taste
- 1 stock cube
- Water, as needed

How to Make Jollof (Nigerian Rice)

Nigerian jollof rice is a staple at holidays, parties, weddings, and many other celebrations in Nigeria. It is a very popular dish because it is simple to make, uses inexpensive ingredients, and can be served as a side dish with meat.

Directions

STEP 1:

Blend the diced tomatoes and peppers together. Boil in a pot for a few minutes to dry out excess liquid.

STEP 2:

Place a soup pot on medium-high heat. Add some oil and thinly sliced onions. Fry for about a minute. Add the blended tomatoes & pepper mix. Fry for another 10 minutes. Add the tomato puree. Cook until the tomato mixture loses its sour taste and the oil begins to rise to the top.

STEP 3:

Scoop out about a quarter of the stew and set it aside.

STEP 4:

Now, add the meat or chicken stock to the pot. Boil on high heat for 5-10 minutes. Then add thyme, curry, stock cubes. Add any other seasonings you like. Salt to taste and boil for 5 minutes.

STEP 5:

Add the rice and mix thoroughly. (Tip: The liquid in the pot should be at the same level as the rice in the pot. Add more water if the meat or chicken stock isn't enough.)

STEP 6:

If you're using bay leaves, drop them in. Cover the pot and leave the rice to cook on low to medium heat.

STEP 7:

When the liquid in the pan is almost dried up, add the ground crayfish (optional) and the remaining stew to the top (don't stir the rice). Replace lid and simmer until there is no more liquid. Mix thoroughly and serve.

How to Make Palm Wine

The Nigerian Palm wine plays a very important role in traditional celebrations. Consumed by over 10 million people in West Africa alone, this fermented beverage is prepared many different ways and known by several names.

Ingredients

- 200ml cool water (in a plastic bottle)
- 50ml warm water
- 10-12 spoonfuls of castor sugar/cane sugar
- 10 grams fresh yeast (3 grams dried yeast)
- A balloon (to check fermentation)



Directions

STEP 1:

Dissolve yeast in warm water

STEP 2:

Add sugar and be sure to mix thoroughly

STEP 3:

Next, pour yeast mixture into the bottle containing the cool water, cover with the cap and shake lightly.

STEP 4:

Remove the bottle cap and place the balloon on the bottle mouth; press the rest of the balloon inside the bottle. (Tip: You can seal the top with a rubber band to secure the balloon)

STEP 5:

Store in a dark place for 48 hours. Soon, you should see a white solution with bubbles in it and the balloon should have risen to the top and completely inflated.

STEP 6:

Remove the balloon, replace the bottle cap and shake well. Chill and serve!



Authenticity Note: To make it truly authentic, most Nigerians use goat meat.

Prep time: 30 mins
Cook time: 40 mins
Total time: 70 mins

Ingredients

Note: these measurements are suggestions since this soup is made to taste.

- 1 cup crayfish
- 1 fish head for stock
- 1 cup smoked fish
- Ground pepper
- 1 onion pulp
- 3 lbs. chicken meat
- 1 Maggi flavor sachet or 2 cubes Maggi
- Salt & other seasoning of your choice
- Small handful of uziza/adusa leaves
- Water
- 1 or 2 tubers of yam



Authenticity Note: To make it like the locals, you'll need a yam masher.

How to Make White Soup with Fufu (Pounded Yam)

While this dish is more popular among Nigerians in west Africa than other parts of Africa, it is widely prepared for special celebrations, but also considered an everyday meal. According to the region, it goes by several different names such as Ofe Nsala, and Afia Efere. Locals use goat meat and chicken, giving the soup part of this recipe a special aroma. Normally, it is usually served with *Fufu* (pounded yam).

Directions

STEP 1:

Wash and boil the chicken. Spice it up with onion, pepper, salt and any other seasonings of your choice. *(Tip: Remember not to add water at first until it releases its own juices as it boils.)*

STEP 2:

Ensure that the meat is thoroughly cooked and there is no pink remaining. Set aside.

STEP 3:

Wash the yam and place it into boiling water. Do not add any salt. Let the yam continue to boil. Boil it until it is soft about 3-6 minutes depending on how high your heat set.

STEP 4:

Wash the pepper, leaves, stock, fish head and smoked fish. Place all into warm but not boiling water. Set aside. *(Tip: Doing this makes the meat stock for Step 9 and makes the fish meat easier to separate and divide into serving portions.)*

STEP 5:

Pound or blend crayfish and pepper together. *(Tip: Remember that the uziza leaf is very peppery so be careful not to add too much pepper before the next step.)*

STEP 6:

Shred the uziza/adusa leaves. Set aside.

STEP 7:

Check to see whether the yam is soft before removing it from the water. Using a mortar and pestle, begin to mash the yam. *(Tip: Put the yam in when hot to ensure smoothness and elasticity.)*

STEP 8:

The yam might be too sticky; if so, add cold water. If not sticky at all, add hot water. Make sure that the pounded yam doesn't contain any lumps and that it is smooth. It needs to have a paste-like consistency. When it is in a paste form, remove and transfer to a warmer.

STEP 9:

Bring to a boil the meat stock (chicken) you prepared earlier in Step 1. Once it is boiling, add the crayfish and pepper from Step 5. Now add the stock fish head and smoked fish from Step 4. Cover the pot and bring back to a boil.

STEP 10:

When bubbling, open the bowl with the pounded yam, scoop out a spoonful, and place in the pot with the rest of the ingredients, leaving the lid off the cooking pot. *(Tip: the pounded yam serves as a thickener. If the soup is too thick, remove some of the yam in it; too loose, add more yam.)*

STEP 11:

When the soup is thick enough, season to taste with seasonings.

