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# RETURNING TO OUR ROOTS

*Exploring the Root Crop Cuisine of the Caribbean*







## Foreword

Welcome to the ***Returning to Our Roots*** cookbook, a celebration of the rich, diverse, and empowering culinary traditions that have sustained the Caribbean for generations.

This cookbook is a main feature of the ***Returning to Our Roots*** campaign. Led by the World Food Programme (WFP) Caribbean Multi-Country Office, it highlights the versatility and cultural significance of the root crops, or ground provisions, that have long been staple foods in Caribbean kitchens. The ***Returning to Our Roots*** campaign is a powerful initiative that goes beyond the kitchen. It emphasizes the strategic importance of root crops in addressing the region's food security, rural development, and public health goals.

Root crops such as cassava, dasheen, sweet potatoes, and yams are more than just ingredients—they are deeply embedded in the region's history and culture. They carry with them traditions and memories of time spent with family, reaping from the soil and preparing meals to be shared with loved ones.

The Caribbean has faced numerous challenges over the years eroding access to and interest in these once staple foods. The region faces increased, non-communicable diseases, a rising cost for a healthy diet and reduced agricultural production. With high resilience to extreme weather, low production costs and high nutritional value these root crops can be integral to the future of the Caribbean's food security.

This collection of recipes should encourage you to return to the traditions of these eating roots crops. With each dish, you can experience a piece of the Caribbean and sample flavours never before imagined. Blending the traditional with modern you will journey across the Caribbean and immerse yourself a myriad of tastes. We are grateful to all the chefs and home cooks who graciously shared their recipes for this book.

We hope that you and your family enjoy returning to our roots – both in the kitchen and across communities.



# RETURNING TO OUR ROOTS

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## Sweet Condensed Dasheen Flan

### **For the Flan:**

#### **Ingredients:**

3 dasheen (about 350 g)  
3 eggs  
1½ cup plant-based milk  
⅓ cup Demerara sugar (150 grams)  
1 teaspoon vanilla extract  
Pinch of salt  
1 teaspoon lemon juice  
¼ cup raw cashews nuts or grated coconut  
Toasted grated coconut to taste for garnish

#### **Instructions:**

Preheat the oven to 180°C (medium temperature). Boil water in a kettle - it will be used for the water bath.

Wash, peel, and cut the dasheens into medium pieces, then transfer to a blender. Add the plant-based milk, cashews, sugar, and blend until the dasheen mixture is very smooth.

In a small bowl, whisk the eggs. Add them to the blender ingredients and blend again to mix.

Pour the pudding batter into the caramelized mold and place it inside a baking tray. Fill the bottom of the tray with boiling water and bake the pudding in a water bath for about 40 minutes, or until set. Once baked, remove from the oven (and the water bath) and

let the pudding cool. To unmold: run the tip of a knife around the edge of the mold; cover with a plate and turn over in one swift movement; let all the caramel drizzle over the pudding. Cool in the refrigerator for at least 1 hour before serving. Garnish with grated coconut to taste.

### **For the Caramel:**

#### **Ingredients:**

1 cup of Demerara sugar  
¼ cup of boiling water

#### **Instructions:**

Set aside a round, 22 cm diameter mold with a hole in the middle. Heat 1 cup of water in a kettle to a boil.

Put the sugar in a medium saucepan and melt over low heat, stirring occasionally with a spatula, for about 5 minutes, until it turns into a golden caramel.

Carefully measure ¼ cup of the boiling water and pour over the caramel. Stir with the spatula until smooth.

*Be careful: the caramel may bubble.*

Pour the caramel into the mold, making sure to cover the central cone - this part is the trickiest to caramelize.

Using a kitchen towel, hold and rotate the mold to also caramelize the sides.

# Pão de Queijo - Brazilian Cheese Bread

**Yields 25 cheese bread  
loaves**

## **Ingredients:**

3 dasheens (about 350 g)  
1 cup of tapioca starch  
3 tablespoons of olive oil  
1 teaspoon of salt  
¼ cup of grated Parmesan cheese  
½ cup of grated Mozzarella cheese

## **Instructions:**

Preheat the oven to 200 °C  
(medium temperature)

Wash, peel, and cut the dasheen into  
medium pieces.

Transfer to a pot, cover with water, and cook  
over medium heat for approximately 25 minutes,  
until they are soft.

Drain the water and, in a large bowl, mash the hot  
dasheen with a potato masher.

Add the tapioca flour, olive oil, cheese, and salt, and  
mix well with your hands - the dough should be  
smooth and not stick to your fingers. You can also mix  
it all together in a food processor if you prefer it even  
smoother.

To shape the cheese bread: roll about 1½ tablespoon  
of the dough into balls and transfer to a large baking  
sheet, leaving space between each one - the bread will  
puff up in the oven.

Bake for 30 minutes, until they grow and turn golden.  
Serve immediately.

**CAN BE FROZEN** - To freeze, place the baking  
sheets with the shaped balls into the freezer. Once  
they are firm, transfer them to a bag. This way, the  
breads won't stick to each other. To bake the frozen  
cheese bread, preheat the oven to 180 °C (medium  
temperature) and transfer the breads directly from  
the freezer to the oven.

## **The Story Behind The Recipe**

In the heart of Brazil's vibrant  
culinary scene, dasheen emerges as  
a chameleon of the kitchen. Known  
for its remarkable versatility and  
neutral creamy texture, dasheen offers  
a unique and nutritious alternative  
to traditional ingredients, making it  
an essential staple in the realm of  
sustainable and wellness cuisine.

**Chef Manuela Scalini**





## Coconut Cassava Bread

### Ingredients:

1 lb cassava root  
½ teaspoon salt  
3 tablespoons sugar  
2 tablespoons grated coconut

### Instructions:

Wash and peel cassava root.

Grind cassava into fine mash.

Place grated mash into a clean cloth and squeeze out as much water as possible, until mash is dry to the touch.

Mix all remaining ingredients together. If needed, add more sugar and salt to taste.

Heat a frying pan on stove top or over a fire. When the pan is well heated, then pour mixed cassava into the pan.

