

## BAHAMIAN RECIPES

### PEAS 'N' RICE WITH COCONUT MILK AND CRAB

1 onion, chopped  
1 stick celery, chopped  
½ green pepper, chopped  
2 ripe tomatoes, chopped  
3 tablespoons oil  
2 cups rice  
2 tablespoons tomato paste  
2 cups coconut milk from one coconut  
4 crabs  
1 cup pigeon peas  
Fresh thyme leaves  
2 hot peppers  
1 teaspoon salt

Boil peas in water until tender. Open crabs, remove fat and place in a small bowl. Put crab bodies in another bowl. Break open coconut, remove meat and grate. Mix grated coconut with 2 cups of warm water for 3 minutes. Squeeze coconut in a cotton cloth and save milk. Fry onions, celery and green pepper in heated oil for 3-4 minutes. Add tomatoes and let fry for an additional 3 minutes. Add tomato paste, crab fat and crab bodies. Fry for 3 minutes. Add salt, hot peppers and thyme. Add pigeon peas and water from the peas. Add coconut milk. Bring to a boil and add rice. Cover and simmer 30-40 minutes until water is absorbed. Serves 6-8.

Queenie Butler  
Nassau, New Providence  
*Our Bahamian Heritage*  
*Smithsonian Folkways*

### BAHAMIAN COCONUT TART

Sweet Dough  
¼ cup vegetable shortening  
¼ cup butter  
1 cup sugar  
1 egg  
1 teaspoon vanilla  
1 1/2 teaspoons baking powder  
¼ cup milk  
1 ½ cups flour  
3 tablespoons water

### Coconut Tart Filling

3 cups fresh coconut, finely grated  
1 cup sugar  
1 cup water  
2 teaspoons vanilla  
2 teaspoons nutmeg

Combine all filling ingredients in a sauce pan over medium heat. Bring mixture to a boil and then reduce heat to a simmer for about 10 minutes or until the liquid evaporates. Let cool while preparing the dough.

To prepare the dough, combine shortening and butter until blended. Add sugar, eggs, milk, and vanilla and mix well. Next, add the dry ingredients, including baking powder and flour, and mix until the dough becomes sticky. Knead the dough until it is stiff enough to roll. Divide the dough into two balls, one for the bottom layer and one for the top. Roll out one piece into a 9×9 casserole dish. Fill the dish layered with dough with the coconut filling, and then roll the remaining dough piece on top.

Bake at 350°F for about 40 minutes or until crust is golden brown. Let cool for 15 minutes.

*Grandma Tookie*  
*Long Island*

### **FIRE ENGINE**

A popular favorite among most Bahamians is a dish interestingly called “Fire Engine” – Steamed Corned Beef. The origination of the name is uncertain, but many believe it is because of the hot and fiery native ‘goat pepper’ or its bright, reddish color from the tomato paste, bringing to mind the color of a fire truck.

Fire Engine (Steamed Corned Beef)  
Servings: 6-8

2 -12oz. Tins corned beef  
1 1/2 Cups diced potato  
1 Med. onion, chopped  
1 Small green bell pepper, chopped  
1 Celery stalk, diced  
2-3 Tbsp. Tomato paste  
1 Tbsp. Sugar  
4-5 sprigs thyme  
1 Tsp. Garlic powder  
1 1/2 Cups water  
2 Tsp. Minced goat pepper or red pepper flakes (optional)  
Salt and Black Pepper to taste

Heat skillet or medium pan on medium-low and add the diced onion, potatoes, celery and bell pepper with 2 tablespoons of water. Stir constantly for about 3-5 minutes until herbs and potatoes are translucent but not too browned.

Add the thyme leaves, tomato paste, the remainder of the water and other seasonings. Increase the heat to medium-high.

Add the corned beef, breaking up to combine. Reduce heat to medium-low, cover and cook for an additional 10-12 minutes, stirring occasionally, until potatoes are done.

Serve with hot grits or rice for a satisfying breakfast, lunch or dinner.

### **CHICKEN SOUSE**

Chicken souse is a Bahamian soup that like other souses, is a clear broth where the meat and the vegetables are boiled down in the juice of fresh citrus.

3 lb chicken wings  
2 large potatoes, peeled and cubed  
1 large onion, sliced  
2 stalks celery, chopped  
3 cloves garlic, crushed  
2 tablespoons whole allspice  
2 limes  
Dried red pepper (or fresh bird or goat pepper)  
Salt

Add the chicken to a large pot and barely cover with water. Add salt and the dried peppers. Boil chicken until it is cooked, about 25 to 30 minutes. Remove the chicken from the heat.

Discard the broth and rinse the chicken thoroughly. Return the chicken in a large pot. Add the potatoes, onion, garlic, and whole allspice. Cover with water. Add salt and pepper to taste. Bring to a boil. After about 20 minutes or when the potatoes are almost done, add the celery.

Remove from heat when the potatoes are tender, another 5 minutes. Squeeze one lime over the soup. Slice the second lime and serve with the soup in individual bowls.

See - <https://www.youtube.com/watch?v=6Lmpw-vYGPs>

### **GUAVA DUFF**

12 guavas, peeled (or 14 oz canned guava shells)  
½ cup sugar  
1 tsp cinnamon  
1 tsp allspice, ground

4 cups flour  
3 tsp baking powder  
1 tsp salt  
 $\frac{3}{4}$  cup shortening  
 $\frac{3}{4}$  cup milk  
1 egg, beaten

#### Rum Butter Sauce

1 cup confectioner sugar  
 $\frac{1}{4}$  cup butter  
1 tsp boiling water; dash of salt  
2 tbsp rum or brandy to taste

Peel guavas, remove seeds and dice. Strain to remove juice, saving the juice to flavour sauce if desired. Place the guava, sugar, cinnamon and allspice in a saucepan. Cover with water. Simmer until fruit is soft. Cool.

In a separate bowl, combine flour, baking powder and salt. Cut in shortening. Stir in milk and egg to form a soft dough. Knead until smooth. Roll dough into a rectangle on a floured board. Place the guava on the dough and roll until the dough is spiraled with guava. Seal edges carefully. Wrap dough in a cotton or linen bag, or foil and parchment paper. Tie the top securely and place into a large pot of boiling water for approximately 1 hour to set the duff.

#### Rum Butter Sauce

Cream butter until soft, but not melted. Beat confectioner sugar in gradually. Add boiling water, salt and rum or brandy. Beat until smooth and fluffy. Cut the guava duff into 1-2 inch slices. Place 1-2 tablespoons of Rum Butter Glaze melted on top.

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