STEP 12:

Add the shredded adusa leaves last.

STEP 13:

Serve immediately. Spoon soup into bowls and plate with additional pounded yam.

Christmas Day in Indonesia



In Indonesia, Christmas Day is locally known as *Natal*, from the Portuguese word for *Christmas*. One of many public holidays in Indonesia, it is celebrated with ceremonies, festivals, and local cuisine. Like many countries, on Christmas Eve, people will go to church for Mass and again Christmas morning, followed by feasting and exchanging gifts. Burgo Soup, is a holiday staple as well as a favorite family meal. In addition to traditional foods, Indonesians are all about sweets! Every Christmas Day is filled with cookies, like nastar (pineapple tart), kastengels (from Dutch word kasteengel), or *Putri Salju* also known as the White Snow Cookie.



Prep time: 20 mins
Cook time: 40 mins
Total time: 60 mins

Ingredients

Burgo:

- 1 cup rice flour
- ¼ teaspoon salt
- 150 ml boiling water
- 300 ml of water
- A little oil for greasing pan

Soup:

- 1/2 lb of tilapia fish
- 100 ml water
- 1 teaspoon salt
- 2 1/4 cups fresh coconut milk
- Fried onion to taste

Spices:

- 4 grains of onion
- 2 cloves of garlic
- 1 centimeter (0.4 in) of galangal
- 2 stalks of lemongrass
- 1 centimeter (0.4 in) of fresh ginger
- 1 1/2 teaspoon ground coriander
- 2 halves of 1 whole pecan
- ¼ tsp of jintan Sauce

How to Make Burgo Soup

Burgo is one of the delicious traditional cuisines from Palembang, one of the major cities in Indonesia. This delicious soup is actually served for breakfast by the locals but you can enjoy it anytime! Even though it is called *Burgo Soup*, *Burgo* refers to the cooked dough and it is normally served in a fragrant soup broth made from coconut milk. It can be served alone or with fish.

Directions

STEP 1:

Mix the rice flour and salt.

STEP 2:

Pour the water and the boiling water into the rice flour and salt mix. Stir well.

STEP 3:

Heat a 9" or 10" omelet pan. Rub with a little cooking oil.

STEP 4:

Make a thin omelet by pouring two tablespoons of the batter into the pan. Heat until cooked.

STEP 5:

Lift and roll it. Cut into pieces. Set aside.

STEP 6:

Steam the tilapia fish.

STEP 7:

Separate the flesh from the skin of the fish, then mash the fish until crushed finely.

STEP 8:

Heat the cooking oil again in the omelet pan. While heating, grind all of the spices. Place in oil and sauté spices until fragrant.

STEP 9:

Add salt, coconut milk, the fish, and water. Stir well until boiling.

STEP 10:

Place burgo into individual bowls. Pour the sauce over the burgo pieces. Sprinkle with the fried onion. Serve immediately.

Authenticity Note: Try and use the spices listed to the left rather than try to find substitutions so your kitchen will smell like a real Indonesian home!



Authenticity Note: *This recipe makes over a hundred cookies. Share the wealth like the locals and hand them out on Christmas Eve.*

Prep time: 5 minutes
Cook time: 20 minutes
Total time: 25 minutes

Ingredients

- 150 g butter, soften
- 100 gr margarine, softened
- 1 cup powdered sugar
- 2 egg yolks
- 1 cup roasted peanut, almond, cashew nut meal
- 2 ¾ cup low-protein flour
- 2 tablespoons powdered milk
- 2 tablespoons cornstarch

How to Make Putri Salju (White Snow Cookies)

It's not hard to see how this cookie got its name! This dessert is a staple for Indonesians on Christmas Day. This recipe makes enough for you to freeze and enjoy throughout the year.

Directions

STEP 1:

Preheat oven at 160 °C

STEP 2:

Beat margarine, butter, and powdered sugar until blended.

STEP 3:

Whisk in egg yolks.

STEP 4:

Combine all nut meal, stirring with a spatula or wooden spoon.

STEP 5:

Add flour, milk, and cornstarch and mix until well blended into a consistent dough

STEP 6:

Place the dough on a wide plastic sheet, lay another plastic sheet on top of it to prevent the dough from sticking to your rolling pin. Roll with rolling pin until about approximately 5 ~ 6 mm thick.

STEP 7:

Cut with cookie cutter (or manually) and form them into a round or crescent shape.

STEP 8:

Bake until slightly brown on both surfaces (around 20 minutes).

STEP 9:

Remove from the oven and let cool a few minutes until slightly warm, then put them in plastic bag with powdered sugar and shake together to coat with the sugar.



Prep time: 40 mins
Bake time: 15 mins
Total time: 55 mins
Makes about 2 dozen tarts

Ingredients

- 1 ¾ cups all-purpose flour
- ¼ teaspoon salt
- 1 cup softened unsalted butter
- ¼ cup confectioners' sugar
- 3 egg yolks
- ½ teaspoon vanilla extract
- 1 cup pineapple jam or preserves
- 1 egg, beaten, for egg wash

How to Make Nastar (Pineapple Tarts)

In Indonesia, nastar is a popular dessert during the holidays like *Natal*. Considered a “festive cookie”, these pineapple tarts are not only made during special holidays, but are also sold all year round by commercial bakeries and souvenir stores serving tourists.

Directions

STEP 1:

Preheat oven to 325°F. Line several cookie sheets with parchment paper or silicone baking mats.

STEP 2:

Sift flour and salt into a bowl and set aside.

STEP 3:

Using a stand mixer, cream butter and confectioners' sugar on medium speed for several minutes until light and fluffy. Add the egg yolks, one at a time. Add the vanilla and mix until combined.