Shape cassava into a flat bread as thick as desired.

Let cook for two (2) minutes on one side then flip. Cook other side for about 3 minutes or until brown.

Serve with a smile!





# GUYANA

## Cassava Pone

### Ingredients:

4 cups grated cassava  
2 cups grated coconut  
½ teaspoon mixed essence  
1 tablespoon butter  
½ teaspoon fresh ground black pepper  
½ teaspoon nutmeg  
½ teaspoon ground cinnamon  
2 cups brown sugar  
1 cup evaporated milk  
1 tablespoon finely grated ginger

### Instructions:

Mix all ingredients together.  
Spread evenly in a greased baking pan.  
Bake in the oven at 350° for 35 minutes, or until done.

**Cooking Time: 30–45 minutes**

**Special Notes or Tips:** *Alternatively, you can bake in an instant pot for 30 minutes, then transfer to a non-stick pan and cook on the stove-top until brown.*



### The Story Behind the Recipe

**Dianne Singh** and her husband started off their farming experience by growing sugar to supply the estate at Wales. After the estate closed, they had to turn to alternative crops to continue earning an income. They bought a few sticks of cassava with the intention of selling the produce on the local markets.

However, it turned out that the variety of cassava they were growing was not well suited for making soups, or other meals that involved boiling the cassava. Nevertheless, after experimenting with many different recipes, Dianne found that the cassava variety was great for making cassava pone.

Dianne loves this recipe as it is easy to prepare as a quick snack for her family. She now prepares it for guests who participate in the farm tour. Additionally, during the current prolonged dry season, the cassava is one of the few crops on the farm that is performing well, with a faster harvest time and bigger yield than usual.



# Sweet Potato Pancakes with Pineapple Sorrel Compote

## Sweet Potato Pancakes

### Ingredients:

1 cup sweet potato flour  
1 cup whole wheat or all purpose flour  
½ teaspoon baking powder  
½ teaspoon baking soda  
Pinch salt  
¼ cup honey  
1 egg (optional)  
1 ½ cup full cream milk

### Instructions:

Combine all dry ingredients and sift together in a separate bowl and make a well

With a whisk, combine all liquid ingredients,

Add liquid to dry ingredients and mix well.

Allow to rest for 3 minutes

On a medium to low heat skillet or flat pan, pour mixture to desired size and cook on each side until golden brown

## Pineapple Sorrel Compote

### Ingredients:

1 cup chopped pineapple  
1 cup sorrel, dry or fresh  
1 ½ cups brown sugar  
1 star anise  
2 cloves  
2 leaves - bay leaf  
1 small cinnamon stick  
1 cup of water  
1 tablespoon cornstarch  
2 tablespoons water

### Instructions:

In a saucepan, combine all ingredients except cornstarch and allow to simmer for 20 minutes on medium heat.

If the mixture is still runny, mix together cornstarch with water and add to compote, stir for one minute and remove from the stove.

Allow to cool before use.

### The Story Behind The Recipe

This recipe brings back many memories of nostalgia in the good ole days when my grandparents would boil sorrel with spices to make beverages including wines.

The combination of sorrel and Guyana's sweetest pineapple mixed with spices adds a different experience to the taste-buds paired with a healthy take on sweet potato pancake.

Chef Kester Robinson





# JAMAICA



## Cassava Sundae

**Yields four (4) servings**

### Ingredients:

2 cassava bammy  
3oz coffee liqueur  
2oz Wray & Nephew White Rum  
3 cinnamon sticks  
1 oz vanilla  
4 oz coconut milk  
4oz simple syrup  
2 oz coconut rum  
6 scoops coconut ice cream  
salt  
5 oz candied almonds  
3oz granulated sugar  
1 green plantain

### Instructions:

Combine coffee liqueur, white rum and 2oz simple syrup and soak 1 bammy for 10 minutes.

Bring coconut milk & cinnamon sticks to a boil, then remove from flame, and add simple syrup, vanilla and coconut rum.

Then add additional bammy, and allow to soak for 10 minutes. Bake for 15 minutes at 350°F.

Add granulated sugar to the top of bammy and bake for additional 3 minutes at 450°F.

Slice green plantain in strips lengthwise and deep fry for garnish.

Assemble bammy on plate, add ice cream, then almonds and green plantain.





# Jerk Sweet Potato Fries

## Ingredients:

2 large sweet potatoes, about 2 to 2 ½ pounds total weight  
2 tablespoons olive or canola oil  
2 tablespoons cornstarch, (optional but recommended for crispness)  
2 teaspoons allspice  
2 teaspoons paprika  
1 teaspoon dried thyme  
½ teaspoon cinnamon  
½ teaspoon cayenne pepper  
½ teaspoon ground cumin/chili powder  
½ teaspoon powdered ginger  
½ teaspoon salt  
½ teaspoon black pepper  
fresh cilantro (optional for sprinkling)

## Instructions:

Preheat oven to 450°F.

Slice sweet potatoes into long strips, ¼ to ½ inch thick.

Place into a large bowl or zipper bag. Add olive oil, cornstarch, allspice, paprika, thyme, cinnamon, cayenne, cumin, ginger, salt and pepper.

Toss/Shake until sweet potato strips are evenly coated.

Arrange sweet potato strips in even layers on baking sheets.

Bake 10 minutes, gently flip, and bake 10 to 15 minutes more, until crisp.

Remove from oven and optionally sprinkle with fresh cilantro before serving.

Serve with dipping sauce of choice.

# Baked Yam and Potato Casserole

## Yields four (4) servings

## Ingredients:

1 large, sweet potato thinly sliced  
1 large potato thinly sliced  
1 large yam thinly sliced  
1 onion thinly sliced  
4 tablespoons butter, divided  
salt and pepper to taste  
2 tablespoons all-purpose flour  
¾ cup vegetable broth  
1 cup shredded Mozzarella cheese  
2 tablespoons dry breadcrumbs  
1 tablespoon dried parsley (optional)

## Instructions:

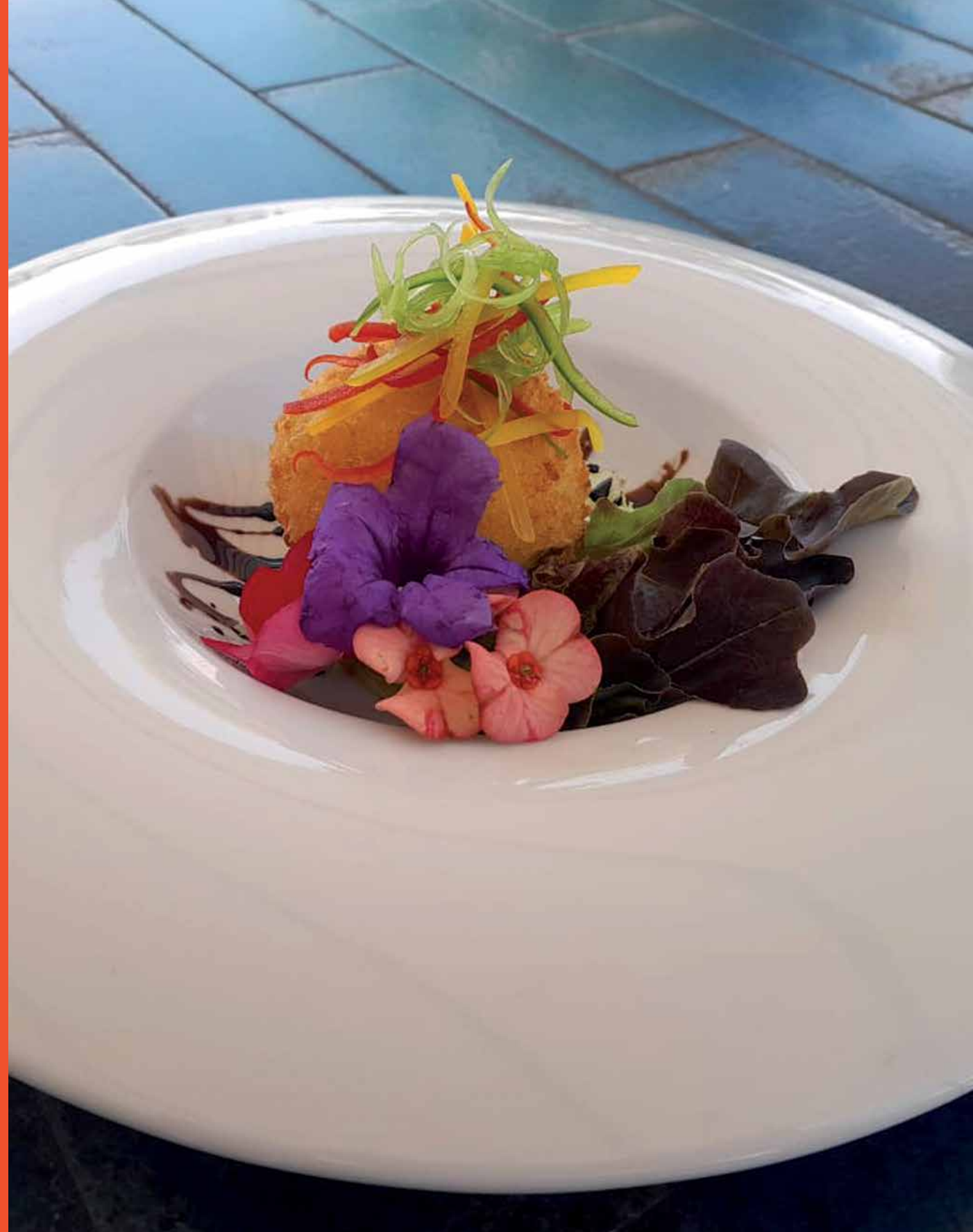
Preheat oven to 350°F (175°C). Grease a 9 inch x 13 inch baking dish.

In the prepared dish, make a single layer of sweet potato slices. Place a few onion slices on top, dot with butter, and sprinkle with salt and pepper. Repeat, alternating layers of yam and sweet potatoes.

In a small bowl or measuring cup, combine flour and broth. Pour over yam and potatoes.

Sprinkle cheese, breadcrumbs, and parsley over the potatoes. Dot with remaining butter. Cover.

Bake in preheated oven for one (1) hour, or until potatoes and onions are soft.





# Pickled Saltfish & Cassava Croquette With Tamarind Overproof Reduction

## Ingredients:

16oz cassava/dasheen  
3oz onion  
1oz escallion  
0.5oz thyme  
1 Scotch Bonnet pepper  
4 pimento peppers  
6oz saltfish  
2oz pepper jelly  
6oz Mozzarella cheese  
4oz flour  
6oz panko  
2 eggs

## Sauce

12oz tamarind balls  
2oz white rum  
1 stick cinnamon  
1 leaf - bay leaf  
4 leaves - cloves

## Instructions:

Boil and mash cassava and set aside to cool.

Sauté onion, scallion, thyme, pepper, pimento, saltfish & pepper jelly and allow to reduce.

Combine cheese and cassava then form a ball and put Saltfish filling in the middle.

Place balls in flour, then egg wash, then breadcrumbs, and deep fry until golden brown.

Combine all ingredients for sauce and allow to reduce, then strain.



## The Story Behind the Recipe

Interviewing **Executive Chef David Wellington** regarding his recipe, he told our team that upon hearing about the **Returning To Our Roots** campaign, he thought of going back to our Jamaica roots and what persons would have in their homes. He mentioned that most Jamaicans would have a piece of dasheen, cassava or yam they would use in soup.

Having a little piece of those left over he said, "We use it to have something exciting to eat by just simply boiling and crushing and incorporating it with saltfish and peppers with a little cheese. These are things most persons have in their home. We use it with a little modern twist to give our taste buds a little excitement without having to spend top dollar, and still keeping it kind of vegan-friendly without using eggs and cream to bind."