STEP 4:

Add the flour mixture and mix until fully incorporated.

STEP 5:

Cover dough and refrigerate for about 30 minutes until firm.

STEP 6:

Roll the dough into 1-inch balls and place on cookie sheets, Make a depression in the center of each dough ball and fill with about ½ teaspoon of the pineapple jam. Pinch the edges of the dough back around the filling, and turn seam side down. Place on sheets about 2 inches apart.

STEP 7:

Brush the tops of each cookie with egg wash. Bake 15-18 minutes, rotating sheets halfway through, until shiny and golden. Cool on wire racks.

Christmas Day in Brazil



Christmas Day, December 25, is a national holiday in Brazil. However, because Brazil lies in the Southern Hemisphere, Brazilians celebrate Christmas in the summertime. The celebration resembles the traditions in North America, with a Christmas tree, exchanging of gifts, sending out Christmas cards, and decorating homes with electric lights and the nativity scene. Yet in Brazil, Christmas takes place mainly near midnight, usually with big family dinners, opening of gifts and the celebration of the “Missa do Galo” (the rooster’s mass) in churches throughout the country. The family meal often includes farofa stuffing, assortments of fruit, fried cod, and roast turkey and a dessert called *rabanada*.



Authenticity Note: *Want to have real Rabanadas? Use red wine or port for some or all of the milk in this recipe!*

Prep Time: 40 minutes
Cook Time: 20 minutes
Total Time: 60 minutes

Ingredients

- Large loaf of stale bread
- 4 cups milk
- 1/2 cup sugar
- 2 cinnamon sticks
- Pinch of salt
- 6 eggs
- Olive oil for frying
- 3/4 cup sugar
- 1-2 tablespoons cinnamon sugar
- Honey or maple syrup (optional)

How to Make Rabanadas (Brazilian French Toast)

Looking to use up some stale bread? You can’t go wrong with French toast. Unlike the traditional way westerners make French toast, *Rabanadas* differs in that it is commonly enjoyed as a dessert or afternoon treat, rather than breakfast food. Also, the bread is soaked in milk and/or wine or port, and then deep-fried in olive oil.

Directions

STEP 1:

Slice the stale bread into about 16 slices, each about 3/4 inch thick.

STEP 2:

Place the slices in a shallow baking dish in one single layer. (*Tip: This recipe requires very stale bread. If possible, let the sliced bread dry out in the open air overnight.*)

STEP 3:

Place the milk (and/or wine), cinnamon sticks, 1/2 cup sugar, and pinch of salt in a pot over medium heat. Bring mixture to a boil and let mixture simmer for 1-2 minutes.

STEP 4:

Remove from heat and cool. Carefully remove cinnamon sticks.

STEP 5:

Pour milk (and/or wine) over the sliced bread, distributing evenly over all of the pieces. Let it soak for 20-30 minutes, to soak up as much of the milk as possible.

STEP 6:

Meanwhile, heat a couple of inches of olive oil in a large heavy skillet until oil is hot enough that it sizzles gently when a drop of water is dropped on it. Cover a large plate with a layer of paper towels.

STEP 7:

While waiting for the pan to heat up, whisk the eggs together in a medium bowl until completely mixed.

STEP 8:

Now, gently, using tongs, dredge a piece of the bread into the egg mixture, coating both sides. Allow the excess to drip back into the bowl. Carefully, place the bread into the oil, and cook until well-browned on one side. Flip the bread and cook until both sides are golden. Transfer rabanada to the paper-towel lined plate. Repeat with remaining slices of bread.

STEP 9:

Mix the cinnamon with 3/4 cup sugar and sprinkle mixture over both sides of the cooked rabanadas. If desired, serve with extra honey. Serve warm or at room temperature.



Prep time: 30 mins
Cook time: 40 mins
Total time: 70 mins

Ingredients

- Salt
- 2 lbs of Cod fish
- 6 Potatoes
- 6 Eggs
- 1 Large Onion
- 1 Small Onion
- Olive Oil
- Vegetable Oil

How to Make Bacalhau (Boiled Cod)

This traditional dish was created by the Spaniards in the 15th century. The actual method of drying and salting cod fish was first developed in Newfoundland where it soon spread to surrounding countries in the early 1640s. Bacalhau is a hearty meal with lots of protein and savory, fragrant onions. Enjoy!

Directions

STEP 1:

Preheat oven to 350. To boil out the salt, fill a large pot with water, enough to completely cover the cod. Bring it to a boil.

STEP 2:

You will need to boil the cod twice. Drain out the liquid and repeat the process.

STEP 3:

Place 6 whole eggs into a pan and boil with water. Once it comes to a boil, take the eggs out and run under cold water or in an ice bath. Peel off the shells.

STEP 4:

Chop up 6 potatoes into small pieces. Set aside.

STEP 5:

Thinly slice onions.

STEP 6:

Fry onions in a deep frying pan with half cup of vegetable oil. When putting onions in frying pan separate the rungs from each other to make it cook evenly. Set aside.

STEP 7:

De-bone the cod by feeling for the bones using your hands.

STEP 8:

Blend the cod in with the onions and boil on low.

STEP 9:

Lightly pour olive oil onto the onions and cod.

STEP 10:

Slice the eggs and put a layer on top of the onions and cod. Then put a layer of potatoes on top of the eggs (don't mash potatoes). Put the remaining egg slices on top of the potatoes. Repeat the layers until done.

STEP 11:

Put dish into the oven for 10-15 minutes (until it browns).