# Yam Pizza

*Yam Pizza recipe, with options for cooking in an oven with a pizza stone or using a wood-fired oven, such as an Ooni.*

## Ingredients:

### *For Neapolitan Pizza Dough (makes 4 pizzas):*

500g (about 4 cups) Tipo 00 flour  
(you can substitute all-purpose flour if needed)  
325ml (about 1<sup>1</sup>/<sub>3</sub> cups) lukewarm water  
2g (about ½ teaspoon) dry yeast  
10g (about 2 teaspoon) salt

### *For Garlic Infused Olive Oil:*

120ml (½ cup) extra virgin olive oil  
3 cloves garlic, thinly sliced

## Toppings:

1 medium yam, peeled and thinly sliced  
1 medium onion, thinly sliced  
2 teaspoons fresh rosemary, chopped  
salt and freshly ground black pepper, to taste

## Instructions:

### *Prepare the Neapolitan Pizza Dough:*

**Activate Yeast:** Dissolve the yeast in lukewarm water and let it sit for 5 minutes until foamy.

**Mix Dough:** In a large bowl, combine the flour and salt. Add the yeast mixture and mix until a rough dough forms.

**Knead:** Turn out the dough onto a lightly floured surface and knead for about 10 minutes until smooth and elastic.

**First Rise:** Place the dough in a lightly oiled bowl, cover with a damp cloth, and let rise in a warm place for about 1-2 hours or until doubled in size.

**Divide and Rest:** Knock back the dough, divide into 4 equal parts, shape into balls, and let them rest for another hour.

**Make the Garlic Infused Olive Oil:** In a small saucepan, gently heat the olive oil and sliced garlic over low heat. Simmer for about 10-15 minutes, ensuring the garlic does not brown. Remove from heat and let cool.

**Parboil the Yam:** *Prepare Yam:* Slice the yam thinly using a mandoline or a sharp knife for even cooking. *Parboil:* Bring a pot of salted water to a boil. Add yam slices and boil for about 3-4 minutes until just tender. Drain and let cool.

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# Yam Pizza

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**Assemble and Cook The Pizza:** *Preheat Your Oven or Wood-Fired Oven: For Oven with a Pizza Stone:* Preheat your oven to its highest setting (450°-500°F or 230°-260°C) with the pizza stone in place.

**For Wood-Fired Oven (like an Ooni):** Fire up your wood-fired oven and heat it to about 750°F (400°C) or according to the manufacturer's instructions.

**Prepare Base:** On a floured surface, stretch one ball of dough into a thin round. Brush generously with the garlic infused olive oil. Add Toppings: Arrange the parboiled yam slices evenly over the dough. Scatter the thinly sliced onion, chopped rosemary, and season with salt and pepper.

**Bake:** In Oven with Pizza Stone: Slide the pizza onto the preheated stone. Bake for about 10-12 minutes or until the crust is golden and crisp.

**In Wood-Fired Oven:** Transfer the pizza into the oven using a pizza peel. Cook for about 2-3 minutes, rotating halfway through, until the crust is puffed and charred in spots.

**Serve: Finish and Serve:** Remove the pizza from the oven, let it cool for a few minutes, then slice and serve hot.

**Tips: Dough Handling:** The dough should be tender; handle it gently to avoid deflating it.

**Wood-Fired Oven Cooking:** Watch the pizza closely as it cooks quickly and can burn easily due to the high temperatures.





# Vegetable Soup

## Call Sip

### Ingredients:

- 1 coconut milk
- 1 lb. pumpkin
- ½ lb. yam
- ¼ lb. carrot
- 1 pinch escallion (3-4 pieces)
- 1 pinch thyme (1 teaspoon)
- 1 onion
- ½ pint peas
- 2 Scotch Bonnet Peppers
- 1 teaspoon pimento
- 6 okras
- 1 pinch of salt

### Instructions:

Wash hands.

Add water to pot and boil peas for 20–30 minutes.

Add coconut milk, carrot, pumpkin, yam, scallion, okra to pot.

Boil until cooked (40–45 minutes).

Add a ¼ teaspoon of salt (optional).

### The Story Behind the Recipe

This recipe was shown to me by my grandmother when I was a teenager. My grandmother would always say, "Use your hands and create fashion," as she would use a mixture of ground food to create this very delicious soup.

The personal significance of this recipe is that it always reminds me of my grandmother and the wonderful knowledge she shared with me.

I really consider this dish a family tradition due to the fact that it was my grandmother who introduced this dish, and she was the one who mostly prepared it while other family members have/share the knowledge but would always enjoy grandma's version.

It was very good when Mama (Grandma) cooked it and now I cook this dish every day for my restaurant **Pretty Close Ital Restaurant**.

**Chef Omar Edwards**

# SAINT VINCENT & THE GRENADINES



## Yam Pie

### Ingredients:

3 white yams  
1 ½ teaspoons salt  
1 ½ tablespoon chive  
1 onion  
6 cloves garlic  
1 tablespoon parsley  
1 tablespoon celery  
1 egg  
½ sweet pepper  
3 pieces of flavour pepper  
1 cup evaporated milk  
1 ½ cups Cheddar cheese  
1 ½ cups Mozzarella cheese

### Instructions:

Boil the white yams until soft and easily pierced with a fork. Chop or grate the onion, garlic, sweet pepper, and flavour pepper according to your preference. Finely chop the chive, parsley, and celery.

Preheat the oven to 350°F (175°C).

In a bowl, mix together the boiled yams, chopped vegetables, salt, and whisked egg. Stir in evaporated milk, Cheddar cheese, and Mozzarella cheese. Transfer the mixture to a greased baking dish.

Sprinkle additional Cheddar and Mozzarella cheese on top for extra flavour.

Place the yam pie mixture in the oven to bake for 40-45 minutes.

### The Story Behind the Recipe

*This recipe for Yam Pie is a fusion of flavors and memories that come from my upbringing in farming. Although I no longer farm, my culinary journey remains grounded in using fresh, local ingredients because of the health benefits and connections to my roots.*

*I grew up in the mountains farming, so I grew up eating what I grew. Although I do not farm now, I still enjoy using ground provisions in my cooking for the health benefits.*

*The inspiration behind creating this dish was based on my experience making pies in the past. One day I sat down, and I thought the same way you can do breadfruit pie, eddoe pie, etc., maybe you can use other things to make pie, so I just decided to try it and it turned out awesome.*

*I mainly just make it for my family for Sunday lunch and different family gatherings. They really enjoy it. Sometimes I share in my community, and they always come begging for more.*

**Chef Julia Nelson**



# Ducana

**Makes 30 pieces**

**Ingredients:**

5 bags sweet potatoes  
2 bags eddoes  
3 cups brown sugar  
¼ cup vanilla essence  
2 tablespoons nutmeg  
2 tablespoons cinnamon  
1 ½ bags of grated dry coconut  
1 large slice of pumpkin  
1 tablespoon salt  
1 cup water  
¼ cup ginger  
fresh banana leaves

**Instructions:**

Grate 5 bags of sweet potatoes, 2 bags of eddoes, and 1 large slice of pumpkin into a bowl.

Mix 3 cups of brown sugar, ¼ cup of vanilla essence, 1 cup of water, and ¼ cup of ginger together.

Combine the wet ingredients with 2 tablespoons of nutmeg, 2 tablespoons of cinnamon, 1 ½ bags of grated dry coconut, and 1 tablespoon of salt.

Thoroughly mix the wet and dry ingredients.

Boil water in a pot and add 1 cup of sugar.

Heat banana leaves on a stove, remove spines, and cut into pieces for wrapping.

Place the mixture onto banana leaves, wrap tightly, and tie with twine.

Place wrapped mixture into boiling water to cook.



## The Story Behind the Recipe

*Ducana is a cherished Caribbean treat, kind of like sweet pudding, wrapped and cooked in banana leaves. It traces back to West Africa, deriving from the phrase “Doka nu,” meaning “sweet thing” or “sweet mouth.”*

*This recipe connects me to my roots because it highlights the farm to table cooking that I grew up practising with my family. I would often wake up extremely early on mornings to go to the mountain and work on the land before coming back home and getting ready for school. It was a tradition in my home to make ducana using what my family and I grew.*

*The memories with my family continue to inspire me to make ducana. It is a family tradition. Those memories as well as my love and my family's love for the way it tastes inspires me to continue to make it.*

*The most memorable moments for me that are associated with this recipe would be helping my mom make it when I was growing up. I used to always help her. She has passed now but I still think about her when making ducana. Growing up, we made it for our entire neighbourhood, and we would go around and share it. I think that is where I got my 'sharing spirit' from. I love sharing the dishes I prepare.*

**Chef Julia Nelson**



## Madungo Bakes

### Ingredients:

½ lb flour  
1 lb arrowroot starch  
½ to 1 tablespoon salt  
2 or 3 tablespoons sugar  
¼ to ½ teaspoon of nutmeg  
¼ to ½ teaspoon cinnamon  
1 to 1 ½ cups warm water (as warm as possible)  
Cooking oil of choice (coconut oil, soya bean oil)

### Instructions:

Combine flour, arrowroot starch, salt, sugar, nutmeg, and cinnamon in a bowl.

Mix in some warm water, then gradually and knead the dough until it is smooth.

Heat oil in a pan over medium heat.

Cook the bakes for about 5 minutes or until golden brown on both sides.

**Special Notes or Tips:** Ensure that frying oil is not too hot. Otherwise the bakes will cook on the outside but still be raw on the inside.



### *The Story Behind the Recipe*

This recipe was gifted to us by my husband's mother, Peggy McMillan, after my sister decided that she wanted to host a hut during the March 14th Greiggs Heritage Festival, which is a cultural celebration for Garifuna people throughout Saint Vincent and the Grenadines. At the time of setting up the hut, I did not want to make it the traditional way, so I used the recipe from my mother-in-law. My madungo bakes recipe represents the traditions that have been passed down through generations and used to celebrate the history of Garifuna people.

Preparing and selling our madungo bakes at the Greiggs Heritage Festival has become a tradition. Everybody, but mainly the younger folks, love our recipe with more starch than flour, which is different from the more traditional way, and it always sells out. We don't sell them in our shop but preparing and selling them at the Greiggs Heritage Festival is a highlight of our year.

*Chef Genella Glasgow-McMillan:*





### *The Story Behind The Recipe*

In starting our business, a core principle was showcasing local ingredients in familiar yet innovative ways. We wanted to encourage a shift in eating habits by presenting Trinidad and Tobago's produce and provisions through a new lens. "Good For You" served as my guiding principle for creating the menu, so rather than defaulting to staples like white flour, potatoes, and rice, I prioritized wholesome, locally grown ground provisions as superior carb choices. Instead of traditional mashed potatoes, our "Mashables" section used various ground provisions.

Ground provision has deep cultural significance for us in Trinidad & Tobago, in both our indigenous roots and in the food ways of the enslaved Africans. It is grown here and has sustained us when we could not import food items, which is why we choose to highlight it in our menu. By cooking cherished local ingredients in approachable yet creative preparations, we aimed to inspire our customers to explore the potential of our local culinary resources.

The inspiration behind this dish stems from a desire to showcase the amazing quality and nutritional value of our locally grown produce, which is often overshadowed by imported foods. By presenting a creative, elevated rendition of my grandmother's home-cooked provisions that I grew up having, I was aiming to reintroduce these ingredients to modern palates in a restaurant or commercial setting.

What is memorable to me about including these provisions on my menu, was that it nudged other establishments into including them in their offerings as well.

*Executive Chef Brigitte Joseph*



# Mashed Dasheen (Taro Root)

## Ingredients:

1lb dasheen, peeled  
1 tablespoon coconut oil  
1 cup full cream milk  
3 teaspoon garlic, finely chopped  
2 oz yellow onion, grated  
1 teaspoon fresh rosemary, chopped  
1 sprig fresh thyme  
2 teaspoons salt  
(Garnish) 1 teaspoon chives, chopped

## Instructions:

Peel dasheen and cut into large cubes.

Add dasheen to a large pot, cover with water and add 1teaspoon of salt and bring to a boil.

Reduce heat to a simmer, cover the pot and cook until it begins to fall apart when pierced with a fork.