How to Make Farofa (Cassava Rice)

Farofa is particularly popular in Brazil with typical recipes requiring raw cassava flour to be toasted with butter, salt, sausage, olives, onions, garlic, hard boiled eggs, and/or bacon. It can also be used as a stuffing for poultry and other dishes. When made as a stuffing, locals usually add raisins, nuts, and/or finely chopped sweet fruits like apples and bananas.

Farofa is most often served as a side dish and can either be sprinkled on by individuals to their own taste, or it can be eaten as a main dish...it's that good!

Directions

STEP 1:

Melt the butter in a skillet over medium-low heat. Add the onions. Cook until soft and golden.

STEP 2:

Stir in the flour. Keep stirring for 3-4 minutes until well mixed and evenly toasted and lightly browned.

STEP 3:

Season with salt and pepper to taste. Stir in optional black olives and/or hard boiled eggs.

Authenticity Note: You can find raw cassava flour or manioc flour in Brazilian markets or online. If you can't find them, you can substitute with bread crumbs.

Prep time: 10 minutes
Cook time: 10 minutes
Total time: 20 minutes

Ingredients

- 1 large onion, finely chopped
- 8 tablespoons of butter
- 1 tablespoon palm oil
- 2 cups manioc or cassava flour
- Salt & pepper to taste
- 1/2 cup chopped black olives (optional)
- 1/2 cup diced hard boiled egg (optional)

New Year's Eve in Thailand



New Year's is celebrated in April with the Songkran Festival where one of the most common traditions is throwing water on each other. Although mainly done as a fun water-fight. The tradition use to be for religious reasons, meant to wash away bad omens and bad luck. Even the elephants get involved, as locals paint bright colors on them and they get in the water and splash around and spray. After dark, they close the year out with fireworks. Thai food is famous for its aromas and strong, pure flavors. *Khao Neeo Mamuang* (mango with sticky rice) is a must-have at a Thai New Year's festival. If you want to feel like a native be sure to use the traditional greeting...*Sawadee Pi Mai*...or Happy New Year!



How to Make Larb Gai (Minced Pork Salad)

Thai larb is one of the most popular Thai streets foods in Isaan cuisine. It's a wonderful combination of all the best ingredients that Thai food is known for. To truly make it like a local, you will need to toast the sticky rice first...trust us, this is worth the extra work and the aroma is amazing!!

Directions

STEP 1:

Heat a frying pan on low heat. Toss in the uncooked sticky rice (do not use any oil).

STEP 2:

Stir continuously. Toast the rice until it turns from white to golden yellow.

STEP 3:

Let the rice cool then place it into a stone mortar and pestle. Pound the rice until it turns into a coarse powder (*Tip: You can use a blender or food processor*). Put your toasted rice powder in a bowl and set aside.

STEP 4:

Add the pork to a small sized saucepan.

STEP 5:

Fry the pork, breaking it into small minced pieces, until it's fully cooked all the way through. Take off the heat.

STEP 6:

Leaving the pork in the same pot, add 1 rounded tablespoon of the toasted rice powder into the pork. Toss in chili flakes. Add a pinch of sugar, fish sauce, and squeeze in the juice from limes to taste. Stir and set aside.

STEP 7:

Next, peel and slice the shallots. Finely chop green onions and culantro leaves. Pluck about 20 or so mint leaves off the stem. Throw all into the saucepan with the pork. Give a good mix, making sure all the spices and dressing evenly coats the pork.

STEP 8:

Dish it out onto a serving platter. Garnish with more mint leaves, Thai sweet basil, and culantro.

Authenticity Note: *It is perfectly acceptable to make this with chicken or beef as well.*

Prep time: 30 minutes

Cook time: 5 minutes

Total time: 35 minutes

Ingredients

- 5 tablespoons uncooked Thai sticky rice
- 1 lb minced pork
- ½ - 1 tablespoon of chili flakes
- ¼ tablespoon of sugar
- ½ tablespoon of fish sauce
- 1 - 2 limes
- 3 - 4 small shallots
- A few leaves of Culantro
- 3 - 5 green onions
- 20 leaves or so of fresh mint



Why Not? *After eating these traditional Thai dishes, take the tradition a little further and have a water fight!*



Authenticity Note: To make it truly authentic, serve it along with plum or sweet chili sauce, used as a dipping sauce.

Prep time: 20 mins
Cook time: 5 mins
Total time: 25 mins

Ingredients

- 15 wonton wrappers
- 3 1/2 ozs medium-sized shrimps
- 3 1/2 ozs minced pork
- 1 tablespoon water chestnuts
- 1 tablespoon shitake mushroom,
- 1/2 tablespoon sugar
- 1 teaspoon coriander root
- 1 teaspoon minced garlic
- 1 tablespoon fish sauce
- 1 tablespoon soy sauce
- Chinese chive leaf
- 3 cups oil for deep frying

How to Make Toong Tong (Fried Chicken Dumplings)

Toong Tong is a staple in Thailand and is often referred to as “money bags” which is pretty obvious when you see one! Locals use Chinese chive leaves (bai kuy chai) as ties to wrap the dumplings creating an adorable presentation. The recipe below is exactly how a native would make this appetizer and it is sure to become a favorite of yours.

Directions

STEP 1:

First, take the shrimp, clean, shell and de-vein. Cut chestnuts, coriander and mushrooms into small pieces (the smaller the better).

STEP 2:

Take the Chinese chive leaves and scald in hot water, slice into thin lines to use as “ties” for the dumplings.

STEP 3:

In a large bowl, add shrimp, pork, shitake, water chestnut, sugar, coriander root, garlic, fish sauce, and soy sauce. Stir until it becomes completely mixed together.