In another pot, add all ingredients except the garnish and bring to a simmer and turn off. This would let the herbs infuse in the milk.

When dasheen is very soft, drain the water carefully and keep the dasheen in the pot.

Add the warm milk mixture to the pot and using a potato masher or a stand mixer, carefully smash all the ingredients together and stir to combine. Adjust your salt to taste.

## Special Notes or Tips:

Monitor water levels during the boiling and add more if necessary. Use coconut milk instead of full cream milk for a non-dairy/vegan alternative. You can reserve some of the water the dasheen was boiled in to help mash it and add extra creaminess. Dasheen MUST be hot when completing the recipe so that it is easier to execute.







# Cheesy Yam Croquettes

## Ingredients:

2 medium-sized yams (Kush Kush Yam)  
peeled & cubed  
1 cup grated cheese  
chives/green onions, finely chopped  
1 egg, slightly beaten  
½ cup all-purpose flour  
1 ½ cup panko breadcrumbs  
1 teaspoon paprika  
1 teaspoon all-purpose seasoning  
salt & black pepper to taste

## Instructions:

Boil cubed yams until soft and tender, about 20 minutes.

Mash yams, add cheese, add green onions, add seasonings and taste. (Add more seasoning if needed.)

Place mashed yams in the fridge until cooled completely.

Once the mashed yams are cooled, oil your hands and scoop yams with a spoon and roll into a ball in the palm of your hand.

Roll all the mashed yams and place in a tray.

In a separate bowl, beat the egg. In a separate bowl, place flour & season with salt & pepper.

In a separate bowl, place panko breadcrumbs and season with paprika.

Roll mashed yam ball into flour.

Dip in egg mixture.

Roll in breadcrumbs and set aside in a tray.

Repeat steps until all balls are coated in breadcrumbs.

Fry/Bake at 365°F until golden brown & crisp on all sides.

Enjoy!



# Sweet Potato Salad

## Ingredients:

3 medium-sized sweet potatoes, cubed  
1 can corn or 2 cups fresh corn kernels  
1 ½ cup mayonnaise  
1 bunch garlic chives, finely chopped  
1 bunch parsley, finely chopped  
1 tablespoon paprika  
salt & pepper to taste

## Instructions:

Boil cubed sweet potatoes until tender, about 20 minutes.

Cool sweet potatoes in the fridge after boiling.

In a pan, mix corn around on medium-high heat until charred on all sides, place in bowl and let cool.

In a large bowl, mix cooled sweet potatoes, corn, mayonnaise, herbs and spices until combined completely.

Add salt to taste.

Enjoy!



# Dasheen & Curry Fish

## Ingredients:

5lb dasheen – cut into chunks  
6 slices fish of choice (kingfish, carite or pink salmon)  
4 pimentos (chopped)  
1 onion (diced)  
4 cloves garlic (grated)  
5 leaves chadon beni  
2 tomatoes (diced)  
1 carrot (diced)  
½ bundle parsley  
1 stem of green celery or 1 tablespoon of dry celery  
1 chive stalk  
curry powder  
cassava flour  
pimento powder  
salt  
black pepper to taste

## Instructions:

Peel dasheen, cut into cubes and put into a bowl. Bring water in pot to boil then throw in dasheen and boil for approx. 20-30 minutes.

Season fish with chadon beni, celery and chive. Leave for at least 20 minutes in fridge to marinate

To make batter - add together cassava flour, pinch of salt, black pepper and pimento powder. Batter fish and put on hot oil; fry all slices then put aside.

Add oil to a pot. Add onion, garlic, pimento and fry for 1 minute.

Throw curry powder to mixture and stir. Leave for 30 seconds. Throw 2 large spoonfuls of water then stir for 1 minute.

Add carrots, tomatoes and salt. Simmer for 5-6 minutes then add slices of fish for the flavour.

Allow sauce to thicken and then serve with dasheen.



## Dasheen & corn soup

## Ingredients:

1 small onion diced  
3 cloves garlic  
2 tablespoon vegetable oil  
1 lb dasheen, peeled and cooked  
1 carrot, diced  
¼ cup chives, chopped  
⅓ cup celery finely chopped  
¾ cup kernel corn  
2 pimento peppers, diced  
8 cups vegetable stock  
1 Scotch Bonnet pepper (hot pepper)  
4 whole corn cobs, cut into 1 inch pieces  
1 cup flour for dumplings  
salt and pepper to taste

## Instructions:

In a large soup pot heat oil. Add onion and garlic and sauté.

Add dasheen, chives, celery, pimentos, whole corn, corn kernel and stock.

Cook for about 10 minutes or until dasheen starts to cook.

Add all remaining ingredients and continue cooking, add water if needed

Season with salt and pepper to taste.

Serve hot.



# Agriman's Calaloo (by Photosynthesista)

## Ingredients:

**One (1) Agriman Calaloo Pack  
contains the following:**

7 okras  
3 pimentos  
0.25kg pumpkin  
1.5lb/1 bundle of dasheen leaves  
1 hot pepper  
1 dry coconut  
5 leaves chadon beni  
1 onion (chopped)  
3 garlic cloves (grated)  
1 celery stalk

## Instructions:

Cut up dasheen leaves and set aside. Cut pumpkin, pimentos, okra, onion, garlic, chadon beni and celery. Place all except dasheen leaves in pot then add  $\frac{1}{2}$  cup of water and let it simmer for 2 minutes. Add hot pepper at the top and bring to a boil.

Cut up and blend coconut for milk, strain, and one should get 1.5 cups of milk. Add to pot and cover with dasheen bush. Add pinch of salt and let it boil until it gets soft, about 25 minutes.

Use traditional sizzle to blend to desired texture.

Enjoy as soup or serve with rice.







### **The Story Behind The Recipes**

Candace was raised by a single mum. She remembers that her mum would plant lots of veggies in the garden for them to eat.

When her mum would harvest dasheen from the back of the house, she liked to eat it with stew fish. Her aunt taught her this recipe for Dasheen & Fish Curry.

Candace fondly recalls eating callaloo for Sunday lunch. When she became anaemic, she remembers growing up, eating it two to three times a week.

Rice, callaloo and potato salad with stewed chicken back then was almost always eaten at the table on Sundays.

**Candace Charles-Sennon, Education Co-ordinator, WHY FARM**







## Dasheen Plantain Rolls

### Ingredients:

2 large ripe plantains, firm but not overripe  
1lb dasheen, boiled & crushed  
1 small onion, cubed  
4 flavoured peppers, chopped  
1 tablespoon vegetable oil  
¼ teaspoon black pepper  
½ cup olive oil  
salt to taste  
wooden toothpicks

### Instructions:

Cut plantains in a longitudinal direction, ¼ inch thick, set aside.

Sauté onion and peppers in vegetable oil.

Mix together dasheen, vegetables & black pepper, mixing well, add salt to taste.

Using one piece of plantain at a time, place 1 teaspoon mixture at one end and roll.

Secure with toothpicks.

Place on a greased baking dish in an upright position.

Sprinkle with olive oil.

Cover with foil.

Bake at 350°F for 10 minutes, uncover and continue baking until golden brown.

Serve with a spicy sauce.

# Dasheen (taro) leaf roti wrap (gluten-free and vegan)

## Ingredients:

1½ cup Homemade Wonderful Bread Mix\*  
½ cup tapioca starch\*\*  
1 tablespoon baking powder  
1 teaspoon instant yeast  
1 teaspoon sugar (optional but helps with the taste)  
¼ cup vegetable oil  
2 teaspoon vinegar  
1–1¼ cup water  
1 cup dasheen (taro) leaves cut into thin strips\*\*\*  
tapioca flour for dusting  
*(any other finely ground GF flour or starch will work)*  
oil for shaping dough

\*This is a Bobs Red Mill product. With all of the different flour mixes I tested (to date), this yields the best result when making gluten-free roti.

\*\*Tapioca starch makes the dough a bit more elastic which means that the texture of the finished product is good for a wrap. The tapioca starch can be omitted and replaced by the bread mix.

## Instructions:

Add ¾ cup of the water, the vinegar and the dasheen (or spinach) leaves into a blender or food processor. Blend until the leaves are completely pureed. Set aside.

Combine the bread mix, tapioca starch, baking powder, yeast and sugar in a bowl.

Add the oil and the puree. Knead or mix into the dough until it holds together and is fairly smooth. Add more water, a little at a time until the dough is somewhat sticky and not stiff. If you are kneading by hand working with wet or oiled hands help.

Rest the dough for about 15 minutes. You can skip this step and continue with the recipe. More rest can give you a softer roti or wrap. However, the softer it gets, the more difficult the dough is to work with.

Lightly flour your work surface, I use a silpat mat. With wet hands pinch off pieces of dough to form 4-6 balls. It may be best to work with smaller pieces until you get accustomed to working with gluten free dough.

Knead and roll the dough lightly around on the floured surface to form a smooth ball. Use a light touch and as little flour as possible.

Add a little oil to the palm of your hands and rub over the ball of dough. Set aside on a greased surface or bowl. Repeat the process with the remaining pieces of dough. Cover the rounds with a warm tea cloth and leave to rest for at least ½ hour.

Once the dough has rested, heat a tawa to moderate.

Keeping the remaining pieces covered, on a lightly floured surface gently roll out one of the dough balls to about ½ inch thick. Turn the dough occasionally and add a little flour at a time to prevent the dough from sticking to the surface or tearing.

Place the roti on the tawa to cook. Small bubbles will appear and the edges of the roti will set. Once the edges are set and the roti has pulled away from the tawa, flip and cook the other side. If you are familiar with making traditional sada type roti, you can try swelling the roti directly over the flame of a gas range (I discovered that my electric stove works for this as well). This will also add a bit of char to the roti but is completely optional.

Once the roti has finished cooking, stack on a plate and cover with a warm kitchen towel. I would normally place a folded kitchen towel on the plate before stacking the roti. That prevents the roti from sweating on the plate as it cools. Additionally, separate each roti with a piece of parchment paper so that they do not stick together.

The roti is best served warm. To store wrap and freeze immediately as it's cooled. Reheat and serve at once.



### **The Story Behind The Recipes**

*In my home country, roti is not a special once in a while treat. Many eat roti every day either for breakfast or at lunch and dinner.*

*Our Sada Roti, is the one favoured for breakfast or dinner in place of bread. It is similar to pita bread but fluffier and softer. This roti recipe is for a green version of sada roti, made with dasheen (taro) leaves.*

*This is surprisingly delicious, the green color might make you doubt that, but it really is quite yummy. We have dasheen "bush" growing in the backyard so it takes little effort to pick the leaves and prepare the puree. As a bonus, with the addition of tapioca starch in the recipe the roti is more pliable and can be used as a wrap (traditional sada roti is not "bendable" like a wrap)!*

**Moyla Lovell, Moy's Gluten-Free Kitchen**



# Soft, flexible cassava wraps

## Ingredients:

1¾ cup cassava flour  
2 tablespoon tapioca starch  
2 tablespoon flaxmeal  
¼ teaspoon xanthan gum  
¾ teaspoon salt  
1/3 cup oil  
¾ – 1 cup water (room temperature or lukewarm)  
1 cup of hot water  
tapioca starch to roll out the dough

## Instructions:

Bring a cup of water to boil. To ¼ cup of the cassava flour, add ½ cup of hot water and stir until the cassava looks like a ball of jelly. If you need more boiling water add 1 tablespoon at a time so that all of the cassava flour is mixed properly. Set this aside to cool. You will not need hot water from here on.

While you are waiting for the cassava flour scald mix to cool, add the rest of the dry ingredients to a bowl and mix well.

Add the cooled cooked flour and other wet ingredients but not the water to the dry ingredients and begin to mix or knead. Using the lukewarm water add it to your dough in small increments until it holds together and is fairly smooth. The dough should be somewhat sticky

and not stiff, you may need more or less water than what the recipe specifies.

Lightly flour your work surface.