STEP 4:

Place a wonton wrapper on your palm. Put a teaspoon of the prepared mixture in the center. Gather up the corners and bind together with a Chinese chive leave to make a small bag. (Tip: You can use a rice noodle already soaked in water if you don't have chive leaves.)

STEP 5:

Heat oil in a wok over medium heat. Wait until hot, then deep fry for 3-5 minutes until golden brown and cooked thoroughly. Remove and drain.

STEP 6:

Transfer to a serving plate. Serve immediately with dipping sauce.



Authenticity Note: This recipe calls for using a rice steamer in the traditional Thai technique but you can use a microwave as well.

Prep time: 20 mins
Cook time: 25 mins
Total time: 45 mins

Ingredients

- 1 peeled mango
- 1 cup coconut milk
- 2 pinches salt
- 1 cup Sticky Rice
- 2 tablespoons sugar

How to Make Khao Neo Mamuang (Mango with Sticky Rice)

Khao Neo Mamuang (Mango with Sticky Rice) is a traditional Thai dessert that is served at every celebration and festival. Of course, any Thai restaurant has it on their menu as it is a refreshing palate cleanser. Although mango is considered a “summer fruit”, thankfully it is sold year-round so making this amazing dessert any time is not a problem!

Directions

STEP 1:

Soak the sticky rice in enough water to cover it for at least an hour or even overnight.

STEP 2:

Put water in the bottom of your rice steamer and cover the steam section with cheese or muslin cloth.

STEP 3:

Pour the sticky rice onto the cheesecloth. Cover with the lid and place it on the stove on medium heat. The rice should take about a 20 minutes to cook. When it becomes translucent it's done. Set aside but make sure to keep warm.

STEP 4:

Heat the coconut milk in a saucepan over medium heat. Stir constantly and let the coconut milk simmer. (Tip: Make sure it never comes to a hard boil as it will curdle the milk.) Add sugar and salt. Remove from heat.

STEP 5:

Pour 3/4 of the hot coconut milk over the hot sticky rice. Let it sit for 5 minutes. The hot sticky rice will absorb all the coconut milk and become a little “mushy”. Spoon the rest of the coconut milk on top of the rice. Top with mango slices. Enjoy!

New Year's Eve in Mexico



The Mexican culture has a large amount of New Year's Eve customs. Before New Year's Eve, the Mexican people clean and wash their body, houses, and other possessions. Also it is a popular custom to eat one grape in each click of the clock the twelve seconds before midnight to bring good luck to each of the upcoming twelve months. Apart from these traditions, people eat various traditional foods such as dried and salted codfish called *Bacalao* and ever-popular *tamales*. Toasts are prepared with sparkling cider and *ponche* which is a hot fruit punch often with tequila. The most cherished of food traditions is *pan dulce* used in a ceremony to bring good fortune to one lucky party-goer!



Authenticity Note: Consider doing the tradition of the pan dulce cutting ceremony and hide a lucky coin in the buns before baking!

Prep time: 30 minutes

Cook time: 20 minutes

Total time: 2 hours 40 minutes

Ingredients

- 1 cup milk
- 6 tablespoons butter
- 1 (.25 ounce) package active dry yeast
- 1/3 cup sugar
- 1 teaspoon salt
- 2 eggs
- 5 cups all-purpose flour
- 1/2 cup white sugar
- 2/3 cup all-purpose flour
- 4 tablespoons butter, softened
- 2 egg yolks

How to Make Mexican Pan Dulce (Sweet Buns)

Mexican pan dulce is served at midnight, just as the clock strikes in the new year. The baker puts a lucky coin or pendant into the dough and bakes it. During the pan dulce cutting ceremony, one person finds it in his/her slice and is considered by all to be the luckiest person for the entire year!

Directions

STEP 1:

Heat the milk in a small saucepan until it bubbles, then remove from heat. Be careful not to scald it.

STEP 2:

Add the butter. Stir until melted. Pour into a large bowl to cool. Dissolve yeast in the milk mixture.

STEP 3:

Mix in sugar, salt, eggs and 2 cups of the flour. Next, carefully stir in the remaining flour, 1/2 cup at a time, mixing well after each addition.

STEP 4:

When the dough is completely mixed, turn it out onto a lightly floured surface and knead until smooth and supple.

STEP 5:

Next, lightly oil a large bowl, place the dough in the bowl and turn to coat all sides. Cover with a damp cloth and let rise in a warm place until doubled. This takes about an hour.

STEP 6:

Divide the dough into 16 equal pieces and form into circles. With a rolling pin, roll the circles into oval buns. Place them onto two lightly greased baking sheets. Cover the rolls with a damp cloth and let rise until doubled, about 40 minutes. Meanwhile, preheat oven to 350 degrees F.

STEP 7:

In a small bowl, stir together 1/2 cup sugar, 2/3 cup flour, and butter until a crumb mixture forms. Stir in yolks until blended. Crumble the topping over the rolls making sure the entire surface is covered.

STEP 8:

Bake in oven for 15-20 minutes, or until sugar topping is lightly browned.



How to Make Mexican Ponche (Holiday Punch)

Christmas time in Mexico is a time to prepare the traditional *Ponche Navideño*/Christmas Punch. It is served throughout the holidays at family gatherings where a large pot will be kept simmering on the stove filling the air with citrus and spice aromas. Adding that kick of tequila doesn't hurt either!

Ingredients

- 2 Golden Delicious apples
- 1 pound guava, quartered
- 1/2 cup prunes
- 2 cups pineapple
- 4 (2-inch) pieces cinnamon
- Tequila
- 3/4 cup raisins
- 3 (3 to 4-inch) pieces sugarcane
- 1/2 pound crabapples
- 1 cup sugar
- 8 cups water

Directions

STEP 1:

Peel, core, and cut apples into 1/8ths. Then cut sugar cane into strips and dice the pineapple into 1-inch chunks.

STEP 2:

In a large pot, place the fruit, sugar, cinnamon, and 8 cups of water. Bring to a boil then lower heat. Let it simmer for 1 hour.

STEP 3:

Pour into a mug and add a shot of tequila. Enjoy!



Authenticity Note: To make it truly authentic, Mexican women use a whole pig's head and roast it - that's even more hard work!

Prep time: 30 minutes
Cook time: 1 hour
Total time: 1 hours 30 minutes

Ingredients

- 3 1/2 lbs pork shoulder or
- 3 1/2 lbs pork butt, trimmed of fat and cut
- 10 cups water
- 1 medium onion, quartered
- 3 garlic cloves, minced
- 3 1/2 teaspoons salt
- 4 cups red chili sauce (see below)
- 3/4 cup shortening
- 6 cups masa harina
- 1 1/2 teaspoons baking powder
- 50 dried corn husks (about 8 inches long)

Ingredients for Sauce:

- 15 large dried chilies
- 4 -5 garlic cloves
- 2 teaspoons ground cumin
- 1 teaspoon salt
- 2 teaspoons all-purpose flour
- 2 teaspoons olive oil



How to Make Mexican Tamales with Red Chili Sauce

Tamales are a traditional dish in Mexico take several hours to prepare. There are different ways they can be prepared with various flavors., also, a variety of sauces are made to top them. They are hard work to make, but will instantly become a favorite in your household just like in Mexico!

Directions for Tamales

STEP 1:

Using a 5 qt Dutch oven, bring pork, water, onion, garlic, and 1 1/2 teaspoons salt to boil. Simmer covered until meat is very tender.

STEP 2:

Remove meat from broth and allow both meat and broth to cool. (Tip: Letting it cool helps to remove the fat.)

STEP 3:

Shred the meat using a couple of forks, discarding fat. Strain the broth, but reserve 6 cups.

STEP 4:

In a large pan, heat the chili sauce then add meat. Simmer covered for 10 minutes. Set aside.

STEP 5:

In a large bowl, beat shortening on medium speed for 1 minute. Take a separate bowl, stir together masa harina, baking powder, and 2 teaspoons salt. Keep adding masa harina mixture and broth to shortening, beating well after each addition making a thick, creamy paste.

STEP 6:

Next, soak corn husks in warm water for at least 20 minutes. Be sure to rinse them to remove any corn silk. Drain well.

STEP 7:

To assemble a tamale, spread 2 tablespoons of the masa mixture at the center of the husk (Tip: Husks should be about 8 inches long and 6 inches wide at the top. If smaller, overlap 2 smaller ones to make one. If it is too large, tear a strip from the side.)

STEP 8:

Then place about 1 tablespoon of meat and sauce mixture on top of the masa. Fold in sides of husk and fold up the bottom.

STEP 9:

Place extra husks or a foil ball in the center of a steamer basket placed into a Dutch oven. Lean the tamales in the basket making sure the open side is up.

STEP 10:

Add water to Dutch oven just below the basket and bring to a boil. Reduce heat. Cover and steam 40 minutes, adding water when necessary.

Directions for Sauce

STEP 1:

Remove stems and seeds from peppers then place peppers in a single layer on a baking sheet. Roast in 350°F oven for 2 to 5 minutes, checking often to avoid burning.

STEP 2:

Remove and soak in enough hot water to cover until cool. Put peppers and 2 1/2 cups of the soaking water into a blender (save the remaining water). Add cumin, salt and garlic. Cover and blend until smooth.

STEP 3:

In a 2-quart sauce pan over medium heat, stir flour into oil and keep stirring until browned. Carefully stir in blended chili mixture.

STEP 4:

Simmer uncovered for 5 to 10 minutes or until slightly thickened. (Tip: if you mess up and the sauce thickens too much, just add in 1 cup of soaking water to fix.)

New Year's Day in Ethiopia



Enkutatash is the first day of the New Year in Ethiopia and occurs on Sept. 11th. Large celebrations are held around the country, notably at the Ragual Church that sits on Entoto Mountain. After church in the morning, families gather to share a traditional meal of *wat* (stew) and using *injera* (flat bread) as a utensil to eat with. Later, village girls don new clothes, gather local flowers, and present them to friends while singing New Year's songs. In more modern Ethiopia, people exchange cards instead of flowers. Unlike most of the Tropics, families tend to stay within the confines of their village and have meals and drink *tella*, a traditional homemade beer popular during the holidays.



How to Make Injera (Flat Bread)

Ethiopian culture is unique in that it is one of the few cultures that insists you eat with your fingers! Stews are served along with injera or a flat bread used to scoop up (with only your right hand!) your food. Injera is made from a tiny but iron-rich grain called *teff*. This also is a fermented food staple of the region.

Directions

STEP 1:

Mix teff with the water and let stand in a bowl covered with a dish towel at room temperature until it begins to ferment (*Tip: It bubbles and has turned sour.*) This may take as long as overnight or up to 3 days. The mixture should be the consistency of a very thin pancake batter.

STEP 2:

Add butter to the bowl. Stir until melted.

STEP 3:

Stir in the salt, a little at a time, until you can barely taste it.

STEP 4:

Lightly oil an omelet or crepe skillet. Heat over medium heat.