Pinch off pieces of dough to form balls 3"- 3½" in diameter. Knead and roll the dough lightly around on the floured surface to form a smooth ball. Use a light touch and as little flour as possible. You can add a little oil to the palm of your hands while you work. Set the rounds aside on a greased surface or bowl and cover with a tea cloth or plastic wrap. Repeat the process with the remaining pieces of dough. Leave the rounds to rest for at least ½ hour

Once the dough has rested, heat a tawa, grill or skillet to moderate.

Keeping the remaining pieces covered, on a lightly floured surface gently roll out one of the dough balls to your desired thickness. I roll mine to just less than 1/8" thick (which is thin). Turn the dough occasionally and add a little tapioca starch at a time to prevent the dough from sticking to the surface or tearing.

Place the wrap on the tawa to cook. Small bubbles will appear and the edges of the wrap will set. The wrap will not colour as richly as it's wheat based relative. Once the edges are set and the wrap has pulled away from the tawa, flip and cook the other side. Brushing the wraps lightly with a little bit of oil as they cook, helps them to remain soft.

Once the wrap has finished cooking stack on a plate and cover with a warm tea cloth or two

The wrap is best served warm. To store wrap and freeze immediately as it's cooled. Reheat and serve at once.







## Dasheen Cheesecake

### Ingredients:

4lb cream cheese  
17 ½ oz sugar  
6 tablespoons lime or lemon juice  
Grated zest of 2 limes  
8 eggs  
2 teaspoons vanilla essence  
2lb dasheen, cooked and mashed  
8 oz digestive biscuits, crushed

### Instructions:

Line two spring-form pans with foil, (base and sides).  
Lightly spray with a little cooking spray.  
Press the crushed digestive biscuits evenly in the base of the pan. Set aside.  
Preheat oven to 325° F.  
Cream the cheese and the sugar together in an electric mixer. Add the eggs one at a time, ensuring the eggs are well incorporated into the cream cheese mixture. Add vanilla, lime juice and grated lime zest.  
Place the dasheen and mix well but do not overmix.  
Pour the mixture into the prepared pans. Place the pans in a larger baking dish, then add enough hot water to come up halfway up the sides.  
Place in the preheated oven and bake for 1-1½ hours. Remove from oven and let cool.  
Refrigerate for at least 4 hours, or preferably overnight. Add preferred topping, such as fruit, and serve.



## Dasheen Mango Sorbet

### Ingredients:

2 fresh ripe mangoes  
1 cup dasheen purée  
1 cup white sugar  
3 tablespoons coconut milk  
1 teaspoon lemon juice  
1 small container whipping cream (about 1 cup)

### Instructions:

Slice the flesh of mangoes from seed. Place the fruit and dasheen in a blender.  
Add the sugar and blitz for 1 minute or until sugar has dissolved.  
Add the coconut milk and lemon juice, and briefly blend to combine (a few seconds.)  
Pour the dasheen and mango puree into a bowl or container while mixing.  
Scrape down the sides and bottom with a rubber spatula to remove as much of the purée as possible.  
Pour the whipping cream into a bowl. Using a hand mixer, beat until the cream forms stiff peaks.  
Add the dasheen mango puree to the whipped cream and whip until you get a good creamy consistency.  
Pour into an ice-cream tub and set in the freezer for at least 6 hours (preferably 8.)  
Serve the sorbet in bowls (to make scooping easier, take the sorbet out of the freezer 10 to 15 minutes ahead of time). Can be served with a liqueur on top.



## Carl's Famous Dalaloo

### Ingredients:

2 bundles/12 younger leaves of dasheen bush with stem included (no need to peel, ideally centre leaf cut as fine as possible)  
 1 lb split peas - soaked overnight so they burst easily  
 green seasoning - chive, chadon beni, thyme (grated as fine as possible)  
 4 garlic cloves (leave 2 for when the pot is hot)  
 1 onion (chopped)  
 4 pimentos (2 red, 2 green)  
 coconut milk  
 1 tablespoon roucou  
 coconut oil

### Instructions:

Soak split peas overnight in a bowl of water. Next day, add to pot of boiling water and bring to a simmer until soft - about 30-45 minutes.

Grate green seasoning as fine as possible,

Add coconut oil and 2 garlic cloves to a wok or iron pot and heat.

When oil is ready, remove garlic cloves when it turns brown. Add 1 drop of roucou for a golden colour then seasoning. Add dasheen bush and reduce fire to low. (Do not burn.)

Throw peas into seasoning so they soak in the flavour.

Add coconut milk and allow to bubble up for about 20 minutes.

Add anything else you wish to add flavour.

Use swizzle stick or whisk to get to desired texture.

Serve with provisions and rice or serve as soup.





### **The Story Behind The Recipe**

*When I cook, I create, automatically.*

*One day I came up with the idea of cutting up dasheen bush and putting it together with split peas. Instead of callaloo and dhal -it's dalaloo. It's an easy pot.*

*Just add two drops of roucou to get a golden colour, don't make a red food!*

*It is served at the Brasso Seco Visitor Center for tourists, as a large pot of 'dalaloo' and served with provisions, stewed meat and rice. It is a well-loved dish in the community.*

**Carl Fitzjames, Farmer, Chocolate Maker, Elder – Alliance of Rural Communities (ARC TT)**

# Sweet Potato Latte

## Ingredients:

Nabdeh Sweet Potato Latte Mix  
(sweet potato, cane sugar, cinnamon)  
milk

## Instructions:

Bring 8oz of milk to a boil and add 1 tablespoon Nabdeh Sweet Potato Latte Mix.

Stir until fully combined.

**Optional:** For a smoother texture blend for 2 minutes on medium speed. Pour into your favourite mug and enjoy!

*Cooking Time: 5 minutes*

**Special Notes or Tips:** This mixture can be used to make sweet potato ice cream! Just add heavy cream and some condensed milk to pre-made mixture! Churn with a machine or add to a blender. Freeze until solid and enjoy sweet potato ice cream!







**World Food Programme**

**Caribbean Multi-Country Office**

UN House, Marine Gardens, Hastings,  
Christ Church, Barbados

**<https://www.wfp.org/countries/caribbean>**

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