STEP 5:

Pour in enough batter to cover the bottom. Turn and rotate the skillet in the air to spread into an even layer like you would a crepe or pancake. (*Tip: Injera is supposed to be thinner than a pancake but thicker than a crepe.*)

STEP 6:

Cook briefly, until holes form in the injera and the edges lift from the pan without letting it brown. DO NOT flip it over as it is only supposed to be cooked on one side. Remove and let cool. Place plastic wrap or foil between pieces so they don't stick together.

STEP 7:

To serve, lay a piece of injera on a plate and spoon your wat or other chosen dishes on top. Serve additional injera on the side.

Authenticity Note: Encourage your guests to eat the authentic way...using injera to scoop up their holiday feast!

Ingredients

- 1 1/2 cups ground teff (180 g)
- 2 cups water
- Salt, to taste
- Vegetable oil for the skillet

How to Make Tella (Ethiopian Beer)

Tella, or *t'ella* or *tela* is a fermented drink made by the locals and according to what we've heard brings quite a punch along with it! It is made with a region-specific buckhorn tree and is left in clay pots for weeks to ferment. It is offered in what is called *tellabets* or tella houses but is mostly home-brewed.

Directions

STEP 1:

Mix one part honey to three parts water

STEP 2:

Place in some stems and branches of gesho (a unique Ethiopian species of buckthorn)

STEP 3:

Remove the gesho after two weeks

STEP 4:

Continue to let ferment for 3-4 more weeks. Enjoy!



Authenticity Note: This is truly as authentic as it gets and is a staple for Ethiopian New Year.

Ingredients

- Honey • Water
- Buckhorn stems & branches



Authenticity Note: You could buy the niter kibbeh and berbere already made but if you want to do it like a true Ethiopian kitchen.....cook on!

Prep time: 35 minutes
Inactive Prep time: 35 minutes
Cook time: 2 hours 20 minutes

Ingredients

NITER KIBBEH (SPICED BUTTER):

- 1 pound unsalted butter
- 1 small yellow onion, chopped
- 1 tablespoon chopped fresh ginger
- 1 teaspoon whole allspice berries
- 1 teaspoon fenugreek seeds
- 1 teaspoon dried oregano
- 1/2 teaspoon turmeric
- 6 black crushed cardamom pods
- 2 cloves garlic, coarsely chopped

BERBERE (SPICE MIX):

- 1/3 cup chile powder
- 1/4 cup paprika
- 1/4 teaspoon freshly grated nutmeg
- 2 teaspoons black cardamom seeds
- 2 teaspoons coriander seeds
- 2 teaspoons cayenne pepper
- 2 teaspoons ground ginger
- 2 teaspoons kosher salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 teaspoons fenugreek seeds
- 1 teaspoon whole allspice
- 4 cloves
- 1 small stick cinnamon

CHICKEN STEW:

- 8 skinless, bone-in chicken thighs
- 4 large eggs, at room temperature
- 2 large yellow onions, finely diced
- 1 1/4 cups chicken stock
- Juice of 1 lemon
- Kosher salt
- 1 tablespoon minced garlic
- 1 tablespoon minced fresh ginger
- 1 tablespoon tomato paste
- 1/4 teaspoon freshly ground black pepper

How to Make Wat (Stew)

Wats are very different stews than most cultures primarily because it starts with chopped onions in a dry pot...no cooking oil! This creates an almost nutty fragrance and taste that causes the onions to break down and naturally thicken the stew. The fat used is a spiced butter.

Directions for the Niter Kibbeh

STEP 1:

Melt the butter in a small saucepan over a low heat, stirring occasionally.

STEP 2:

Stir in the ginger, oregano, fenugreek, turmeric, cardamom, allspice, garlic and onions and bring to a simmer. Simmer until the butter is clear and the milk solids remain on the bottom of the pan. (*Tip: Reduce the heat if the butter is boiling too quickly because burnt butter is bitter and will ruin the dish.*)

STEP 3:

Line a strainer with some dampened cheesecloth. Carefully, skim the foam from the top of the butter and discard. Ladle the butter through the strainer, leaving behind the milk solids in the pan.

Directions for the Berbere

STEP 1:

Whisk together the chile powder, paprika, cayenne, ginger, salt, garlic powder, onion powder, and nutmeg. Set aside.

STEP 2:

Put the cardamom, fenugreek, coriander, allspice, cloves and cinnamon in a skillet and toast over medium-low heat. Shake the pan regularly, until fragrant (around 4 minutes). Cool slightly.

STEP 3:

Grind the toasted spices in a spice grinder to a fine powder. Add to the chile powder mixture and stir to combine. Sift the spice mixture onto a piece of parchment paper, return to the bowl and stir again. Return the pieces left in the sifter to the spice grinder and grind again as finely as possible. Whisk into the spice mixture. Set aside.

Directions for the Chicken Stew

STEP 1:

Put the chicken in a bowl and toss with the lemon juice and 1 teaspoon salt. Let stand at room temperature for 30 minutes to marinate.

STEP 2:

Meanwhile, prepare a bowl with ice water. Bring a saucepan of water to a boil and salt generously, making sure there is enough water to cover the eggs by 1 inch. Add the eggs, and bring water back to a gentle boil. Cook for 6 minutes. Transfer eggs to the ice water, and shake or tap gently to crack the shells. When cool to the touch, peel the eggs. Set aside. (*Tip: Don't refrigerate or they will not warm up in the sauce.*)

STEP 3:

Place the onions in a large skillet over medium heat. DO NOT ADD OIL! Cook, stirring constantly, until golden, about 10 minutes. (*Tip: Be careful not to burn them as the onions will dry out quickly.*)

STEP 4:

Increase the heat to medium high. Now add 1/3 cup of the niter kibbeh, 1/4 cup of the berbere, the garlic, ginger, tomato paste and black pepper. Let cook, stirring, for 1 minute.

STEP 5:

Now add the chicken, turning to coat well with the butter mixture. Leave the chicken skin-side down in the pan.

STEP 6:

Next add the chicken stock. Bring this to a simmer. Cover and reduce heat to low cooking at a gentle simmer until the chicken is very tender. Remove the lid, increase the heat to medium. Continue to stir until the liquid is reduced and the sauce is very thick while occasionally spooning the sauce over the chicken.

STEP 7:

Remove the pan with the chicken from the heat. Add the eggs, turning to coat them in the sauce. Cover the pan and let rest for 5 minutes.

STEP 8:

To plate, place the chicken thighs and eggs on injera, and spoon extra sauce over it all.

New Year's Day in Turks & Caicos Islands



Turks & Caicos Islands, this is an island chain that sits roughly southeast of the Bahamas and north of the Dominican Republic. Junkanoo, or island-wide parades, are held throughout the year for public holidays and local events, but the biggest Junkanoo celebrations are on Emancipation Day, Boxing Day, and the early morning of New Year's Day. Locals compete against each other for the most outrageous costumes, the best drummers and rhythm sections, and more. These festival events take place from midnight to sunrise on New Year's Day. Famous for its own brand of rum, the locals love to partake along with the tourists in making the new year as special as possible.



How to Make Penn On (Peas & Rice)

Actually, this region didn't get rice for years unless it was brought to the island so they depended on hominy. The term *penn on* came about because wives were never sure what their husbands would catch that day so it "depends on" whatever was brought home. Hominy is a staple of the local diet that includes local fish, chicken, vegetables and most importantly, conch.

Directions

STEP 1:

Cut white onion, red peppers, and bacon into small pieces and fry in oil for 5-10 minutes.

STEP 2:

Add tomato paste for 5 minutes.

STEP 3:

Add peas, salt, thyme, bay leaf, black pepper.

STEP 4:

Add water and let boil.

STEP 5:

Add rice. Lower heat and put a top on the pot.

STEP 6:

When cooked through, serve hot.

Prep time: 15 minutes
Cook time: 20 minutes
Total time: 35 minutes

Ingredients

- 1/2 white onion
- 1/2 green onion
- 1/2 red pepper
- 1 stick celery
- Bacon
- 2 tbs tomato paste
- 2 tbs olive oil
- 1 can pigeon peas
- 2 cups rice
- 4 cups water
- Salt
- Fresh thyme
- Bay leaf
- Black pepper
- 1 1/2 tbs kitchen bouquet



How to Make Conch Salad

Conch is a major staple in the Turks and Caicos diet since it is plentiful around the shallow waters of the island. It is so plentiful that this area has the world's only conch farm! Locals make it into salads, deep fry into conch fritters, and serve with boiled fish. This recipe is easy, light, and refreshing making you feel like you are almost on the island.

Directions

STEP 1:

Combine all ingredients, adding lemon juice last to taste. Serve with large plantain chip.

Ingredients

- Fresh conch
- Fresh chopped cilantro
- Onion
- Red and green peppers
- Clove of Garlic
- Lemon
- Crushed red chili pepper
- Salt/Pepper to taste
- Extra virgin olive oil



How to Make Rum Punch

Rum flows everywhere during the holidays on Turks and Cacaos Islands. The locals make a special rum punch that they serve to the tourists with a warning to be careful! What makes this extra special is it is made with fresh pineapple juice and 2 different kinds of rum!

Directions

STEP 1:

Fill a glass with ice. Pour the pineapple juice, orange juice, 1 oz gold (or dark rum) and 1 oz coconut rum. Stir until liquids are mixed.

STEP 2:

Slowly, pour a small amount of grenadine over the ice. Do not stir.

STEP 3:

Add a 1/2 oz of dark rum. Do not stir. Serve with a lime wedge. Enjoy!

Ingredients

- 3 ozs fresh pineapple juice
- 2 ozs fresh orange juice
- 1 oz gold (or dark) rum
- 1/2 oz to pour on top
- 1 oz coconut rum
- Grenadine & lime to garnish



How to Make Rum Cake

While you've got that rum out, why not use it to make a locals-favorite dessert? This holiday cake takes full advantage of this delicious liquor bringing with it all the happy warmth of the holiday spirit.

Directions

STEP 1:

Preheat oven to 350 degrees. Sift together the flour, baking powder, baking soda and salt. Set aside.

STEP 2:

Using a mixer, cream butter, and sugar until light and fluffy. Next, add the vanilla and eggs. Stir until blended.

STEP 3:

Beat in the zest. Add the rum.

STEP 4:

Gradually add the dry ingredients, alternating with the cream and ending with the dry ingredients. Blend mixture until just combined.

STEP 5:

Pour batter into a well-greased and floured 10 cup tube pan and bake for about an hour. *(Tip: Test doneness with a knife inserted halfway between the sides of the pan and the tube.)*

STEP 6:

Let set and cool. Turn out and dust with powdered sugar and sprinkle cake with additional rum.

Prep time: 20 minutes
Cook time: 60 minutes
Total time: 80 minutes

Ingredients

- 3 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- Pinch of salt
- 1 1/2 cup unsalted butter, softened
- 1 1/2 cups granulated sugar
- 1 teaspoon pure vanilla extract
- 3 eggs plus 1 yolk
- 1 tablespoon grated lemon zest
- 1 cup heavy cream
- 3/4 cup dark rum
- Powdered sugar for dusting cake
- Rum for sprinkling on cake



YOUR GUIDE TO THE FOOD & CULTURE OF THE TROPICS
WWW.TROPICSGOURMET.COM